SLEEP STUDY TESTING

Dear Patient:

Inside you will find one of our Home Sleep Testing Devices that was prescribed by your doctor and is configured to monitor your sleep; two nights for initial studies or three nights for efficacy studies.

It is imperative that you follow the patient instructions that were included inside the unit and watch the video provided via the link below.

https://www.youtube.com/watch?v=MNRxmhdLjW0&feature=youtu.be

Before wearing the testing device for the first time, please refer to the following tips:

1. Do not be afraid of the testing device. Note that these devices are more comfortable than having to sleep at an overnight lab where you will be wearing over 20 probes on your body to monitor your sleep.

2. Ensure that the chest strap fits snugly (over your clothing/pijamas) and the pulse oximeter is properly secured on your index finger. You can tape the cable to the top of your hand using a band-aid or medical tape.

3. Ensure that the nasal cannula is adjusted to fit comfortably and tight enough so that it does not fall during your sleep time. It is advisable that you tape each side next to your cheeks to secure the cannula. This is strongly recommended if you know that you generally move around a lot during sleep time. If the nasal cannula falls off, the unit will wake you up by informing you to replace the nasal cannula.

4. If you wake up during the night to use the restroom, do not remove the device. The microphone only records your snoring sounds and there is no need to stop and restart the device so that it knows when you fall back asleep.

5. On your sleep study nights, do not change your normal habits (sip wine or take medications before you sleep). We want to record you in your most natural setting and behavioral pattern.

6. Included with your testing device are sets of rechargeable batteries. **Please replace the batteries after each night of testing**. **Do not throw away the batteries. Please send them back with the device. A charge of $10.00 will apply to missing batteries.**

7. Should you have any challenges while wearing our device, contact our Patient Support Line: **949-347-5070.**

ApneaLink Air Patient Instructions

Video Instructions: https://www.youtube.com/watch?v=MNRxmhdLjW0&feature=youtu.be

Equipment Pieces:

- ApneaLink Air Device (#1)
- Effort sensor (#2)
- Belt (#3)
- Oximeter belt clip (optional - #4)
- Oximeter adapter cable (#5 & #6)
- Finger Pulse Oximeter (#7)
- Nasal Cannula (#8) (new)
- ResMed Protective Bag (not shown)
- Rechargeable Batteries (#9) MUST RETURN WITH EQUIPMENT - A CHARGE OF $10.00 WILL APPLY TO MISSING BATTERIES

Don't throw batteries, return them.
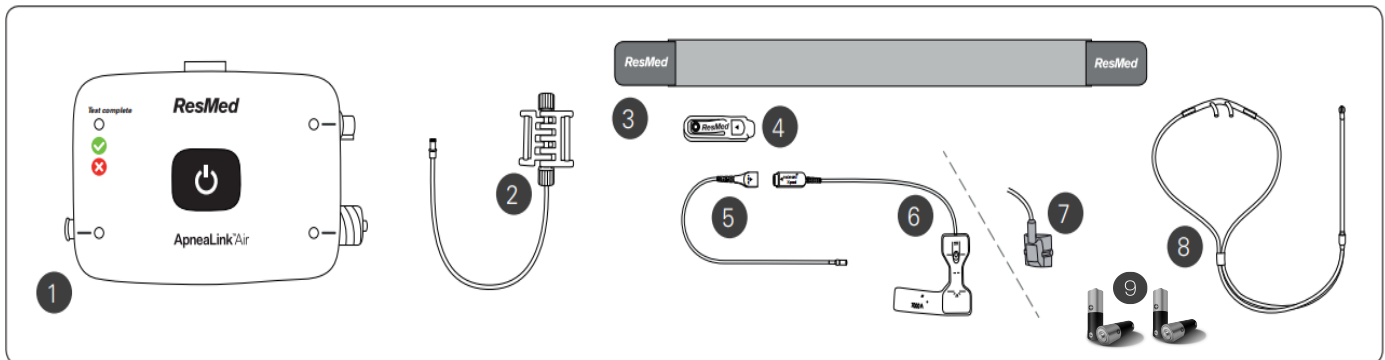
Change device batteries after each night.

