

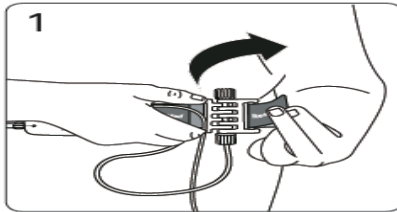
Apnea Link Patient Directions

Save the plastic bag to return the devices in.

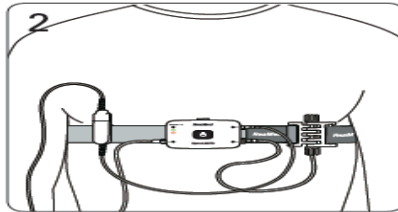
Fitting the belt

CAUTION

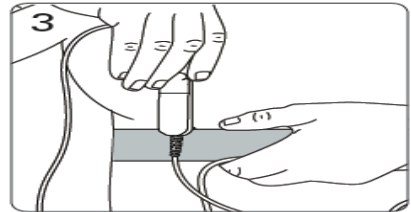
To avoid irritation or allergic reactions, wear the belt and device over a long-sleeved shirt.



1. Pull the belt around your body. Thread the end of the belt through the slot on the effort sensor and fasten the tab.



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

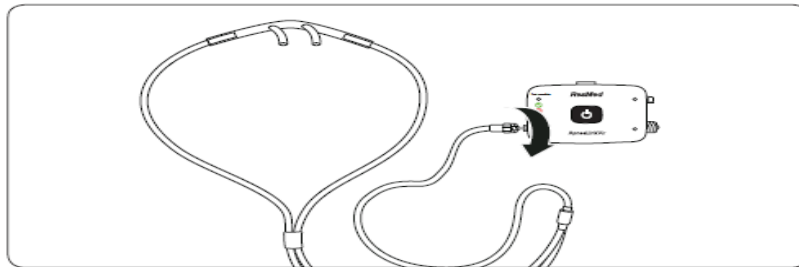


3. Slide the clip of the oximeter onto the belt. The clip should be worn on the same side of your body as the finger sensor.

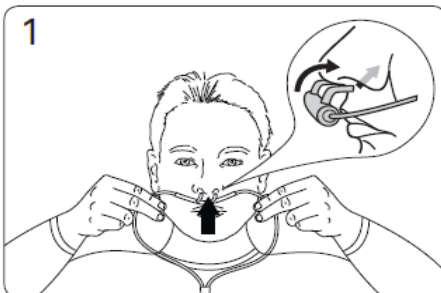
Nasal cannula

Connecting the nasal cannula (if not already connected)

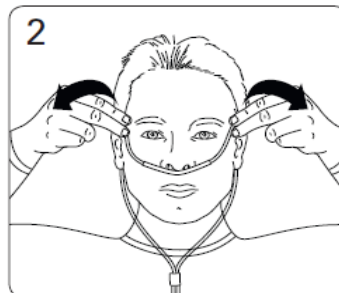
1. Insert the connector end of the nasal cannula into the nasal connector on the device.
2. Turn clockwise until the connector is secure.



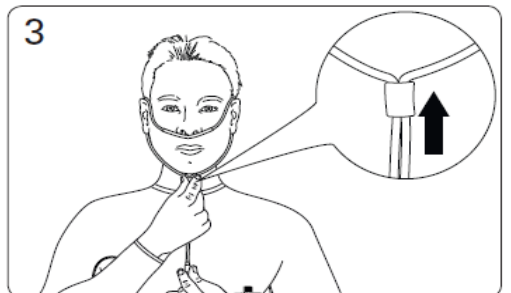
Ensure that the cannula is fitted as described so as not to pose a strangulation risk.



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.

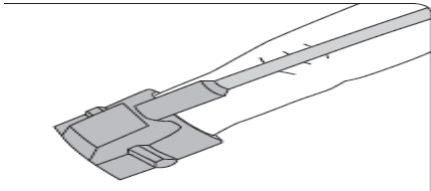


3. Pull the slider up towards your chin until the plastic tubing is secure and comfortable.

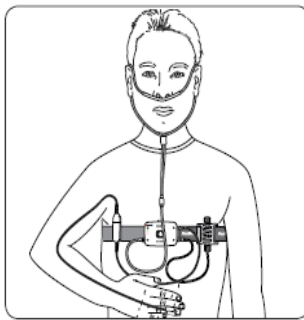
Note: If the nasal cannula does not stay in your nose, use medical tape or adhesive bandages on your cheeks to hold it in place.

Finger Sensor

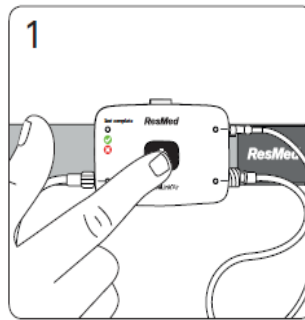
1. Place the finger sensor on any finger on your non-dominant hand with cord on top.
2. Wrap a piece of tape (provided in the bag) around your finger and the cord to keep sensor in place for the study.



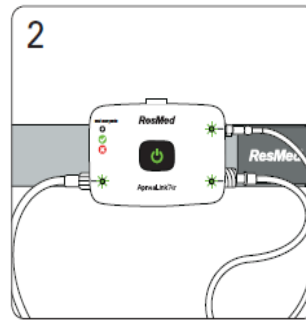
Starting the test



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.

Stopping the test



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 from your body
2. Remove the finger sensor
3. Remove the cannula from nose
4. Place all equipment in the plastic bag it came in
5. Fill out the questionnaires
6. Place signed forms and Questionnaires and the equipment in bag the return envelope
7. Seal and return the prepaid envelope through regular mail.

Please do not attempt to clean the device

Baystate Regional Sleep Program

Dear _____

Your physician has ordered a Home Sleep Test for sleep apnea.

The test will monitor your airflow, chest wall motion, heart rate and oxygen saturation.

Enclosed you will find the device along with instructions for applying and returning the device. Please read all instructions prior to use.

You may also search for: Resmed ApneaLink Air on YouTube for additional help or go to <https://www.youtube.com/watch?v=awa4z2fFn7A&t=84s> . Press cc button for subtitles.

Please fill out the enclosed questionnaires, the post questionnaire needs to be completed on the morning after the study and returned with the device.

Please note that if you have a medical emergency during the test call 911

The Resmed ApneaLink Portable Testing Device is to be used for one night and must be mailed back the following day so that we may review your HST study and get the results as soon as possible to your physician. You are responsible to mail back the device in the self-addressed postage paid envelope to The Neurodiagnostics and Sleep Center at Baystate Medical Center. If you fail to return the device, you will be charged the cost of replacement which is \$1,500.00.

Please refer all questions about study results to the ordering physician.

If you have any questions please call

The Neurodiagnostics and Sleep Center

Monday-Friday 8:00am-4:30pm: 413-794-3652

Thank you,

Baystate Regional Sleep Program

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Please bring back to the Wesson entrance, pull up to the curb, come in through the 2 double sliding doors and deposit the testing kit into the black mailbox located to the right.

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If you have any questions please call

The Neurodiagnostics and Sleep Center

Monday-Friday 8:00am-4:30pm 413-794-3652 (after 6:00: 413-794-5686)

Thank you,

Baystate Regional Sleep Program