

## ApneaTrak Instructions

Apply each sensor as follows:

1. **Chest belt with recorder attached (Blue #3)**
  - a. Wrap belt around chest and secure buckle in front.
  - b. Adjust the position of the recorder so that it is placed in the front/center of the chest belt and the finger pictured on recorder is pointing up.
  - c. Tighten or loosen belt as necessary so that it stays in place when standing; use double-sided tape to adhere excess fabric to belt.
  - d. Ensure that the **blue** connector from the chest belt cable is securely plugged into the **Blue #3** connector on the bottom side of the recorder.
  - e. Plug the two connectors (red and black) at the other end of the cable into the connectors on the chest belt, matching the red/red and black/black.
2. **Abdomen belt (Yellow #2)**
  - a. Wrap belt around abdomen and secure buckle in front.
  - b. Tighten or loosen belt as necessary so that it stays in place when standing; use double-sided tape provided to adhere excess fabric to belt.
  - c. Ensure that the **yellow** connector from the abdomen belt cable is securely plugged into the **Yellow #2** connector on the bottom side of the recorder.
  - d. Plug the two connectors (red and black) at the other end of the cable into the two connectors on the chest belt, matching red/red and black/black.
3. **Pressure airflow cannula & thermal airflow sensor (Gray #1)**
  - a. Insert two prongs (curving inward) into nostrils, loop cannula behind ears, and cinch both under chin to secure in place; **gray** prong of thermal airflow sensor should be hanging down in front of mouth.



- b. Apply tape (provided) to both cheeks in order to help secure cannula and sensor in place.
- c. Insert **gray** keyhole connector of thermal airflow sensor into recorder at the bottom (**Gray #1**).
- d. Twist cannula connector onto stem on the bottom side of recorder.

4. **Pulse oximeter sensor (Black #6)**

- a. Remove any colored nail polish, as it will interfere with readings.
- b. Peel the white protective tab to expose the sticky layer.
- c. Align the dotted line across the middle of the tip of the finger.
- d. Wrap one side around the finger and secure it, then wrap the other - the goal is to align the two circles "through the fingertip".
- e. Make a fist and tape cable to top of hand to secure.





- f. Tape the cable at intervals along the length of the arm for added security.



- 5. **Start Recording** – When ready to go to sleep:
  - a. Press and hold event button (button with picture of hand) for 4 or more seconds to start recording. All LEDs will turn on. After several seconds the LEDs will turn off, however the recording will continue.

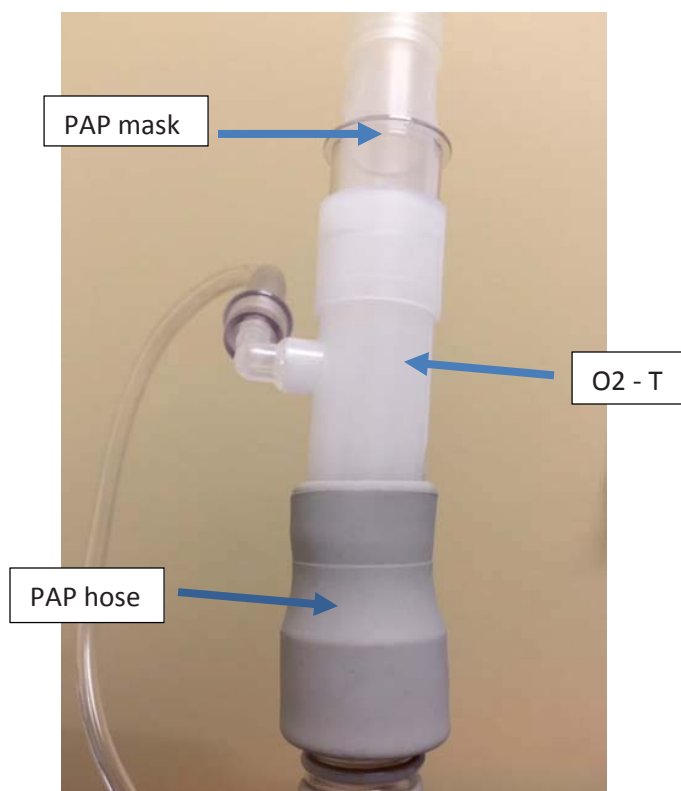
NOTE: The Status LED on the front of the recorder will blink green every 5 seconds to let you know the recorder is collecting data.

- 6. **Ending Study** – When getting up in the morning:
  - a. Remove testing equipment and place in Ziploc bag provided (recording will automatically stop on its own). You do not need to press any buttons to terminate the study.
  - b. Fill out **Ambulatory Study Questionnaire** and place in Ziploc bag with equipment.

### If Using PAP Therapy:

NOTE: Do not apply pressure airflow cannula & thermal airflow sensor when using PAP.

- a. Connect O2-T to PAP mask.
- b. Connect PAP hose to other end of O2-T.
- c. Twist filter (connected to O2-tubing) onto the stem at bottom right of Recorder.
- d. Proceed to #4 on reverse side (**Pulse oximeter sensor**)



### FAQ's:

#### How do I know I plugged everything in correctly? Can I check the connection?

- Yes. Press and hold the event button for 3 seconds or more after the recording has been started. If a sensor is not detected (or working correctly), the LED adjacent to the sensor connector will flash amber/yellow and the status LED will turn red.

NOTE: We do not utilize the snore sensor (**Purple #5**).

#### How do I know it is still recording?

- Status LED light will blink green every 5 seconds when recording.

#### What if a piece of testing equipment comes off during the night?

- Reapply or reconnect the equipment and continue the study as you normally would.

#### How do I stop my recording?

- Recording will automatically stop 10 hours after you start the recording.

#### Do I need to remove any testing equipment when getting out of bed during the night?

- No, leave all testing equipment in place –if awake for any significant period(s) of time, try and document the time(s) in which you were awake.

For other technical difficulties or questions, please call our staff at **206-386-4744** and speak with a lab tech (press option #1 after hours).

In the case of a medical emergency, please dial **9-1-1**