

Included:

- Assembled Home Sleep Testing Kit
 - Device (*ResMed ApneaLink Air*) has been pre-assembled prior to your test
- Batteries – 2 AAA, one will already be placed in the device
- Forms
 - Delivery ticket, release for treatment, demographics. **Please sign and date highlighted areas on each of these pages.**
 - Post-Sleep Questionnaire
 - Patient Satisfaction Survey
- If mailed, 1 pre-paid return envelope, addressed to Dream Sleep Testing
- Test Instructions. *Instructional videos can also be found on our website: Dreamsleeptesting.com*

Instructions:

1. Remove battery cover on back of device. Place or make sure batteries are properly inserted. Replace battery cover.
2. Tighten belt using the Velcro from your left side, placing device in the center of the chest. The effort sensor will be to your left of the device. The belt should be secure but comfortable.
3. Place rubber oximetry sensor on index or middle finger so that the wire sits along back of finger/hand. It should not stick out at the end of the sensor. If needed, tape or a Band Aid can be used to secure the probe while sleeping.
4. Oximeter connector can be clipped on the belt if desired; recommended on the side of the oximetry finger sensor.
5. Place nasal cannula in nose (shown). If needed, tape or a Band Aid can be used to secure the probe while sleeping.
6. Press and hold the green button on the front of the device until the light turns on. The test is now ready.
7. Wear overnight, keeping belt/device/oximetry sensor/nasal cannula in place. Try to wear 6-8hrs if possible.
8. Remove the monitor once done sleeping and turn off. To turn off, press the green button on the front of the device until the light turns off. ***Please discard batteries and nasal cannula prior to return.*** Place device and signed/completed forms in the pre-paid return envelope. This is now mail-ready and can be left in your mailbox for USPS. If delivered, we will be back to pick up the device tomorrow morning.

Note:

Please wear the device over your sleep shirt.

Nail polish should be removed prior to wearing oximetry sensor.

Please fill out the Post-Sleep Questionnaire and Patient Satisfaction Survey.

Do not smoke while using the device. You may be responsible for damages if this is suspected.

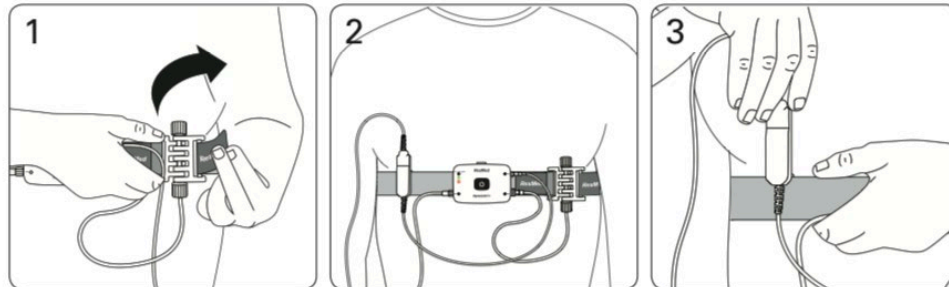
Expect to hear from ordering provider in 7-10 business days.

PLEASE WEAR TEST ASAP AS YOUR INFORMATION IS TIME SENSITIVE.

Fitting the belt

⚠ CAUTION

To avoid irritation or allergic reactions, wear the belt and device over a long-sleeved shirt.



1. Pull the belt around your body. Thread the end of the belt through the slot on the effort sensor (if used) and fasten the tab to the belt. If you are not using the effort sensor, attach the tab to the belt.

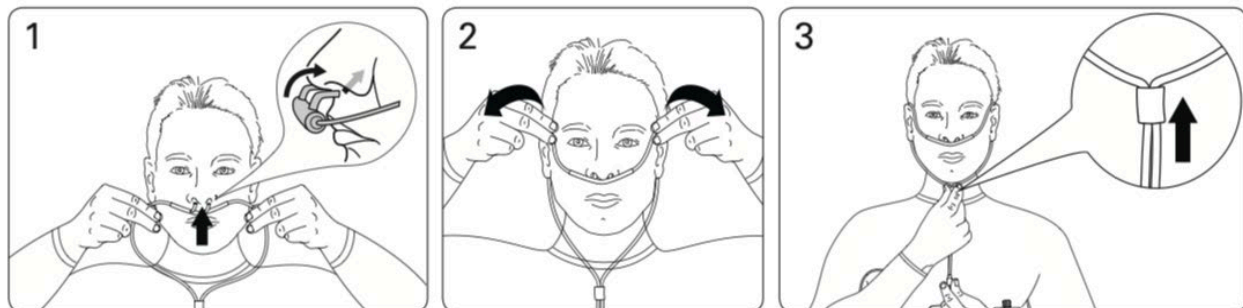
2. Check that the belt is secure and comfortable and that the device is positioned over the centre of your chest.

3. If using an oximeter, slide the clip onto the belt. The clip should be worn on the same side of your body as the oximeter finger sensor.

Nasal cannula

⚠ WARNING

Ensure that the cannula is fitted as described so as not to pose a strangulation risk.



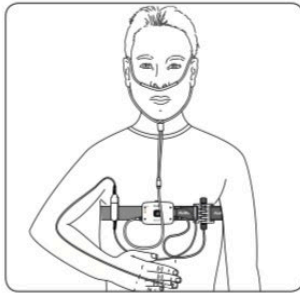
1. Insert the prongs into your nostrils. Make sure the curved side is pointing towards the back of your nose.

2. Loop the plastic tubing around your ears.

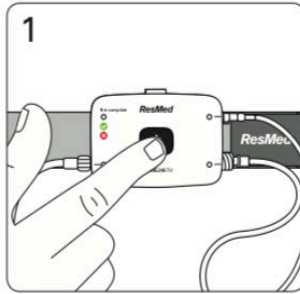
3. Pull the slider up towards your chin until the plastic tubing is secure and comfortable.

Note: If the nasal cannula does not stay in your nose, use medical tape or adhesive bandages on your cheeks to hold it in place.

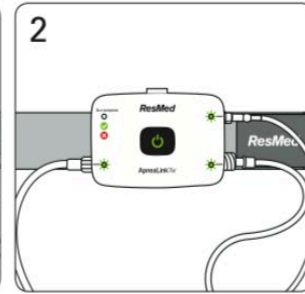
Starting the test



When properly set up, the full system looks like this.



1. Press and hold the power button in the centre of the device for about three seconds or until the light turns on.



2. Check that lights next to the accessories you are using are green. If any of these lights are red and blinking, the accessories are not attached correctly.

Once you have started the test, go to sleep as normal. The lights on the device will dim after 10 minutes. If you have to get up during the night for any reason, leave the device on unless you do not intend to go back to sleep. You can remove the oximeter finger sensor if you need to go to the bathroom or wash your hands. Replace the oximeter finger sensor before going back to sleep.



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Instructional Videos available at

Dreamsleeptesting.com

Thank you for choosing Dream Sleep Testing.