

## Instruction Summary for Sleep Recorder

1. Clean your forehead with an alcohol wipe.
2. If there is a plastic covering on the black sticky forehead sensor of the recorder remove it.
3. Wipe the forehead sensor with an alcohol wipe.
4. Hold the cannula tips (2 short prongs extending from clear plastic tubing) against the on/off label on the bottom of the Unicorder with your thumb. (*See photo - #1*)
5. Place the recorder on your head so the tubing faces up over your forehead and the power switch is facing down above your eyebrows. The recorder box should be in the middle of your forehead. (*See photo - #2*)
6. Place the tips of the cannula just inside of your nose.
7. Grasp the cannula with one hand and pull it away from the back of your head until it is snug. (*See photo - #3*)
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. (*See photo - #4*)
9. Try to pull the cannula tips away from your nose. If the tips barely move, the slip tube is correctly tightened. (*See photo - #5*)
10. Turn the recorder on by the switch above your eyebrows. You should hear it “chirp.”
11. Keep your head still while the recorder calibrates. This can take up to 30 seconds. When you hear the unit chirp twice, you may take your pillow and lie as you usually do for sleep.
12. Remember the time you go to bed and wake up next morning. Write the times on this form below.
13. In the morning, remove the recorder from your head. Turn the unit off. Place it in the plastic bag and seal the bag.
14. Write down the times you went to bed and woke up.
15. Return the unit.

**I turned the unit on and went to bed at:** \_\_\_\_\_

**I woke up and turned the unit off at:** \_\_\_\_\_



**Photo - #1**



**Photo - #2**



**Photo - #3**



**Photo - #4**



**Photo - #5**

**SLEEP RECORDER ALERT GUIDE**

	<b>Alert</b>	<b>Green Light</b>	<b>Repeats Every</b>	<b>Indication</b>
Start-up	1 chirp	Fast blink	-	Calibration started.
	2 chirps	No blink	-	Calibration ended, recording started.
During night	2 chirps	2 blinks	1 second	Adjust/tighten Unicorder on forehead.
	3 chirps	3 blinks	1 second	Adjust/tighten cannula in nose.
	1 chirp	1 blink	3 seconds	Battery not charged.
	4 chirps	4 blinks	3 seconds	Service needed. Turn off/remove unit.