ApneaLink Air Device:

1. Test complete indicator light
2. Nasal cannula connector and accessory light
3. Power button
4. Oximeter connector and accessory light
5. Effort sensor connector and accessory light
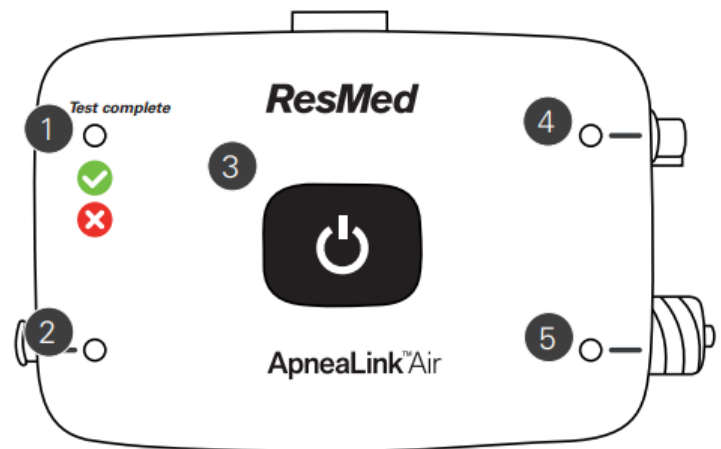
Putting on the belt:
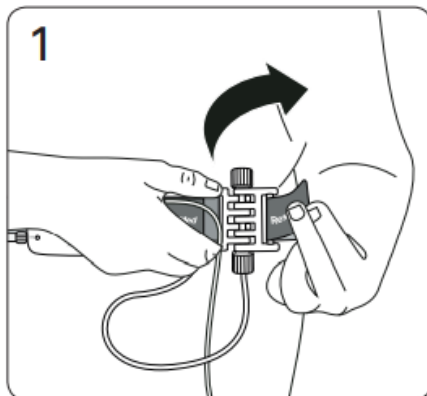
1. Pull the belt around your body. Thread the end of the belt through the slot on the effort sensor (if used) and fasten the tab to the belt. If you are not using the effort sensor, attach the tab to the belt.
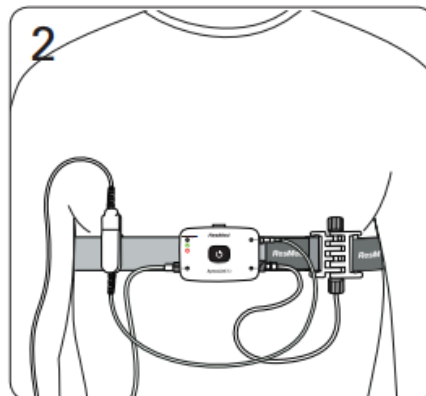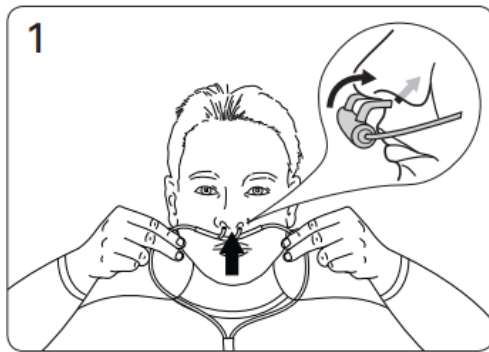
2. Check that the belt is secure and comfortable and that the device is positioned over the centre of your chest.
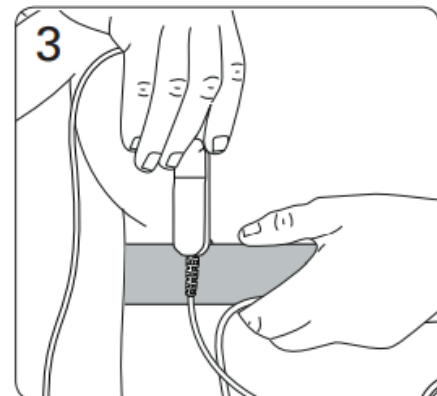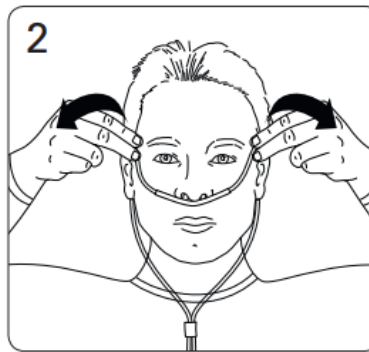
3. If using an oximeter, slide the clip onto the belt. The clip should be worn on the same side of your body as the oximeter finger sensor.
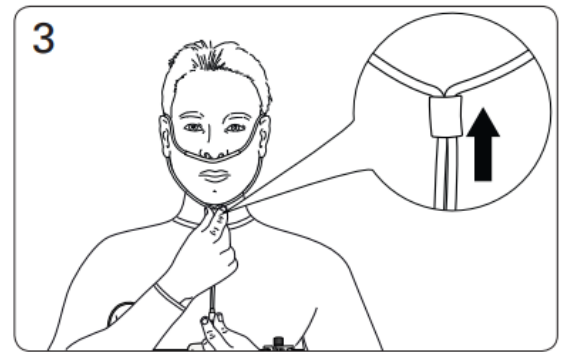
Connecting the Nasal Cannula:

