

Sleep Centre

# How to set up your sleep study kit at home

## Guidance for patients, relatives and carers

### Introduction

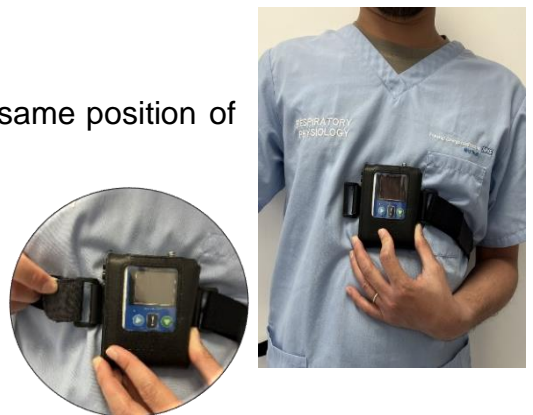
This information leaflet has been designed to help you to set up your home sleep study kit at home. Please read this leaflet and watch our video on “How to set up your sleep study kit from home.” We have sent you an email with a link to the video, but you can also view it at this website <https://vimeo.com/432106707> on your browser.

You should have already received information about why you need to complete the sleep study, how the study will work, what the study will tell us, and how the information from the study will help us to plan the next steps in your care. If you need further information, or have any questions, please call 020 3311 7188.

### Step one

Place the recording device on top of your clothing, in the same position of which you can see in the photo.

Ensure that the belt is tight enough, so the device stays central and there is enough space for you to breathe comfortably.



### Step two



Place the blue-ended “Thorax” wire and belt around your chest, on top of your clothing photograph of the torso

Clip the end of the white belt the sensor and push firmly, (labelled A).

The elastic belt should be snug fitting. To tighten the belt, pull the belt loops. Once fitted into position, connect the blue-ended “Thorax” wire into the blue hole in the recording device, see photo below.



wire and belt around your chest (see the blue dot in the above).

onto the metal part of as seen in the diagram

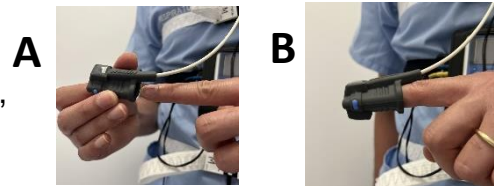


### Step three

Repeat step two for the yellow-ended “Abdomen” belt, putting it on around your lower stomach, (see the yellow dot in the previous photograph). Once fitted into position, connect the yellow-ended wire to the yellow hole in the recording device.

### Step four

As seen in the photographs labelled A and B, place the pulse oximeter onto your index finger. If you are right-handed, it would go on your left index finger. If you’re left-handed, put the probe on your right index finger.



Feed the wire up through your sleeve, out of your collar, and attach the grey clip onto the collar of your top. Then place the wire end into the middle slot at the top of the recording device, (see image to the left of this text).

### Step five

Place the nasal cannula into your nose (the design of the sensor means that it can't go too far up your nose). Wrap the tubing around your ears as shown in the photograph. Ensure the toggle is tightened to the chin.





Screw the end of the tubing into the silver slot on the top of the recording device.

### Step six

The device and kit are now ready for your home study. **The recording will start automatically, you do not need to press any buttons on the device to start the recording.**

## How do I make a comment about my experience with the hospital?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
London W2 1NY

Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)

Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: [imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

## Wi-fi

Wi-fi is available at our Trust. For more information visit our website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)

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