

INSTRUCTIONS FOR TWO (2) DAY HOME SLEEP TEST

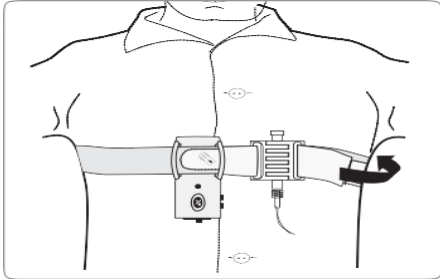
GETTING STARTED

PHONE: (702) 463-8062

The ApneaLink Plus/AIR will come to you already assembled. For best results, follow the instructions below while standing in front of a mirror. Notes: Wear ApneaLink Plus/AIR over pajamas or nightshirts to avoid any discomfort from the belt.

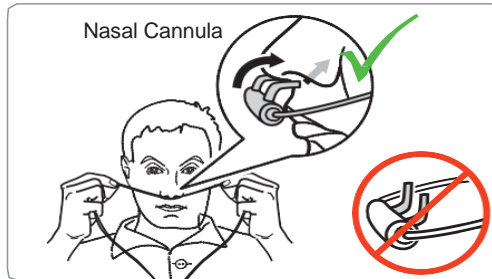
DO NOT NAP OR DRINK CAFFEINE BEVERAGES PRIOR TO SLEEPING WITH THIS DEVICE.

1. Belt Position



Wrap the effort belt around your chest and Velcro snugly in place. The chest band should be quite snug to pick up your chest expanding with each breath. Unit and sensor should be positioned center of your chest under the armpits

2. Nasal Cannula



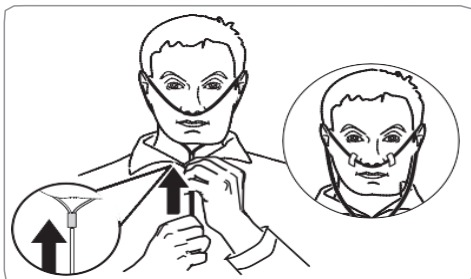
Place the nasal tubing nosepiece (nasal cannula) in your nose with the curves of the nasal cannula coming down towards you. This means prongs are facing towards your face and insert one prong into each nostril.

3. Tubes Over Ears



Wrap The Tubing Around Your Ears. DO NOT PLACE OVER HEAD.

4. Draw to Chin



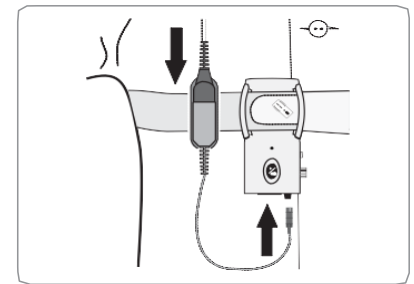
Draw cannula tightener to a comfortable position under your chin by sliding the plastic lead collar up until the cannula is secure.

5. Finger Pulse Sensor



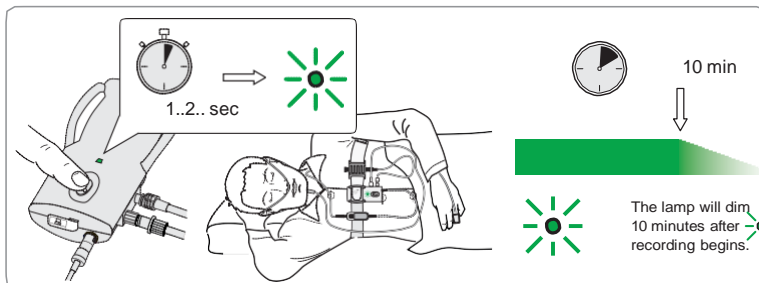
Attach finger sensor to your index finger. Wire should be on top. Use supplied pose wrap to secure wire and ensure probe stays attached. **DO NOT TAPE OR WRAP SENSOR PART.**

6. Clip Connector to Belt



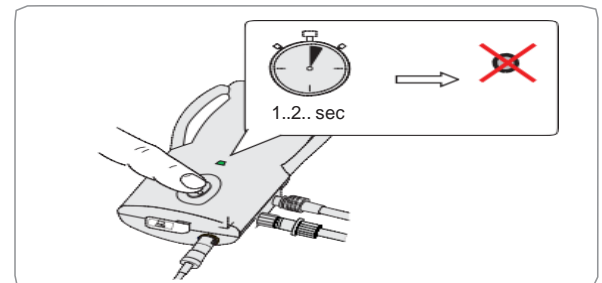
Attach the clip on the pulse sensor connection to the belt. Ensure the end of the pulse sensor cable is securely plugged into the recorder.

7. Start Recording



Start the recording by pressing and holding down the power button for approximately 2 - 3 seconds or until the small light turns on. *You Should Now Be Attempting To Sleep.* Leave it on to use the restroom.

8. End Recording



In the morning, stop the recording by pressing and holding the same power button until all lights are off. **NO LIGHTS OF ANY KIND SHOULD BE ON!**

If Red Light Appears It Does Not Mean Device Is Not Recording. Red light indicates optimal signal not being obtained. Troubleshoot by reviewing steps 1 – 5 and confirm each part is on correctly. If Red light remains on after confirming each part is on correctly... **DISREGARD RED LIGHT AND CONTINUE SLEEP TEST.**

When Returning Unit Place All Parts (Cannula, Blue Posey, Unit, Strap, & Finger Sensor) In Bag.

Thank You For Allowing Us To Participate in Your Sleep Testing

Scheduled Sleep Equipment Returns

9 a.m. to 11 a.m.

At Home Sleep Studies

Business Hours

Monday through Friday

9 a.m. to 5 p.m.

Phone: 702-463-8062

Technical Issues

If you are experiencing technical issues that cannot wait until normal business hours you may call 702-463-8062. Please be aware the Sleep Technician answering your call will not be able to advise or troubleshoot any issues with you. The Sleep Technician will take your name and phone number and will page On-Call OCST Technician.