



PULSE OXIMETER INSTRUCTIONS

Secure the finger probe with the material provided. If you prefer to sleep on your side, it is best to use the opposite hand.

Ladies, please removed finger nail polish prior to securing the finger probe.

Get into bed before turning on the pulse oximeter.

Do not turn on until you are ready to fall asleep. After turning on pulse oximeter, wait 5 minutes before falling asleep for the machine to find its baseline. Please keep hand still during this 5 minute baseline period.

If you awake during the night, please let the monitor to continue to collect data, even if you need to use the restroom. Upon waking, turn the monitor off, Repeat the process the second night.

The monitor has been pre-set with date and time, if you notice the LCD not illuminating, call our office at 614-890-3130 for further instructions.

Please complete the following information below to provide us with the best results.

Name: _____

Date of Birth: _____

First Night Date: _____

Second Night Date: _____

Anything we should know about those two nights?

Was alcohol or sedatives consumed on either night?

*****If you currently wear an oral sleep appliance please tell us what colors and how many of each bands are on each side of your appliance at this time.

