

# Home Sleep Test Instructions



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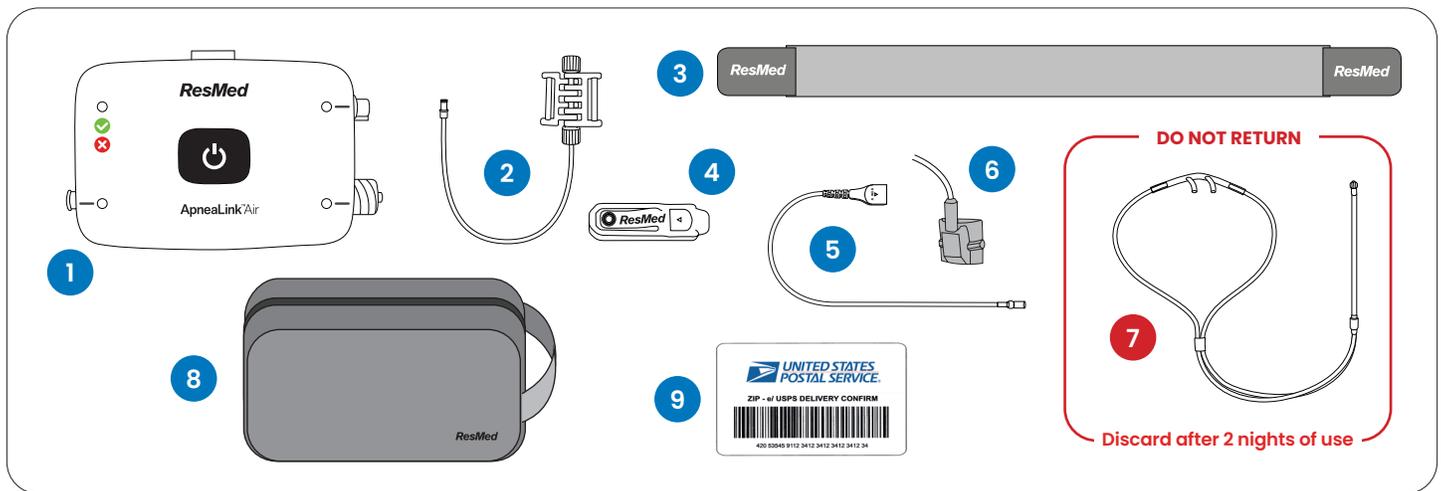
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# Home Sleep Test

## A What's in the Box

Included in the box and to be returned to SleepTest.com

1. ApneaLink Air device
2. Effort sensor
3. Chest belt
4. Oximeter belt clip
5. Oximeter tubing
6. Oximeter finger sensor
7. Nasal cannula
8. Storage bag
9. Prepaid shipping label

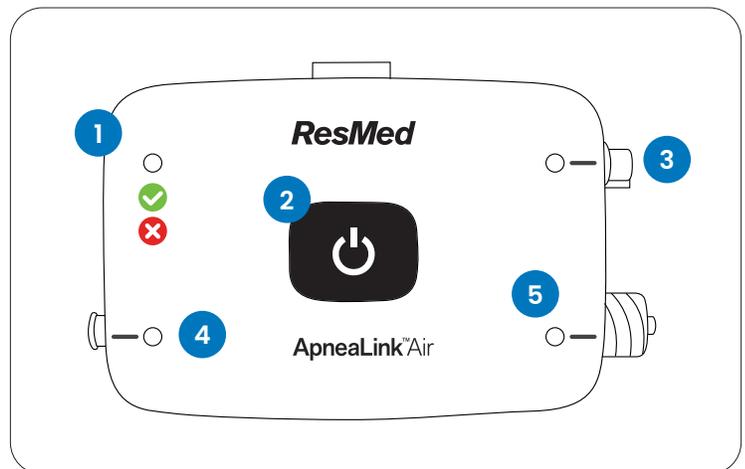


All parts (1-6) must be placed in bag (8) and returned to SleepTest.com using the prepaid shipping label (9). Return to SleepTest.com by dropping off the package at your nearest United States Postal Service office.

