

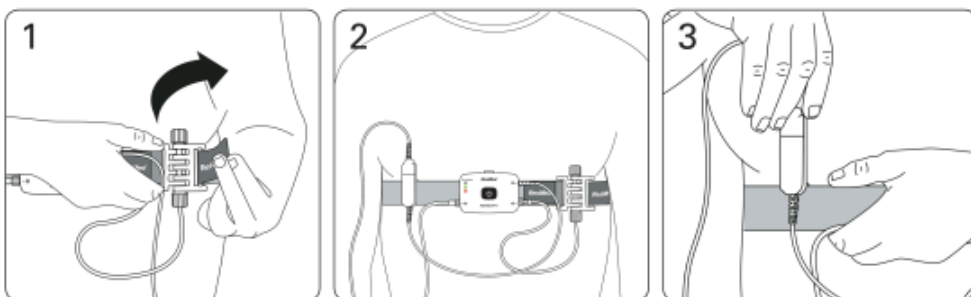
To view an instructional video, please go to www.TriCityLS.com/hsat or send a text to 989-402-5217

For on-call assistance call 989-402-5217

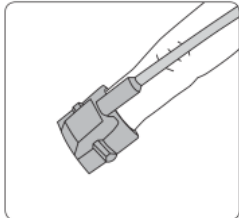
For emergencies call 911

JUST BEFORE BED

1. Put new batteries in the device
2. Put the belt around your chest and the clip on the belt



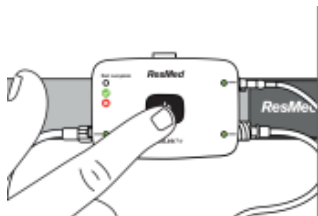
3. Put the probe on your finger. You may apply tape to keep it in place.



4. Plug in the cannula and put it on. You may apply tape to keep it in place.



5. Hold down the button for 3 seconds

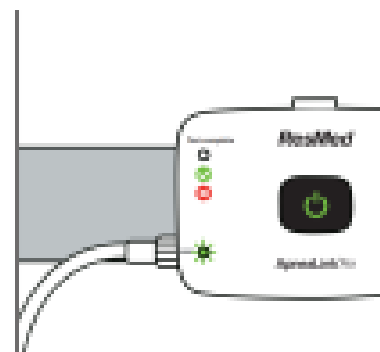


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If the lights do not come on, check / replace batteries. If any lights are blinking red, double check the sensors are attached properly to you and to the device. If the lights are still red, continue using the device.

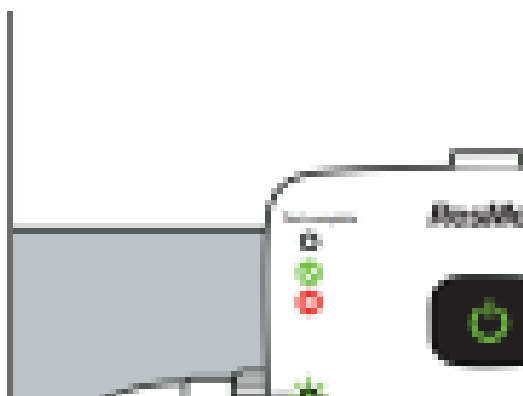


DURING THE NIGHT

- A) Once you have started the test, go to sleep as normal. The lights on the device will dim after 10 minutes.
- B) If you need to get up during the night for any reason, leave the device on.

IN THE MORNING

- Hold down the button for 3 seconds and look at the "Test Complete" light.



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- If it is green after first night, please return the device.
- If the test indicator light is red after first night, repeat processes.
- If light is red after the second night, please return the device (we probably got enough between the two nights). **Do not use the device more than two nights.**

