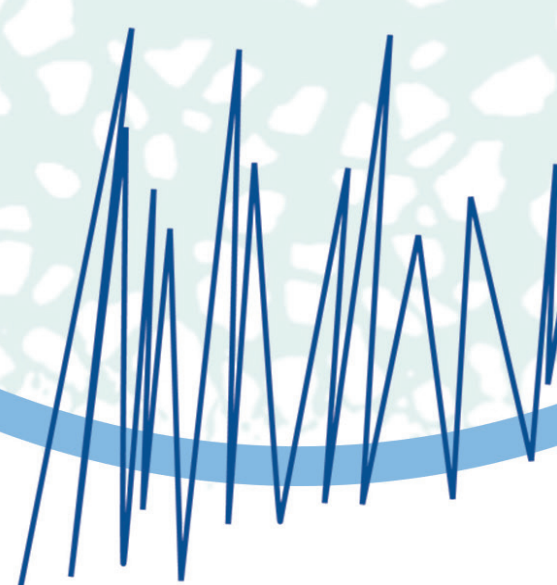


Patient instructions for respiratory polygraphy

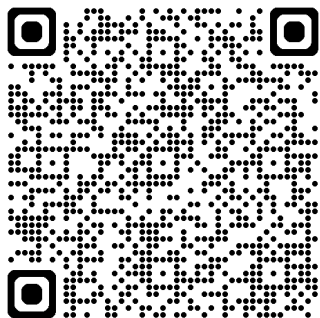
For Nox T3s Recorder



There is a helpful patient video guide demonstrating how to properly fit the sleep equipment. Which can be accessed on our website:

royalpapworth.nhs.uk/sleepstudy

You can also find by searching 'respiratory polygraphy' on our website homepage or by scanning this QR code:



The equipment is pre-programmed to record on the night of your study only. It will start recording automatically without pressing any buttons.

If you normally sleep on your stomach and the equipment makes that too uncomfortable, it can be worn on one side instead, but please record this on your post sleep questionnaire and indicate on which side you wore the equipment. Please note: you do not need to sleep on your back unless this is your normal sleeping position.

Please apply equipment one hour before going to sleep so you can get used to how it feels before trying to sleep. Have a quiet relaxing evening so that you sleep well for the study.

Remove any nail varnish before applying the finger probe.