## B Home Sleep Testing Device

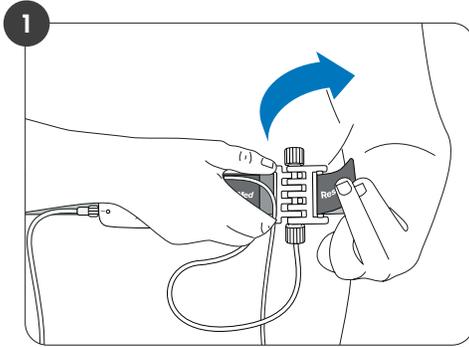
The ApneaLink Air device has the following lights, connectors, and button:

1. Test complete indicator light
2. Power Button
3. Oximeter connector & light
4. Nasal cannula connector & light
5. Effort sensor connector & light

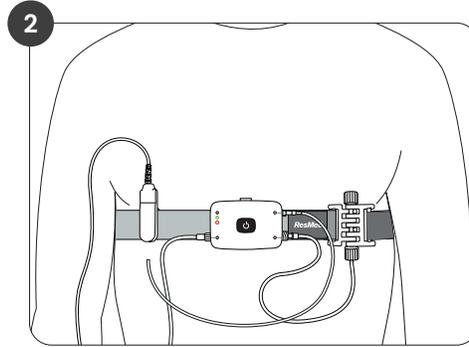


# Night One

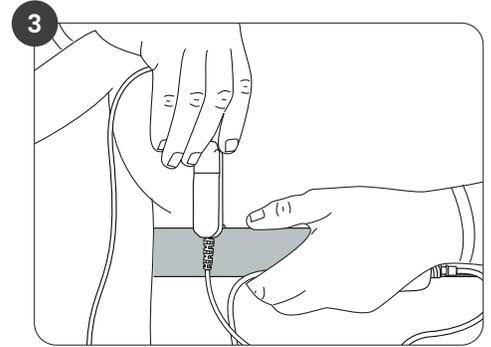
## Step 1: Fitting the belt



Pull the belt around your body. Thread the end of the belt through the slot on the effort sensor and fasten the velcro tab to the belt.



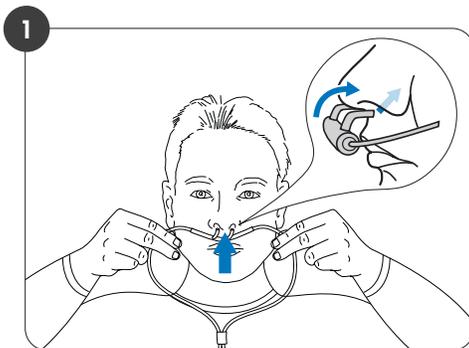
Position the belt so that it is touching your rib cage and the device is over or below your sternum, but above your navel. The device may need to be placed under breast tissue so it fits snugly around your rib cage.



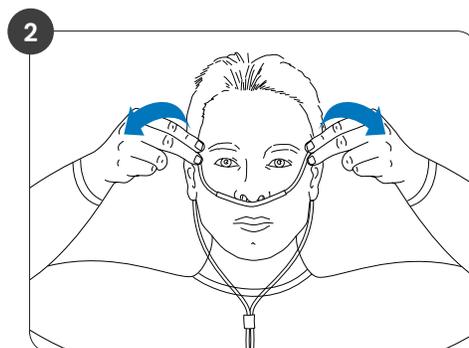
Slide the clip onto the belt. The clip should be worn on the same side of your body as the oximeter finger sensor.

 **CAUTION:** To avoid irritation or allergic reactions, wear the belt and device over a shirt.

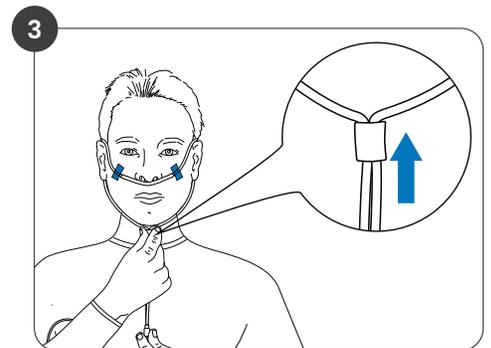
## Step 2: Fitting the nasal cannula



Insert the tips of the cannula into your nostrils, making sure the curved side is pointing towards the back of your nose.