1. Insert the prongs into your nostrils. Make sure the curved side is pointing towards the back of your nose.
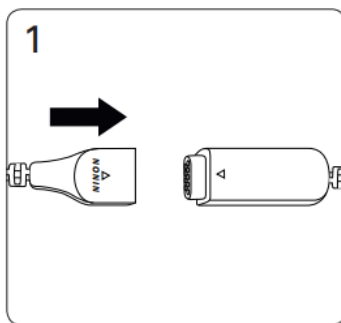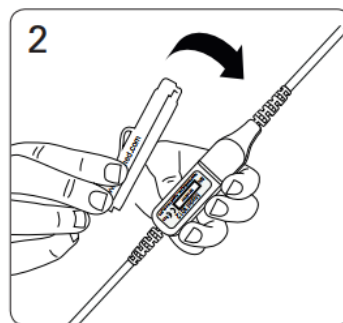2. Loop the plastic tubing around your ears.
3. Pull the slider up towards your chin until the plastic tubing is secure and comfortable.

Note: If the nasal cannula does not stay in your nose, use medical tape or adhesive bandages on your cheeks to hold it in place.
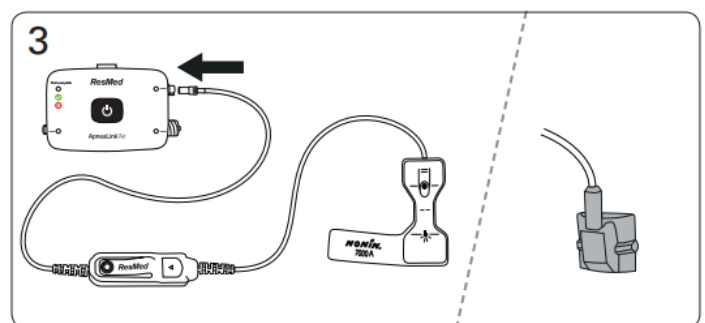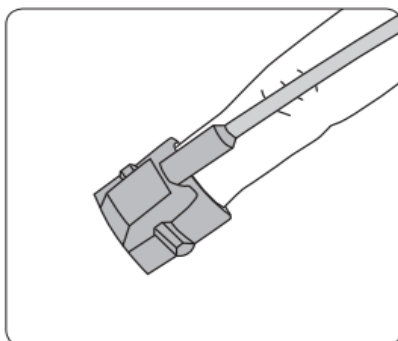
Connecting the Oximeter/Pulse Oximeter:

