

SleepSat Best Practices for Patients

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While unattended home sleep monitoring is susceptible to test failures, there are some simple steps to improving the likelihood of quality results. Therefore, we have put together some "Best Practice" guidelines to get the most out of our SleepSat 3-D high-resolution pulse oximeter.

Testing Tips

- Watch the instructions at www.sleepsat.com/patientvideo. If possible, do this at your provider's office, then demonstrate these steps back to your provider so that they can assist with questions and make suggestions.
 - Remove jewelry and use a clean, unpolished finger.
 - If you are a restless sleeper, tape the sensor to the back of your finger or tell your provider so they can consider whether a different type of sensor may be more suitable.
 - Try to avoid putting your hand under your pillow or otherwise laying on the hand with the sensor.
 - If the sensor moves or falls off during the night, or if you wake up and see that the sensor light is not on, hold down the power button until it starts back up.
 - Instructions for applying disposable probes: [SleepSat.com Resources - Disposable Probe Video](#)

Charging

Charge the SleepSat fully between test nights.

- When you take the oximeter off at the end of the night, allow it to power down (~2-3 minutes). Remove the probe and insert the micro USB cable to charge.
- It is important to use a consistent power source (such as a wall outlet). Computers typically stop charging devices when they go into sleep mode or provide sub-optimal charging, increasing the charging time significantly.
- Firmly seat the finger sensor or micro USB in the port. Check the orientation before trying to force it.

Cleaning

Your provider will clean and sanitize the equipment before administering it to you and when you return it. If you need to clean the equipment for any reason, use only 70% Isopropyl alcohol in a wipe or dampen a cloth in the solution. Using unapproved products and methods will damage the equipment.

Capacity

Do not wear the oximeter for more than the prescribed number of nights. The equipment has a maximum storage capacity, and exceeding this may result in a need to repeat the test.