



NIGHT ONE HOME SLEEP STUDY SET UP INSTRUCTIONS

For an instructional video you can go to

<https://www.youtube.com/watch?v=NVqRSG-ktIA>

WRITTEN INSTRUCTIONS

ARE AS FOLLOWS:

SETTING UP FOR THE SLEEP STUDY OR STUDIES

Prepare for the night of your sleep study according to the instructions provided from Sleep Diagnostics, Inc. The unit will be set up for easy application.

Place the Respiroics NightOne Home sleep recording equipment on in the following order:

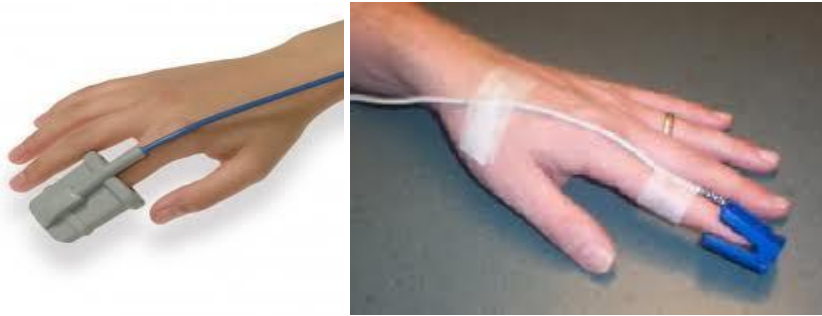
1. The first night, AA batteries will be in the device ready for use.
2. IF YOU ARE DOING 2 TESTS YOU WILL NEED TO CHANGE BATTERIES BETWEEN EACH TEST. AND YOU WILL NEED TO PRESS THE BUTTON TO START THE STUDY ON THE 2ND NIGHT.
3. Hold the recording unit in the center of your chest at the nipple line with the writing up.
4. Connect the chest belt. Wrap the effort belt around your chest and plug into the unit. The unit will turn on automatically. ON THE FIRST NIGHT ONLY: The unit will come on automatically. It will take a moment for the device to start up. If the chest belt icon flashes yellow, tighten the strap. The belt icon should be solid green. The chest band should be quite snug as it needs to pick up the stretching that happens when your chest expands with each breath.
5. **ON THE SECOND NIGHT** YOU WILL NEED TO PRESS AND HOLD THE BUTTON DOWN TO UNTIL THE GREEN LIGHTS COME ON.
6. Connect the nasal cannula. (The cannula icon will be flashing yellow). Screw the nasal cannula into connection on the top of the unit. It needs to be snug but not too tight.
 - a. Place the nasal tubing nosepiece (nasal cannula) in your nose with the curves of the nasal cannula coming down towards you and wrap the tubing around your ears. ie: (In the nose and around the ears). This will seem uncomfortable at first but you will adjust to this sensation. The lead collar will rest underneath your chin. Slide the plastic lead collar slide up until the cannula is snug. Use 2 pieces of tape to tape the cannula to your cheeks on the right and left side. (see picture) YOU MUST TAPE THIS IN PLACE IF IT COMES OUT OF THE NOSE THE TEST IS INVALID. The nose cannula icon should then be solid green



Oximeter Instructions:

- a. Connect the oximeter:
- b. Put the index finger of your left hand into the finger pocket probe sensor. There is a grey shiny 'box' on the top and the bottom of the probe. These 'boxes' are meant to shine a light through the nail bed of your finger.

Tape the sensor in two places YOU MUST TAPE IT MAY INVALIDATE THE TEST IF THE PROBE IS OFF THE FINGER FOR TOO MUCH TIME IN THE NIGHT.
- c. Tape the wire just above the sensor on the finger. The tape should be TIGHT to the WIRE, but loose to your finger. The idea is to make sure the probe does not come off of your finger, but will not interfere with circulation either. (see picture below) The oximetry icon will now be GREEN.
- d. Make a fist and bring the WIRE to your wrist and tape it again. Making the fist will leave enough slack in the WIRE so you can move your wrist without pulling the wire too tightly on your finger.



7. All of the icon lights will be green. Over the next few minutes all the icon lights will turn off one by one. You can now go to bed.
8. If you notice a problem with a sensor, (it is flashing yellow), adjust the sensor until the light is solid green.
9. TROUBLESHOOTING:
 - Chest effort band flashing continuously YELLOW? – needs to be more snug
 - Finger probe connection flashing continuously YELLOW? – Placement is not correct, move sensor to a different finger possibly.
 - Airflow sensor flashing continuously YELLOW – Place nose piece better into nose and re-tape.
 - NOTE: The lights may flash yellow intermittently, on as you move or pause breathing... don't worry about that.

You are now ready to begin the sleep study. The placement should match the figure here.



You can also use the following link to see a video on you tube:

<https://www.youtube.com/watch?v=NvqRSG-ktIA>

DURING THE STUDY

Once the NightOne recording unit is turned on, do not turn the unit off until the end of the study when you wake up for the day. Leave it on to use the restroom. We want you to have a normal night's sleep so we can see what is happening under NORMAL every night circumstances for you.

AFTER THE STUDY

In the morning: When you are done sleeping and out of bed, remove the sensors and device. It will turn itself off after 30 minutes OR you can press and hold the button for 5 seconds to turn the device OFF.

IF YOU ARE DOING 2 STUDIES

Change the batteries in between studies and you will need to press and hold the button down until the green light comes on to start the unit on the second night.

Follow the instructions on how to return the device to Sleep Diagnostics, Inc.

RETURNING THE DEVICE THE VERY NEXT DAY after your last test:

A. IF YOU CAME INTO THE OFFICE AND WERE ISSUED THE DEVICE PERSONALLY AND INSTRUCTED PERSONALLY:

1. Fill out the Sleep Screening Questionnaire if not already done - RETURN IN THE BAG WITH THE DEVICE and ALL SENSORS and return to the office.
2. If, for any reason we are not in:
 - a. HELENA – Leave in gold box on outside of door
 - b. MISSOULA- Leave with our office. If no answer leave at the Montana Health Clinic in Suite 203.

B. IF YOU WERE MAILED THE DEVICE:

1. Provide a copy of your insurances cards –RETURN WITH THE DEVICE.
2. Sign the Invoice – RETURN WITH DEVICE
3. Sign the Financial Agreement – RETURN WITH DEVICE
4. Sign the Authorization of Release Form – Include the names of all parties that you wish the results to be released to. RETURN WITH THE DEVICE
5. Fill out the Sleep Screening Questionnaire if not already done - RETURN WITH THE DEVICE.
6. Pack entire Night One Air and all sensors in box provided. RETURN IN THE PACKAGING PROVIDED. Take to the appropriate post office and mail it back.

Please call when you have completed this

Call or email if you have any questions.

Helena Office – 406-449-8999

Butte Office – 406-782-4595

Missoula Office – 406-452-4784

Toll Free – 1-855-449-8999

EMAIL – yvette@sdinc1.net

Yvette Worman RRT RPSGT