

ApneaLink Air™ Tip Sheet

Below are some tips for your ApneaLink Air™ home sleep apnea test device.

- **Call the Sleep Center at (313) 916-3222 if you have questions about the test or any equipment issues.**
- Call the HFHS operator at (313) 916-3232 if you cannot reach the sleep center. The doctor on call will answer questions you have.
- Call 911 if you have a medical emergency during the test.

Tips to Use the Device:

- Review the ResMed device instructions that you got.
- Watch the YouTube video “How to use the ApneaLink Air™ Home Sleep Testing Device” by ResMed. You can get to the video by:
 - Search for the video on YouTube.
 - Type in this link: youtube.com/watch?v=A1ujf-MyAsU.
 - Scan the QR code.



To scan the QR code:

1. Open the camera on your smartphone.
2. Place the QR directly in the center of the camera and the link should appear on the screen.
3. This link will take you to the video.

- **Keep anything that uses Bluetooth at least 15 feet away from your bed when you use this device.** They can interfere with the sleep study. Some examples are:
 - Smartphones
 - Smart watches
 - Fitbits or other fitness trackers
 - Computers
 - Headphones
- Trim the nail that will have the finger probe on it. Remove any nail polish from that finger.
 - It’s best to use a finger on your non-dominant hand.
- Use the tape you were given to secure the nose tubing and finger probe.
 - Tape the tube to your cheeks and close to your nose.
 - Wrap the tape around your finger where the line and finger probe connect. Tape the line to the top of your hand as well.
- You can go to the bathroom while you use the device. Do not take the device off or stop the study.
- Sleep as long as you can. We would like at least 7 hours of sleep data.

Pick-Up and Return the Device:

1. Go to the facility you are scheduled to pick-up or drop off your device.
2. Walk in to the sleep clinic desk. Let the Customer Service Representative know you are there to pick up or drop off a sleep device.

Columbus Sleep Center
39450 W. 12 Mile Rd.
Novi, MI 48377
(248) 344-2460
3rd Floor Sleep Desk

Cottage Sleep Center
159 Kercheval
Grosse Pointe Farms, MI 48236
(313) 640-2371
1st Floor Sleep Desk

Garfield Road Sleep Center
43650 Garfield Rd.
Clinton Township, MI 48038
(586) 203-1030
1st Floor Sleep Desk

Once you pick up your sleep device, you will have a questionnaire to fill out in MyChart. Please complete this as soon as you are able.