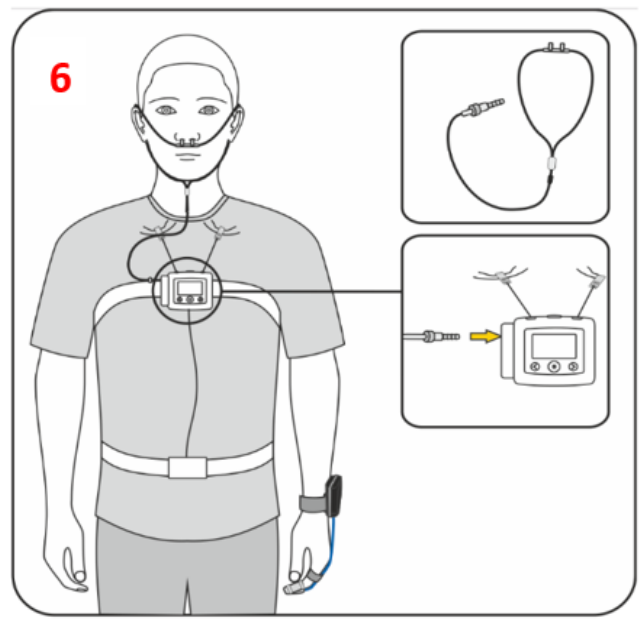
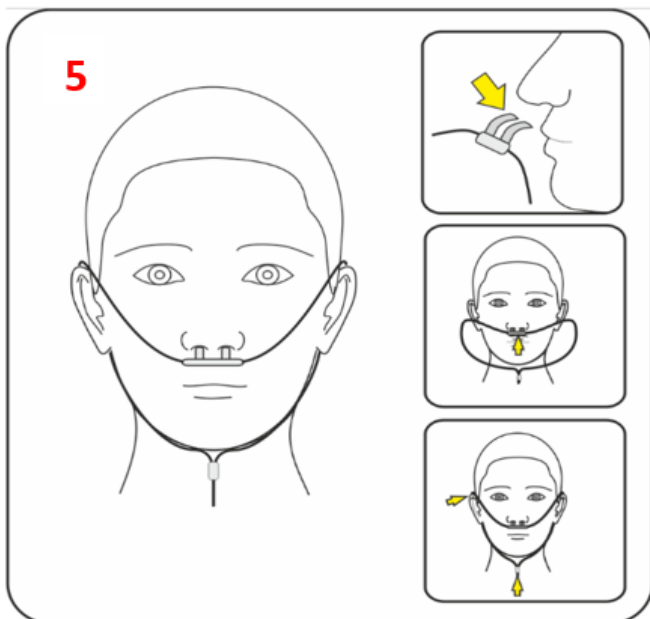
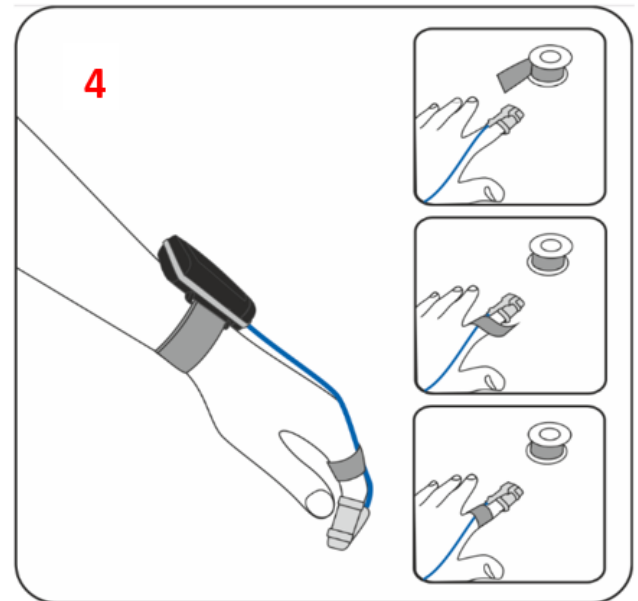
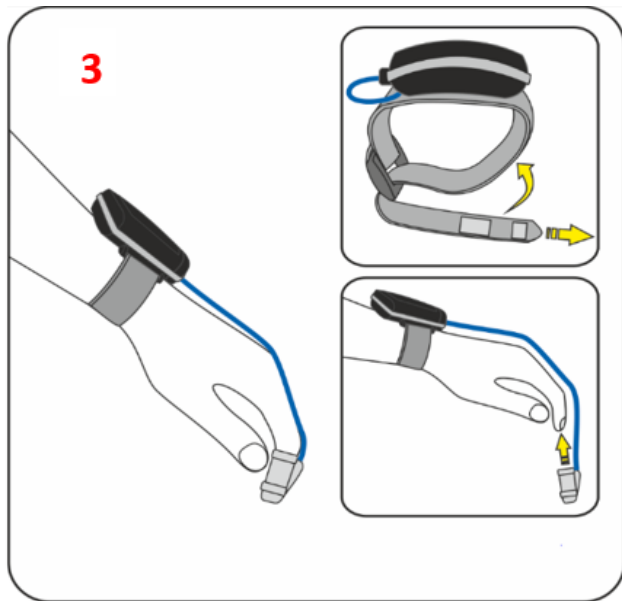
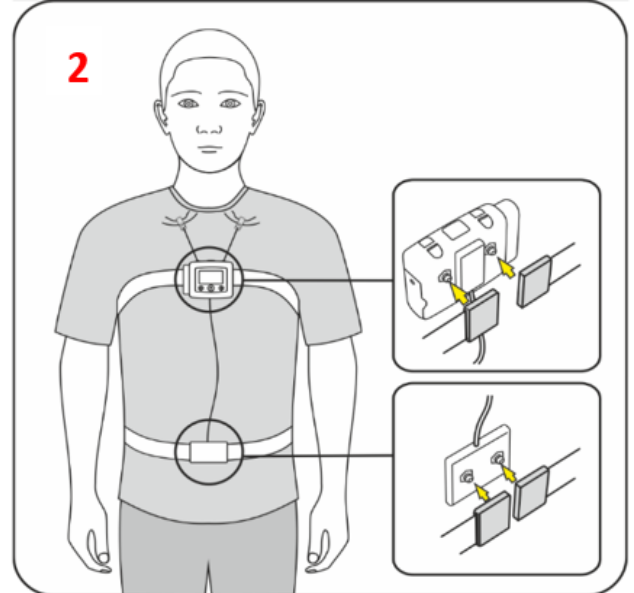
