

[ServiceNow Fundamentals Simulator \(San Diego\) \(Course\)](#) > **Instance Help (Content)**

Instance Help

Instance Help

INSTANCE STATUS

Running

[Terminate Instance](#)

Open My Instance

Your instance will expire in...

14 Days 48 Minutes

[Request Expiry Extension](#)

Important! If you have never used a lab or simulator instance before, click [this link](#) to view a short 8-minute instructional video. The video contains information about:



- Requesting an instance
- Extending the expiration on an instance
- Managing multiple instances
- Finding your instance credentials
- Using the Virtual Agent for help with your instance