

GTSSC



Greater Tri State Sleep Center

HOME SLEEP STUDY INSTRUCTIONS

Thank you for choosing to complete your Home Sleep Study with Greater Tri State Sleep Center, below are the steps to ensure accurate results. Our office will contact you two days after you have received the unit to confirm testing has started. If you have any questions regarding the application of the sensors prior to us contacting you, please contact our office at 724-743-4515 and press "0" when the automated system starts. Please note that if you are calling after business hours the automated system will provide you with an afterhours contact number available until 9 pm. Please refrain from smoking, eating, or drinking while wearing the equipment.

Testing procedures

- Complete the patient medical history packet.
- Apply the sensors at bedtime and complete the bedtime questionnaire.
- Once the sensors are applied properly press the power button in the middle of the chest sensor. You will see the unit light up.
- In the morning press the power button on the chest sensor to power the unit off and complete the morning questionnaire.
- Complete the testing and questionnaires for a second night.
- After two nights of testing remove the nasal cannula by unscrewing it from the unit and dispose of it in your home. Place patient medical history and all testing equipment including the blue or gray bag that houses the sensors in the soft mailing envelope provided in the bottom of the box the unit was mailed to you in. Place the mailing envelope in your mailbox, you do not need to go to the post office to return.

Applying the three sensors

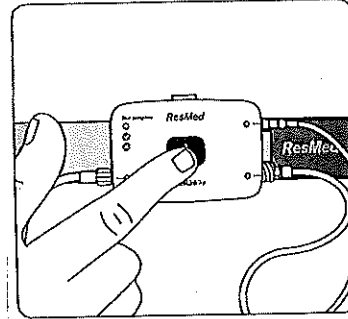
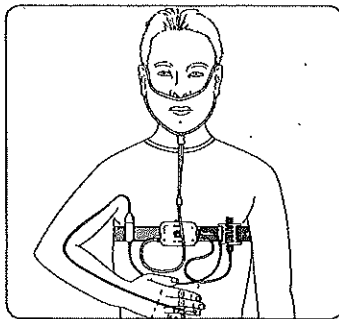
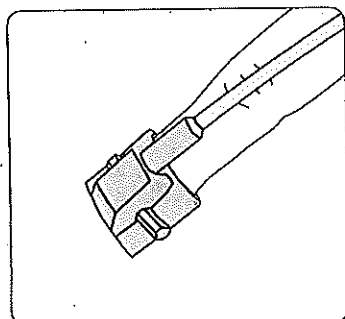
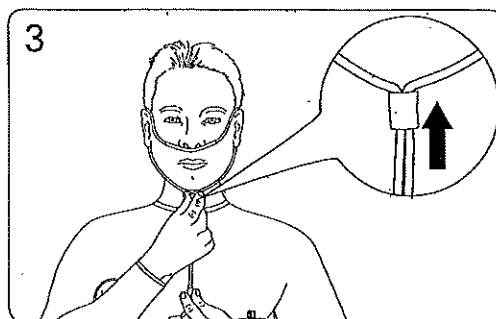
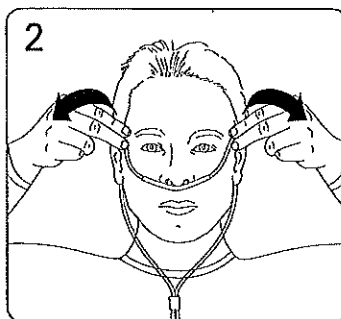
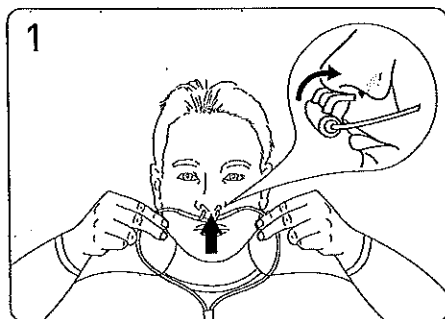
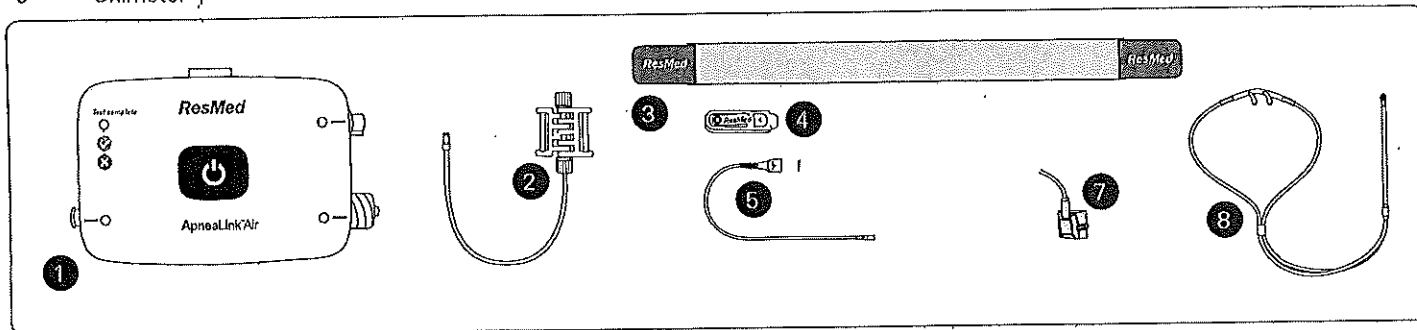
Wash hands prior to applying the sensors.

- Chest sensor
 - Should be applied overtop of clothing.
 - The square black sensor should be in the middle of the chest with the effort sensor directly next to it.
 - The black belt will go around the chest via under the armpit area.
 - The black belt should be secure but not overly tight.
- The Pulse Oximeter
 - Apply the Pulse Oximeter to your preferred index finger with the finger symbol facing up.
 - The tip of your finger should not show out of the top of the sensor.
- The Nasal Cannula
 - The cannula should be applied starting under the chin, to the ear, and into the nostril area with the prongs facing toward you. (See picture on back of page)
 - The cannula does not supply any oxygen.

Equipment

The ApneaLink Air system includes:

- | | | | |
|---|----------------------|---|---------------------------------|
| 1 | ApneaLink Air device | 7 | Reusable oximeter finger sensor |
| 2 | Effort sensor | 8 | Nasal cannula |
| 3 | Belt | 9 | Bag (not shown) |
| 4 | Oximeter belt clip | | |
| 5 | Oximeter | | |



Trouble shooting

- The testing unit will calibrate the entire time of testing, this may cause the sensor lights on the unit to be red or green.
- The testing unit will only hold 12 hours of data. The unit will completely power down once capacity has been met.
- Complete both nights of testing even if the "Test Complete" light was green.
- If you need to use the restroom keep the equipment powered on and on your body. Remove the Pulse Oximeter while washing your hands and reapply it when completed.
- Medical tape or band-aids can be placed on the cheek over top of the nasal cannula to secure it in place if desired