

Home Sleep Study Instructions

The equipment is programmed to turn on automatically. There are no buttons which need to be pressed.

Please fit the equipment to your child at their usual bedtime.

The equipment can be fitted over the top of their usual bed clothes.

A video guide of how to attach the equipment can be found at:

<https://www.youtube.com/watch?v=4ReHlacfX5k>

The equipment consists of:

1. **Monitor** to store the recording and record movement and body position
2. **Effort bands** to record chest and tummy movements
3. **Pulse oximeter** to record oxygen levels and heart rate
4. **Nasal Canula** or **NIV flow sensor** to measure air flow



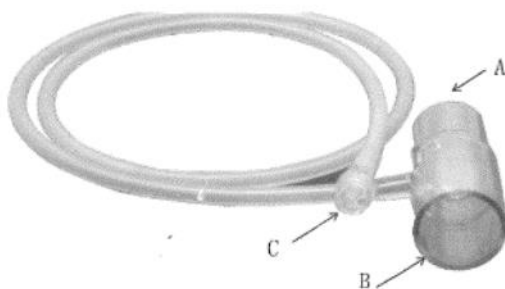
The equipment is only programmed to record for one night and will need to be returned to the **Royal Manchester Children's Hospital Outpatients Department** the following day before 12pm unless we have agreed alternative arrangements with you when the equipment was collected.

If you have any problems with returning the equipment to us at the agreed time then please contact **0161 701 8305** to let us know. It is expensive, specialist equipment and we have a waiting list of patients who need to use it.

How to attach the sleep study equipment

1. Attach the monitor to the chest with the stretchy white band (there are poppers on the back). The picture of the chest on the blue box should be facing outwards.
2. Attach the tummy band using the stretchy white band. The picture of the tummy on the blue box should be facing outwards.
3. Attach the sticky pulse oximeter probe to a toe or a finger. The picture of a circle should be over the nail. If your child is restless at night and you are worried about keeping the sensor in place you can use a sock to cover the foot or some micropore tape or a sticking plaster to stick the wire to the back of the hand.
4. Fit the flow sensor:
 - a. If using nasal canula - fit prongs into nose, loop over ears and tighten under chin. If your child will not tolerate wearing this sensor whilst awake then you may wish to try fitting after they have gone to sleep. You may use some small pieces of micropore tape or small sticking plasters to stick the nasal cannula on your child's cheeks to hold it in place if you wish.
 - b. If using the NIV flow sensor – attach this between your child's mask and hose. See picture below.
5. If possible, check your child during the night to ensure that none of the sensors have come off and reattach them if you can.
6. In the morning remove all of the equipment and put it back in the bag.

