

Limited Sleep Study

Set up instructions – nasal sampling

1. Chest belt placement

- Place thoracic (under arms) and abdominal (below belly button) belts on chest. If you are unsure if which belt is which look at the descriptive picture on the blue square sensor the belts are connecting with.
- If too loose, double up the belt and secure with tape. If belts are too loose the chest movement will not be captured. Tape in place so belts do not slide up/down chest.
- Glowing **red** light on belt sensor indicates that the belts are not correctly connected.
- Sound emitting from device is alerting you that there is a loose wire connection.



2. Secure SpO₂ probe to toe or ring finger - tape in place. Place light on nail bed.



3. Nasal Cannula: place nasal prongs at bottom of nose and run tubing up behind ears. Using tape etc. provide secure cannula to cheeks: Cannula should be held in place like so:



4. There should be **NO loose tubing / wires**, any must be contained within nightwear or tapped into place.



As parent/guardian, ultimately you have responsibility for the setup and monitoring of equipment during the study.

If needed there is a video link on how to set up however it is for an adult but it can act as a guide if needed: <https://youtu.be/z8bYSIkrBd0>

Please Return to:

Royal Belfast Hospital for Sick Children, Out patients department

Results will be sent to referring consultant

Please only return the following in envelope provided

