

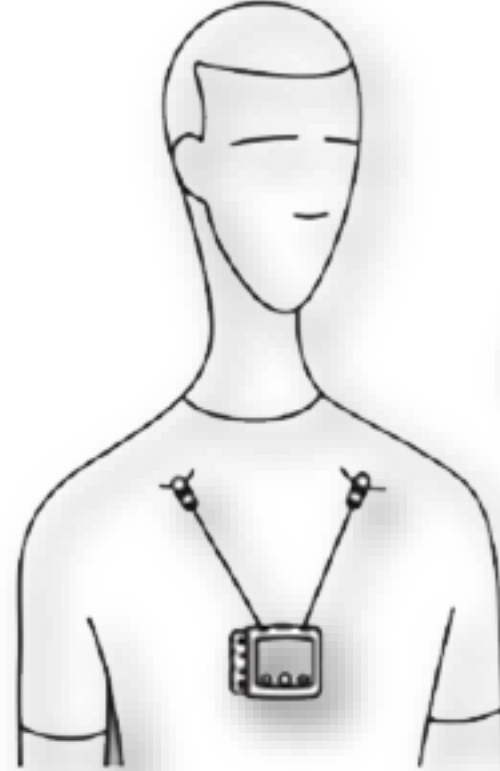
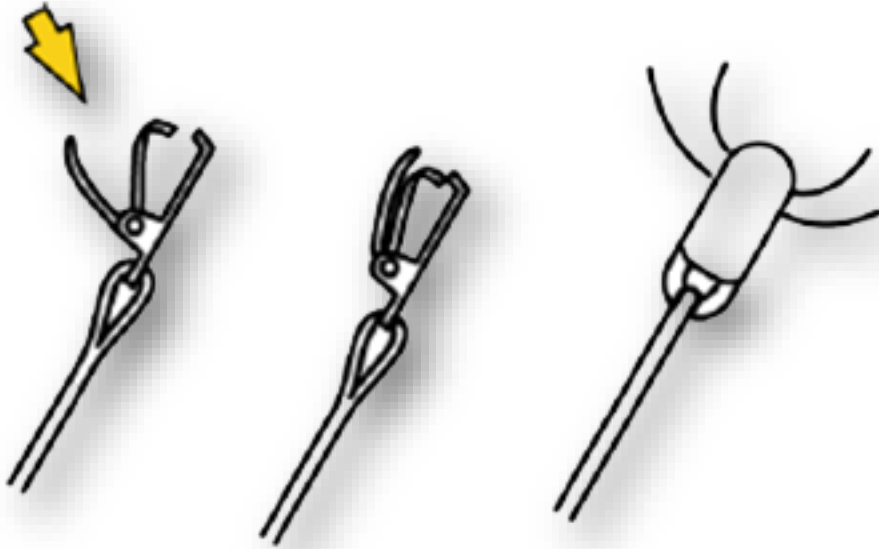
# Patient Instructions

These instructions are intended to make attaching the sensors for your home sleep study simple and convenient.

The individual providing with the monitor will cover these instructions with you.