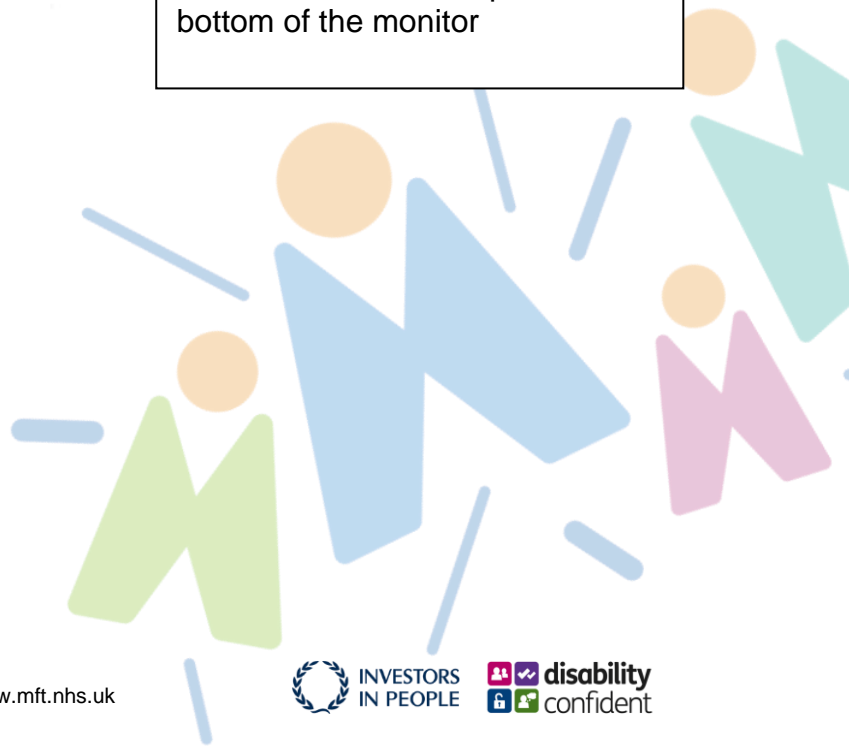
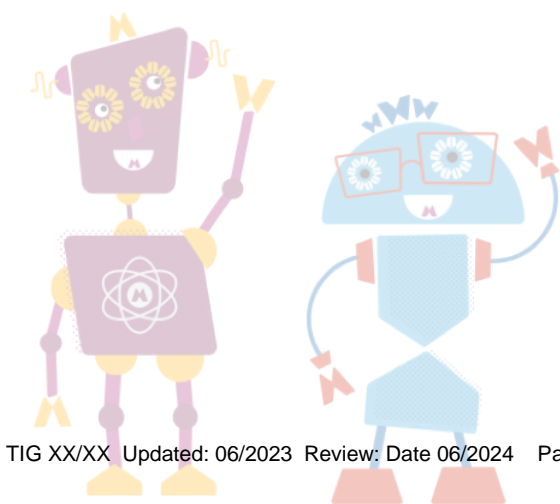
SILICON TUBE WITH CONNECTOR
 SILIKONSCHLAUCH MIT ADAPTER



Attach A to the NIV tubing

Attach B to the NIV mask

Attach C to the screw port on the bottom of the monitor

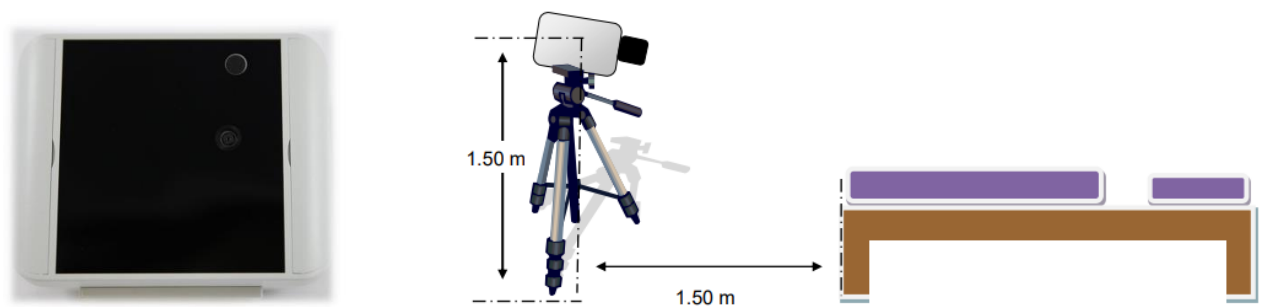


How to set up the home video camera

The home video camera is programmed to start recording at the same time as the sleep study monitor. You can set the camera up before your child gets into bed.

There are no buttons to press to turn the camera on and off but it will need to be plugged into an electric socket.

Please don't be alarmed if the front and upper part of the camera gets warm. This is due to the infra-red lights and is part of the normal functioning of the device.



1. Plug the DC adapter into the wall and the power cable into the socket in the back of the camera.
2. If possible, place the camera at the foot end of the bed and use the tripod to aim the camera towards the middle of the bed. If this is not possible then try to have the camera at the head end of the bed looking along your child's body towards their feet.
3. When the recording starts the camera will switch on some infrared lights so that it records a good picture in the dark. You will see a few small red lights on the front of the camera. If these red lights do not come on when the recording is scheduled to start then please check that the plug is switched on and that the power lead is inserted into the back of the camera correctly.
4. In the morning wait a few minutes after your child has got up to disconnect the power supply and unplug the camera. This is important because if the power is disconnected too early, parts of the video could be lost.
5. Place the camera (with the tripod attached) and the DC adaptor back in the bag.

