

ApneaTrak Set-up Guide

A. Open ApneaTrak case.

B. Apply each sensor as follows:

1. Chest belt with recorder attached (Blue #3)

- i. Wrap belt around chest (through underarms) and secure buckle in front.
- ii. Index finger pictured on recorder should be pointing up.
- iii. Take the two black plugs of the Chest connector on the Recorder (**Blue #3**) and connect into the two input jacks on belt buckles.

2. Abdomen belt (Yellow #2)

- i. Wrap belt around abdomen (just below the rib cage and across navel) and secure buckle in front.
- ii. Tighten or loosen belt as necessary for belt to stay in place when standing.
- iii. Take the two black plugs of the Abdomen connector on the Recorder (**Yellow #2**) and connect into the two input jacks on belt buckles.

3. Pressure airflow cannula & thermal airflow sensor (if using PAP see Section E on reverse side)

- i. Insert two prongs (curving inward) into nostrils, loop cannula behind ears, and cinch both under chin to secure in place. Grey prong of thermal airflow sensor should be hanging down in front of mouth.
- ii. Apply tape strips provided to both cheeks in order to help secure cannula and sensor in place.
- iii. Insert **Grey** keyhole connector of thermal airflow sensor into Recorder at the bottom (**Grey #5**).
- iv. Twist cannula connector (**Green dot**) onto stem at bottom right of Recorder (**Green #4**).

4. Pulse-oximeter sensor (Black #6)

- i. Remove any colored nail polish, as it will interfere with readings.
- ii. Insert index finger (right or left) into grey rubber end with cable running over top of hand.
- iii. Make a fist and tape cable to top of hand to secure.
- iv. Secure cable around index finger with tape.
- v. Cable may also be taped at intervals along the length of the arm, but may also be fed into clothing sleeves for extra security.

C. Start Recording – When ready to go to sleep:

1. Press and hold Event button (button with picture of hand) for 3 or more seconds to Start recording.

D. Ending Study – When getting up in the morning:

1. Remove testing equipment and place in Ziploc bag provided in ApneaTrak case (recording will automatically stop 10 hours after you start the recording).
2. Fill out **Ambulatory Study Questionnaire** and place in case with equipment.

E. Study Set-up with PAP

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

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

FAQ's:

- **How do I know I plugged everything in correctly?**
 - Each sensor's LED light will turn on if it is being detected.
 - If sensor's LED light is amber/yellow, sensor is not being detected or is not working correctly. Status LED light will also flash red if something is not being detected.
- **How do I know it is still recording?**
 - Status LED light will blink 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.
- **What do I do if I lose my Questionnaire?**
 - You may access the questionnaire and other forms via our website at: <http://www.gosleep.com/hst>

Resources and Websites:

For other technical difficulties or questions, please call our staff at **206-386-4744** and speak with a lab tech (press option #3 after hours).

For an instructional video demonstrating how to apply the ApneaTrak and its components, please visit our website at:

<http://www.gosleep.com/hst/instructions>

For more information about Home Sleep Testing, please visit our website at:

<http://www.gosleep.com/hst>