

PVDOMICS Study Oximetry Only Participant Instructions

Thank you for participating in the PVDOMICS Study. You have received a portable monitoring unit with a wrist oximetry. The instructions were reviewed with you at your visit and below is the instruction sheet to provide additional help. Additionally, you received a questionnaire to complete the following morning after you wear the monitor during your sleep.

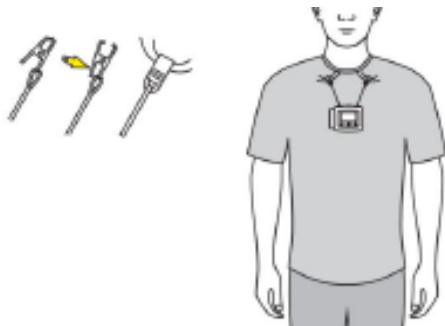
Give yourself at least 30 minutes before bedtime
to put on the sleep monitor.

If you have any questions, please contact

Name: _____ Phone Number: _____

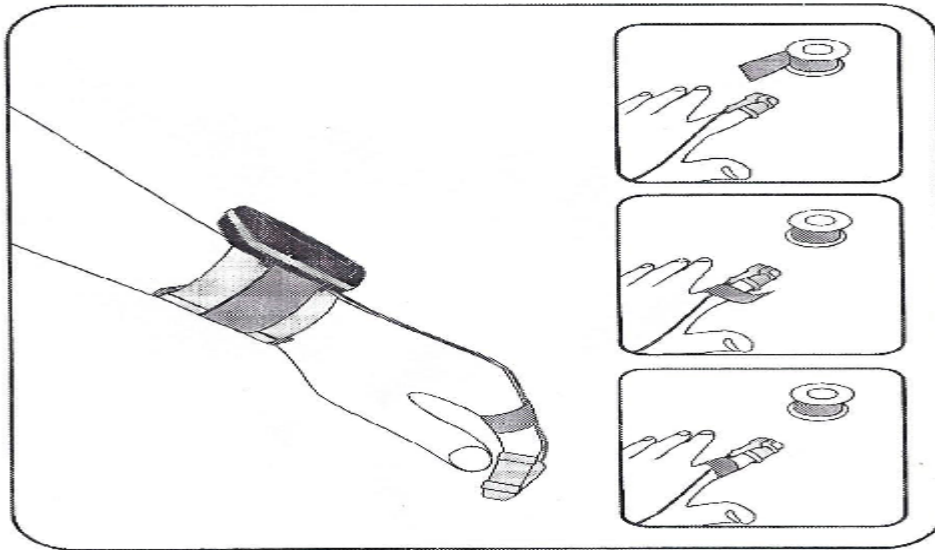
Putting the Sleep Monitor on Before Going to Sleep

1. Attach the device: The device should be worn over clothing (Or may be set on your night stand. Make sure you can see the Bluetooth symbol.) Snap the clips that are attached to the device to your shirt.



2. Write the time you started putting on the device on Form 551- Participant Sleep Study Questionnaire.

- Put the probe of the oximeter on your finger and attach the strap with the wrist device on your non-dominant hand. Place a piece of tape around your finger over the white cable to keep this from falling off. The device will automatically start reading.



- The indicator light on the device blinks green when the recording is in progress and functioning normally. When there are any device warnings the light blinks orange.

On the top right is a battery bar which shows the battery status. The battery bar is full when the device has fresh batteries.



Be sure that the Bluetooth symbol is displayed on the screen of the oximeter. If the Bluetooth symbol is not displayed, the Bluetooth is inactive and the T3 device cannot connect to the oximeter.



Morning after Sleeping with the Monitor

1. Remove the recording device and clips from your shirt.
2. Remove the wrist device and oximeter from your hand.
3. After you have removed everything, place the recording device, clips, and wrist oximeter in the case.
4. **Complete Form 551- Participant Sleep Study Questionnaire.**

Returning the Device

- Check to see that the recording device and wrist oximeter are in the carry case provided by your coordinator.
- Place the device bag, the completed Form 551-Sleep Study Questionnaire, and any other forms that you need to return to **PVODOMICS** study personnel. You will return these items to **PVDOMICS** staff in the manner agreed upon during your visit.

If you have any questions, please contact

Name: _____ Phone Number: _____

Thank You for Participating!