A·S·L

ADVANCED SLEEP LABS

525 N. Keene St., Suite 302

Columbia, MO 65201

<u>Local Phone</u>: (573) 441-0455

<u>Toll Free</u>: (844) 822-8052

Step by Step Instructions for the Application of Your

Home Sleep Testing Device

Fitting the Belt

a) Pull the belt around your body. Thread the end of the belt through the slot on the effort sensor and fasten the tab to the belt.
b) Check that the belt is secure and comfortable and that the device is positioned over the center of your chest.

Applying the Nasal Cannula

a) Insert the prongs into your nostrils. Make sure the curved side is pointing towards the back of your nose.
b) Loop the plastic tubing around your ears.
c) Pull the slider up towards your chin until the plastic tubing is secure and comfortable.

Note: With the nasal cannula, use the micropore tape that is supplied in the device bag on your cheeks to hold it in place.

Non-Disposable Finger Sensor

a) Place the sensor over a finger on your non-dominant hand.
b) Make sure that cable is on the top of the hand.
c) With the micropore tape provided, tape down the cable to the top of hand.
d) Attach the oximeter finger sensor to the oximeter port on the device itself.
e) With clip provided, snap over both the attached sensor.
f) (Optional) Slide the clip onto the belt. The clip should be worn on the same side of your body as the oximeter finger sensor.

Starting the test

a) Press and hold the power button in the center of the device for about three seconds or until the light turns on.
b) 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 approximately 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.

Stopping the test - check if test complete

a) Press the power button for about three seconds.
b) Check that the test complete indicator light is lit and green. This means the test is complete.
c) Press and hold the power button for about three seconds to turn off the device.

Disassembling and returning the device

When the test is completed:
1. Remove the belt with device from your body.
2. Remove the pulse oximeter (finger sensor) from your hand.
3. Remove the nasal cannula from the device and dispose of it in the trash.
4. Place everything else back in the bag and return it to Advanced Sleep Labs, LLC.

Do not attempt to clean the device.

Please return the device to:

 ADVANCED SLEEP LABS

 525 N. Keene St., Suite 302

 Columbia, MO 65201

Between the hours of 8:00 am – 4:00 pm Monday through Friday.

If anytime throughout the course of the preparation and set up of the device, during testing itself, when disassembling the device after sleep, or for just general inquires, we can be contacted at either our local or toll free number:

Local: (573) 441-0455

Toll Free: (844) 822-8052

We have technical support available <u>Sunday night (beginning at 7:00 pm) through Saturday morning (until 6:00 am)</u>. We are closed on Saturdays and support is not available unless otherwise arranged prior to testing.

If there is no immediate answer, please leave a message and your call will be returned as soon as possible.

An instructional resource if you have access to the Internet, which offers a visual walk through of an entire set up, can be found on our website at:

https://www.advancedsleeplabs.net/patient-resources

For further information, or to file a grievance or complaint, please contact the lab directly and ask for help from any staff member.

Thank you,
Advance Sleep Labs, LLC