

sleep**DATA**
COMPREHENSIVE SLEEP APNEA CARE
SLEEP STUDY INSTRUCTIONS

1. Remove the recorder and the wire harness from the case. Remove pictures for viewing, while reading these instructions
2. If you're taking the test Mon-Thurs, the machine has been pre-programmed. If you're taking the study on the weekend, or if this machine has been shipped, 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 and adjust the strap for a close fit.
4. Fasten the navy blue CHEST belt to your upper chest at your breast line. The word "chest" printed on the belt, should be on the inside facing you. At this point, attach the loose wire (with the button on the end) at the appropriate spot on the outside of the belt. Next, fasten the 2nd navy blue ABDOMEN belt around your stomach, above your belly button, the word "abdomen" should be on the inside facing you. Remember to attach the loose wire with the button on the end at the appropriate spot as you did with the previous belt.
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 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 blue clam-shell finger sensor on any of the middle three fingers of either hand. The picture of a finger nail on the sensor should be over your nail and face upward. There will be a **red light** visible inside the probe. Use the brown tape to secure the finger 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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