

Erlanger North Sleep Disorders Center

Patient Instructions for Home Sleep Testing

Getting Started

As soon as the belt is snapped into place the device automatically powers on and starts the recording. When the device powers on, the smart guide patient setup feature will be initiated. The smart guide has flashing sensor indicators that will walk you through sensor placement.



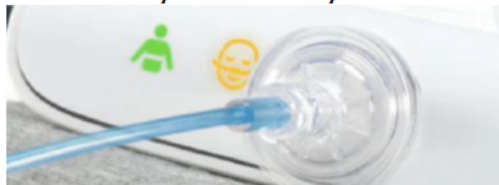
The belt indicator will flash yellow while the device is detecting the belt.



The belt indicator will turn green when the sensor is secure and there is a good quality signal detected.



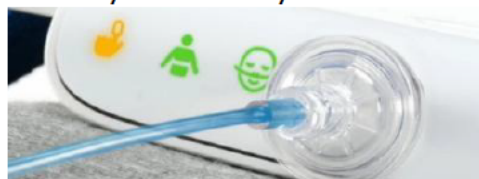
The cannula indicator will flash yellow to let you know to connect the cannula.



The cannula indicator will turn green when the sensor is secure and a good quality flow signal is detected.



The oximeter indicator will flash yellow to let you know to connect the oximeter probe.



The oximeter indicator will turn green when the sensor is secure and a good quality signal is detected.



After the guided setup is complete, all icons will be displayed solid green. After about 1 minute, they will turn off one by one. This will take a few minutes, but there is no need to wait for the lights to turn off. At this time you can go ahead and attempt to fall asleep.



During the night

At any time during the night you can press and release the user button to be informed of a sensor that needs to be adjusted. A flashing yellow indicator will inform you that the corresponding sensor needs to be adjusted.



Once you start the test do not remove the belt. If you go to the restroom during testing, you can remove the sensor from your finger then replace it when you return to bed; just leave the cannula and belt on.

In the morning

To turn off, press and hold the user button for 5 seconds. A circling cross-hatching pattern appears on the Good Study Indicator icon indicating the button press has been acknowledged and the device is powering off. Or, the device will power off 30 minutes after everything has been disconnected.



While disconnecting it is normal for all sensor indicators to flash yellow.



Tubeing is disposable and can be thrown away. *Please place the device, finger probe and belt back into the carrying case for return to the Sleep Disorders Center.*

For Questions During Testing

If you have questions during the daytime please contact the Sleep Disorders Center Monday-Thursday 8:30am – 4:00pm or Friday 8:30am – Noon at (423)778-3316. For questions at night, please contact a sleep technologist Sunday – Friday 7:00pm – 7:00am at (423)778-3576.

Returning the Device

Return device to Erlanger North Sleep Disorders Center during the following hours:

Sunday 7:00pm – 8:30pm (enter across from elevator – door says “Enter Here For Sleep Testing”)

Monday 8:30am – 4:00pm (enter through glass door) OR **7:00pm – 8:30pm** (enter across from elevator – door says “Enter Here For Sleep Testing”)

Tuesday 8:30am – 4:00pm (enter through glass door) OR **7:00pm – 8:30pm** (enter across from elevator – door says “Enter Here For Sleep Testing”)

Wednesday 8:30am – 4:00pm (enter through glass door) OR **7:00pm – 8:30pm** (enter across from elevator – door says “Enter Here For Sleep Testing”)

Thursday 8:30am – 4:00pm (enter through glass door) OR **7:00pm – 8:30pm** (enter across from elevator – door says “Enter Here For Sleep Testing”)

Friday 8:30am – NOON (enter through glass door) OR **7:00pm – 8:30pm** (enter across from elevator – door says “Enter Here For Sleep Testing”)

Saturday – CLOSED – unable to return device