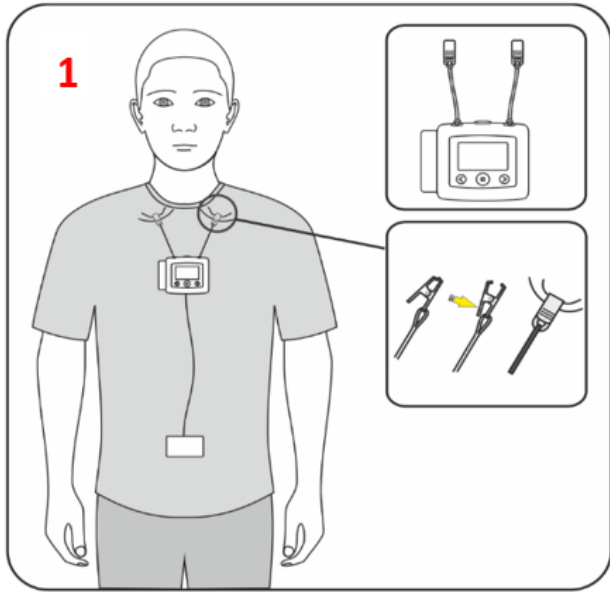
Wear the equipment all night. You can remove the finger probe if you go to the toilet to wash your hands but remember to put it back on.