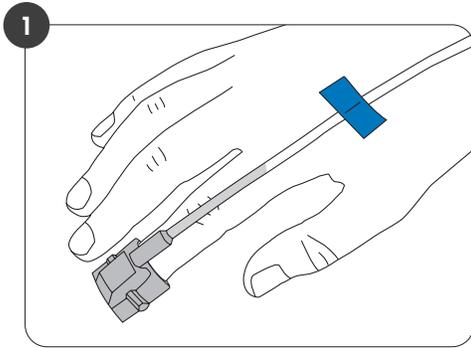


Loop the plastic tubing around your ears like glasses.

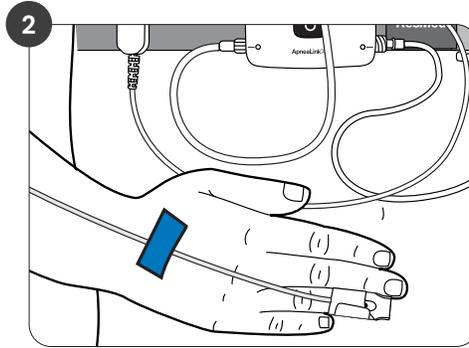


Pull the slider towards your chin until the plastic tubing is secure and comfortable. Place medical tape on the tubing along your cheeks to ensure successful testing. Two strips of tape, one on each cheek.

### Step 3: Placing the finger pulse oximeter



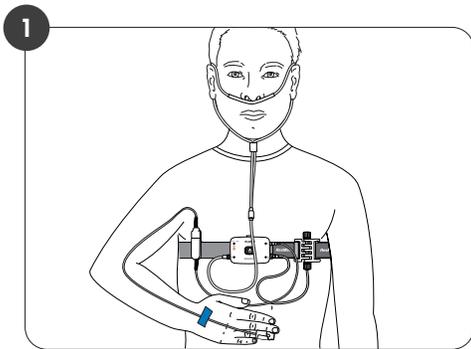
Place sensor on the pointer finger of your non-dominant hand. If uncomfortable, move it to another finger. Be sure the oximeter clip is on the same side of the body as the finger sensor.



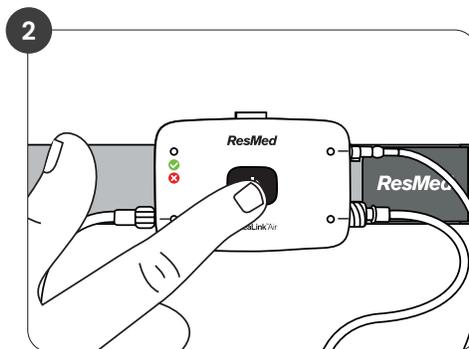
Place the cord along the back of your hand and forearm then secure it with two pieces of medical tape. Use one piece on the back of your hand and one piece on the forearm.

 **CAUTION:** Ensure that the oximeter clip is positioned on the same side of the body as the finger sensor.

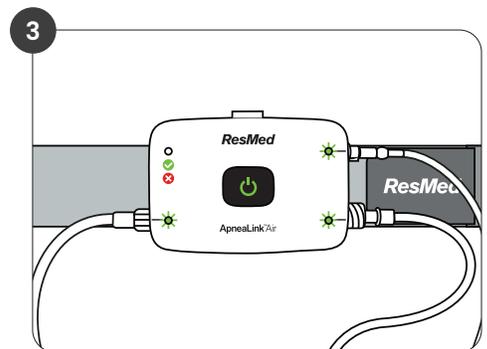
### Step 4: Starting the test



When properly set up, the full system looks like this. The device and belt should be placed under breast tissue so that the belt touches your rib cage.



