HOME SLEEP TESTING PATIENT INSTRUCTION SHEET

Please complete the patient paperwork contained in the large envelope and return it to the sleep lab with the recording equipment on the date and time that was agreed upon when you picked up the equipment.

Step by step instructions for putting on your Nomad sleep device.

1. Velcro one of the white respiration belts around your chest just above nipple level.
2. Velcro the second white respiration belt around your waist going over your belly button.
3. Find the abdomen sensor labeled "Abd". On one side it has a yellow connector and on the other side it has two (2) red snaps. Attach the snaps on the sensor to the snaps on the abdominal belt.
4. Find the chest sensor labeled "Chest". The sensor has a blue connector and two (2) black snaps. Attach the snaps on the sensor to the snaps on the chest belt.
5. Put on the Nomad recorder and pouch so that it rests just below the chest belt. The unit should be snug against your body with the word "Nomad" facing away from your chest.
6. Plug-in the yellow & blue sensors into the color coded openings on the side of the Nomad unit.
7. Place the nasal airflow pressure cannula into your nostrils (nose openings). Make sure the prongs face upward and follow the curve of your nostrils. Put the tubing for the nasal cannula behind each ear and adjust the bolo type tie until it rests just below your chin. *Image of correct cannula placement below. Plug the "green" end of the breath sensor into the green opening on the side of the Nomad unit.
8. The airflow tube will connect to the white tube labeled "Airflow" on the top of the Nomad unit. Push the airflow tube connector in and twist to the right to make sure it is tight. *Do not over tighten.
9. WE DO NOT USE LEG SENSORS. Disregard and skip leg sensor instructions on DVD/YouTube video.
10. Apply finger probe. If you are right handed, place probe on you left index finger. If you are left handed, place probe on your right index finger. Insert your index finger all the way into the sensor, but not through the opening at the tip of the sensor.
11. After getting into bed, plug the finger probe into the connection on the top of the Nomad unit labeled "Sp02".
12. Approximately 1 minute after plugging you should see a "green flashing light" just above the word Nomad. If you see a red or orange flashing light, please contact the sleep center.

In the morning, simply remove the sensors from your body and place everything back in the Nomad carrying case. Before placing the device in the case, please unplug the belts and leave the remaining sensors attached. Return the case and paperwork to the sleep lab at the designated time. *If you watched the DVD, please make sure to put it back in the carrying case!

There is a YouTube video that details the steps on how to set up your home study that can be found at:
http://www.youtube.com/watch?v=8IWnMeYG2UY

If you are having problems with your home study device or have questions, please call the Sleep Lab at (865) 305-6705 from 7PM-7:30AM Sunday thru Friday. You may also contact Michael Shockley, Chief Sleep Tech at (865) 305-8088 during the hours of 7:30 AM-7PM Monday thru Friday.

IN CASE OF A MEDICAL EMERGENCY- CALL 911

Image of Correct Cannula Placement

UT Sleep Disorders Center
1928 Alcoa Highway Medical Building
B, Suite 119 Knoxville, TN 37920
Phone: 865-305-8761