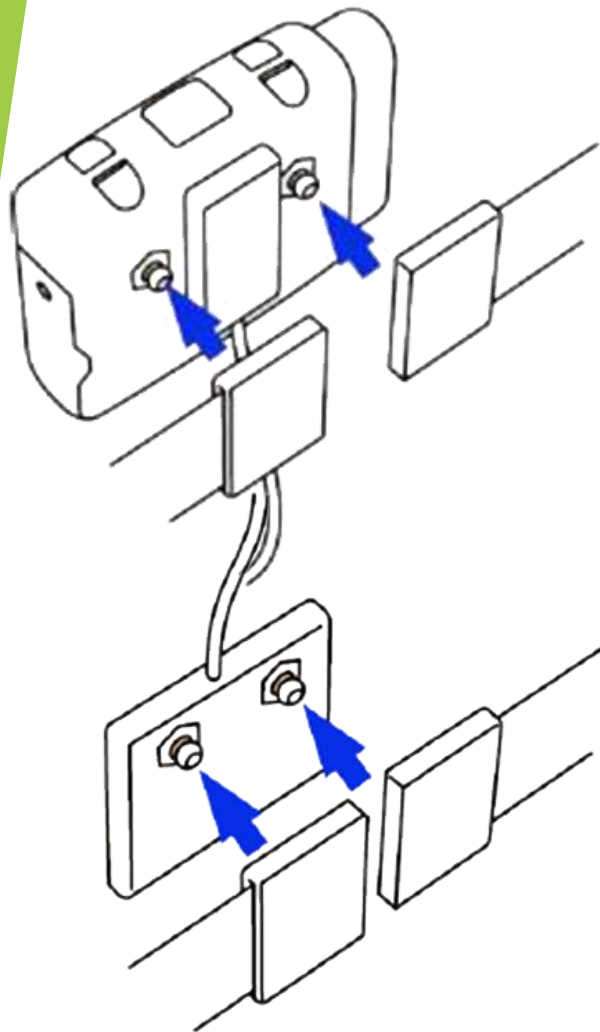


# Patient Instructions Step 1



**Clip the Monitor to your shirt or pajamas**

# Patient Instructions Step 2

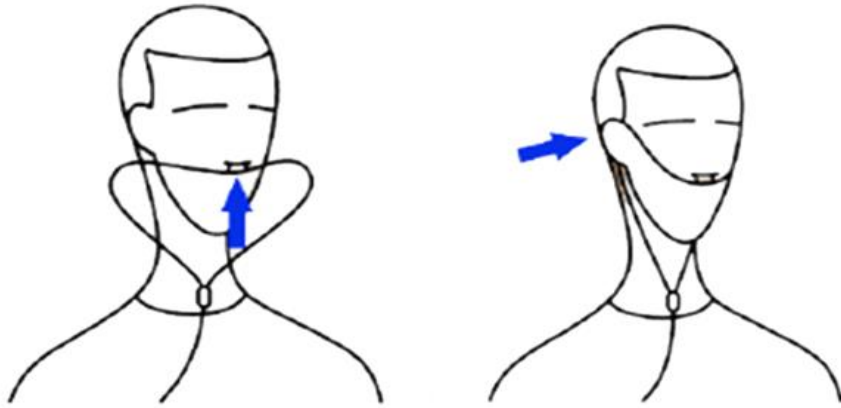


Snap the Chest belt to the back of the Monitor

Snap the stomach belt to the back of the hanging plastic connector



# Patient Instructions Step 3



1. Gently place the cannula prongs in your nares

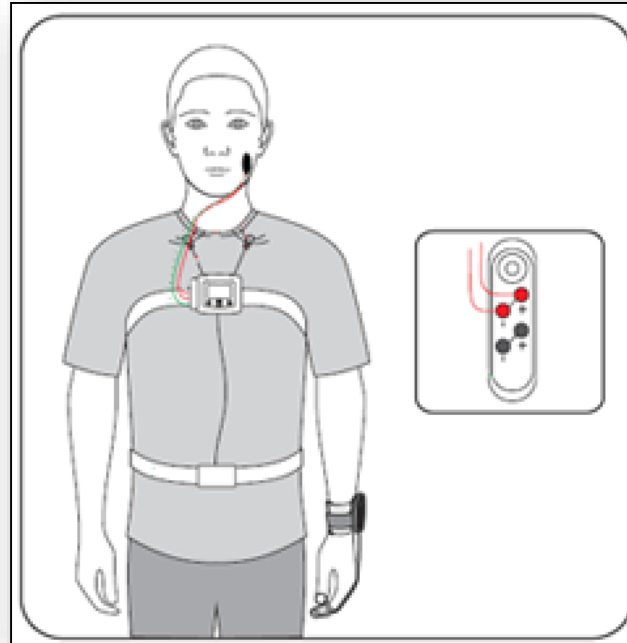


2. Gently pull the tubes over the top of your ears

3. Place the barbed connector into the silver ring of the monitor  
(This may already be done for you)



# Patient Instructions Step 4

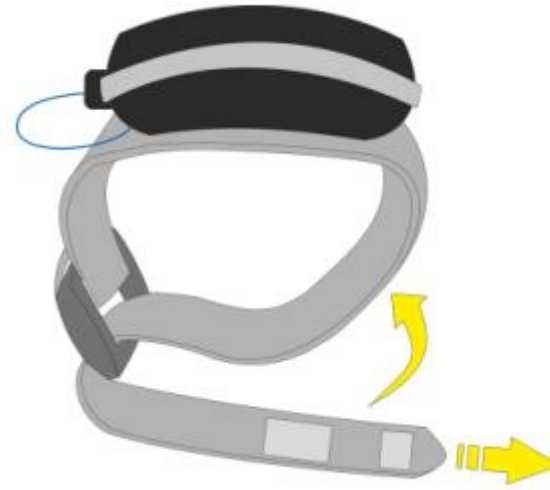


1. Remove the clear plastic protective sheet to expose the adhesive
