

## APNEALINK INSTRUCTIONS

The ApneaLink is a medical device that records your breathing and blood oxygen levels during the night. Please read these instructions carefully.

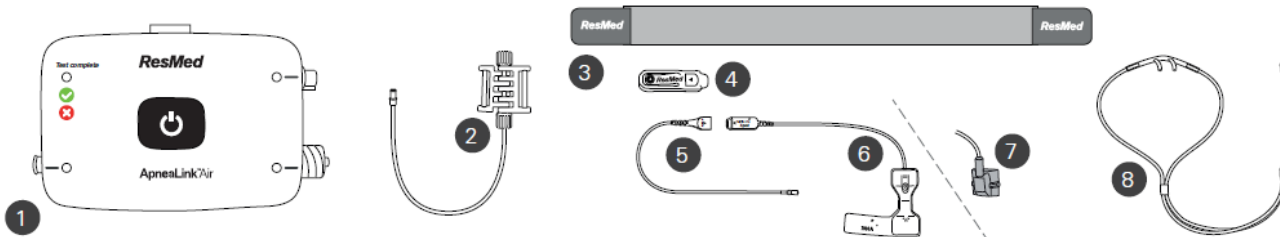
### Please note:

- 1) **Don't** turn on the device until you are ready to test.
- 2) **Do** go through your regular evening and bedtime routines to ensure you get a normal night's sleep.
- 3) **Do** wear the ApneaLink over pajamas or nightshirts to avoid any discomfort from the belt.

### 1. Examine the contents of the device

The device should be ready to use when you receive it. The contents should include:

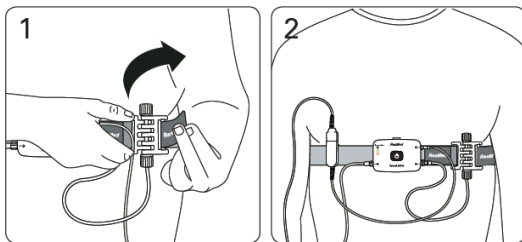
- A. The ApneaLink Air recorder (1), a dark blue effort sensor (2), and a grey belt clip (4) attached to a black elastic Velcro belt (3)
- B. A finger oxygen sensor (7) connected to grey belt clip (4)
- C. A new clear plastic nose tube (8)
- D. 4 AAA batteries (2 sets of 2 batteries)



**2. Open the back of the ApneaLink Air recorder and put 2 AAA batteries inside.** The + charge of the battery on the top should face to the right, and the + charge of the battery on the bottom should face to the left.

### 3. Wrap black elastic belt around chest

Stand in front of a mirror. With the ApneaLink device in front, slip the belt over your head. If the belt doesn't slip over your head and shoulders, loosen the Velcro on the left side. Position the black elastic belt around your chest and over sleepwear, as shown. Re-fasten Velcro so that the belt is snug but not uncomfortable over your chest.



### Please note:

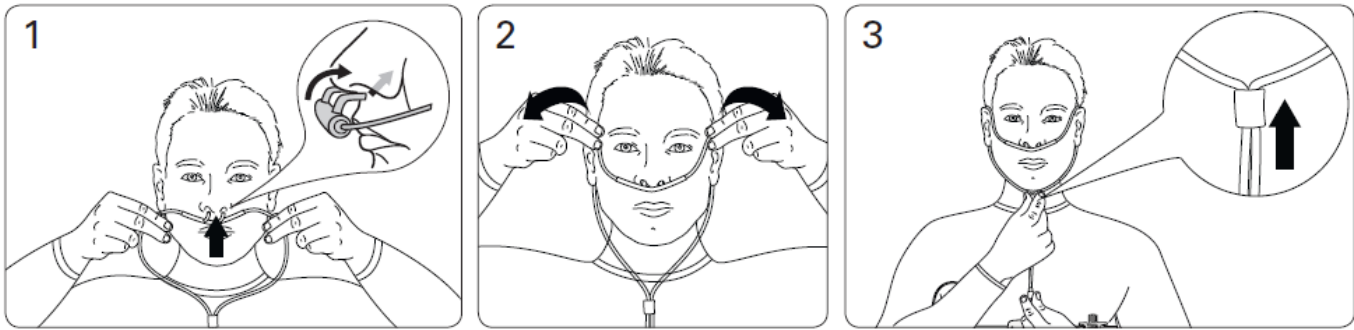
- 1) The elastic belt should not be twisted.
- 2) The belt is secure enough if the recorder and effort sensor stay in place while you are standing.
- 3) The belt should be positioned right below the armpits. **For women, the belt should be worn above the breasts.**

### 4. Apply clear plastic nose tube

- A. With prongs pointing towards your face, insert nose tube with one prong in each nostril, as shown. Ensure that the ends point towards your face in a slightly downward direction (figure 1 below).
- B. Wrap clear plastic tubing so that it goes behind your ears and down your neck. **Do not** wrap the tubing around the back of your head (figure 2).
- C. Adjust slider so that the loop fits securely and comfortably under your chin (figure 3).

