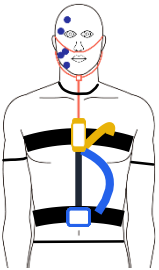
SENTINEL SLEEP



Home Sleep Study

Set-Up Flip Chart

Compumedics Somte PSG

1. **Sleep on any side you want.**
2. **Get up as many times as you need to.**

Follow this guide step by step. Do NOT jump forward - continue from where you left off.

SENTINEL SLEEP

START HERE

Before you begin

- Have a shower and get really clean.
- Wash your face well with a cleanser - no creams or moisturisers.
- Read this flip chart and follow it step by step.

Video guide - illustration only

This flip chart is your main guide. Follow and rely on it - the video is for visual examples only.

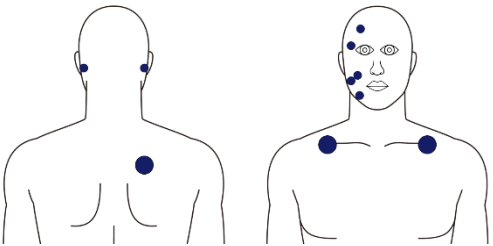
! Sweating can loosen the electrodes. If you cannot keep sweating down, the test may not work.

SENTINEL SLEEP

START HERE

Check the kit

- There are 10 leads and electrode pads in total, with 10 sticky pads on the ends.
- Make sure they are all there before you start.



Do not worry about the points on the black unit with no leads in them - this is intentional.

TIMING

Set up 40 minutes before bed

- Give yourself at least 40 minutes to set up.
- The study needs at least 8 hours of recording overnight.

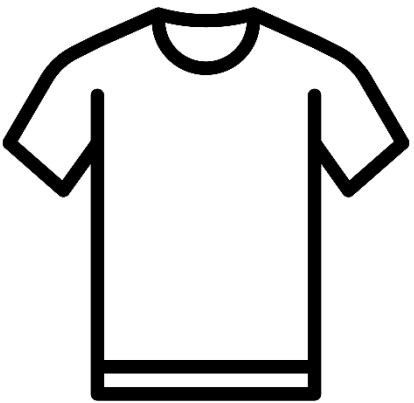


SENTINEL SLEEP

STEP 1

1 Wear comfortable clothes for bed

- Put on the clothes you will sleep in.
- Keep this guide with you and read as you go.



! Clothing must be worn to protect the belts. Bare skin can damage them (belt replacement $586).

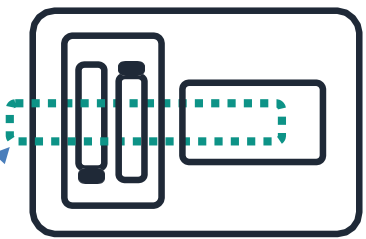
SENTINEL SLEEP

2

STEP 2

Insert the batteries

- Locate the white recording unit.
- Flip up the white recording unit so you can see the back where the batteries will be placed.
- Insert the two AA batteries that have been provided with the kit. Take care to insert the batteries properly.
- Place tape over the batteries to hold them in place.
- Flip down the recording unit so it is sitting back in its black plastic holder

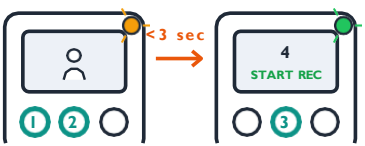


! Do not place tape onto the front of the white unit or screen, it can damage the unit.

SENTINEL SLEEP

3 STEP 3 Turn on the device

1. Press the LEFT button - the unit turns on. Wait for a person to appear on the screen.
2. Press the MIDDLE button after the person appears on the screen.
3. Within 3 seconds, press the MIDDLE button again.
4. The screen shows "start recording" and the light turns green.



The light MUST flash green before you proceed or your study will be void

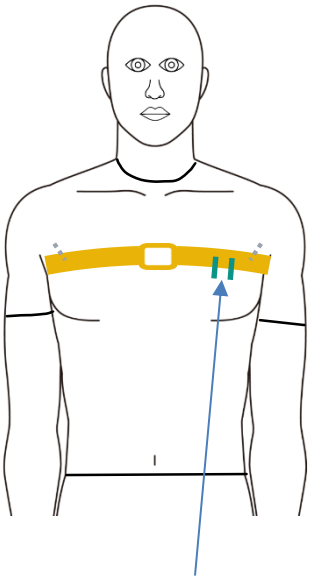
SENTINEL SLEEP

4

STEP 4

Chest belt

- Put the black stretchy belt around your chest, over your shirt.
- Sit it just under your armpits.
- Adjust the fit with the slider.

