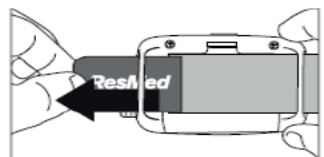


## Start of Test

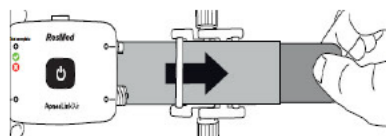
For video instruction go to [TinyURL.com/HomeSleepTest](http://TinyURL.com/HomeSleepTest)

Or visit our website at [www.erlanger.org/sleep](http://www.erlanger.org/sleep)

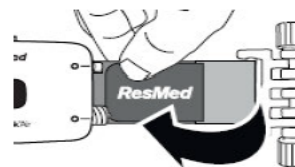
Click on [Home Sleep Test \(HST\) Information](#) then select [Instruction Video for Home Sleep Test](#).



Thread belt through both slots of the device.



Thread one end of the belt through one side of the effort sensor.



Fasten the tab to the belt.



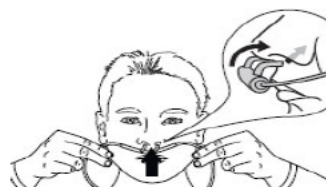
Wrap belt around chest. Thread through other side of effort sensor and fasten.



Verify effort sensor is connected to device.



Belt should be secure but comfortable.



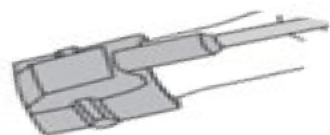
Place cannula in nostrils as shown.



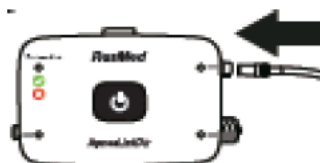
**Pull slider up to secure and tape to cheeks.**



Twist tube into side of device.



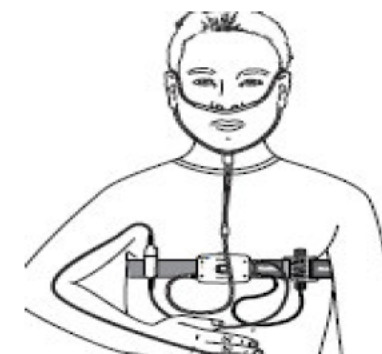
**Place pulse oximeter on finger. Secure to hand with tape.**



Plug pulse oximeter cable into device.



Slide pulse oximeter clip onto the belt.



When complete the system looks like this.



Press and hold button three seconds or until the light turns on.



Check the lights next to each sensor. If a light is green the sensor is connected correctly. If a light is red the sensor is not working properly and should be checked.

Once all lights are green you can go to sleep. **Your test needs to record a minimum of six hours with as much sleep as possible.** If you are up to the bathroom, keep all equipments on and connected (you may removed the oximeter from your when in the restroom and put it back on when you return to bed). **PLEASE DO NOT PRESS THE BUTTON DURING THE TEST AS THIS WILL STOP THE RECORDING.**

### **End of Test**



To stop the recording press and hold the button for a few seconds. You will see a red or green light appear in the upper left corner of the device. At this time remove the batteries to ensure the device is not accidentally restarted. Fill out paperwork and return the device as instructed.

### **Returning the device**

**Should an emergency arise during testing call 911. For test related questions or assistance during testing call 423-778-3576. Please return the device and signed Usage Agreement as scheduled.**

Please return the device to:  
Erlanger North Sleep Disorders Center  
628 Morrison Springs Road, Suite 300  
Chattanooga TN 37415  
Office phone: 423-778-3316

Return as instructed the following business day:  
Mon-Fri 8:30am-10:00am  
\*Contact the office at (423-778-3316) for holiday hours