**Please note:**

1) If the prongs don't stay in your nose, you can use medical tape or Band-aids on your cheeks to hold them in place.

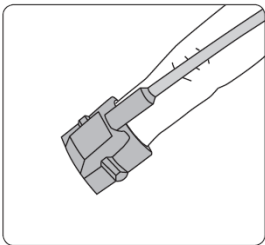


**5. Apply finger sensor**

Slip the finger sensor over the index finger (i.e. the finger next to your thumb) of your non-dominant hand. If this finger is uncomfortable for you, you may change it to any other finger or to your other hand.

**Please note:**

1) When on, there is a red light on the inside of the finger sensor. This is normal and does not indicate a problem.



**6. Turn the device on and go to sleep**

Just before you lie down to sleep, press and hold the large power button in the middle of the ApneaLink device for about 3 seconds. After 3 seconds, you will notice that the power button has turned to green. As soon as you see the power button turn to green, take your finger off the power button. You should slowly see the other 3 lights turn to green (this can take up to 20 seconds).

**If any of the lights are red instead of green**, the ApneaLink device is not getting a good signal from that particular sensor. The light on the left is for the nose plug, the light on the top right is for the finger sensor, and the light on the bottom right is for the effort sensor. Adjust the sensor and/or the connection to the ApneaLink until the light becomes green. If the red light continues, set the ApneaLink device aside and email Andrew Centen at [andrew.centen@sunnybrook.ca](mailto:andrew.centen@sunnybrook.ca) or phone (647) 608-9833. You will get further instructions from the study coordinator in the morning.

**Please note:**

- 1) If you wake up during the night, **do not** turn the device off unless you **do not** plan to go back to sleep.
- 2) **If you have to use the restroom during the night**, please remove the finger sensor **ONLY**. Put the sensor back on when you return to bed. The three green lights should be on when you go back to bed.

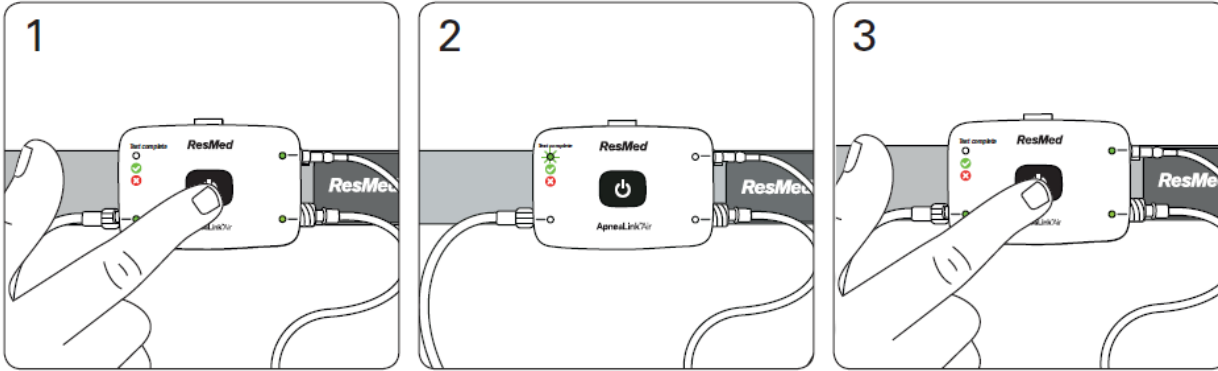
**7. Check that the test is completed and turn off the ApneaLink device**

A) When you wake up in the morning, press and hold the power button for three seconds (figure 1).

- B) Make sure that the test complete indicator light (top left) is green (figure 2). This means that the test completed properly. If the test indicator light is red, replace the batteries and redo the test that night.
- C) Press and hold the power button for three more seconds to turn off the device (figure 3).

**Please note:**

Once you have turned off the ApneaLink device, **do not** disconnect anything. **Do not** attempt to clean the unit. Set the device aside until it is time to return to the study site.



