

[Process Essay, Revise and Reflect]

[Imani M. Sumpter]

[Professor Kamri]

In our normal lives, we usually get the opportunity to learn how to do something new. We get the chance to experience or aid with something that we have not ever had to do. The more we get to learn daily the better our skills become, and we can memorize it, so we are able to do it even better the next time. A new process I learned was how to complete a home sleep study test for sleep apnea.

First, you are given the device to take home with you. The device includes four main connections that you must put together for the sleep study to work properly. The four connections consist of two adjustable belts, two cables with connectors, a nasal cannula, and a pulse oximeter. You want to make sure that you complete each step-in order just so that you can make sure you have it on correctly.

The first connection consists of the adjustable belts, which you want to wrap the top belt around the top part of the chest, since it is attached to the actual device and then buckle it. You want to wrap the bottom around the stomach where the belly button is and then buckle it. There are two cables with two connectors on each one and you want to insert the connectors from the top cable into the top belt buckle where you will see gold metal pins inside of the two openings

in the belt buckle. Then you want to do the same thing with the bottom cable into the bottom belt buckle. After that you want to make sure that both belt buckles are vertically aligned with your left hip bone.

The next thing that you want to do is take the nasal cannula out of the plastic and insert the nasal part into the nostrils to where it is positioned downward. After you insert it into the nostrils you want to put each side of the cannula around the ears and then adjust it under the chin so that it will stay in place. You are given tape to place on the face if needed to keep the nasal cannula in position just in case you feel as if the cannula will come off during the night while you are sleeping. Once you have the nasal cannula on then you want to put the pulse oximeter on the left index finger and place tape on the top of the hand where the cord is so that it will stay in place during the night.

The last thing that you want to do is slide the button at the top of the device so that it will open for you and then turn it on with the power button that is on the inside. You push the power button down once and a body figure will appear on the screen. There are three circles at the bottom of the screen to let you know that it is loading. Once it is done loading, if anything is not on correctly it will blink on the screen and an orange light will blink at the top of the device where the button to slide open the device is. Once you can see that there is not anything blinking on the screen you are able to close the device and go to bed. The next morning you wake up you want to make sure that the sign is full or $\frac{3}{4}$ of the circle is complete to show that there is enough data recorded on the device.

After completing your home sleep study test, you want to turn off the device by holding down the power button for five seconds and packaging everything back together in the case. You want to return the device to the sleep lab facility that you received it from and wait the three to

five days to receive the results. Then you can follow up with your physician to discuss the results and find out what the recommendations are about if there was a diagnosis or not. Once you receive the results, you will know if you have sleep apnea or any other sleep conditions.