2. Place the foam pad vertically over the masseter
3. Plug the red and white in channel "1+"  
(This may already be done for you)

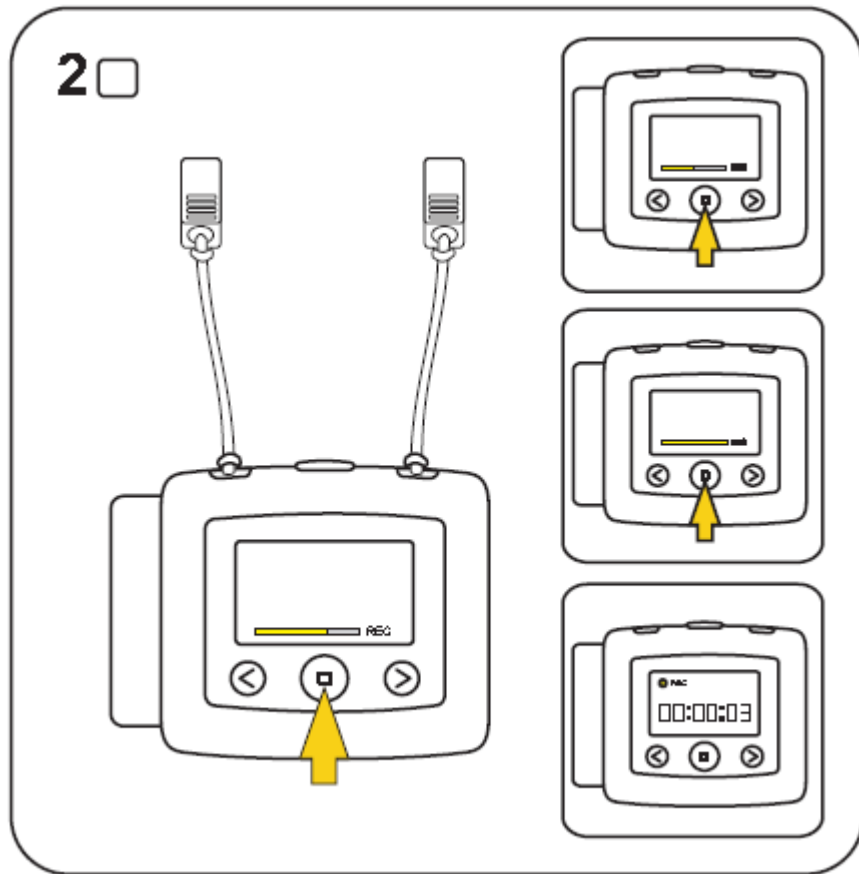


# Patient Instructions Step 5

1. Using the Velcro wrist strap, loosely place the oximeter around the wrist of your non-dominant hand.
2. Place the gray oximeter probe over your index finger. The oximeter will automatically start.



# Patient Instructions Step 6



The Monitor screen will turn itself off in 15 seconds but the recording is still running

## Manual Start

1. Tap the middle button



2. Press and hold the middle button



# Patient Instructions



In the morning remove the sensors and place them in the black canvas case.

