



# Home Sleep Testing... Patient Instructions




VirtuOx Patient Support:

**(877) 897-0063**

[www.virtuox.net](http://www.virtuox.net)



 Testing process is time sensitive.  
You must complete the testing and return the kit within 48 hours of receipt.





Dear patient,

Thank you for choosing VirtuOx for your Home Sleep Test and congratulations on taking charge of your health and well-being. Your prescriber has ordered a Home Sleep Test (HST) for you to evaluate if you have a life threatening disorder called sleep apnea, which may cause you to stop breathing while you are asleep.

Symptoms of sleep apnea may include snoring, daytime sleepiness, depression, and poor concentration. If left untreated, sleep apnea can cause hypertension, diabetes, heart failure, stroke and even death. The good news is that there are many treatment options available for patients diagnosed with sleep apnea.

Thank You,  
VirtuOx Home Sleep Testing Team

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## What is sleep apnea?

Sleep apnea occurs when you stop breathing during the night.

There are three types of sleep apnea:

- 1) Obstructive Sleep Apnea (OSA)** – upper airway collapse causing obstruction. This is the most common form of sleep apnea.
- 2) Central Sleep Apnea (CSA)** – neurological condition where the brain fails to transmit signals to the breathing muscles.
- 3) Complex or Mixed Sleep Apnea** – a combination of both OSA and CSA

## What are symptoms associated with sleep apnea?

- Excessive daytime sleepiness
- Loud snoring
- Choking or gasping during the night
- Restless sleep or heavy sweating
- Short-term memory loss

## Home Sleep Test device:

In the package, you will find the test device with the belt / sensors attached, batteries installed and extra batteries as well.



## Important!

- Please, DO NOT turn the device on until you are ready for bed.
- Test as soon as possible! Excessive delays may result in test failure.
- Please stick to your normal bedtime routine! To ensure we get an accurate picture of your sleep patterns, stick to your regular sleep habits.

## Home Sleep Test Instructions:

Please read these instructions carefully and follow the directions.

### Step 1: Apply the chest belt

- Wrap the belt around your chest.
- The device should be in the front.
- Wear the belt and device over your sleep shirt.
- The belt should fit snugly, but not too tight.



### Step 2: Apply the nasal cannula

- Place the prongs into your nose facing downward, one in each nostril.
- Wrap the tubes behind your ears.
- Adjust the slider so that the tubing fits securely.



### Step 3: Apply the finger probe

- Slide your finger into the probe. The wire should run along the top of your hand as shown.
- Your finger should not stick out at the end of the probe.



**Important!** Please remove any nail polish from the finger on which the probe will be connected.

### Step 4: Turn on the device and go to sleep

- When setup is complete, your device should look like this:
- When you are ready for bed and have your device prepared as instructed in Steps 1, 2, and 3, press and hold the power button in the center of the device for about 3 seconds or until the light turns on.
- Be sure that all lights next to the accessories plugged in are green.



**\*Note: DO NOT touch the power button again if the light dims or turns off as this is normal on some models.**

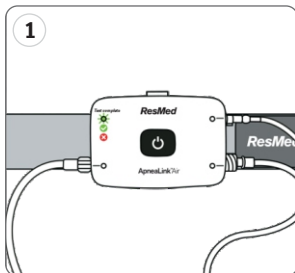
## Important!

If any of these lights are red and blinking, the accessories are not attached completely. If any of the lights are red or blinking, adjust the accessory that is near the light. It may take a few minutes for the light to turn green. If the red light persists after you adjust the sensor, call VirtuOx Patient Support at (877) 897-0063.

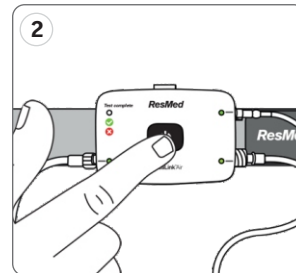


### Step 5: Turn off the device

- When you wake up and are finished testing for the night, press and hold the power button for about 3 seconds.



1 Check that the test complete indicator light is lit and green. This means the test is complete. If the test indicator light is red, repeat the test tomorrow night.



2 Press and hold the power button for about three seconds to turn off the device.

**Important!** We still need one additional night of testing. Please replace the batteries and repeat the test one additional night.

### Step 6: Second night of testing

- Press clip down and pull forward.
- Replace the batteries with new batteries provided.
- Repeat Steps 1-5 for your second night of testing.







\*Note: Check that the test complete indicator light is lit and green. This means the test is complete. If the test indicator light is red, repeat the test tomorrow night.

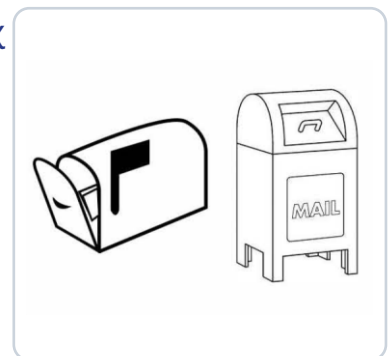
### Step 7: Complete all included paperwork

- Fill out all paperwork that was included in your Home Sleep Testing packet.
- The test is not considered complete until you have completed and returned all paperwork.



### Step 8: Pack the device and send to VirtuOx

- Replace the device, including all attachments and paperwork into the provided box.
- Place the new postage paid label on the box.
- Place the package in your mailbox for pickup OR drop into any outgoing US Postal Service mailbox.



**Important!** Please send the device back to VirtuOx the day after you have completed testing! This will prevent any delays in getting the test results to your prescriber.



## Home Sleep Testing Frequently Asked Questions

**?** Should I power off the device if I wake up during the night?

**A** **NO!** You should not power off the device until you are sure you have tested for at least 4 continuous hours.

**?** What should I do if the green light does not come on?

**A** The batteries may need to be replaced. Change out the batteries and if the green light still does not come on call VirtuOx Patient Support at **(877) 897-0063**.

**?** What can I do if the finger probe will not stay in place?

**A** You may secure the probe in place with medical tape.

**?** What can I do if the nasal cannula will not stay in place?

**A** You may secure the nasal cannula with medical tape.

**?** What if the probe becomes uncomfortable during the night?

**A** You may switch the probe to another finger.

**If you have any Home Sleep Test questions please call  
VirtuOx Patient Support at (877) 897-0063.**