

# *NAVAL MEDICAL CENTER PORTSMOUTH*

Boice Sleep Center

## Somte Unit, Portable Sleep Monitoring

Instruction Sheet, Patient

You have been scheduled for a type of portable sleep testing that is called a Somte unit. You will have the unit, and its sensors, applied to you in the sleep lab on the afternoon of your appointment. You will sleep in your own bed that night. The following morning you will remove the unit and sensors, and return it to the sleep lab. Please read and follow these instructions. If you feel that you will not be able to follow these instructions please inform the sleep lab or sleep clinic staff. Note that you are not eligible for this type of testing if you berth on board a ship or in barracks.

On the day of your appointment you should bath, and wash your hair, prior to coming to the lab. After bathing, the only product you should apply to your body is deodorant/ antiperspirant. Don't put on any cosmetics, lotion, moisturizers, or conditioners. Your hair should be dry and free of any product. This is necessary to allow us to do proper site preparation for the placement of sensors on your body. Failure to follow these instructions could mean rescheduling your testing, or a repeat of your test. Wear loose fitting clothing to your appointment and a shirt that you can sleep in. Most people wear some type of PT clothing; if it's cold you may want to wear sweats over that. If you arrive for your testing in uniform you will be rescheduled.

After leaving the lab you are responsible for the equipment. You shouldn't plan any strenuous activity that might disturb the sensors you are wearing. The unit and sensor are quite visible; it will be obvious that you are connected to some type of device. Don't plan any errands, you won't have any difficulty leaving our base, but you shouldn't plan to visit another military base. Don't plan to wash the dog, kids, spouse or car, or clean out the garage, mow the grass, sight in your new 50cal Barrett, etc. on the afternoon/night of your testing. This is a good night to clean out your filing cabinet, get your tax returns in order, or watch a movie.

This is a standardized test that runs from 2200 to 0430. During the test you must be in bed with the lights out. Yes, we will be able to tell. Prior to the start of your test (before 2200) please turn off all electronic equipment in your bed room. This includes televisions, computers, radios, MP3 players, and cell phones. And yes, we'll be able to tell. If having a duty phone the night of your testing is unavoidable, place it on the far side of the room, don't schedule this testing when you know you are scheduled to have the duty phone, or when you will be on call.

The unit will turn on automatically and record your test. Please don't push any buttons on the unit, doing so will not cause problems with the test, but it will lock the unit and we will have to unlock it the following morning. There is a small light on the unit that will change colors while you are wearing it, the colors aren't of any significance since the unit isn't operating in manual mode, and it won't require any programming on your part. If the light bothers you, take a small piece of the paper tape supplied

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in your “repair kit” and place it over the light. Don’t allow any children or pets in your bed during your test. Sleep in a bed; don’t sleep on a couch or in a recliner. Your partner may sleep in the same bed during your testing, but your time in bed should be devoted to sleeping not “extracurricular” activity, and yes we can tell.

At about 2130, (after having brushed your teeth / performed your normal bedtime toiletry), make sure that all of the sensors are placed properly. Look in the mirror and make sure the self-adhesive electrodes on your face are firmly attached. There are some extra ones in your “repair kit” that you can use to replace any that are failing. Pay particular attention to the ones near your chin, these are the ones that most commonly come loose at night. If you are concerned about any of them coming loose, or if you have had trouble getting them to stay on, use some of the paper tape from your kit. Sometimes it’s also helpful to tape the electrode wire down. At this time put the cannula in your nose and loop it behind your ears. Take two small pieces of paper tape and tape the cannula to your cheekbones on either side of your face. Put the oximeter on your finger, and use the paper tape to secure it to your finger. Look in the end of the oximeter and make sure the tip of your finger is glowing red, if it’s not you will need to reposition it. Adjust the two black belts so that the top one is at or above your nipples, and the lower one is over your navel.

Don’t worry that it may take you longer than normal to fall asleep; we know that this is unusual, and you’re probably not going to be as comfortable as normal. If one of your problems is that you have trouble sleeping or that you wake up and have trouble returning to sleep, do not get up and go do something else. Remain in bed attempting to return to sleep. This is your opportunity to demonstrate your problem to the doctor. Please show the doctor that you are attempting to sleep, and give him or her the opportunity to diagnose your problem. Its fine to get up go to the restroom if you need to, but if there is excessive out-of-bed time it will be reported as non-compliance. If you should wake up during the night and notice that something has fallen off you will need to get up and reattach it, some of the sensors are absolutely required for a valid test.

You may remove the unit at any time after 0430 the next morning. If you normally sleep later than that, just remove the unit when you wake up. You should allow an extra 45 minutes to remove the unit and sensors. Leave all of the wires attached to the unit. You are responsible for returning all of the equipment. The wires are expensive. If you leave them attached to the unit you probably won’t lose them. Remove the self-adhesive electrodes from your body first and then unsnap them from the wires and dispose of them. In your “repair kit” you will find some wipes that have adhesive remover on them, and some with fingernail polish remover. Use these to remove the electrodes on your scalp.

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You may use one type or both types to soften the adhesive that attaches the electrode to your scalp. The white paste under the electrodes is water soluble and will wash out with water.

Once you have removed all of the equipment put it in a paper or plastic bag, and return it to the lab before 0930. Most people just put it in a plastic grocery bag. Remember that this is government property and you are responsible for the condition you return it in.

If you want a receipt for returning your equipment, bring your copy of the loan agreement with you when you return the equipment, and we will sign it as being returned. If you want a receipt for returning your equipment, and you *don't* bring your copy of the loan agreement with you when you return the equipment it will delay you in the return process. If you don't need a return receipt, the only paper you will need to bring with you is the Bedtime/Morning Questionnaire. You will have filled the Bedtime portion of this form out when you came to the sleep lab to have the equipment hooked up. The bottom, or Morning Questionnaire, needs to be filled out after your test ends, and then it should be returned with your equipment. If you fail to bring this form with you it will delay you in the return process. If you have followed the above instructions closely it will take you very little time to return the equipment, and you will have the best chance of obtaining good, clear test data, and not needing to repeat the testing process.

We are giving you such detailed information because we want you to have the best chance of a successful study and because these studies are very expensive. Please read these instructions through carefully and refer back to them as necessary. If you still have a situation that you can't resolve you may call the sleep lab control room during the night of your test at 953-9685. Please only call this number at night when you are doing a portable test. Please be aware that the technician you talk to is limited in the amount of time that they can spend talking to you since they are involved in direct patient care with other patients.

*In the event of an emergency- TAKE THE EQUIPMENT OFF. If you get sick, or your child gets sick, we will understand if you need to terminate the study- go on and take the equipment off per the above instructions, and put it in a bag so you don't lose anything, then call us the next morning. We understand that emergencies do happen, and we will work with you- but you must call us the following morning. The front desk number is 953-7781.*