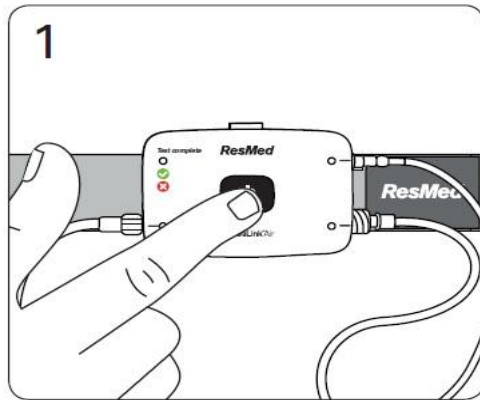**Start Recording** Start the recording in bed by pressing and holding the START/STOP button for approximately two seconds, until the small light above the button turns green. The ApneaLink is recording when the green lamp is on.



**End Recording** In the morning, stop the recording by pressing and holding the START/STOP button for approximately two seconds, until the small light goes out.

Disassembling and returning the device Place everything else back in the bag

Dr. Hassan Alhariri
Consultant sleep Medicine
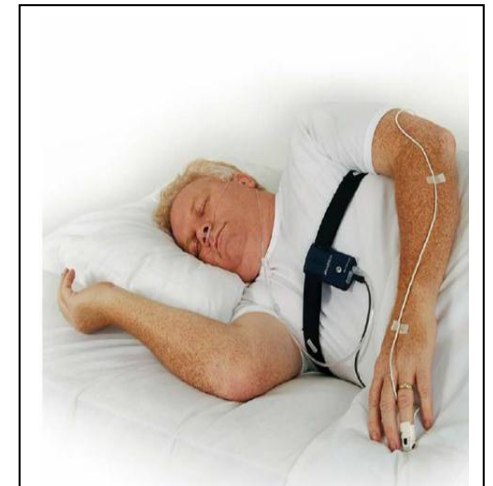Pulmonary & sleep medicine department

### What is a sleep study?

To study your sleep we need to monitor and observe some of the physiological changes during sleep. A sleep test is used to discover the causes of sleep disorders and plan your treatment. where a simple sleep monitor equipment will be given to the patient and he will be instructed to connect it before going to sleep and to bring it back the day after to his sleep doctor to review it
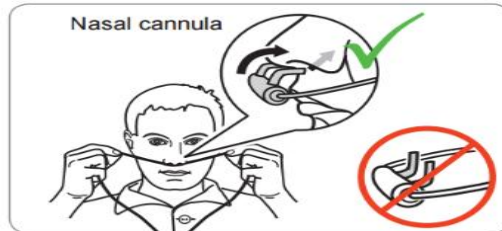
### Preparation for sleep test

-Avoid taking a nap in the late afternoon or evening. If you nap, try to have it in early afternoon and shall not exceed a period 30 minutes.

-Avoid the stimulants caffeine (coffee, cola and chocolate) Avoid smoking before bedtime.

-Avoid eating large heavy meals or excessive drinking fluids before bedtime.

-When it is time to sleep close the phone and do not think about any personal or family problems.

# PATIENT INSTRUCTIONS FOR THE RESMED APNEALINK



## Sleep disorders Center

**NASAL CANUULA:** fit the two small open tubes point towards your nostrils. and the ends point downwards
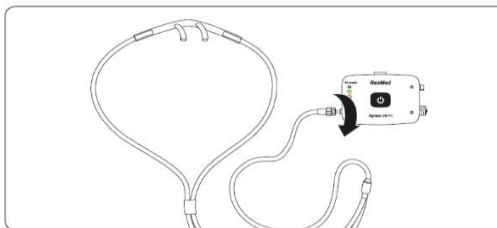


Wrap the tubes over and around your ears so that they stay positioned in the nostrils



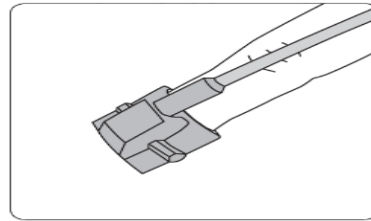Draw to Chin the cannula, tightened to a comfortable position under your chin.
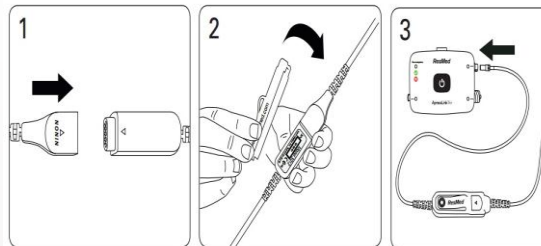


insert the connector end on the device



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**Pulse Sensor**: slip it over the index finger on your non-dominant hand as shown.
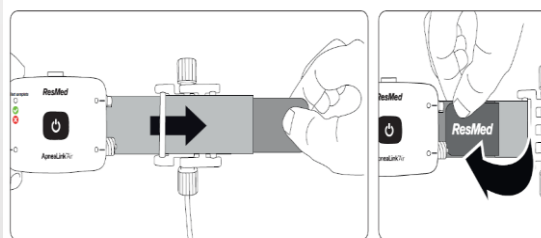


Attach the oximeter finger sensor to the oximeter, Attach the belt clip to the oximeter.
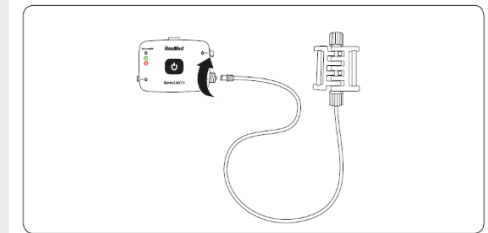


Attach the oximeter to the oximeter connector on the device by pushing it on

**BELT**: Thread one end of the belt through the slots on the back of the device. Thread the end of the belt closest to the device through one of the slots on the effort sensor. Slide the device into a position that is close to the effort sensor. Connecting the effort sensor
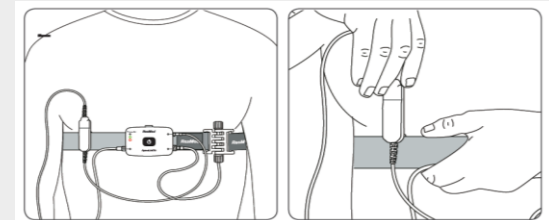


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insert the connector end of the effort sensor into the device. Turn clockwise until the connector is secure



**Belt** Position Strap the belt above your breast yet under the armpits so that the recorder and effort sensor are positioned near the center of your chest slide the clip of the oximeter onto the belt. The clip should be worn on the same side of your body as the oximeter finger sensor.