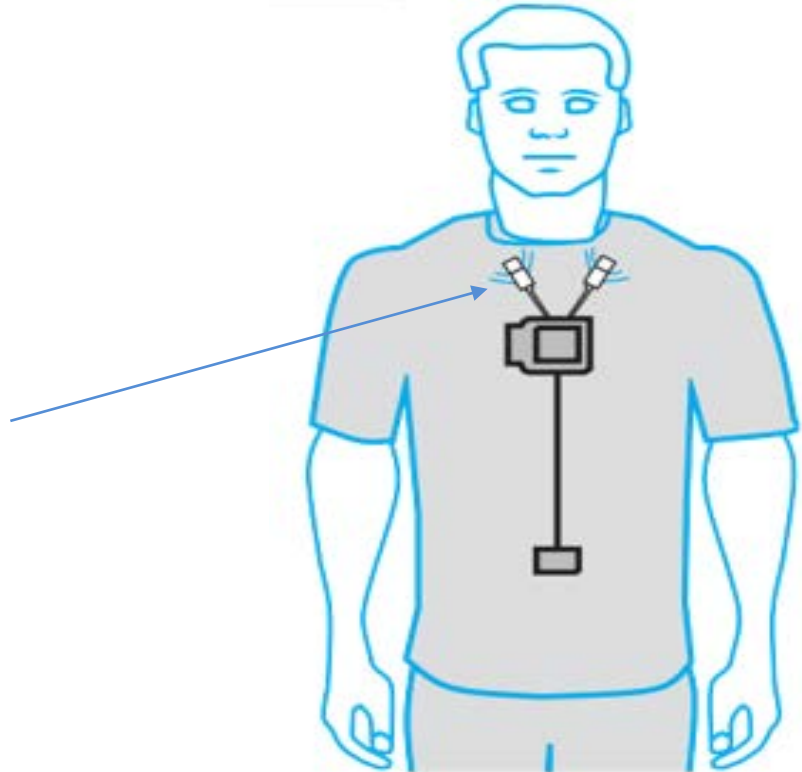
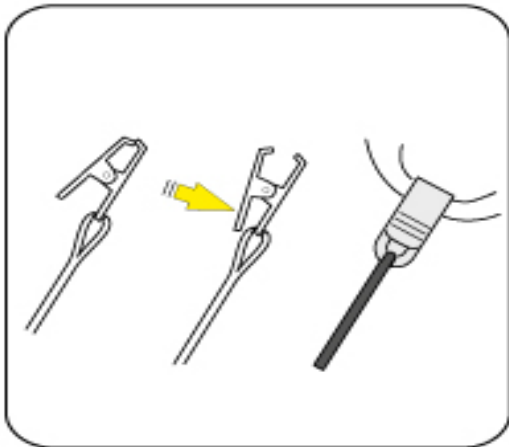


Guide to application of sleep device

Important: Have a shower, dry yourself thoroughly, & do NOT use skin creams or lotions on the face, neck or chest.

Step 1. Putting the device in place

A. Attach the recording device (Nox A1) to your shirt using the clips that are attached to the device



Step 2. Attaching the white effort bands

Chest:

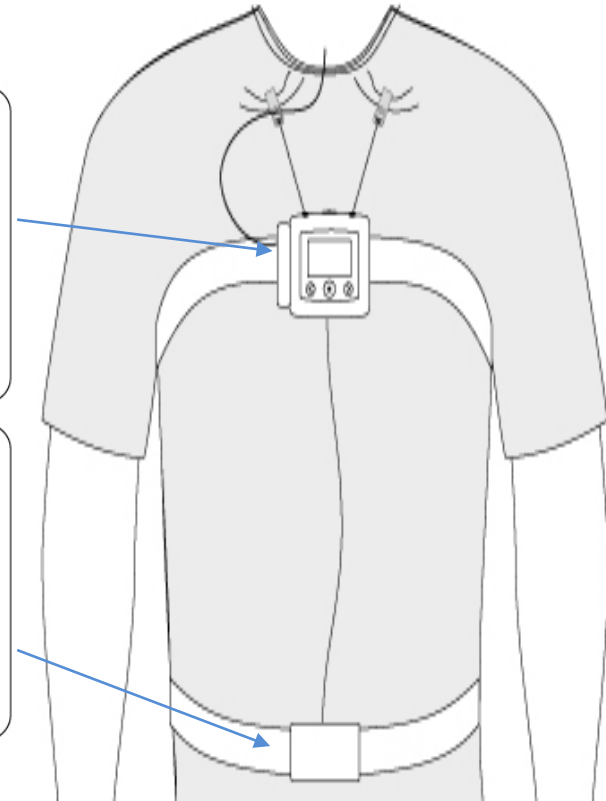
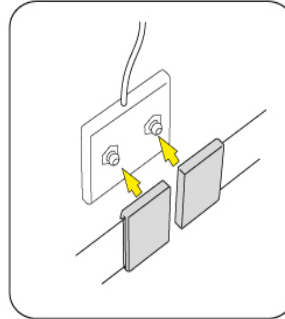
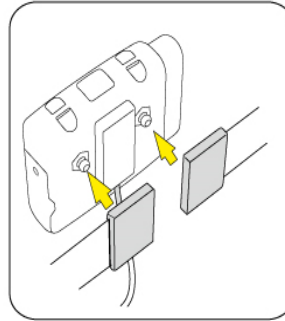
- A. On the back of the recording device there is a gold stud, snap one end of the white band on to the gold stud (pressing firmly).
- B. Wrap the other end of the white belt around your chest (in line with your underarms) and snap the other end to the gold stud on the back of the device.

NB: Ensure the white belts are not twisted.

Abdomen:

- A. Place a second white belt around your waist at this level and snap one side of the white band onto the gold stud.
- B. Wrap the other end of the white belt around your waist and snap the end to the gold stud.

NB: Ensure the white belts are not twisted.

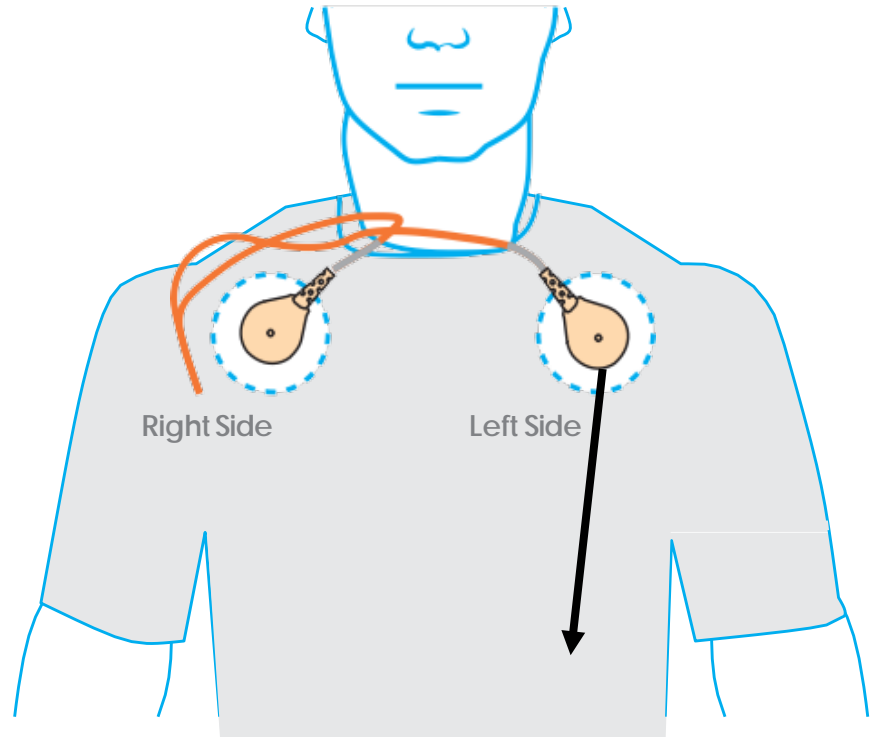


Step 3. Skin preparation

- A. Rub your skin gently with the abrasive tape and the alcohol wipe at all electrode placement sites and allow skin to dry (*soft tissue spot underneath the collar bone in line with your ears*).

Step 4. Placing the ECG sensors

- A. Find the **ORANGE** dual electrode cable and place the long lead on your left side (and low) and the other shorter one on the right side.
- B. Connect the **ORANGE** leads to the 2 large electrode dots in preparation for positioning.



