



REM DIAGNOSTICS
SPECIALISTS IN SLEEP

Home Sleep Study Instructions

WATCH VIDEO: <https://www.youtube.com/watch?v=KLbLclwjGFw>

Summary of Instructions:

At night:

- Over your bed clothes, place belt around chest, high up and snug tight, but not so tight it is uncomfortable.
- Place the cannula in nose as instructed. Tape the cannula to face on both sides of nose, close enough to the nose the cannula won't pull out.
- Place the oximeter probe on pointer finger with the wire at the tip of finger. Tape the wire close to the probe so that the probe does not come loose overnight.
- Press the power button in the center of the device and a record light will turn on. Check that the lights next to the accessories are visible as well. You are now recording.

In the morning:

- Press and hold the power button for three seconds. The accessory lights should disappear. If the light is red, it may suggest that a rescheduling may be appropriate.

You **must** record data for more than six hours.