

Patient Instructions

Bedtime _____

Night One

Current Position

Add _____ advancement

Trays _____

Baseline/No treatment

Night Two

Current Position

Add _____ advancement

Trays _____

Baseline/No treatment

How to wear home sleep testing equipment

- Be sure to wear a shirt while sleeping with testing equipment
- Place the red machine on your sternum and wrap belt around your midsection and buckle together
- Grab the loose black wire and plug into the belt
- Grab the blue and gray O2 sensor and feed thru your collar and non-dominant arm sleeve. This will help you to not get tangled in your sleep
- Place the gray O2 sensor on your ring finger with the cord laying on top of your hand. Please **tape the cord around your finger, wrist and arm** to insure a good reading
- The nasal canula will be connected on the white and green connection at the top of the machine. Make sure that is screwed on snug
- Insert the nasal canula prongs into nose, tubes around your ears, and cinch below your chin to secure
- Be sure to **add tape on your cheek and chin** to further secure nasal canula placement and best read of your breathing
- You can sleep in any position and are encouraged to sleep what is normal for you
- Now you are ready for bed! The testing will begin automatically
- Sleep tight!

If you would like video instructions, scan the QR code



[WhyWeSnore.com/current-patient-questions-answered](https://www.whywesnore.com/current-patient-questions-answered)