In the morning, remove the equipment leaving all the components connected. Do not throw anything away or cut any of the wires. Complete the questionnaire and place it back in the bag with all the equipment and sensors to avoid anything getting lost.

Return the equipment back to the main reception desk in the hospital atrium by 10:00 in the morning.

It is very important that you bring the equipment back on time as we need to download your study and clean it properly before we can give it to our next patient.

If you have any problems with the equipment, please call the sleep laboratory on 01223 638168 between 10:00-18:00, Monday to Friday.



Picture 1

Attach the Nox T3 device to your clothing at the collarbone using the two clips. Keep the screen of the device facing outwards.

Picture 2

Pass the white band attached to the back of the black device under your arm, around your back and under your other arm. Attach the free end to the back of the device by pressing it securely on the stud at the back. This band should sit high on the chest in the armpits. Similarly pass the abdominal white band around behind your back and secure it to the stud on the black clip. This band should sit just above the belly button. Make sure there are no twists in the white bands.

Picture 3

Attach the device labelled 'Wrist Ox2' to your non-dominant arm securing it by tightening the velcro strap. Place the probe on the first two fingers (index or middle finger), with the wire running along the back of your hand. Your finger should go to the end of the probe, but not poke through it. Nail varnish must be removed prior to fitting the probe.

Picture 4

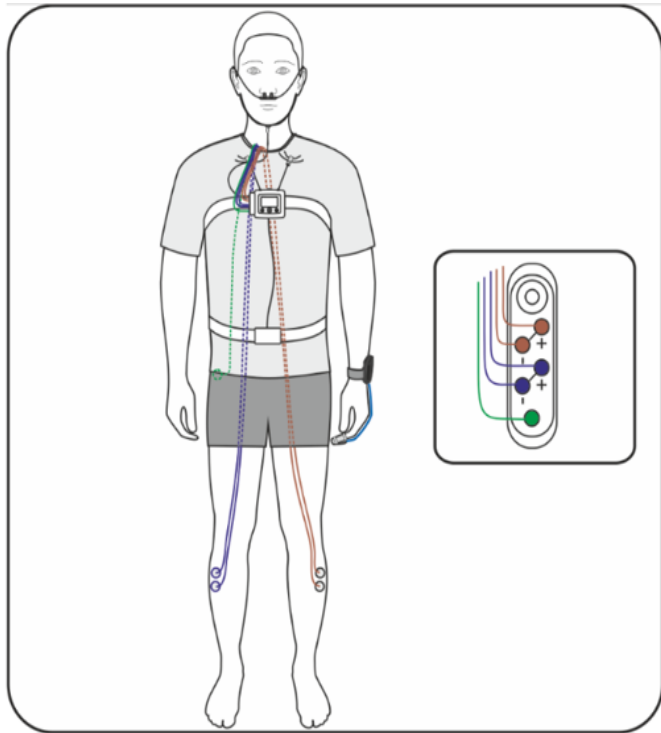
Secure the finger probe in place with sticky tape on the back of your hand and or around your finger (sticky tape will be provided in your bag).

Picture 5

Hold the clear plastic nasal sensors in your nostrils and with one hand hook the wires over your ears, one at a time. Slide the toggle up under your chin. Secure in place with sticky tape on each cheek.

Picture 6

Ensure the end of the nasal cannula is inserted into the Nox A1 device at the top labelled 'PRES'.



Leg electrodes

The test requested for you may include leg movement monitoring. If there are no long leads in your pack, as shown in the diagram to the left, then they are not required for your test and please ignore the leg electrode instructions.

If there are long leads in your pack:
Use the sticky pads provided and please stick two pads to your left leg lower muscle and two on your right lower leg muscle in the positions seen in the picture.

Then attach the longer leads with double popper ends with one set going to each leg. Please see the image to the left.

Then stick a single sticker on your right side on your hip bone and connect the green lead via the popper to this.

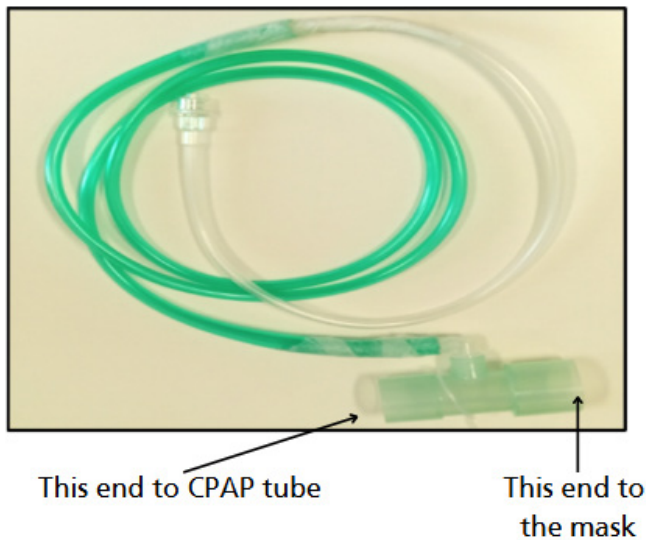
CPAP/NIV use

If you currently use a CPAP/NIV machine, the study may need to be performed on or off this machine as requested by your doctor.

If it is to be performed whilst using your machine, the equipment will be issued with green tubing and a connector rather than a set of nasal prongs. Attach your mask to one end of the connector and the machine hose to the other end of the connector, and then wear your mask and use your machine as normal.

If the equipment to the left is not in your pack and you have nasal prongs, then complete your study without your machine.

Image sourced from ResMed



*Image sourced from sleep laboratory,
respiratory support and sleep centre*

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Large print copies and alternative language versions of this leaflet can be made available on request.

View a digital version of this leaflet by scanning the QR code.



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