



## SLEEP STUDY INSTRUCTIONS

1. Remove the recorder and the wire harness from case. Remove pictures for viewing, while reading these instructions.
2. If you're taking the sleep study Monday through Thursday, the machine has been pre-programmed for you. If this machine has been shipped to you **OR** is a weekend-test, please insert the wire harness firmly into the top of the recorder. This will start the recorder. You will hear a beep and see a red light in the finger sensor. **If you do not see a red light, please remove and reinsert the wire harness firmly.**
3. Strap the black belt and recorder around your lower chest so that it is comfortable for you (Velcro strap allows adjustment for your size.)
4. Strap gray/black elastic belt (with blue circle on the snapping buckle) around your chest at the nipple line (men), above breasts (women) so that it fits snugly. Snap fastener together. You can adjust it with the Velcro tab. Strap the second gray/black belt (with yellow circle on snapping buckle) around your stomach (at the belly button). Safety pins are included if the belts are still too large.
5. Place the clear plastic tubing (nasal cannula) so that the two prongs fit into your nose and then guide tubing over your ears (like your glasses would go over your ears). Slide the slip tube under your chin so that it fits snugly. Use a small piece of tape (included) to secure the tube to your cheeks.
6. Place the pulse oximeter (finger device) on any of the middle three fingers of either hand. There will be a **red light** visible inside the probe. Use the brown tape to secure the sensor wire to your finger.
7. You are now ready to lie down and go to sleep!

If you have to get up for the restroom or for anything else, don't remove anything, just wear it all with you. When you wake in the morning simply disconnect the sensors, unplug the wire harness and place it all back in the case. **Please do not throw anything away.**

**If you have any questions or problems please call our after-hours phone number 619-846-1865. Someone will answer or call you back immediately.**

Thank you for having your study with Sleep Data, Inc.  
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