

Appendix 5: Sleep Monitor and Oximetry Cleaning and Safety Precautions

In place of in-person visits, it is encouraged that participants have sleep study monitors mailed and returned in packaging as provided unless the provision of equipment is aligned with existing in-person visit. Participants should be provided access to instructional brochures, video and/or telemedicine consultations to ensure proper set-up.

Please **post** these cleaning instructions in the area where sleep monitor/oximetry equipment will be collected from the participant and cleaned. Contact the PVDOMICS Sleep Core at pvd_sleepcore@bio.ri.ccf.org if you have any questions.

Returned Equipment

When the patient has returned the device, treat the container as if it were contaminated and allow it to sit for 72 hours before cleaning:

1. Wear disposable gloves and a cloth mask to prevent contamination. Place the device on a non-porous surface, or on a disposable surface (Example: CHUX PAD), at a distance from food and normal work areas. Inspect the device and components for damage.
2. Discard the nasal cannula tubing, abdominal and thoracic belts, disposable wristband and any instruction materials within the package.
3. Clean the device and components based on the hospital-grade disinfectant used, take care and use a pre-cleaner prior to disinfecting if recommended by the manufacturer. Dampen a soft cloth with the non-corrosive hospital grade cleaner (Example: Cavicide) or use a disinfecting wipe.
- a. It is optional clean the device twice, to ensure rigor of cleanliness, and to dispose of the used components in a trash bin outside of normal office workspaces such as in a laboratory or other sterile area.
4. CaviWipes are recommended for use and require a 1 minute wet time for proper disinfection without any pre-cleaning requirements as long as there is no visible soil on equipment. PLACE IN A “CLEAN” AREA and allow to dry.

Do not spray the device/components or submerge in liquid as it is not waterproof. Take care to clean the outside without getting liquid into the holes on the device.



5. Clean the non-porous carrying case, or trash the disposable container (e.g. large plastic bag, box, or other as used) if used, ensuring the surface is wet for the designated amount of time. Place in a CLEAN area.

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6. If CPAP adapter is used during the test, it should be submersed and hand-washed in 10% Bleach/90% water solution.
7. Take care not to re-contaminate a cleaned item by placing it in the contaminated area during the cleaning process.
8. Dispose of any contaminated materials. Remove the soiled gloves last using standard doffing PPE techniques.
9. Wash your hands before gathering device, transporting it to the workstation and downloading the data. Discard batteries (as appropriate).

Reusing Equipment

1. Place all clean wires in individual plastic bags, while still attached to the device, for easy application at home. Place this in a larger disposable or non-porous container.
 - a. If using a large plastic bag for transporting the device and components, it is recommended to use a bubble-wrap pouch around the device to prevent mechanical damage.



2. Place disposable instructions, contact information and the Sleep Questionnaire in a separate folder for the participant.
3. Belts, wristbands, and any tape provided should be single-use and disposable.
4. Instruct the participant to take care in transporting the device and in placing all equipment back into a non-porous (or disposable) container.

Cloth device carrying cases are not recommended for use.

The sleep monitoring device and accessories should be stored in a clean, dry space. Each device will be tested for a minimum of 2 hours during normal work hours to assure all signals are working accurately before sleep data collection begins. All reusable components should be cleaned between participant uses.