1. Attach the oximeter finger sensor to the oximeter.
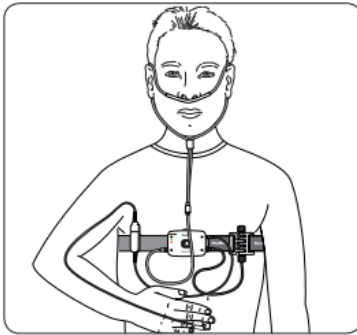2. Attach the belt clip to the oximeter.
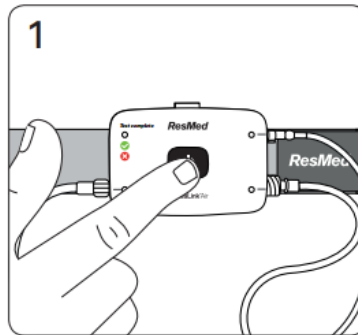3. Attach the oximeter to the oximeter connector on the device by pushing it on.

1. To fit the reusable finger sensor, slip it over the index finger on your non-dominant hand as shown.

Note: If the finger sensor is uncomfortable, you can move it to a different finger or your other hand.
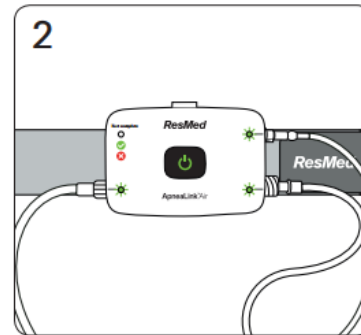
Starting the test



When properly set up, the full system looks like this.

1

1. Press and hold the power button in the centre of the device for about three seconds or until the light turns on.

2

2. Check that lights next to the accessories you are using are green. If any of these lights are red and blinking, the accessories are not attached correctly.

Once you have started the test, go to sleep as normal. The lights on the device will dim after 10 minutes. If you have to get up during the night for any reason, leave the device on unless you do not intend to go back to sleep. You can remove the oximeter finger sensor if you need to go to the bathroom or wash your hands. Replace the oximeter finger sensor before going back to sleep.
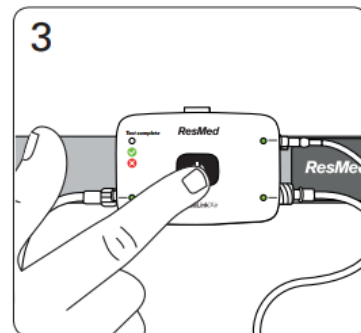
Stopping the test - check if test complete

1
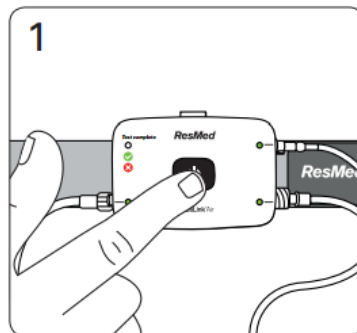
1. Press the power button for about three seconds.

2
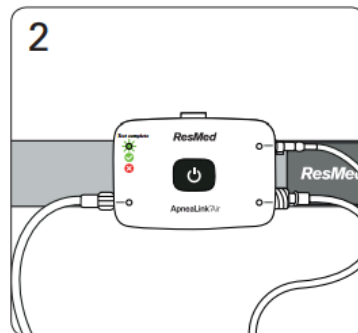
2. Check that the test complete indicator light is lit and green. This means the test is complete.

3

3. Press and hold the power button for about three seconds to turn off the device.

Note:

- *To re-check the test complete indicator light, press the power button until the light turns on (about three seconds), then briefly press the power button again.*
- *To replace the batteries, open the battery cover on the back of the device and insert two new AAA batteries.*
- *The device does not need any servicing or maintenance before recording.*