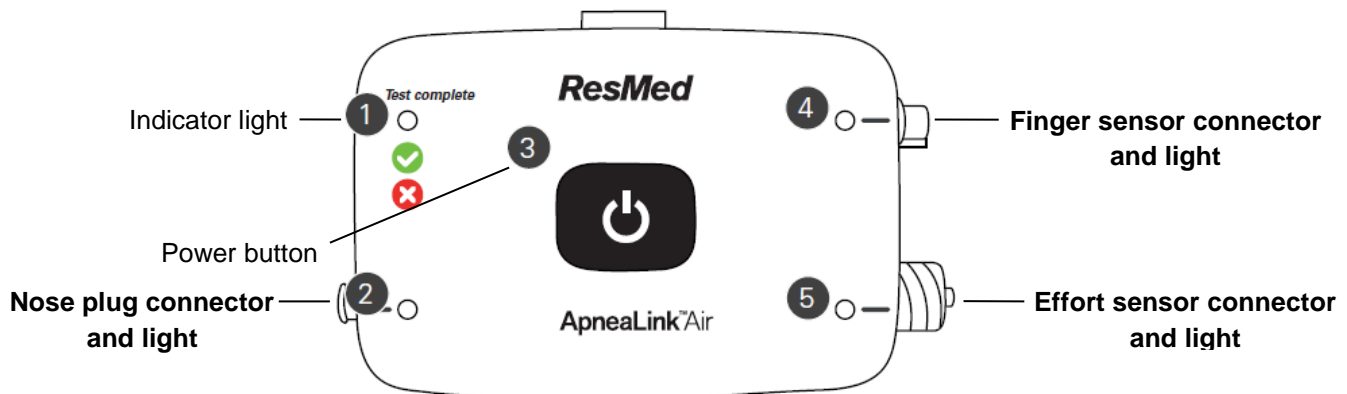
**8. What to do with used batteries after you turn off the ApneaLink device**

Once you have completed the ApneaLink test and turned off the device, you can either (a) leave the used batteries inside the device, (b) take out the used batteries and recycle them, OR (c) take out the used batteries, label them as “used”, and send them back to us to be recycled. **Please do not send back used batteries without labelling them as “used.”**

## FAQ and Common Troubleshooting Items

**1. Before I start testing, what should I do if one of the cords is not plugged into the ApneaLink device?**

If a cord is detached, plug it back into the ApneaLink device. The finger sensor plugs into the top right of the device. The effort sensor on the elastic belt plugs into the bottom right of the device. The nose tube plugs into the bottom left of the device. Refer to the ApneaLink diagram below.



**2. What should I do if one or two lights are red when I start the testing?**

If any of the lights are red instead of green, the ApneaLink device is not getting a good signal from that particular sensor. Adjust the sensor and/or the connection to the ApneaLink until the light

becomes green. If this does not fix the problem, replace the batteries using the enclosed extra AAA batteries.

**3. What should I do if all the lights (including the test complete indicator light) are red and blinking when I try to start the testing?**

The device is faulty and cannot be used. Please email Andrew Centen at [andrew.centen@sunnybrook.ca](mailto:andrew.centen@sunnybrook.ca) or phone (647) 608-9833, and we will provide instructions for what to do.

**4. What can I do if the black elastic belt won't stay in place?**

Undo the Velcro on the left side of the belt and readjust until it fits more securely.

**5. The nose tube and/or the finger sensor will not stay in place. What can I do?**

You may add Band-aids or medical tape to keep the nose tube/finger sensor in place.

**6. What can I do if the finger sensor becomes uncomfortable during the night?**

You may change to any other finger or simply switch hands.

**7. Do I turn off the device if I happen to wake up during the night?**

No. Do not turn off the device unless you are sure that you will not be going back to sleep.

**8. What do I do with the equipment if I need to use the restroom or wash my hands during the night?**

Please remove only the finger sensor and put it back on as soon as you are finished. When you return to bed, check that everything is still in the right place - especially the tube under your nose and the finger sensor. Also, check that the three lights for the three sensors are still green.

**9. One or more of the sensor lights is red and blinking when I wake up in the morning. What should I do?**

If the effort sensor light is red and blinking, it means that the effort sensor became disconnected during the night. Test a second night with the included extra AAA batteries.

If the finger sensor light and/or the nose plug sensor light is red and blinking, check to see if the test completed by pressing the power button for three seconds. If the test complete indicator light is green, the test was successful. If the test complete indicator light is red, test a second night with the included extra AAA batteries.

**10. After I wake up and press the power button to see if the test completed, the test indicator light is red. What should I do?**

It means that the device did not collect enough data during the night. Replace the batteries and redo the test that night.

**11. After I wake up and press the power button to see if the test completed, the test indicator light does not turn on. What should I do?**

It means that the batteries ran out during the night. Replace the batteries and redo the test that night.