

# FREQUENTLY ASKED QUESTIONS

**WHAT DOES THE BLINKING LIGHT MEAN?** The light on the front of the device will change blinking pattern and color depending on whether the device is recording, waiting to record, has a low battery, or whether the pulse ox is on or not.

**WHERE DOES THE EFFORT BELT FIT ON WOMEN?** Women may find more comfort wearing the effort belt slightly above the breast.

**DO I NEED TO TURN THE DEVICE ON OR OFF?** No, the device is programmed to turn on and off automatically.

**HOW MANY NIGHTS SHOULD I DO THE TEST?** You should always test for the two nights agreed upon prior to testing. These two nights can be found within your paperwork.

**IF I DON'T DO THE TEST ON THE CORRECT NIGHTS, CAN I KEEP IT AND DO THE TEST LATER?** No. Since the device is programmed to record for two specific nights, you must return the device to be reprogrammed. This may require a small shipping fee.

**WHAT IF THE PULSE OX IS TOO TIGHT OR HURTING MY FINGER?** Feel free to move the finger sensor to a smaller finger or other hand.

# PACKING INSTRUCTIONS

Do not throw away box or packing materials as you will reuse them.

Return all materials and equipment **EXCEPT for the nasal cannula. You may throw this away after use.**

Place return shipping label on the outside of the box and tape box shut.

## SHIPPING

Either call FedEx at 1.800.463.3339 to schedule a pick-up or drop off the package at your local FedEx shipment center which you can find online at [www.fedex.com](http://www.fedex.com).



**877.270.7587**  
[homesleepdelivered.com](http://homesleepdelivered.com)



## INSTRUCTION GUIDE PLEASE READ CAREFULLY BEFORE ADMINISTERING YOUR HOME SLEEP TEST.

### THIS IS A 2 NIGHT TEST.

The test has been pre-programmed so you will not have to worry about turning it on or off at any time. Only sleep with the test on the night's scheduled by the Home Sleep Delivered representative.

Please **DO NOT** twist the silver end of the finger probe from the device.



### PLEASE RETURN YOUR UNIT.

Due to the cost of the sleep testing units, it is important that you take the test on the nights agreed upon and return after testing. After 10 business days without receipt of the device, you will begin to accrue late fees at \$25 per day. After 14 days, you may be responsible for the full cost of the device at \$1,400.00

# HOME SLEEP TEST PROCESS

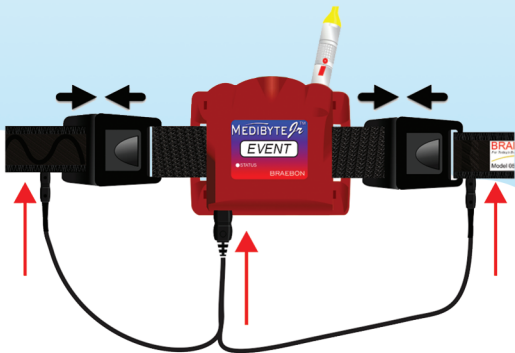
1

Clip one side of the elastic effort belt to the device. Wrap the belt around your back and attach to the other end so that the belt sits around your chest just above your breast. If the belt is too loose, simply adjust the straps by pulling until snug.



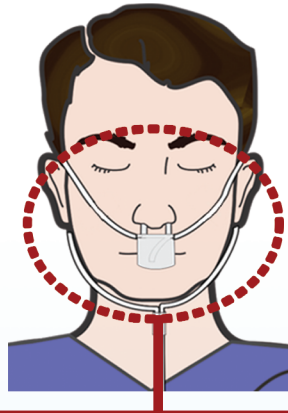
2

Connect the belt's sensor cable to the bottom of the device and connect the two ends of the cable to the round plugs at the bottom on the belt.

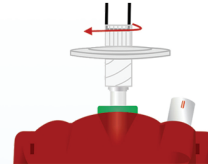


3

Remove nasal cannula from plastic bag and insert into each nostril as pictured below. Then bring tubing around the top of each ear and then adjust slider beneath your chin. The plastic flap should be positioned in front of your mouth.



Attach opposite end of cannula to the center port of device by turning slightly clockwise.



**DO NOT RETURN CANNULA**

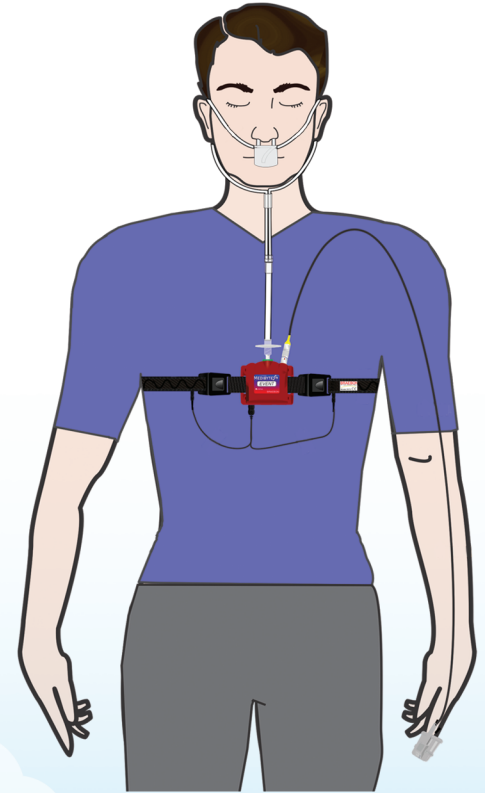
4

Insert finger into the pulse oximeter as shown below.



5

Feel free to apply tape to any wire to ensure everything stays on throughout the night.



Access our instructional video by going to:

[tinyurl.com/SleepHSD](https://tinyurl.com/SleepHSD)

or visit our website at:

[www.homesleepdelivered.com](http://www.homesleepdelivered.com)

For live support, call

**877.270.7587**