**\*\*\*IMPORTANT\*\*\***

**These instructions are synced with the instructional video found at the following YouTube address:**

<https://www.youtube.com/watch?v=-vaXa6EClUU>

**Please watch the video and read these instructions before attempting to use the home sleep study device**

**COVID-19-related announcements:**

We are taking every precaution to ensure your safety. Home sleep testing has been identified as low-risk medical procedure. All patients are screened prior to receiving equipment and all components are extensively sanitized.

**Home Sleep Study Instructions:**

1. You will receive the device in a single-use bag.
2. The following items should be included in the bag; the home sleep study device, the finger probe (attached to the home sleep study device), a cannula, single-use tape, extra batteries, and paperwork.

**STEP 1**: Wrap the belt around your chest and connect the chest belt to the home sleep study device (monitors breathing and secures the device). This action turns the device on.

***See Video @ 13 seconds***

1. Wrap the belt around your chest and insert belt ends into home sleep study device. Make sure the clips are inserted all the way. ***The belt needs to be comfortably snug. If it is too loose, it will not record correctly, and you may have to repeat the study.*** If you need to adjust the belt, please do so by lifting the white clamp on the belt, adjust, and then close the clamp. The belt works best if around the chest versus abdomen. You may wear this device against your skin or over clothing. Please make sure the home sleep study device is centered and upright*.* Please give more time than indicated in the video for the light to turn green. Sometimes it can take a few minutes.
2. ***You do not need to press any buttons to start the device***. The device will automatically turn on when the belt ends are properly inserted into both sides of the device. You will initially see the device light up. There will be a green light that looks similar to a pie. This means the device is initiating*.* ***If no lights are visible, please double check the belt/device connection****.*
3. If the belt/device connection is correct, and no lights come on, you may have bad batteries (this problem occurs rarely). Additional batteries are included in your bag. Please change the batteries and try again. The back of the device is similar to a TV remote. Remove battery cover for battery replacement and then replace.
4. Once the belt is connected correctly, the belt light will turn green. It may flash in/out which is normal. These devices are fickle.

**STEP 2:** Connect the cannula.

***See Video @ 43 seconds***

1. Follow the instructions in the video.
2. The cannula does need to be screwed onto the device. The light turns green when it is screwed on correctly, not when the cannula is in your nose.
3. The light associated with the cannula should turn green. If it does not, check and make sure it is screwed on correctly. Again, these devices can be fickle, and lights can flash in/out.
4. **Very Important!** Please tape the cannula to your face so that you do not pull it off in the middle of the night. If we lose this data, you may have to repeat the study.
5. If you are doing a study **with oxygen**; please wear both cannulas (this does not apply to everyone).

**STEP 3:** Connect the finger probe.

***See Video @ 1 minute and 9 seconds***

1. The finger probe is already connected to the device, you just need to put it on your finger. Please put it on one of the following fingers; index, middle, or ring finger.
2. Make sure the wire is on top of the hand, not on the bottom. If it is on the bottom, there is greater risk of pushing it off and losing data.
3. The light will turn green when it is on your finger.
4. **Very Important!** Please tape the wire to your hand or finger to avoid pulling it off in the middle of the night. If we lose this data, you may have to repeat the study.

**STEP 4:** The lights will turn off, but the device is still working.

***See Video @ 1 minute and 25 seconds***

1. All lights on the device will turn off gradually after a few minutes once the sensors are properly connected. People do not like lights in their face while sleeping. It is still recording, and **no action** is required to fix this. If the device is working, the pulse ox (finger probe) will have a red light inside the cup that does **NOT** turn off while you are wearing the device.

**STEP 5:** Lights flashing yellow once the device has been hooked up correctly.

***See Video @ 1 min and 45 seconds***

1. This may mean there is a problem with the sensor, but not always.
2. Check all the sensors, as long as they are all properly connected, please disregard the flashing light.
3. These devices are fickle and sometimes the light flashes for no reason.
4. Please do not feel like you need to babysit the device while sleeping. If you happen to wake up and see something is off, replace it, and go back to sleep.

**STEP 6:** Button on front of device.

***See Video @ 1 minute and 57 seconds***

1. While the video addresses using the button on the front of the device, please disregard this. Too often, people accidentally turn the device off.

**STEP 7:** In the morning.

***See Video @ 2 minutes and 14 seconds***

1. Disconnect the belt from the device and remove it.
2. After 30 minutes, the device will turn off on its own.

**STEP 8:** The second night.

1. Most patients wear the device for two nights to ensure we get enough data.
2. Some people do a comparative study (i.e. one night with room air and another night with oxygen or one night on room air and another night with an oral appliance). If you need to do this, it will be discussed prior to picking up the device.
3. The batteries reliably last two and half nights. You **DO NOT** need to replace the batteries unless the device does not turn on (occurs rarely). The batteries are only included in the event the original batteries did not work.

**STEP 9:** Returning the device.

1. **You must** return the device at the assigned time. Please do not deviate from this time. If for some reason you are delayed returning the device, you must call us as soon as possible @ (303) 952-1106.
2. CPI staff will meet you at your car to take your device. Please do not get out of your car or come into the office.
3. Please be sure to return all questionnaires with your device. Please put them in the bag. These questionnaires aid the sleep physician to accurately interpret your results.
4. Once CPI sleep staff has confirmed that your study was successfully recorded, the schedulers will call you to make an appointment to review the results. If you have not received a call within 5 days of returning your home sleep study device, please call (303) 952-1106.
5. If you fail to return the device, you will be charged a $1200 fee which will be described in the consent you sign.

**-If you have questions/technical issues after reading this sheet in its entirety, please call:**

**Ph: (303) 952-1106 or**

**email:** [**mdaut@cpimedicine.com**](mailto:mdaut@cpimedicine.com)

**In the event of an emergency, please contact 911**