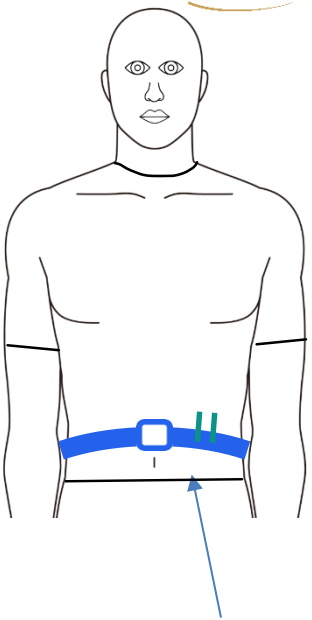


The belt is right when two fingers fit under it - comfortably tight, not constricting.

SENTINEL SLEEP

5 STEP 5 Waist belt

- Put the other belt around your waist, over your shirt.
- Sit it about four fingers above your belly button.
- Adjust the fit with the slider.



The belt is right when two fingers fit under it - comfortably tight, not constricting.

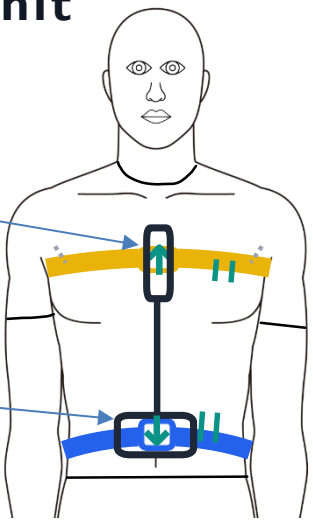
SENTINEL SLEEP

6

STEP 6

Clip on the black unit

- Clip the black unit onto the chest belt.
- Make sure it sits upright, in the centre of your chest.
- Clip the white unit onto the waist belt



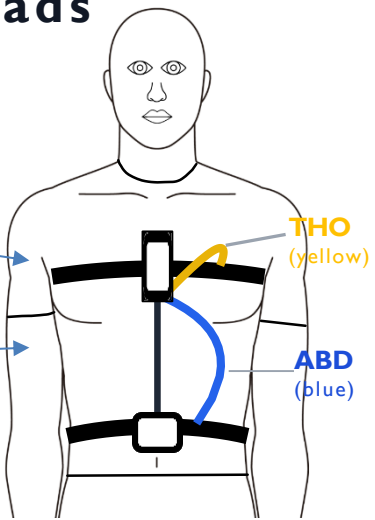
SENTINEL SLEEP

7

STEP 7

Connect the belt leads

- Yellow lead - from the black unit “THO" socket into the chest belt.
- Blue lead - from the black unit "ABD" socket into the waist belt.



The leads originate off the left side of the black unit (your left).

SENTINEL SLEEP

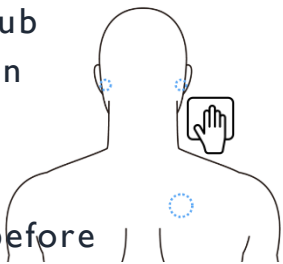
8

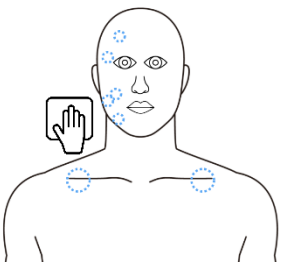
STEP 8 · FACE ELECTRODES

Prepare the skin

- Wipe each spot with an alcohol wipe, then scrub with the prep pad, then wipe again with the alcohol wipe
- Let the skin dry fully before sticking on a pad.
- All the sticky electrode face pads go on your RIGHT side only.

! Keep alcohol wipes away from your eyes.





