

Home Sleep Testing Patient Instructions

The purpose of this document is to help the physician self-evaluate home sleep testing instructions towards a best in class sleep program. The home sleep test is designed to test for obstructive sleep apnea by measuring (directly or indirectly) sleep state, airflow, work of breathing, heart rate, body position and oxygen levels.

Physician Name: _____

Patient Name: _____

Please review the following with your patient:

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PUTTING ON THE ARES UNICORDER

TECHNICAL SUPPORT:
877.710.6999



Step 1 Thoroughly wash and dry your forehead.

Step 2 Remove the plastic covers from the electrodes.

Step 3 Hold the cannula tips (2 prongs extending from clear plastic tubing) against the bottom of the Unicorder with your thumb and slide the strap over your head.

Hold the cannula tips with your thumb



Step 5 Place the cannula tips inside your nostrils.

Grasp the cannula with your hand and pull it away from the back of your head until it is snug.

Place the cannula tips inside your nostrils



Step 4 Center the Unicorder over your nose and slightly above your eyebrows. Remove any hair from under the sensors and ensure the sensors and electrodes make complete contact with your skin.

Slide the strap over your head



Step 6 Using your other hand, grab the slip tube and pull toward the back of your head until the tube rests snugly above the plastic portion of the strap. When properly tightened, the cannula cannot be pulled away from your nose.

Pull the cannula back so that the tips are snug inside your nostrils



A1610-2 Rev 2

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Signature of Physician: _____

_____ Date: _____

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Store in patient file

SM-0097 Rev 00 Patient Instruction