



Breathe Better. Sleep Easy. Live Well.
Integrated Solutions for Snoring & Sleep Apnea

Drop into a location near you.
No referral required.

CanSleep.ca
1.844.SLEEP40

What ifs?

- 1 What if I don't sleep for very long?
In order for the test to record enough data, you need to sleep at least 4 hours. If you know you won't be getting 4 hours of sleep, you should wait to do your test another night.
- 2 What if the test complete indicator light is red when I turn off the device in the morning?
The device did not gather enough data. Repeat the test.
- 3 What if the test complete indicator light is off when I turn the device off in the morning?
The device may have run out of batteries. Bring the device back to CanSleep, and a new device may be issued to you. Once you receive the new device, repeat the test.
- 4 What if one of the accessory lights is red after I begin the test?
The accessory hasn't been connected correctly. Leave the device turned on and reconnect the accessory according to the instructions. If using the oximeter, reconnect the SAT probe to the oximeter. Check that the light has turned green. If you cannot get the light to turn green, your device could be faulty. Call CanSleep for help at 1.844.SLEEP40

- 5 What if the effort accessory light is red and blinking when I wake up the morning?
Turn the device off and return it to CanSleep.
- 6 What if one of the accessory lights is red and blinking when I wake up in the morning?
One of the other accessories became disconnected during the night. Check the test complete indicator light as described in "Stopping the test". If the light is green, the test was successful. If the light is red, repeat the test one more night and return it to CanSleep.
- 7 What if none of the lights are on when I wake up?
Return the device and CanSleep will attempt to download the data and issue you a new device, if necessary.

Diagnosing Sleep Apnea

Level III take-home screening

What is a Level III Test?

The Level III screening is a more comprehensive overnight and non-invasive test used to determine if you suffer from sleep apnea or sleep disordered breathing. It measures five different variables for further clinical investigation or when a basic oximetry screening is inconclusive.

How Does It Work?

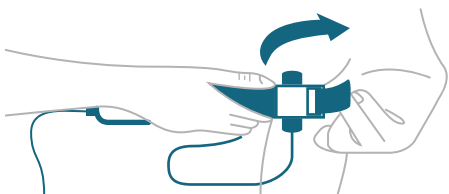
The Level III screening device uses a chest belt that has three sensor extensions: an effort sensor, a nasal tube, and a SAT probe. Together, these sensors record your oxygen levels, heart rate, airflow, snoring volume, and respiratory effort during sleep. This data is then downloaded the next day to be analyzed by a Clinical Therapist and Specialist.



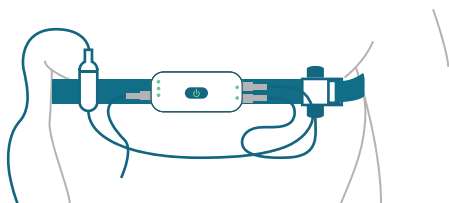
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Putting the device on

- 1 Pull the belt around the body. Thread the free end of the belt through the free slot on the effort sensor and fasten the tab to the belt.



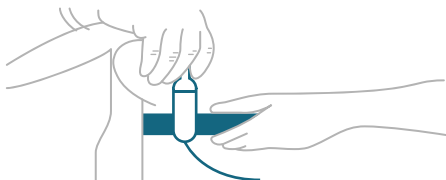
- 2 Check that the belt is secure and comfortable and that the device is positioned over the centre of the chest.



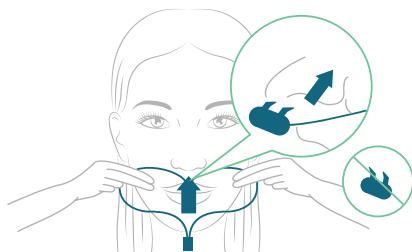
- 3 Slip the SAT probe over the fourth finger on your non-dominant hand.



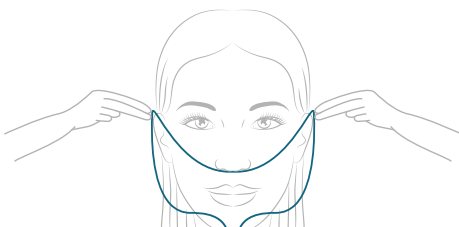
- 4 Slide the oximeter clip onto the belt. The clip should be on the same side of the body as the SAT probe.



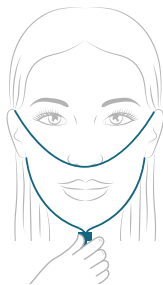
- 5 Insert the prongs into your nostrils so that the two small open tubes point downwards, to the back of the nose.



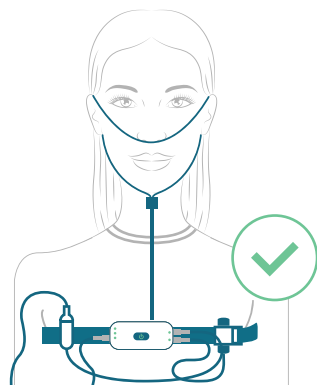
- 6 Loop the plastic tubing around your ears.



- 7 Pull the slider up towards your chin until the plastic tubing is secure and comfortable.

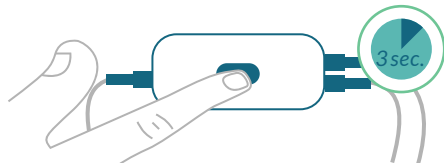


- 8 When properly set up, the full system looks like this:

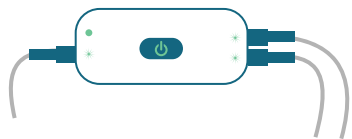


Starting the test

- 1 Press and hold the power button in the centre of the device for about three seconds or until the light turns on.

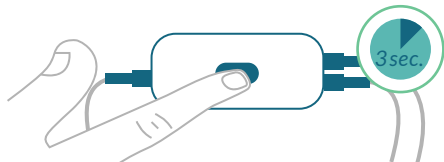


- 2 Check that lights next to the accessories you are using are green. If any of them are red and blinking, that accessory is not attached correctly.

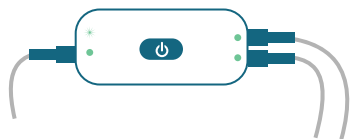


The next morning

- 1 Press the power button for about three seconds.



- 2 Check that the test complete light is lit and green. If the test complete light is red, repeat the test the next night.



- 3 Turn off the device by pressing the power button for about three seconds to turn off the device and return it to the same CanSleep clinic.

