

## HOME SLEEP TESTING INSTRUCTIONS

If you have a Medical Emergency, call 911

If you have technical questions during your test, please call Sleep Insights: **585.385.6070, option 4**

If calling during regular business hours, select option 0 and ask for Home Sleep Study technical support.

**NOTE:** If there is no answer, the sleep technician may be with a patient. Please leave a voicemail.

Calls are typically returned within 20 minutes.

### GETTING STARTED

There are four main steps to setting up and completing your Home Sleep Test (HST):

1. FITTING THE HST DEVICE
2. STARTING THE TEST
3. STOPPING THE TEST
4. DISASSEMBLING AND RETURNING THE HST DEVICE

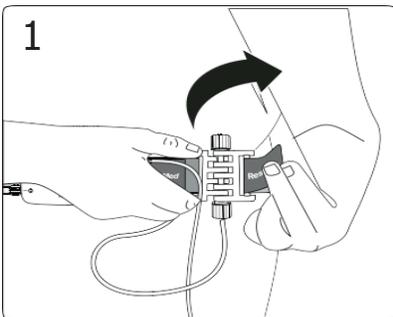
Before fitting, set out all the system components and read these instructions first.

**INSTRUCTIONAL VIDEO:** <https://www.youtube.com/watch?v=awa4z2fFn7A>

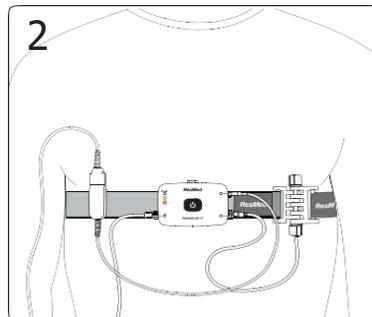
#### NOTE:

- **If you have acrylic, dip or applied ("fake") nails, an index fingernail needs to be removed for the oxygen reading. If you have gel nail polish, the polish from one of the index fingers will need to be removed. Regular nail polish is fine. The oximeter does not read through acrylic or applied nails, nor gel polish.**
- **Wear Apnea Link Air and belt over pajamas or nightshirts with long sleeves to avoid any discomfort from the belt.**

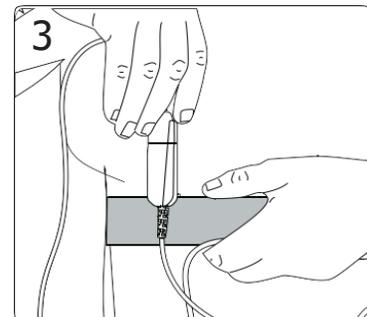
#### 1. FITTING:



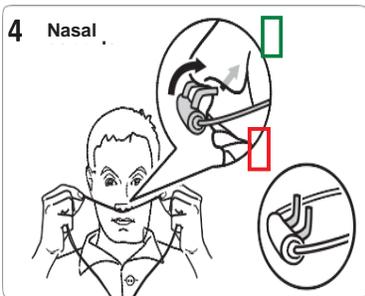
Pull the belt around your body. Thread the end of the belt through the slot on the effort sensor (if used) and fasten the tab to the belt. If you are not using the effort sensor, attach the tab to the belt.



Check that the belt is secure and comfortable and that the device is positioned over the center of your chest.



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.



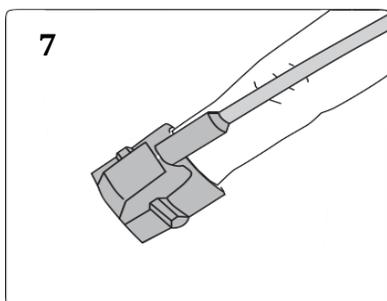
Fit the nasal pressure cannula so that the two small open tubes point towards your nostrils. When doing this, ensure that the ends point downwards.



Fit the loop around your ears and then back around your neck, without pulling over your head.



Draw the cannula to a comfortable position under your chin. If tape or adhesive pads have been provided, place them as indicated to help secure the cannula.



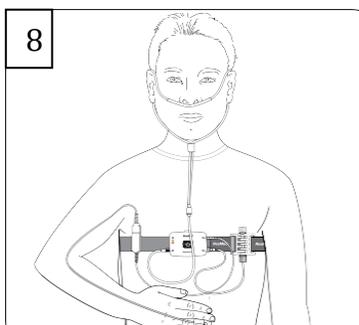
#### Reusable finger sensor

To fit the reusable finger sensor, slip it over the index finger on your non-dominant hand as shown. This will light up red and stay red throughout the study.

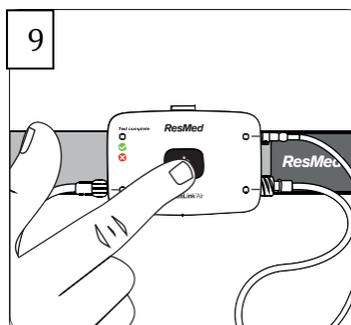
**NOTE: If the finger sensor is uncomfortable, you can move it to a different finger or your other hand.**

## 2. STARTING THE TEST

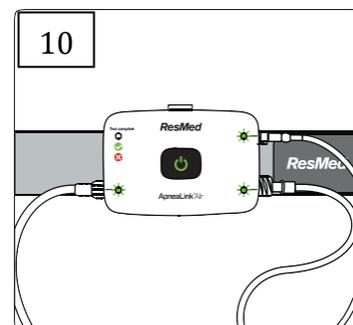
**NOTE: Once you have started the test do not turn off until completed next morning.**



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



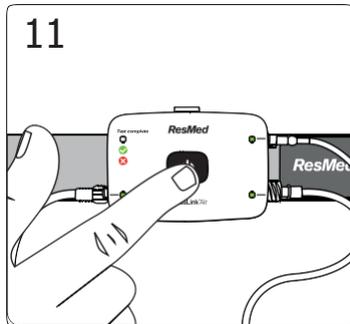
Press and hold the power button in the center of the device for about three seconds or until the light turns on.



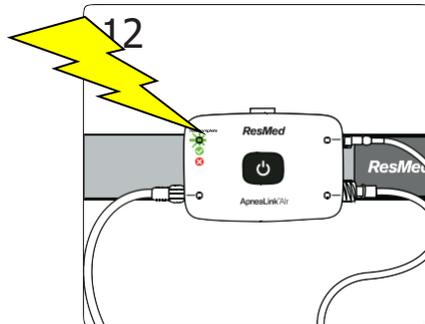
Check that lights next to the accessories you are using are green. If any of these lights are red and blinking, the accessories are not attached correctly. Remain still for a few moments until the system registers and turns green. They will blink red if you are moving around.

Once you have started the test, go to sleep as usual. 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.

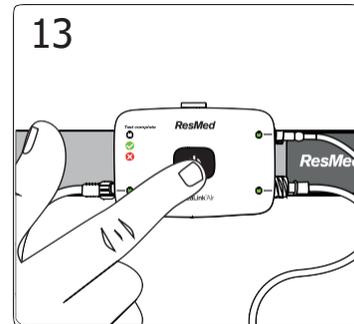
### 3. STOPPING THE TEST



Press the power button for about three seconds.



Check that the test complete. Indicator light is lit and green. This means the test is complete. If the test indicator light is red upon return of unit notify receptionist.



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

### 4. DISASSEMBLING AND RETURNING THE DEVICE

When the test is completed:

1. Remove the belt from your body
2. Remove the finger sensory and nasal cannula
3. Place everything back in the box and return it to your physician or healthcare provider as requested

**NOTE: Do not attempt to clean the device.**

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