



Pulmonary and Sleep Center of New England

Accredited by the American Academy of Sleep Medicine

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HST ApneaLink Air HST Instructions

Setup

- Thread one end of the belt through the slots on the back of the device. Be sure device is positioned over the center of your chest. Adjust belt to fit.
- Insert the connector end of the nasal cannula into the nasal cannula connector on the device. Turn clockwise until the connector is secure.
- Insert prongs of cannula into your nostrils. Be sure the curved side is pointing towards the back of your nose. Loop the plastic tubing around your ears. Pull the slider up towards your chin until the tubing is secure and comfortable. You may use medical tape on your cheeks to keep nasal cannula secure.
- Place index finger in the oximeter with the wire side facing upwards. You may use medical tape to keep in place if needed.
- Press and hold the power button in the center of the device for about three seconds or until the light turns on. Check that the lights next to the accessories you are using are green. If any of these lights are red and blinking, the accessories are not connected correctly.
- You may now go to sleep

Finish

- When you wake up, press the power button for about 3 seconds. Check that the test complete indicator light is lit and green. This means that the test is complete. Press and hold the power button for approximately 3 seconds to turn off the device.
- Remove the belt from your body, take finger out of the oximeter, and remove nasal cannula.
- Place everything back in the bag and return to Physician's office.

If you require further instructions please use this link on Youtube for further guidance:

- <https://www.youtube.com/watch?v=awa4z2fFn7A&t=1s> -

"I attest that these instructions have been demonstrated to me by a staff member of the Pulmonary and Sleep Center of New England."

Patient Name: _____ **Patient Signature:** _____

Staff Signature: _____ **Date:** _____

