



CGH Main Clinic
101 E. Miller Road Sterling, IL 61081
(815) 632-5357

CGH Sleep Center
100 E. LeFevre Sterling, IL 61081
(815)564-4687/(815)625-0400 Ext 5687



Department of Sleep Medicine


FOSQ Instructions for Remstar Pro “M” Series / Remstar Auto “M” Series

Note: The FOSQ option only appears on the Standby screen if you have a SmartCard inserted or a modem connected to the device.

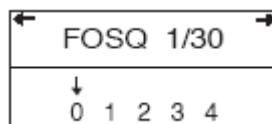
From the Standby screen, you can access the FOSQ questionnaire by pressing the – button. The FOSQ test is a ‘quality of life’ questionnaire designed specifically for people with sleep disorders. The results allow health care professionals to see how therapy has improved the quality of your life. By completing the questionnaire periodically, you can provide valuable information about the effectiveness of your treatment. The device can record your answers on the SmartCard or via a wired or wireless modem for later review by the health care professional. Contact your home care provider for further instructions.

Note: If your health care professional or home care provider instructs you to complete the questionnaire, he or she will provide you with the questions, and you can enter your answers into the device. Make sure a SmartCard or modem is installed before answering the questions. The FOSQ screens will not display if a SmartCard or modem is not present and able to store data.

To answer the FOSQ questionnaire, complete the following steps:

1. Make sure that the SmartCard or modem is properly installed. Answers to the questionnaire are saved onto the SmartCard or sent to the health care professional via a wired or wireless modem (when available). If you are using a SmartCard, a SmartCard symbol () appears in the upper right corner of the Active Display screen. If the SmartCard is inserted incorrectly, this symbol flashes to indicate that the card is incorrectly installed, and the FOSQ questionnaire will not be available.

2. From the Standby screen, press the – button to first FOSQ screen, shown below.



Press the + or – button to select your answer to the first question, and an arrow appears over your answer:

- 0 indicates that you choose 0 as the answer to the question.
- 1 indicates that you choose 1 as the answer to the question.
- 2 indicates that you choose 2 as the answer.
- 3 indicates that you choose 3 as the answer.
- 4 indicates that you choose 4 as the answer.

3. After you answer the first question, press the button to access the next FOSQ screen and continue answering each question. If you need to go back to a previous screen, press the button.

4. There are 30 FOSQ questions. Once you have reached the last question, press the button to save your answers and exit the questionnaire.