Step 5. Placing the EEG sensors

- A. Connect the multi coloured leads to the small electrode dots in preparation for positioning.

NB: You need to remove the backing on the dots to stick them onto the skin.

- B. Rub your skin gently with the abrasive tape then an alcohol wipe at all electrode placement sites and allow skin to dry (*eyes, ears, middle of forehead and right-side at the hairline*).

NB: Do NOT use the alcohol wipe around the eye area.

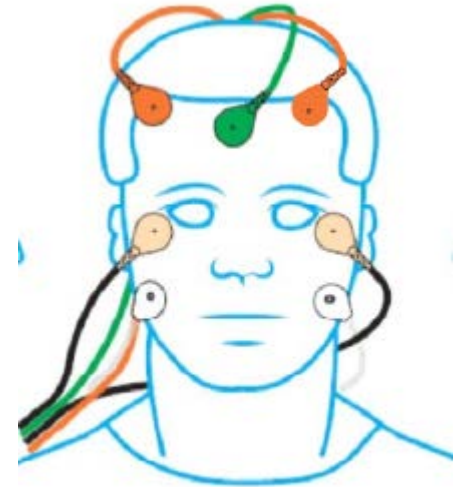
- C. Its easiest if you start with the bundled cables running over your right shoulder and behind your head

- D. Attach the two **BLACK** leads (with the beige snap-on clips), near the corner of each eye. (*It doesn't matter which of the black leads goes on which eye*).

- E. Attach the **GREEN** lead to centre of forehead.

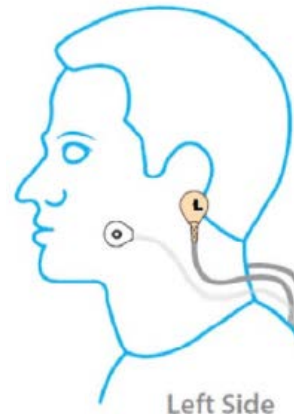
- F. Attach the **GREY** leads (with the beige snap-on clips) to the bony part behind each ear (roughly half way down the back of the ear) Note: Lead with "L" MUST go behind the LEFT ear.

- G. Attach the **ORANGE** lead as close to your hairline as possible on the right (Orange with R on it) and left (Orange with L on it) hand side of the forehead.



