

CENTER POINTE SLEEP ASSOCIATES, LLC



APNEA LINK AIR HOME SLEEP TESTING UNIT PATIENT INSTRUCTIONS

PATIENT SUPPORT

724-904-7794 (8-4 M-F)

724-504-9305(at night only please)

OR 724-355-3268(at night only please)

www.centerpointesleep.com

Thank you for choosing Center Pointe Sleep Associates for your Home Sleep Test (HST). Below are the instructions you will need to follow to successfully complete the HST. **Please read the instructions carefully.** You may also go to our website, www.Centerpointesleep.com to watch an instructional video on how to setup and use the device.

The Home Sleep Testing Device is packaged with the belt and sensors attached and the batteries installed along with extra batteries.



It is very important that you do not turn on the unit until you are ready for bed.

Step 1: *Apply the Belt*



- Wrap the belt around your chest over top of your sleep shirt.
- The HST unit should be in the front and in the center of your chest.
- Make sure the belt is snug but not too tight.

Step 2: *Apply the Nasal Cannula*

- Place the prongs into your nose facing downward. One prong is to go in each nostril.
- Place the tubes over the ears and tighten the slider under your chin.

- Make sure the prongs are secure in your nose.

Step 3: *Apply the Finger Probe*



- Slide your pointer finger on your right hand into the probe with the cord on top of your hand.
- If you have finger nail polish on, please remove it from the finger being used.

Step 4: *Turn on the unit and go to sleep*

- When you are ready to go to bed, Sit up in bed and press in on the middle button.
- The middle button will light up green. There are three other lights that will also light up to indicate that the sensors are working.
- Take three deep breaths to help register the belt pressure. If the light continues to be red, tighten the belt.
- Once you have made sure all the lights are green, you may lie down and go to sleep.

You must have at least four hours of testing time on the unit.

Do not turn off the unit until you are ready to get up for the morning.

Step 5: *Turn off the unit*

- When you are ready to wake up for the day, press and hold in the middle button to turn off the machine.



Step 6: *Complete Paperwork*

- Complete all paperwork and place paperwork into the bag the unit came in.

All paperwork must be completed or the test will not be sent to the doctor to be interpreted.

Step 7: *Return the unit*

- Place the device with all attachments into the plastic bag.
- Once you receive the unit please do the study the same night. The next day Rezk Medical Supply will call you to arrange pick up. If you were unable to complete study please call our office at 724-904-7794 between the hours of 8 and 4 to arrange alternate pick up.

If you need assistance call 724-904-7794 M-F 8-4 and 724-504-9305 or 724-355-3268 after business hours.