

Posting an Image in 5 Easy Steps

or

The Definitive Guide to Posting SleepyHead Data to the Apnea Board Forum

Step 1 - Getting your Data in Order

- A. With SleepyHead running and sized to use all of your complete monitor's screen, position and size your Daily graphs so the following parameters, in the order listed below, will fit your computer screen:
1. Event Flags
 2. Flow Rate
 3. Pressure
 4. Leak
 5. Snore
 6. Flow Limit (Resmed)
- B. Turn OFF the following items:
1. If using a Philips-Respironics machine, turn off the VS2 flag. *(Toggle is in the lower-left drop-box).*
 2. Mask Pressure* *(Toggle is in the lower-right drop-box)*
**(Unless requested by a forum member.)*
 3. Pie Chart
(To uncheck this feature: File → Preferences → Appearance → Other Settings → Show event breakdown pie chart)

Step 2 - Taking the Screenshot

- A. Press the key sequence; F11 - F12 – F11
(Explanation: The 1st F11 maximizes SleepyHead and removes the menubar and titlebar from the top. F12 executes the screenshot, and the 2nd F11 returns the screen back to normal.)
- B. Your stored image will be located in the SleepyHeadData (or SleepyHeadData-Testing) → Screenshots directory. The image name is constructed by year, month, day and hour, The image will have a “.png” extension. *(Portable Network Graphics)* **Note: If your image is all black, you will need to use the SleepyHead-BrokenGL version for screenshots. It is located in the same directory as SleepyHead.**

Step 3 - Upload your Image to a Graphics Server (Imgur) Note: You can use Imgur without an account.

- A. In your Web browser, goto: <http://imgur.com>
- B. Near the upper left of the page will be a green button labeled, “New post”. Select it. A popup screen will display allowing you the options pasting a location of your image on your PC or use the Explorer function to locate it.
- C. Press the Browse button and a File Explorer will be displayed.
- D. Navigate to your SleepyHeadData → Screenshots folder and select your image.
- E. Either double-click the image or Press the Open button
Your image will be uploaded and displayed in your webpage.

Step 4 - Copy Image Location (2 methods)

Method 1: On the right side of the screen, midway down, you will see a box with a button to its right, labeled “Copy”. Pressing this will record its listed url to your clipboard.
Note: Imgur account holders will be provided additional options.

Method 2: Place the mouse pointer on the image and *right-click*. Select **Copy Image Location**.

Step 5 - Inserting your image in a post

Using the Full Editor (WYSIWYG):

Select the Insert an Image icon from the editor menubar. Paste in the link you just copied.

Using the Quick Reply:

Type the following image tags `[img] [/img]`. In between the tags insert your copied link. It should now resemble something like: `[img]http://www.imgur.com/*EIEIO.png [/img]`

Final request

Please select the **Preview Post** prior to posting to validate your input. If it looks correct, select **Post Reply**

Sample Image for reference:

File View Data Help

Welcome | Statistics | Daily | Overview | Help Browser |

← Wed Jul 5 2017 →

Details | Events | Notes | Bookmarks |

AHI 0.11

ResMed S9
AutoSet
PAP Mode: APAP
Min 13 Max 16 (cmH2O)

Date	Sleep	Wake	Hours
7/5/2017	22:12:56	07:35:05	09:18:06

Large Leak	Clear Airway	Unclassified Apnea	Obstructive	Hypospnea
0.00%	0.11	0.00	0.00	0.00

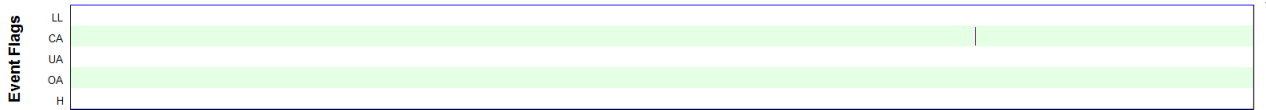
Channel	Statistics			
	Min	Med	95%	Max
Pressure	13.00	13.06	13.58	14.18
EPAP	10.00	10.06	10.58	11.18
Minute Vent.	3.00	7.75	9.75	27.38
Resp. Rate	6.80	15.00	23.00	38.40
Flow Limit	0.00	0.00	0.04	0.28
Leak Rate	0.00	0.00	0.00	14.40
Snore	0.00	0.02	0.02	0.08
Insp. Time	0.28	1.82	2.80	5.54
Exp. Time	0.06	2.04	2.52	4.40
Tidal Volume	160.00	500.00	620.00	1440.00