Right Side

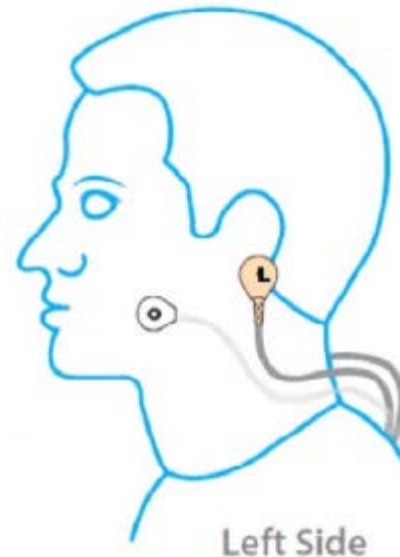
Left Side



Left Side

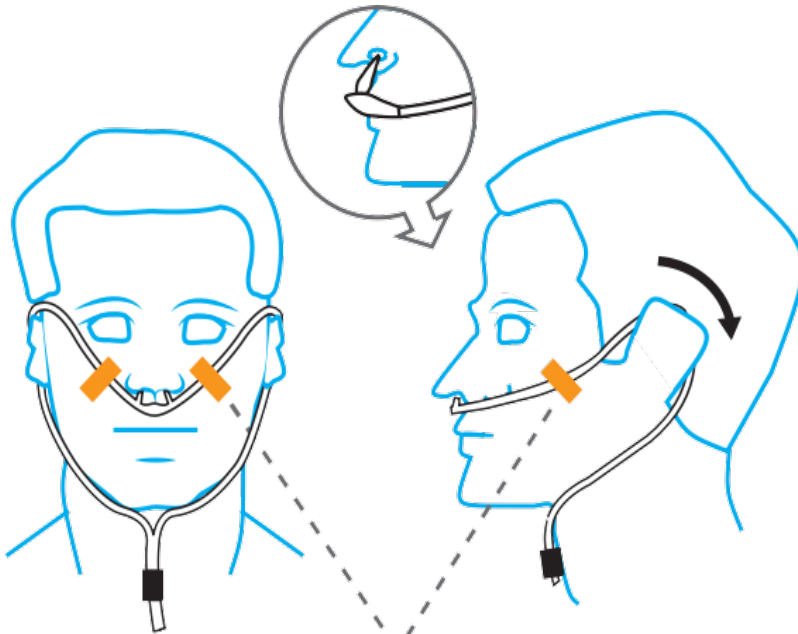
Step 6. Attaching the EMG leads

- A. Locate the muscle on your cheek on both sides that is activated by clenching your teeth (as shown in the diagram; it will be towards your ear, approximately in line with the corner of your mouth).
- B. Rub your skin gently with the abrasive tape then an alcohol wipe on both sides of your cheek and allow the skin to dry.
- C. Attach the **WHITE** leads to the cleaned cheek muscle as specified.
- D. It is very important that you **DO NOT** attach the leads onto your jaw bone.
- E. **NOTE:** If you have facial hair in this area, your clinician will attach/instruct you how to use a special gold cup electrode instead.

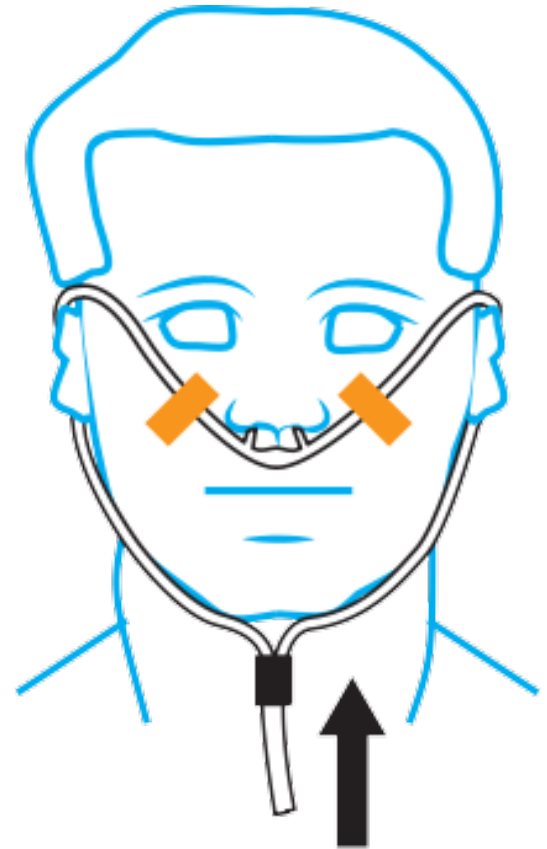


Step 7. Apply Nasal Cannula (Clear plastic tubing)

- A. Position the nasal cannula such that the prongs point up and into the nostrils (not pointing forward).
- B. Adjust the toggle underneath the chin such that the tubing is secure and comfortable.
- C. You **MUST** secure the tubing in place with a small strip of medical tape on each cheek as illustrated (closer to your nose will reduce ability to move).



Apply medical tape on your cheeks to secure tube



Toggle slide towards your chin to tighten cannula tubing

Step 8. Attaching the wrist band oximeter

A. Place the wristband of the oximeter around the wrist of the non-dominant hand and tighten comfortably as shown adjacent on the right.

