

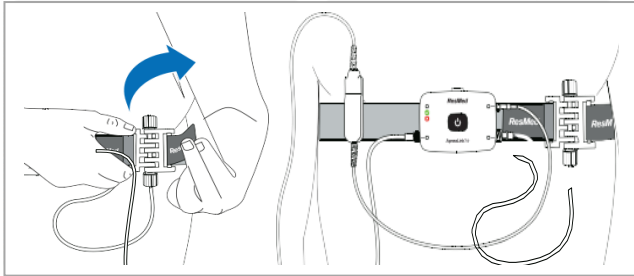
# INSTRUCTIONS FOR TWO (2) NIGHT HOME SLEEP TEST

## GETTING STARTED

PHONE: (702) 463-8062

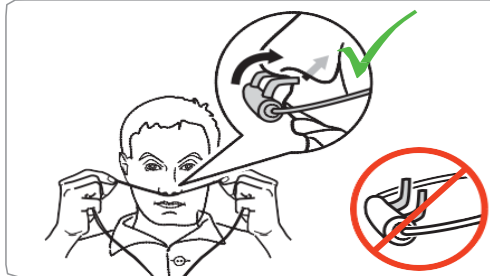
The ApneaLink AIR will come to you already assembled. For best results, follow the instructions below while standing in front of a mirror. Wear ApneaLink AIR over pajamas or nightshirt to avoid any discomfort or irritation from belt.

### 1. Belt Position



Wear belt and device over a shirt. Wrap the effort belt around your chest and Velcro snugly in place. 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



Loop Plastic Tubing Around Your Ears.

**DO NOT PLACE HEAD OVER OR THROUGH TUBING**

### 4. Draw to Chin



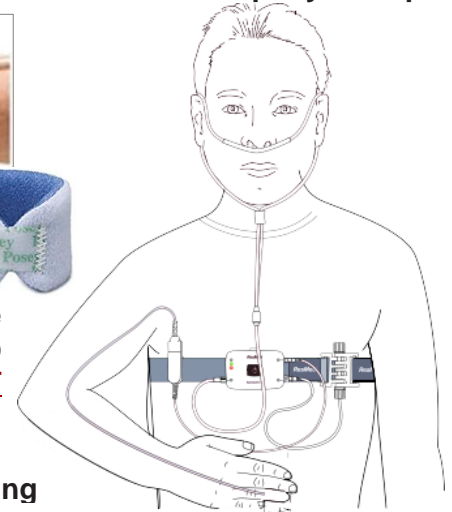
Pull cannula plastic lead collar up towards your chin until the plastic tubing is secure and comfortable. **\*\*NASAL CANNULA\*\***  
**MOST IMPORTANT PART**

### 5. Finger Pulse Sensor

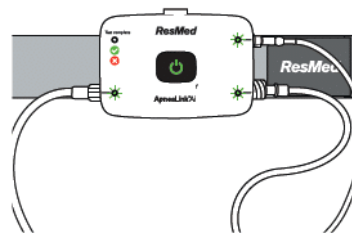
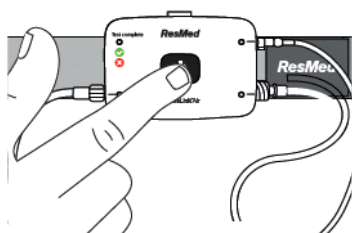


Place finger sensor on your index finger with wire on top. Use posey wrap to secure sensor wire to finger. **DO NOT TAPE OR WRAP SENSOR PART**

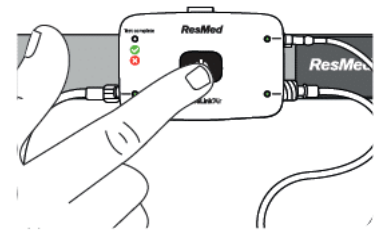
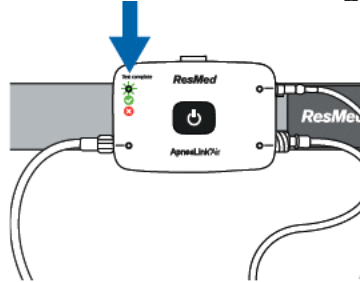
### 6. When Properly Set Up.



### 7. Start Recording



### 8. End Recording



Start recording by pressing and holding down the power button until the lights turn on. Ensure All 3 lights turn green. If any light blinks red, check accessories are placed & connected correctly. *You Should Now Be Attempting To Sleep.* Leave tester on to use bathroom. **Stop The Recording By Pressing & Holding The Same Power Button Until All Lights Are Completely Off (2 Times To Shut Off Correctly).**

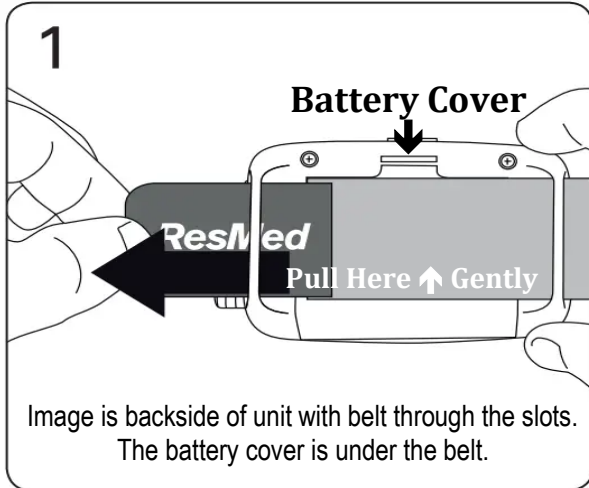
**IF RED LIGHT APPEARS IT DOES NOT MEAN DEVICE IS NOT RECORDING.** Red light indicates optimal signal not being obtained. Troubleshoot by reviewing steps 1 – 5 and confirm each part is on correctly. If Red light remains on after confirming each part is on correctly... **DISREGARD RED LIGHT AND CONTINUE 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*

The unit utilizes 2 AAA Batteries. The Batteries Will Only Last 2 Days Max depending on the amount of sleep time & recorded time. Some people sleep 3 – 6 hours & others may sleep 8 – 12 hours. If you are testing for more than 2 days, batteries will need to be replaced after the second night (You are welcome to replace batteries each day if you desire).

The battery compartment is located on the back of the testing device. To install or replace the batteries, turn the unit over so you have access to the strap on the back. **Important: Do Not Disconnect Anything From The Testing Device.** Pull the belt to create slack and access to the battery lid on the back of the unit. Open the battery cover on the back of the device, remove batteries & insert two new AAA batteries. The black marks represent the positive battery side. Replace battery cover and pull belt to remove slack.



**PULL BELT GENTLY**  
From Between Device Belt Slots To  
Create Slack To Access Battery Cove.

**DO NOT DISCONNECT**  
Any Sensors Or Parts From Sleep  
Testing Device.

## **RETURN DAY AND TIME**

MONDAY  TUESDAY  WEDNESDAY  THURSDAY  FRIDAY

9 am - 11 am or: \_\_\_\_\_

**FAILURE TO RETURN SLEEP EQUIPMENT WILL RESULT IN \$50 PER DAY CHARGE**

## **TECHNICAL ISSUES - CALL 702-463-8062**

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.

### **AT HOME SLEEP STUDIES**

Monday through Friday

9 a.m. to 5 p.m.

Phone: 702-463-8062