



## CRITICAL CARE, PULMONARY & SLEEP ASSOCIATES

A PROFESSIONAL LLP

### **HOME SLEEP TESTING**

#### **Patient Information**

**What is a Home Sleep Test?** A Home Sleep Test is a test used at home to diagnose sleep apnea. These tests usually involve measuring your heart rate, blood oxygen level, airflow and breathing patterns. If you have sleep apnea, the test results will show drops in your oxygen level during apneas and subsequent rises with awakenings.

If the results are abnormal, your doctor may be able to prescribe a therapy without further testing. Portable monitoring devices don't detect all cases of sleep apnea, so your doctor may still recommend in lab sleep study even if your initial results are normal.

#### **Home Sleep Test kit includes:**



# Hardware Overview

1. Display
2. Push Button Middle
3. Push Button Forward
4. Push Button Back
5. Nasal Cannula
6. Channel 1
7. Channel 2
8. Reference/Ground
9. Microphone
10. Clip strap loops
11. Device status indicator
12. Battery/USB connection lid
13. Battery lid pin
14. Thoracic Belts
15. Abdominal Belt Cable



© 2017 Vyaire Medical or one of its affiliates. All rights reserved. Vyaire and the Vyaire Medical logo are trademarks or registered trademarks of Vyaire Medical or one of its affiliates.

**vyaire**  
MEDICAL

# NOX-T3 portable sleep monitor

## Patient hook-up guide



1

Attach both clips on the NOX-T3 portable sleep monitor to your clothing, on your chest at armpit height.



2

Snap a belt end onto the back of the device, wrap the belt around your torso and snap the other end in place.



3

Snap the remaining belt onto the part at your abdomen, wrap the belt around your abdomen and snap the other end in place.



4

Hold the cannula with the prongs curved down and toward the back of your throat. Place a prong in each nostril, and wrap the tubing over and behind each ear. Slide the fastener, located at the Y-site of the cannula, underneath your chin for a tight yet comfortable connection.

*If your nasal cannula was not pre-fitted into the NOX-T3 device, insert the other end of the cannula into the top hole on the side of the NOX-T3 device and push it in firmly.*



5

Place the watch-like mechanism on the wrist of your non-dominant hand, and secure it in place using the Velcro® straps. Place the probe over the fingertip of your index finger. Make sure the tip of your finger does not protrude through the end of the probe and one of the squares is on top of your finger.



6

If your device was not configured to start automatically, press the center button, and then press and hold the middle button for three seconds to turn on the device.

**HST Tips:**

If the physician orders electrodes to be placed on the legs make sure skin is clean and dry before placing electrodes on skin.

When wearing the device please refrain from using heated blankets, fans, and having the T.V. or radio on.

If you are having technical difficulties with the equipment please call the clinic at (303)951-0600 first thing in the morning the next day and a staff member will assist you.

Please return device within 48 hours of receiving device to the CCPSA location the device was picked it up from.