



**REM** DIAGNOSTICS  
SPECIALISTS IN SLEEP

## Home Sleep Study Instructions

WATCH VIDEO: <https://youtu.be/awa4z2fFn7A>

### Summary of Instructions

#### At night:

- Over your bed clothes, place belt around chest, high up and snug tight, but not so tight it is uncomfortable
- Place the cannula in nose as instructed. Tape the cannula to face on both sides of nose, close enough to the nose the cannula won't pull out
- Place the oximeter probe on pointer finger with the wire at the tip of finger. Tape the wire close to the probe so that the probe does not come loose over night.
- Press and hold the power button in the center of the device for three seconds until the light turns on. (Check that lights next to the accessories are green. If any of them are red and blinking, the accessories are not attached correctly). You are now recording.

#### In the morning:

- Press and hold the power button for three seconds. Check that the test complete light is lit and green. If the test complete light is red, contact REM Diagnostics after 9am.

\*\*\*You **must** record data for more than six hours. If you are unable to use this device for more than six hours, please contact our office in the morning.