

PVDOMICS Study General Participant Instructions

Thank you for participating in the PVDOMICS Study. You have received a portable sleep monitoring unit with setup supplies. 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.

Here is a link for additional assistance:

https://www.youtube.com/watch?v=CteI_GhyP9g

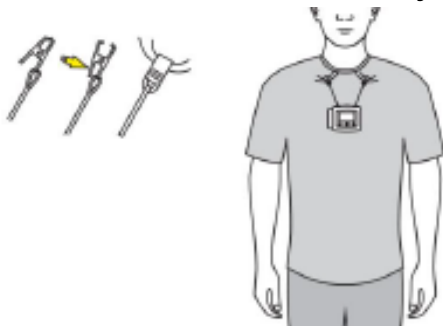
If you have any questions, please contact:

Name: _____ Phone Number: _____



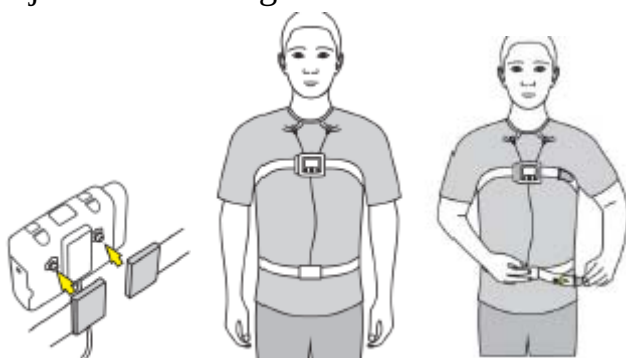
Putting the Sleep Monitor on Before Going to Sleep

1. Attach the device: The device should be worn over clothing. Snap the clips that are attached to the device to your shirt.



2. Write the time you started putting on the device on Form 151- Participant Sleep Study Questionnaire.
3. Wrap the chest belt and adjust the cable length if needed and snap in place. Wrap the abdominal belt and adjust the cable the length if needed and snap in place.

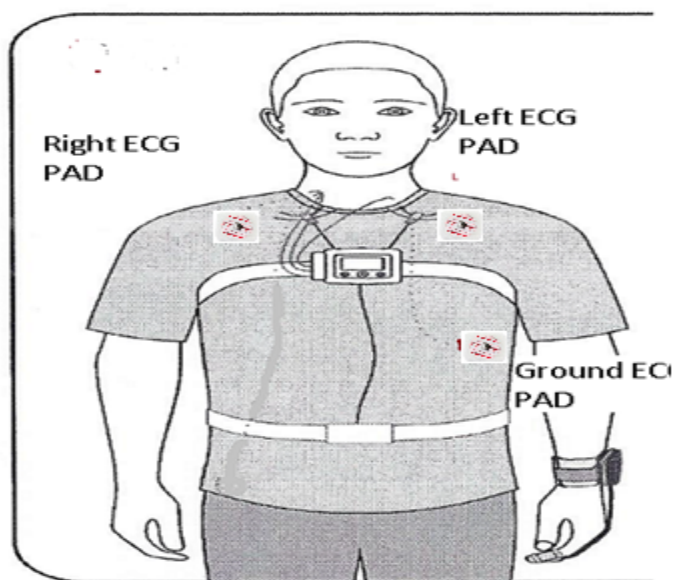
The belts should be worn snug and not tight. If the belts feel loose, use the sliders to adjust the belt length.



4. Placement of the ECG sticky pads: Using an alcohol prep pad clean your skin in the following spots:

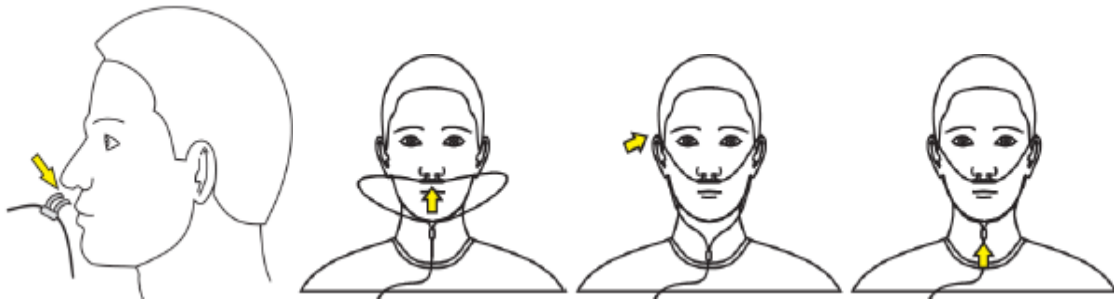
- below the front of your right and left shoulder under your collar bone
- on the left side below the rib cage with rubbing alcohol.

