
The Center for Respiratory and Sleep Disorders

ARES Home Sleep Test Instructions

A home sleep study is an easy-to-perform, non-invasive diagnostic procedure that records your airflow and chest movement when breathing, records pulse rate, and measures the level of oxygen saturation in the blood. The test can determine whether breathing temporarily stops during sleep, a condition known as sleep apnea. Left untreated, sleep apnea disrupts quality sleep, and contributes to daytime drowsiness, high blood pressure, depression, stroke, heart failure and other catastrophic events.

Patient Guide on How to Perform a Home Sleep Study:

It's important that your sleep is as sound as possible the night of the test, so don't take a nap and avoid caffeine and alcohol that day. Make sure that your room is a comfortable temperature for sleeping. Follow the included instructions on securing the equipment, then go to bed at your normal bedtime and try to sleep for at least six hours.

Please read the instruction booklet provided with the device for complete instructions.

- If you having difficulty applying the device please watch the ARES-Home Sleep Test Device YouTube video for further instructions:

[ARES - Home Sleep Test Device - Patient Video-YouTube](#)

- If you continue to have difficulty with the device, please contact our office at: **248-465-9253** and we will be happy to assist with you.

Please return the completed "SleepMed ARES Questionnaire" along with the ARES Home Sleep Test equipment on: _____ at 8 am.

Manager approved drop off time _____

Important: Equipment must be returned at 8 am the following day. This allows time for sleep information to be uploaded, new equipment put on the device, recharging and programming for next client pick up at 11 am. Pick up and drop off times outside of this time frame must have manager approval prior to your appointment date.

Ares Home Sleep Study Instruction Sheet

Fitting of Straps:

1. **Head Strap:** Adjust black head strap on Ares machine so it is a comfortable fit around your forehead. You want a snug fit; do not make it too tight or too loose.
2. **Blue chest strap:** Adjust strap around your chest so the fit is snug; do not make it too tight or too loose. This strap is used to monitor chest movements. Women: place belt underneath breasts.
3. *Note: the gray wire connecting the blue strap to the machine should already be connected together, in the unlikely event it is not, connect them together. If there is any difficulty connecting them together, please contact the office at 248:465-9253*

Using the device:

1. Make sure your forehead is clean and free of oil and/or makeup
2. On the inside front of the machine, remove:
 - The 2 small white protective papers covering the EEG adhesive patches
 - The small clear protective plastic covering the spongy black material. Note: when removing the plastic covering, if the black spongy material pulls away slightly from the device, lightly tap it back into place.
3. Starting with your forehead, apply machine to the front of your head, pulling the strap comfortably around to the back of your head. (Refer to pages 8-9 in instruction booklet). Before placing the machine against your forehead, make sure to brush away any hair.
4. Nasal cannula: Refer to images in instruction booklet-pages 8-9
 - The cannula is used to monitor your breathing. It **does not** provide any oxygen.
 - As you apply the device, the nasal cannula will go up over your head and then separate.
 - Take each side and thread into the 2 clips located on the each side of the black strap. This helps secure the nasal cannula in place.
 - Place the nasal cannula prongs into your nose, adjusting so it is securely in place.
5. Chest belt: secure comfortably into place. Women-place belt underneath breasts.
6. Once the machine is in place, press the single white “On/Off” button on top of machine
7. The machine will instruct you to lie on your back, look at the ceiling and don’t move. This will allow the machine to calibrate. Calibration for individuals who sleep in chairs: instead of “lie on your back”, sit in your chair and look ahead and don’t move for the calibration period.
8. After about 20-30 seconds it will finish its calibration and you are now free to go to sleep.
9. Sleep positions on your back or side are not restricted as long as the machine is not dislodged.
10. If you get up in the middle of the night to use the restroom, **do not turn the machine off.**
11. If there are any problems with the sleep recording, the machine will “talk” to you. Ex: if your nasal cannula comes loose from your nose, the machine will instruct you to place it back.

The following morning:

1. Whenever you are done using the machine, press the white button to turn the machine off.
2. The machine will only record for 7 hours. If you press the button off and hear the initial startup instructions, do not be alarmed as the machine has recorded for 7 hours and had turned itself off.
3. **Do not remove anything from the machine.** Place the entire machine into the plastic bag included in the box. Return the machine in the same condition you received it in by 8 am.
4. **Ares Questionnaire: Make sure the form is completely filled out, including neck size. Return the form with the machine.**

The Center for Respiratory and Sleep Disorders

ARES Home Sleep Test Equipment Lease Agreement

Patient Name: _____

is borrowing the ARES Home Sleep Test Equipment for an overnight home sleep study on:

Date: _____

Patient agrees to return the ARES Home Sleep Test Equipment to the Center for Respiratory and Sleep Disorders on: _____ **(Date)** at _____ am.

Deposit: Borrower shall pay a deposit in the amount of \$50.00 prior to taking possession of the ARES Home Sleep Equipment. The deposit will be refunded to Borrower upon return of the equipment to the Center for Respiratory and Sleep Disorders.

Method of Deposit: Cash _____ Personal Check# _____

Credit Card _____

Use: Borrower shall use the ARES Home Sleep Test Equipment in a safe and appropriate manner and shall comply with all instructions included for proper operation.

Repairs, Loss and Damage: Borrower shall keep the ARES Home Sleep Equipment in good working order. In the event the ARES Home Sleep Equipment is lost, damaged or not returned, the Borrower is responsible for the full replacement cost of the equipment.

I agree to the above terms of agreement and agree to return it on the date specified, free of damage and in good working order.

Borrower: _____

Date: _____

Witness: _____