



## ADVANCED SLEEP MEDICINE SERVICES

### PATIENT INSTRUCTIONS FOR HOME SLEEP TEST

Visit our website for 4-minute video instructions: [www.sleepdr.com](http://www.sleepdr.com) under the “for patients” tab

1. Install the batteries. The battery compartment is behind the belt on the main device. Make sure the positive end of each battery aligns with the + sign in the compartment.
2. The belt and pulse oximeter (finger sensor) should already be plugged into the device.
3. Place the belt around your chest with the device resting on your chest.
4. Place the nasal cannula under your nose. The nasal cannula comes in a separate plastic bag and measures airflow. Place the two prongs face down at the entrance to your nostrils. Loop the cannula over your ears and tighten the cannula under your chin to a comfortable snugness. If you’re an active sleeper, secure the cannula to your cheeks using the medical tape supplied.
5. Plug the other end of the nasal cannula into the device, turning counterclockwise to tighten.
6. Place the pulse oximeter onto your index finger of either hand. The line or wire on the finger cap goes on top of your finger. Secure the line to the back of your wrist using the medical tape supplied. In the middle of the line there is a recorder (partially made of purple plastic). Clip the recorder over the belt. The system is now fully assembled.
7. Start the device by pressing the on-off button in the middle of the device for 2 seconds. The central light will turn green, and after a few seconds the 3 lights in the corners will turn green also. If any light blinks red, check the connections. Once corrected, the light will turn green. Once all lights are green, you can go to sleep as you normally do.
8. When you wake in the morning, turn off the device by pressing the on-off button for 3 seconds. The central light will turn off. If the “test complete” light turns green, you have successfully completed the test. If the light is red, call Advanced Sleep Medicine Services at (877) 775-3377 and we will help you troubleshoot.
9. Return the device using the prepaid envelope. Put the device into the envelope and seal it. Drop the sealed prepaid envelope into the parcel slot at your local post office.