TriCity Lung & Sleep

Saad S. Ahmad, MD

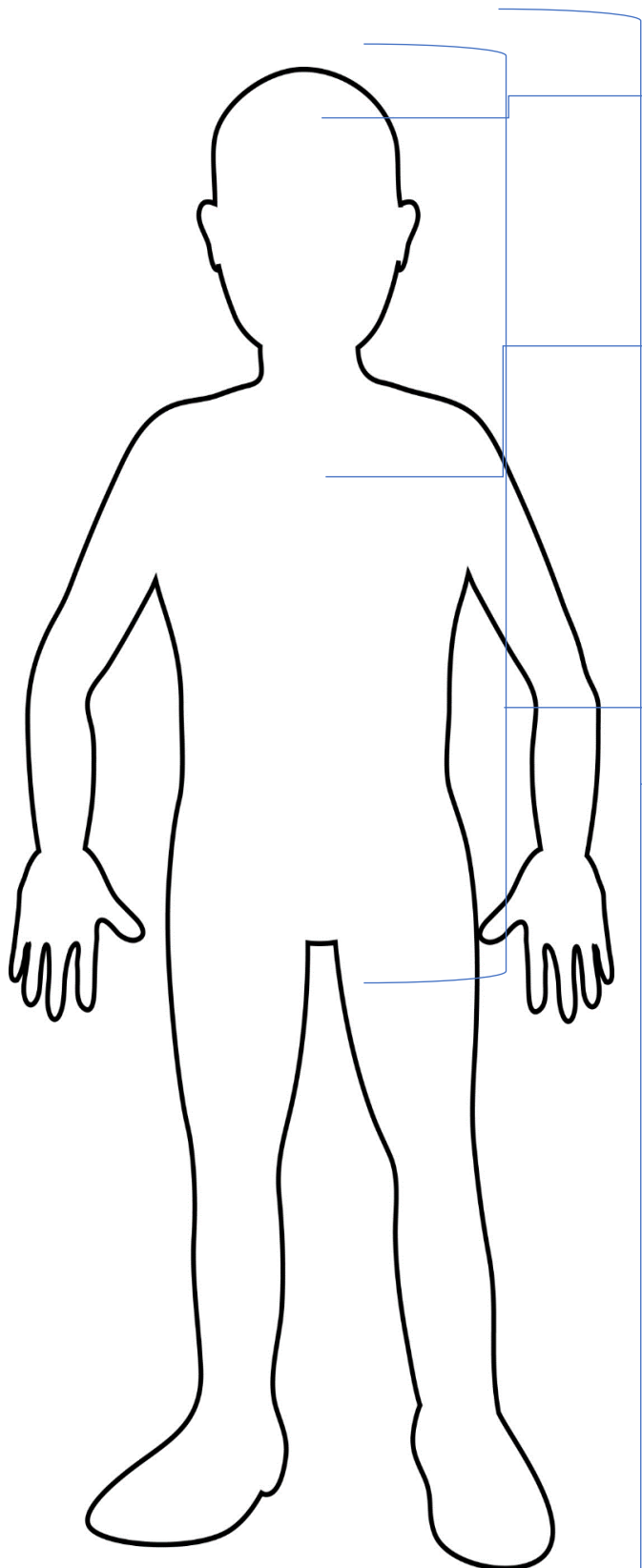
PULMONARY & SLEEP MEDICINE

f: 866-287-5136

o: 989-778-1425

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HEALTH RISKS OF SLEEP APNEA



STROKE

Men with moderate to severe OSA were nearly 3 x more likely to have a stroke.

HEART DISEASE: Sleep apnea is linked to

- 37% of people with Hypertension
- 83% of people with Drug resistant hypertension
- 30% of people with Coronary artery disease
- 49% of people with Atrial fibrillation
- 76% of people with Congestive heart failure
- 59% of people with Pacemaker insertion

POOR SLEEP is linked to

- Obesity
- Mood Disorders
- Immune Function
- Reduced life expectancy
- Reduced cognitive functions
- Excessive daytime sleepiness
- Increased risk of car accident
- Memory loss
- Increased risk of dementia

DIABETES: Sleep apnea is linked to ...

- 48% of people who have type 2 diabetes
- 86% of people who are obese and are type 2 diabetic patients

MEDICAL COSTS

- Patients with untreated OSA had 82% higher in-patient hospital costs than treated patients.
- OSA patients on PAP therapy have 31% lower total medical costs than patients not on PAP therapy

This is not an exclusive list.

Created by TriCity Lung & Sleep. REFERENCES: Healthy Sleep <http://healthysleep.med.harvard.edu/>, The Effects Of Sleep Deprivation <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-effects-of-sleep-deprivation>, Logan et al. J Hypertens 2001, Oldenburg et al. Eur J Heart Fail 2007, Garrigue et al. Circulation 2007, Gami et al. Circulation 2004, Einhorn et al. Endocr Pract 2007, Sjostrom et al. Thorax 2002, Schafer et al. Cardiology 1999.