Shave the area if needed to help secure leads. Remove the backing of the sticky pad and place the wire labeled **1+** ECG electrode under the right side of your collar bone, and the wire labeled **2+** under the left side of your collar bone and the wire labeled **PGND** on the left side below the rib cage.

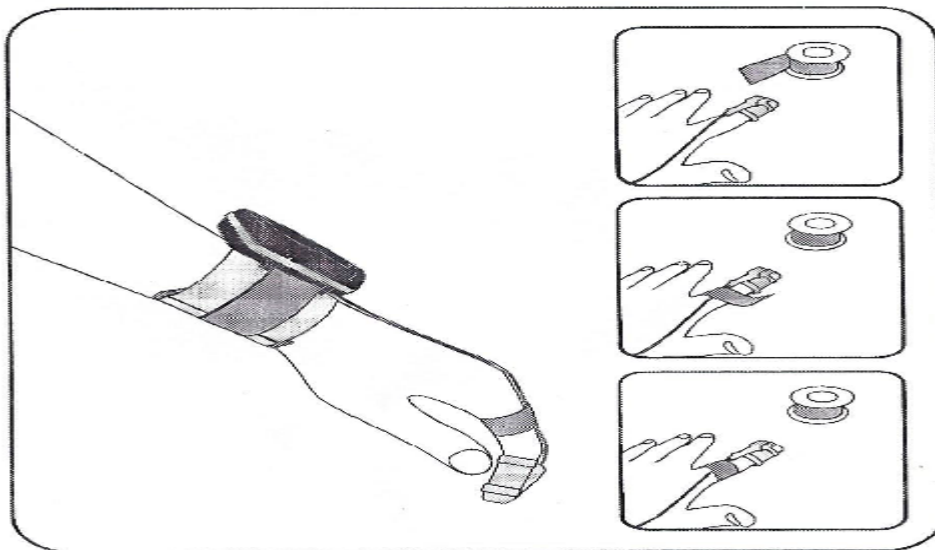


Sticky PAD

5. Place the prongs gently in the nostrils. The prongs should point downward inside the nostrils. Pull the cannula over your ears and then position the tubing under your chin. Slide the fastener snugly under the chin. **** If you are on home supplemental Oxygen you will skip this step and wear your oxygen therapy as you would normally. ** PAP therapy see PAP set up handout and this step will be skipped.



6. 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.



7. 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.

1. On the top right corner is a battery bar which shows the battery status. The battery bar is full when the device has fresh batteries.
2. In the bottom left corner is a number indicating how many recordings are stored on the device. The device can contain as many recordings as the internal 1GB memory allows.



Morning after Sleeping with the Monitor

1. Keep everything attached and do not unhook any of the wires from the unit.
2. Remove the wrist device and oximeter off your hand.
3. Remove the nasal cannula tubing from your face and place it in the resealable bag provided. Seal the bag as much as possible.
4. Unsnap the ECG wires attached to the sticky pads. Remove the sticky pads from your skin and throw them away. *(If needed, use baby oil, olive oil, or mineral oil on a cotton ball. Pour a little on the cotton ball. Rub it over the adhesive areas on your skin, and let it sit. Then use a wet wash cloth to remove it.)*
5. Unhook the belts and leave them attached to the unit.
6. After you have removed everything, place the unit, belts, connectors and tubing in the case with the equipment unit still attached.
7. **Complete Form 151- Participant Sleep Study Questionnaire.**

Returning the Device

- Check to see that the device, belts, tubing, wrist device and wiring are in the carry case provided by your coordinator.
- Place the device bag, the completed Form 151-Sleep Study Questionnaire, and any other forms that you need to return to **PVODOMICS** study personnel. You will return these items to **PVODOMICS** staff in the manner agreed upon during your visit.

If you have any questions, please contact

Name: _____ Phone Number: _____

Thank You for Participating!