

EMBLETTA SLEEP DEVICE SETUP INSTRUCTIONS

1. This test is programmed for tonight and must be done tonight.
2. The device must be worn over a T-shirt. Do not place directly against the skin.

How to put on the test equipment

1. SLEEP SENSOR: Place sleep sensor in the middle of your chest.
2. THORACIC BELT: Wrap the belt with the blue connector around your chest underneath your arm pits.
3. ABDOMINAL BELT: Wrap the belt with the yellow connector around your abdomen over your belly button.
4. OXIMETRY SENSOR: Place the sensor on the ring finger on your non-dominant hand.
5. CANNULA: Place the prongs in your nose, then loop the cannula around your ears and under your chin.

Oximetry Sensor Instructions

- A. If the sensor that tapes onto your finger
 - a. Place the side with the blue writing on a flat surface facing down.
 - b. Peel back the wax paper halfway, up to the two notches.
 - c. Place the fingertip of your right finger on the sticky portion just before the two notches.
 - d. Fold the side flaps on to your finger.
 - e. Remove the rest of the wax paper.
 - f. Fold down the top flap over your finger; the dotted line should be on the tip of your finger and the blue guidelines should match.
 - g. Wrap the long flap around the finger
- B. If you are given a sensor that is a blue clip
 - a. Clip the blue sensor on to the fingertip of your ring finger so that the wire going to the clip is resting on the top of your finger.

At bedtime:

Press the Exclamation Point button when you turned out the lights.

In the morning:

Press the Exclamation Point button when you wake up.

Remove the equipment, and place equipment as attached in the case.

Complete the sleep diary.

Sleep study equipment should be returned the following day:

Monday through Friday

Before 8:30 am: Security desk in the hospital's Emergency Department

8:30 to 9 am: Medical Office Building 2, Suite 190 receptionist

Saturday

Medical Office Building 1, Suite 110 receptionist

9 am to 12:20 pm or 1:30 to 4:30 pm

