

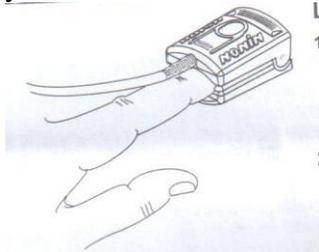
Participant instructions for the Respironics 920M Plus Oximeter

We want to make sure that none of our study participants have a condition called sleep apnea. Some people who snore heavily actually stop breathing (apnea) during sleep. These periods of apnea are followed by gasping for air which causes the person to wake up. Frequent awakenings during the night would interfere with the design of our study of how sleep need changes across adolescence. Please follow the instructions to use the oximeter during one night on your habitual sleep schedule, i.e. the week before you keep the prescribed sleep schedule. If you have any questions, please call **Alejandro (661)-709-4084, Zoey (650)-318-9870, or Ian 707-678-9770. During the day you can reach us at 530-752-7216.**

1. Choose a night to wear the oximeter.
Preferably not the last night of your habitual sleep schedule. That way if something goes wrong, you can repeat the oximetry on another night.

2. When you go to bed, put the fingertip sensor on the index, middle, or ring finger of either hand. See image below.

There is a little drawing of a fingertip on the sensor. Put the sensor on your finger so that the wire is on the back of your hand no in you palm. You may use a band-aid to hold the wire to your finger if you like. The band-aid helps the sensor stay on your finger all night.



3. Turn on the oximeter by pressing the blue button that has a circle and line.
After a few seconds, the display will show your %SpO₂ and your heart rate. The %SpO₂ should be between 92 and 100.
4. Go to sleep and let the oximeter record all night.
Put the oximeter back in its pouch, and put the pouch next to you in bed.
5. When you wake up in the morning turn off the oximeter by pressing the blue button with the circle and line.
6. Complete the form on the back of this page.
You don't have to be exact on your bedtime and rise time.
7. Call us and tell us a convenient time for us to collect the oximeter.
No, after we leave, please do not turn off the recorder until morning after your child awakens.
8. If the probe fell off during the night, keep the oximeter and record a second night.
You should probably tape the wire to your finger with a band-aid this time.

Oximeter Recording

Name _____ Oximeter number _____

Subject number _____

Oximeter worn on the following night

_____ on _____
Bedtime Date

to

_____ on _____
Rise time Date

Did the sensor stay on your finger all night? _____

If you had to record a 2nd night, please complete the following

Oximeter also worn on the following night

_____ on _____
Bedtime Date

to

_____ on _____
Rise time Date