

How to set up and use the Remmers Sleep Recorder

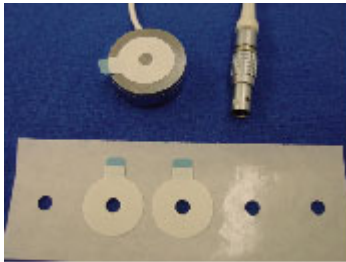
Step 1

Plug power cord into the back of the recorder, and into an electrical wall socket. There is no on/off switch. In the morning simply unplug the recorder and be sure to pack the cord into the front pouch of the carry case.

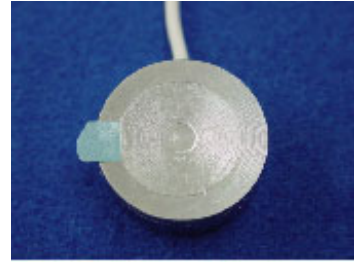
Step 2

Apply snore sensor to the hollow of the neck, just above the sternum.

1. Place double sided round sticky tape on smooth surface of sensor.



2. Peel off the paper covering of the double-sided tape



3. Apply an additional piece of tape as shown with the wire running down the chest



4. Press lighted green mode button until "snore sound" appears. Make a snoring noise to confirm movement of the bar indicators.

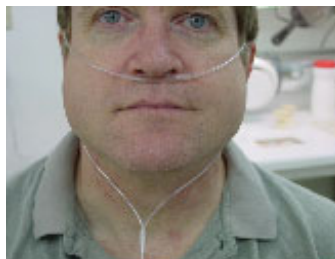


5. Press mode button one more time to confirm that the word "supine" appears when you lie down on your back.



Step 3 Apply the nasal flow canula

6. Place the prongs in the nostrils and loop the tubing around the ears. Slide the tightener gently up to snug the tubing enough for comfortable stability.



7. Insert the filtered end into blue receptacle. Select mode, "nasal flow". Take a nasal breath to confirm movement of the bar indicators.



Step 3 - Apply pulse-oximetry sensor to index finger

8. Orient the pulse-oximeter sensor to the finger tape. Match the hole sizes to align the sensor.



9. Peel off the paper backing to expose the sticky side. Stick the sensor to the tape



10. Invert the tape and orient to the finger as shown with the sensor centered on the nail. Remove all nail polish and select the index finger with no bruise or injury.



11. Stick the three short tabs to the finger and wrap the long one around to secure the fit. It must be firm to preclude movement but not so tight the pulse is felt.



12. Leave a little slack in the wire and tape it to the finger to prevent movement of the sensor during sleep. Also secure the wire at the wrist as shown.



13. Wrap the velcro protector around the taped sensor



14. Use the mode button to select oximetry. You should have a reading of 96—98% and will see the pulse as the bar indicators move in time with the pulse rate.



15. Review each mode to make sure the recorder is properly sensing. The screen will note “not recording”



16. Use mode button to show the “memory screen”. The indication shown should be visible to insure adequate disk space for the night. If not, call your dentist.

Step 4 - lights out - Press the mode button and hold for 3 seconds until the alarm ends.

Following the alarm, the recording begins.

If you need to use the bathroom in the night, disconnect the three leads and leave the sensors attached to you. If you return and reconnect within about 5 minutes, the study will continue uninterrupted. If it is longer and an alarm sounds, don't worry. Simply unplug the device, replug it and start the study again by pressing the mode button for three seconds until that alarm ends.

Step 5 - Upon waking, unplug the device. There is no on/off switch.

Discard nasal canula

Remove tape from the throat sensor, carefully place the sensor in the plastic bag

Place the velcro wrap in the tape bag, carefully remove tape from the finger sensor so as not to pull on the wire.

place the sensor and wire in a baggie. Place the recorder in the carry bag along with all the sensors including the instruction book and power cord. BE SURE TO INCLUDE THE POWER CORD.

Step 6 - Return the carry case to dental office at the appointed time, or as early in the day as possible to facilitate the next night's study. Thanks