

# Home Sleep Study Instructions

**Step 1 :** Place your batteries on the back of unit ,6 new batteries will be provided ( 2 for each night).

**Step2:** Place the unit strapped around your chest with HST unit facing the front. Please note the oxymeter must not be sitting underneath your underarm. If this happens move the strap towards the front so that oxymeter and HST unit are right next to each other sitting on your chest.

**Step 3:** Place the nasal cannula on your nose with the prongs carefully placed in your nostrils . SEE PICTURE BELOW:



**Step 4:** Once nasal cannula has been placed correctly , place 2 strips of cloth tape to the front of the cannula closest to your nostrils. This will ensure the cannula does not fall out during your study. After carefully placing tape strips on the cannula you will then place the oxygen probe on any your fingers with the exception of the thumb or pinky . Be sure to use the velcro strap provided to secure the probe.

**Step 5:** Once all equipment has been placed properly, you are now ready to begin your testing. Press the START button in the middle of the unit. All the lights will light up. You may now go to sleep. Please avoid laying on your stomach so that you do not turn off the unit during your sleep , this will cause you to have to REPEAT the study.

**NOTE:** This unit is designed to go into "BATTERY SAVE MODE" so if the lights turn off at night, please do not be alarmed. This does not mean your unit is turned off.

**Frequently Asked Questions:** What if I get up to use the restroom or drink water in the middle of the night? How long for my report to be ready?

**Answer:** This is perfectly fine, go ahead and proceed to what you are going to do and go back to bed as fast as possible. **DO NOT TURN THE UNIT OFF !** We ask that you give us at least 1 week for your report to be ready before you schedule an appointment.

**TO TURN UNIT OFF:** In the morning, simply hold the button down for a few seconds and the "TEST COMPLETE" light will come on. Do not take batteries out until you are ready to sleep again. Place unit in the bag . Repeat steps again for the next sleep night. Please do not tamper with wires as this will cause you to be "**FINANCIALLY RESPONSIBLE**" for this unit if damaged.

If you have any questions before or after your 1<sup>st</sup> night with the unit, please be sure to call our lab during business hours at 832-913-6126.