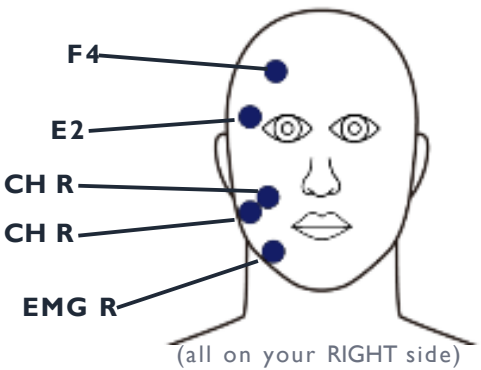
SENTINEL SLEEP

8

STEP 8 · RIGHT SIDE

Place the face electrodes

- Forehead: F4
- Beside your right eye: E2
- Right cheek muscle: CH R (two pads)
- Lower right jaw: EMG R



(all on your RIGHT side)

! Press each pad on once. Do not peel off and restick - it stops working.

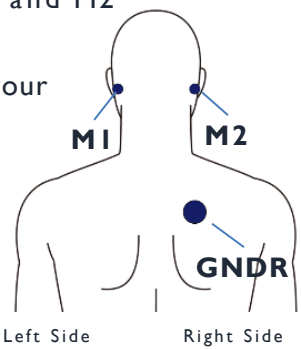
SENTINEL SLEEP

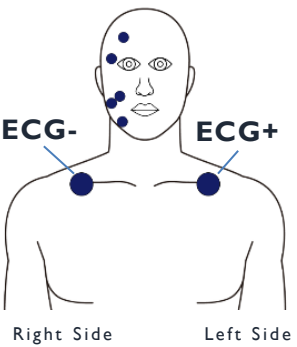
8

STEP 8 · CONTINUED

Collarbone, ears & back

- Right collarbone: ECG-
- Left collarbone: ECG+
- Behind each ear: M1 (left) and M2 (right)
- Right shoulder blade, on your back: GND R





GND R is the last electrode to attach.

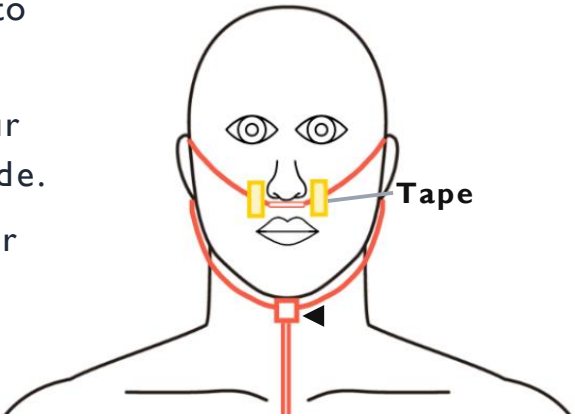
SENTINEL SLEEP

9

STEP 9

Put on the nasal cannula

- Sit the small prongs into your nose.
- Loop the tube over your ears and down each side.
- Tape the tube onto your cheeks.



! Do not wrap the tube around the back of your head - it can spoil the test.

10

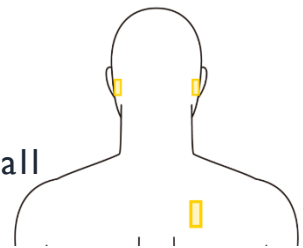
STEP 10

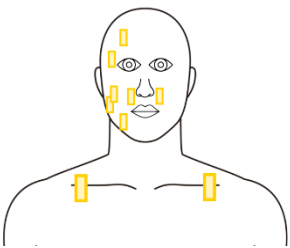
Tape everything down



- Tape over the right-side face pads and the cannula.

Good taping keeps everything in place all night. (Don't forget behind your ears)





No tape on your left side of face - there are no pads there.

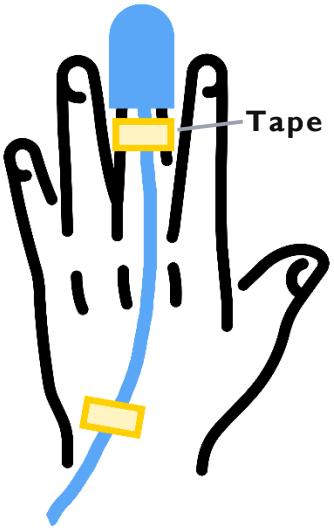
SENTINEL SLEEP

SENTINEL SLEEP

STEP 11

Finger probe

- Slide the probe onto your middle or ring finger on your left hand.
- Tape the probe to the finger so it feels comfortable.
- Tape the cord to the back of your hand.