B. Put the rubber boot sensor probe on the finger.

NB: Your fingertip must be touching the end of the boot but not sticking out

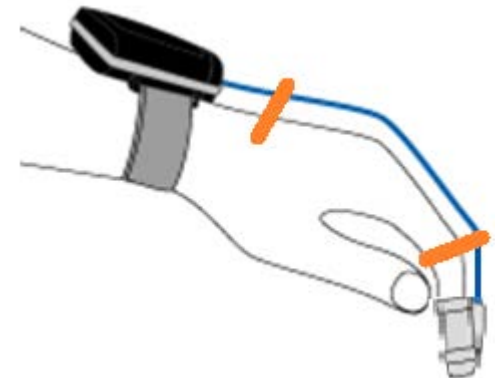
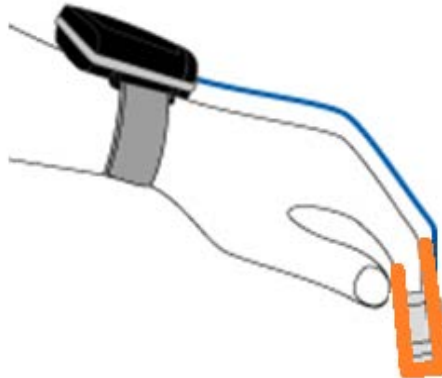
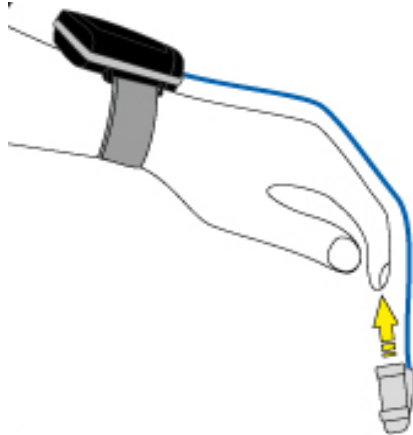
C. The rubber boot sensor can be applied to the index, middle or ring finger on either left or right hand.

NB: Find the small finger nail symbol on the end of the rubber boot. Ensure this symbol sits on top of your finger nail.

D. The white cord should be on top of your hand.

E. **You MUST put tape to secure the rubber boot and the white cord (with the medical tape) to keep it intact throughout the night (as highlighted in orange). It is a very IMPORTANT sensor.**

NB: Remove all nail polish or acrylic nails from the selected finger.



Step 9. Attaching the Limb leads

A. Feed both the long GREY leads (with the grey snap-on clips) down the front of any underwear but underneath pyjama pants until the lead is sitting below the knee on your dominate leg.

B. Locate the muscle that is activated by pointing and flexing your toe

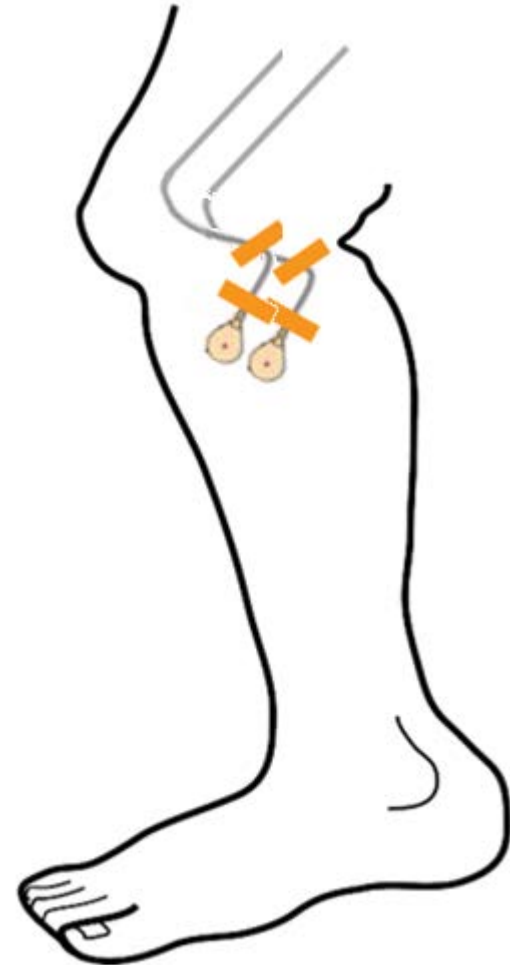
(it will be below the knee half way between your calf and your shin as shown on the right in the diagram).

C. Rub your skin with an alcohol wipe on dominate side of the leg and allow skin to dry.

D. Attach both leads to the electrode dots and place next to each on the muscle located by pointing and flexing.

E. It is very important that you DO NOT attach the leads onto your shin bone.

F. You MUST tape the GREY electrode leads (with the supplied medical tape) to your leg to secure the leads(as highlighted above with a orange strip).



Check and sleep

- A. Check that you have correctly completed ALL steps.
- B. You are ready for your Sleep Test; **DO NOT push any buttons.**
- C. The recording will start automatically.

The following morning

- A. Carefully remove all parts of the recording unit from your body.
- B. Place ALL parts back into the carry bag, including the MEDICAL TAPE and this GUIDE.

NB: RETURN the entire system

