Your physician or healthcare provider has ordered a Home Sleep Study to test if you have sleep-disordered breathing. The sleep monitor collects information related to how much and how well you breathe at night. This monitor will aid in the diagnosis of sleep disordered breathing for adult patients. The monitor records the following data: patient respiratory nasal airflow, snoring, blood oxygen saturation, pulse and respiratory effort during sleep. The monitor uses these recordings to produce a report scored by a Registered Polysomnographic Technologist and interpreted by a Board Certified Sleep Physician of Marlette Regional Hospital. This report will aid in the diagnosis of sleep disordered breathing or for further clinical investigation.
Please read these instructions thoroughly before you begin your test

DURING THE DAY OF THE TEST

-Do not nap during the day.

-4 hours before bedtime:
  No Alcohol
  No Caffeine
  No Tobacco
  No Exercising

-Do not eat a heavy evening meal.

-Take your usual medications.

SLEEPING CONDITIONS

-Go to sleep at your usual bedtime.

-To avoid irritation or allergic reaction, wear t-shirt, pajamas or night shirt.
  -NO silk or satin clothing.

-Remove nail polish from finger that sensor will be worn on.

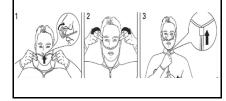-Sleep 6-8 hours and wake as usual.

PUT ON CHEST BELT/MONITOR

-Pull the belt around your body or slip the belt over your head.
-Loosen the left side Velcro.
-Pull belt snug and refasten Velcro.
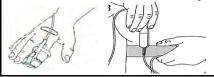-Easier to refasten Velcro in front.
-Be sure belt is not twisted.

PUT ON NASAL CANNULA

- #1. Insert prongs into nostril, curved side pointing to back of nose.
-#2. Loop plastic tubing around ears.
-#3. Pull slider up towards chin.
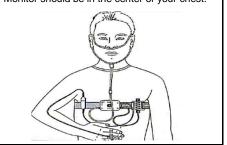-#3. Place tape on tubing over both cheeks.

PUT ON OXYGEN SENSOR

-Insert finger into finger sensor.
-Finger must reach end of sensor.
-Be sure nail polish is removed.
-Secure wire with tape.
-Do not put tape on finger sensor.
-Slide clip onto the belt.
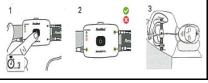-If sensor is uncomfortable, move to another finger.

FULL SET UP LOOKS LIKE THIS

-When properly set up it should look like this.
-Monitor should be in the center of your chest.

TURN MONITOR ON--GO TO SLEEP

-#1. Press & hold button for 2-3 seconds.
-#2. Green light should come on at each sensor.
-#2. If blinking red light, adjust sensor that goes with the light.
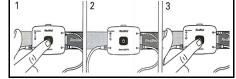-#3. Go to sleep. The lights will dim in 10 minutes.

TIPS & TROUBLESHOOTING

If you get out of bed during the night
-DO NOT turn the monitor off.

-DO NOT remove the nasal tube.

-You may remove the finger sensor to wash hands, put finger sensor back on before getting in bed.

-Call 989-635-4338 w/questions or if the green lights don't come on.
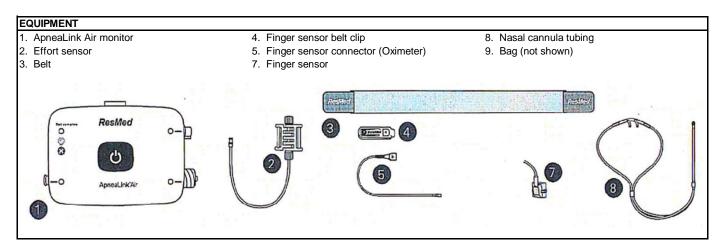
TURN MONITOR OFF IN MORNING

-#1. Press the button for about 3 seconds.
-#2. Check that 'test complete' light is green if the light is red, call 989-635-4338
-#3.Press and hold the button again for three seconds to turn off monitor.

TEST COMPLETION, DISASSEMBLING AND RETURNING THE monitor

1. Remove the nasal tube from your nose.	2. Remove the finger sensor from the finger.	3. Remove the belt from your body.
4. Place everything back in the bag.	5. Return to Marlette Regional Hospital Cardiopulmonary.	6. Be sure to sign for the return of the monitor.

EQUIPMENT

1. ApneaLink Air monitor
2. Effort sensor
3. Belt
4. Finger sensor belt clip
5. Finger sensor connector (Oximeter)
7. Finger sensor
8. Nasal cannula tubing
9. Bag (not shown)

APNEALINK AIR INTERFACE MONITOR

1. Test complete indicator light
2. Nasal cannula tubing connector and accessory light
3. Power button (ON/OFF)
4. Finger sensor connector and accessory light
5. Effort sensor connector and accessory light

TROUBLESHOOTING--PROBLEM/POSSIBLE CAUSE	POSSIBLE SOLUTION
The test complete indicator light doesn't turn on when I press the power button	
The batteries are depleted.	Replace the batteries by opening the battery cover and inserting two new AAA batteries.
The monitor is faulty.	If the light does not turn on after replacing the batteries, return monitor to Marlette Regional Hospital.
One of the accessory lights is red after I begin the test	
The accessory hasn't been connected correctly.	Leave the monitor turned on and reconnect the accessory according to the instructions. If using the oximeter, reconnect the finger sensor to the oximeter. Check that the light has turned green.
The accessory is not fitted correctly.	Leave the monitor turned on and refit the accessory according to the instructions. Check that the light has turned green.
The accessory or monitor is faulty.	If you cannot get the light to turn green, return the monitor and accessories to Marlette Regional Hospital.
All of the lights (including the test complete indicator light) are red and blinking when I turn the monitor on	
The monitor is faulty.	Return the monitor to Marlette Regional Hospital.
The effort accessory light is red and blinking when I wake up	
The effort sensor became disconnected during the night.	Call 989-635-4338. Replace the batteries and use again the next night if approved by Marlette Regional Hospital Cardiopulmonary Department.
One of the other accessory lights is red and blinking when I wake up in the morning	
One of the other accessories became disconnected during the night.	Check the test complete indicator light. If the light is green, the test was successful. If the light is red, call 989-635-4338. Replace the batteries and use again the next night if approved by Marlette Regional Hospital Cardiopulmonary Department.
The test complete indicator light is red when I turn off the monitor in the morning.	
The monitor did not gather enough data.	Call 989-635-4338. Replace the batteries and use again the next night if approved by Marlette Regional Hospital Cardiopulmonary Department.
The test complete indicator light is off when I turn off the monitor in the morning	
The batteries became depleted during the night.	Call 989-635-4338. Replace the batteries and use again the next night if approved by Marlette Regional Hospital Cardiopulmonary Department.