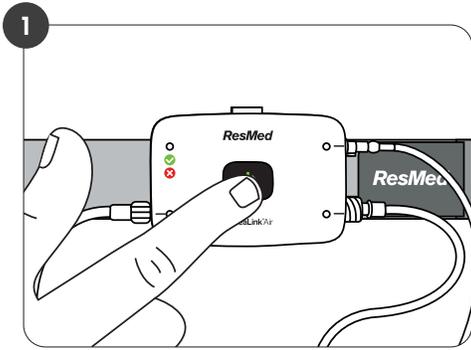
To power on, press and hold the center power button for 3–5 seconds or until the lights turn on. Please be patient and allow the device to “wake-up.”



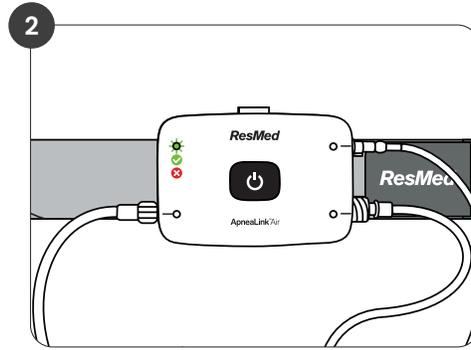
Ensure all lights turn green. If any of the lights are red and blinking, the accessories may not be attached or placed correctly. Sometimes, the pulse oximeter light may not turn green until you are asleep.

**Additional Instructions:** Once you have started the test, go to sleep as normal. The lights on the device will dim after approximately 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.

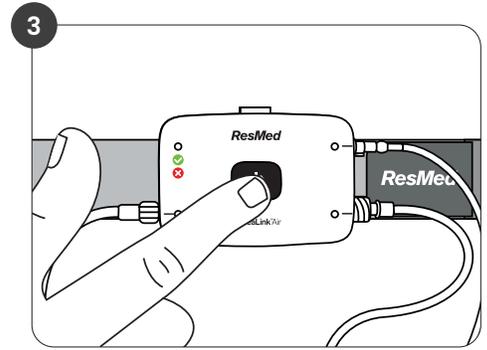
## Step 5: Stopping the test



To stop testing, press the power button for about 3-5 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 call for support.**



To turn off the device, press and hold the power button for about 3-5 seconds. Remove the batteries and replace with the new set in preparation for your second night of testing. This will also successfully turn off the device.

 **IMPORTANT REMINDER:** Replace the batteries before your second night of testing. To replace the batteries open the battery cover on the back of the device and insert two new AAA batteries.

## Night Two

**Step 1:** Replace batteries in testing device

**Step 2:** Repeat instructions 1-5 from night one

# Troubleshooting

## Helpful Tips

**Nasal cannula fell out of your nostrils and you woke up to a red light during your sleep.**

Place the nasal cannula back into position. Tuck the cannula behind your ears with the tightening bead directly beneath and touching your chin. Apply the provided medical tape.

**Pulse oximeter fell off of your finger and you woke up to a red light during your sleep.**

Place the pulse oximeter back into position and apply the medical tape.

**The device won't turn off after your testing experience.**

Remove the batteries in the back of the device to completely disable the equipment. Don't worry, the testing device will capture and maintain any recorded data.

**Female placement of the device and chest belt.**

The device and belt should be placed under breast tissue so that the belt touches your rib cage.

## Device Notification Lights

**Test Complete Light: Green:**

Signifies the device properly recorded data.

**Test Complete Light: Red:**

Signifies the testing device collected less than the required amount of time.

**Light(s) on the device are flashing red:**

Ensure all connections are attached properly to your body and the testing device.

**Light(s) on the device is intermittently red:**

The device is attempting to reconnect on its own. Once settled, the device will resume recording and the red light will turn off. If the flashing persists, remove the cord(s) from the device and reconnect. Cold fingers, tobacco use, artificial nails, or poor circulation can cause the pulse oximeter light to blink or turn off and on. Don't worry, give it a few minutes and it will respond.

## Contact Information

If problems persists or you have questions, message Customer Support from your Sleep Test Patient Portal or call **(800) 753-3783** in the morning for help.

