

Home Sleep Apnea Test

PATIENT INFORMATION GUIDE

- Patient Paperwork
- Testing Device Instruction
- Post Test Questionnaire
- Return Instructions



Step by Step Guide

1

Patient Paperwork

Review the **Patient Information for Home Sleep Apnea Testing** section. It will give you more information about the test and testing process.

The **HIPAA Notice of Privacy Practices** can be obtained by visiting PivotalHealth.com or a hard copy can be requested by calling Customer Service, **855-478-8663**.

2

Testing Instructions

Follow the **Patient Instructions** as outlined to activate the Home Sleep Testing Device. Wear the device for two consecutive nights, if possible. For additional device directions, including video instruction, visit the home sleep testing page of our website:

pivotalhealth.com/patients/home-sleep-apnea-testing OR Scan the QR code to the right
For device or testing questions, please call the 24-hour support line, **877-249-8331**.



3

Post Test Questionnaire

Complete the **Post Test Questionnaire** upon completion of testing. Be sure to return this document with your device. Please fill out the **Satisfaction Survey** section and include as much information as possible.

4

Return Instructions

Following the instructions on **Returning the Device**, use the packaging provided to return the device and completed paperwork.

For additional questions about returning the device, please call Customer Service, **855-478-8663**.

1 Patient Information for Home Sleep Apnea Testing

Dear Patient,

Your physician has prescribed a Home Sleep Apnea Test for evaluation of Obstructive Sleep Apnea. This was determined based on medical information given during your recent office visit. Please complete the enclosed paperwork and return with your device.

If you have any questions, please call Customer Service, 855-478-8663.

What is Obstructive Sleep Apnea?

Obstructive Sleep Apnea (OSA) is not just snoring. OSA is a condition where breathing is disrupted during sleep. When left untreated, OSA can lead to excessive daytime sleepiness and fatigue. It can also lead to serious health problems such as high blood pressure, heart disease, diabetes, and stroke. You may have sleep apnea and be unaware of this condition. If you test positive, treatment options will be discussed with you by your physician.

What is a Home Sleep Apnea Test?

A Home Sleep Apnea Test is a simple diagnostic procedure performed in the comfort of your home. While you sleep, the HSAT device monitors your breathing and records pauses in your breathing referred to as apneas. The device also monitors your oxygen level, heart rate and air flow. The information gathered is scored and then interpreted by a board-certified sleep physician. These results are then returned to your ordering physician.

2

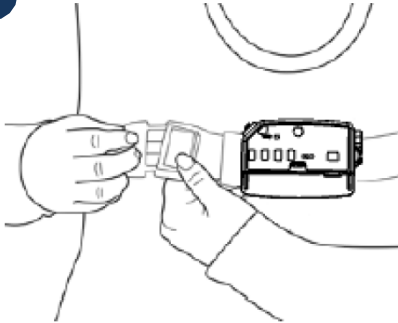
Patient Instructions

Please follow the step-by-step instructions below to apply and activate the home sleep testing device.

Additional video instruction can be found on: <https://cadwell.com/cr>

Getting Started- Fitting and Applying the Device

1



Place the Chest Belt (with the ApneaTrak Recorder attached) around the chest, ideally across your sternum. The buckles will click together when they are latched.

2



The device may be worn above or below the nipple line. For the device to correctly determine what position you are in, it needs to be on the front of your body

3



Connect the two black connectors from the chest belt cable into the two ports on the chest belt. Either connector can attach to either port.

4



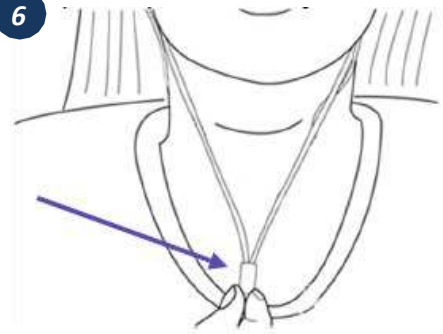
Insert the cannula prongs into your nostrils (making sure the curved side is towards the back of your nose.)