Total time in apnea: 00:00:15
Time over leak redline: 0.000%

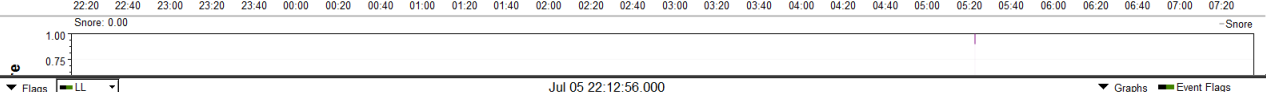
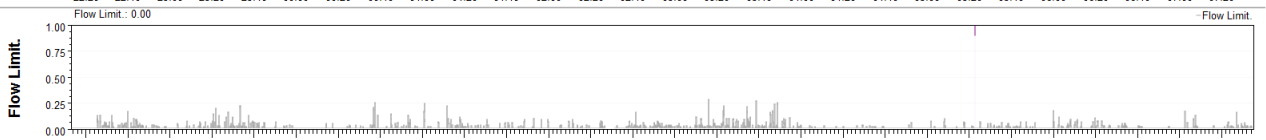
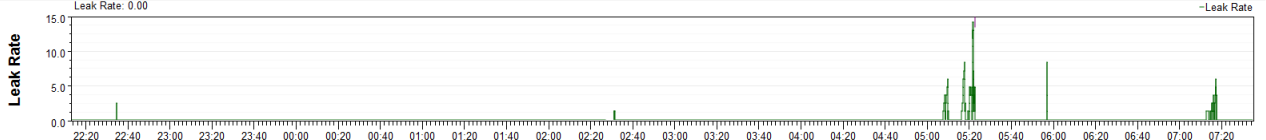
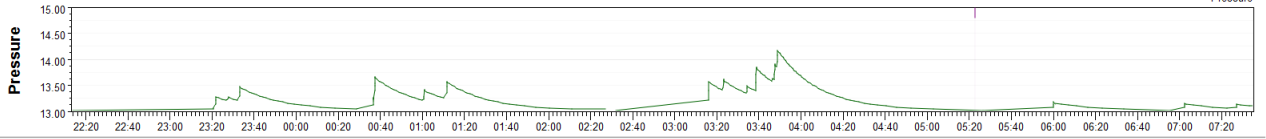
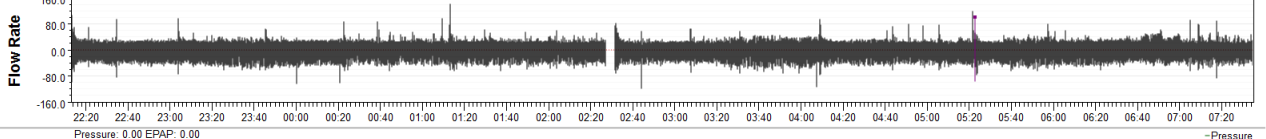
Machine Settings	
Mode	APAP
Pressure Min	13.00 cmH2O
Pressure Max	16.00 cmH2O
EPR	Full Time
EPR Level	3cmH2O
Ramp	Off

Session Information	
4h 14m	5h 4m

CPAP Sessions			
On Date	Start	End	Duration
	ResMed Session #1499307175		
7/5/2017	22:12:56	02:26:59	04h 14m 03s
	ResMed Session #1499322661		
7/5/2017	02:31:02	07:35:05	05h 04m 03s



Duration 09:18:06 AHI 0.11 Flow Rate: 0.00



Flags: LL | Graphs: Event Flags | Jul 05 22:12:56.000