

Sleep diary

Name	_____	Date of test	_____
Date of birth	_____	Monitor	_____
NHI number	_____	Height	_____
Doctor	_____	Weight	_____
Therapy	_____	Neck	_____

- 1) What time did you get to sleep? _____
- 2) What time did you wake up in the morning? _____
- 3) Write down the times you woke during the night.

- 4) Was this how you normally sleep? Yes No (circle one)

Instructions for using a pulse oximeter

- 1) Place the pulse oximeter sensor on your finger.
You may place some tape on the back of your hand to secure the sensor but don't tape the sensor around your finger.
- 2) Switch the pulse oximeter on.
If you wake during the night and notice the sensor has come off or the pulse oximeter has turned off, resecure the sensor or restart the pulse oximeter.
If the finger sensor becomes uncomfortable, you can put it on a different finger.
- 3) Switch the monitor off in the morning.
- 4) Return the pulse oximeter to your doctor as soon as possible in the morning.

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