5



Loop the tubing around your ears.

6



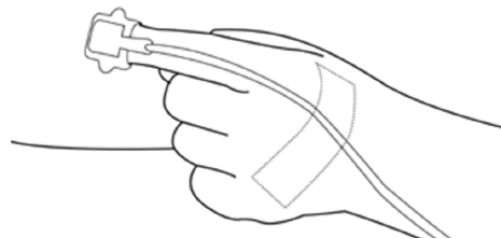
Pull the slide towards your chin.

7



Twist off the cap on the bottom end of the cannula. Attach it to the metal connector on the top of the ApneaTrak by twisting gently, a quarter ($\frac{1}{4}$) turn, clockwise. Do not overtighten this connection

8



Place the oximeter sensor on the index finger of either hand. If it is too tight on the index finger, pick a different finger. Close your hand into a fist and then place a piece of adhesive tape across the oximeter cable on the back of the hand.

Starting the Test

9



To start your recording, press and hold the Event button until the white REC indicator appears on the front of the device. The button needs to be held for at least 3 seconds for the recording to start. If you do not see the REC light come on, wait for the lights to turn off and then try again.

You can verify if the ApneaTrak device is working at any time during the night. Press the event button (do not hold) in order to illuminate the record, battery and sensor indicator lights for a short duration.

If the white REC indicator illuminates and stays on, the device is recording data.

If it does not illuminate, the recording has finished or was not correctly started.

Please do not remove the device when getting up during the night, after the test has started.

For assistance with your device, please call the 24-hour support line, 877-249-8331.

Starting the Test- check signals

10



Event Button

After you start the test be sure to complete a full signal check. If you press and hold the event button for an additional 3 seconds after the recording has started, the device will perform a signal check.

During the signal check, each of the channels will show the following behavior:

- **Chest belt:** the channels will flash white until they are connected. If the signals were connected correctly, then the lights will change to flashing green. If the device detects a good signal, then the indicators will change to solid green. If they don't change to solid green, try to relax and take a couple comfortable, deep breaths.
- **Nasal cannula:** the channels will flash white until a sensor is connected to the device. After being connected, the light will change to solid green.
- **Oximeter:** the channels will flash white until a sensor is connected to the device. After being connected, the light will change to solid green.

Check any connections that do not turn solid green. **If you do not receive a green light on all the connections, please call support for next steps.** If you are sure that you have connected the signals as explained above, then proceed with your study. **The signal check will continue for 5 minutes and then the LEDs will go dark.**

After the LEDs have turned off, the recording will continue. No special attention to the device is required. If a sensor becomes disconnected, just plug it back in and the recording will continue. If you are concerned with whether the device is recording, press the Event Button again and verify that the REC indicator illuminates solid. If it does not, repeat the steps to start the recording.

Once you have started the test go to sleep as usual.

Stopping the Test

You do not need to do anything to complete your recording.
The device will turn off automatically after 10-hours of recording time.

You can remove the sensors in any order.
If your provider indicated that you should use the device for more than one night, then
remove any tape used for the study and discard.

Once you complete two nights of successful testing then return the device following the
return instructions to the testing company

A successful study is considered more than 6 hours of recorded sleep time. The device will continue to record after it
is removed for the duration of the 10-hour recoding time.

For assistance with your device, please call the 24-hour support line, 877-249-8331.

In the event of a medical emergency, please call 911.

Patient representatives are available to assist you at any time with questions and concerns about the successful completion
of this home sleep apnea test.

Returning the Device

Please follow the step-by-step instructions below to return all components and completed paperwork associated with the home sleep testing device.

1

After completing the test, ship the device back to us in the packaging provided.

2

Place the device and ALL components and completed paperwork into the device case. *You do not need to unplug any of the components from the device.*

3

Place the device case into the enclosed pre-addressed padded envelope.

4

Return the device by dropping it at the courier listed on the packaging.

For additional information or help returning your device, please call Customer Service, 855-478-8663.