SENTINEL SLEEP

12

STEP 12

Check all the cords

- Check every lead is plugged into the unit.
- Check the finger probe is sitting correctly.
- If a part flashes on the screen, re-seat that lead.

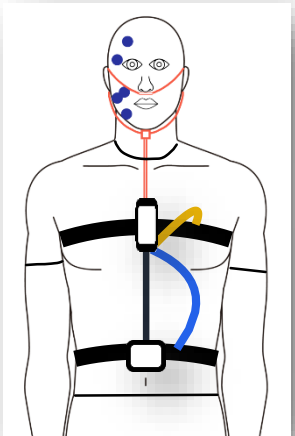


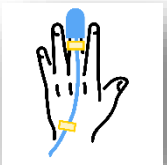
Please do not overthink this part - keep going. Do not take the kit off due to anxiety or doubt. If a part still flashes after checking, you can still do the test.

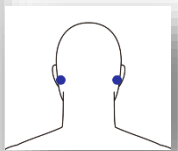
SENTINEL SLEEP

13 STEP 13 Take your set-up photos

- Photograph the unit and leads on your body.
- Take a clear photo of your face and belts and hand, as well as behind your ears
- You will upload them in the morning (Step 16).







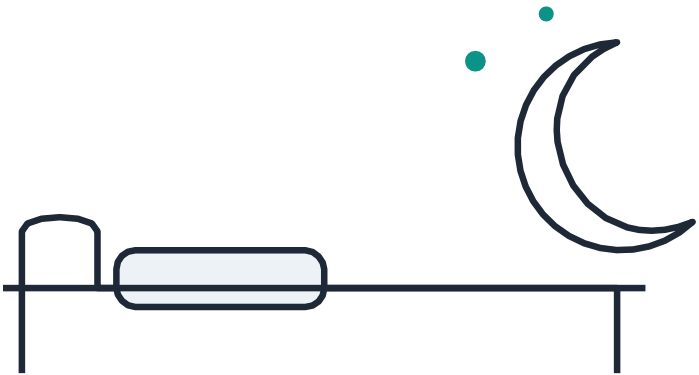
! Please keep your shirt on - do not send bare-chest photos.

SENTINEL SLEEP

ALL SET

Now go to sleep

– Sleep on any side you like.
  Get up if you need to.





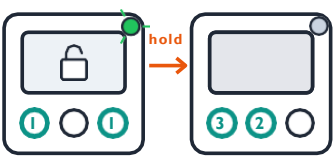
The next morning

Steps 14 to 17

SENTINEL SLEEP

14 STEP 14
Turn off the device

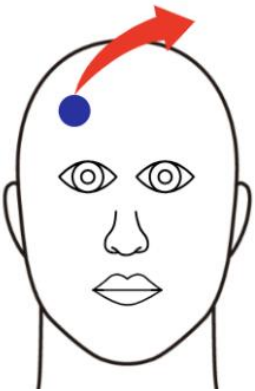
1. Unlock - hold the LEFT and RIGHT buttons together.
2. Stop - press the MIDDLE button to stop recording.
3. Off - hold the LEFT button until the screen goes off.



SENTINEL SLEEP

15 Take everything off carefully

- Remove the cannula and cut it from the unit- do not try to unscrew it. Dispose of this as it was up your nose.
- Unclip the unit and take off both belts.
- Gently peel off the electrodes from your body and dispose of them,.
- Wrap the white unit in a belt lead to protect it during transit.



! Do not disassemble the device by pulling out all the leads

Keep all leads plugged into the device and dispose of the cannula or fees may apply.

SENTINEL SLEEP

16

STEP 16

Morning questionnaire

- Scan the code and fill in the morning questionnaire.
- Upload your set-up photos here as well.

Scan to open the questionnaire

SENTINEL SLEEP

STEP 17

Return the equipment

- Attach the new label (remove the old one first).
- Close the snap-locks until they click, then add the zip ties.
- Drop the parcel at your local post office.



Friday study? You may be able to post on Saturday if your post office is open.

SENTINEL SLEEP

THANK YOU

Need a hand?

- First, rely on these written instructions.
- Next, use the video only for visual cues - as examples.
- Last, you can chat with Aerial. Do not follow anything that contradicts these written instructions.

Scan to chat with Aerial

If you are under a dental or medical professional, your report is sent to them.