



Participant ID# \_\_\_\_\_

### Participant Instruction Summary for Sleep Recorder

1. Clean your forehead with the alcohol wipe.
2. Remove any plastic covering from the forehead sensor of the recorder.
3. Wipe the forehead sensor with the alcohol wipe.
4. If your hair is long or thick, make a “ponytail” near the top of your head.
5. Place the recorder on your head so the tubing faces up over your forehead and the power switch is above your eyebrows. The recorder box should be in the middle of your forehead.
6. Make sure that the tips of the cannula curve downward before placing into your nostrils. If the tips curve upwards the cannula was placed on the headband upside down; it can be removed from the side clips and fixed correctly.
7. Place the tips of the cannula just inside of your nose. Place the sides of the cannula over your ears.
8. Reach behind your head for the slip tube. Tighten the slip tube gently until it meets the back of your head. Do not make it too tight.
9. Place a small piece of skin tape over the tube on each side of your face. This helps hold the cannula in place if you move your head on the pillow.
10. If you put your hair in a ponytail, you may take it down now and let it fall over the headband.
11. Turn the recorder on by the switch above your eyebrows. You should hear it “chirp.”
12. Go to bed, lie flat without a pillow. Keep your head still while the recorder calibrates. After 2 chirps, you may take your pillow and lie as you usually do for sleep.
13. Remember the time you go to bed and wake up next morning. Write the times on this form below.
14. In the morning, remove the recorder from your head. Turn the unit off. Place it in the plastic bag and seal the bag.
15. Write down the times you went to bed and woke up.
16. Return the unit.

