

Guide to application of sleep device



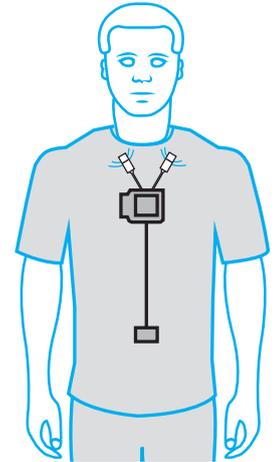
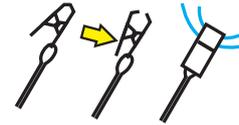
nox medical

Important: Maintain your standard routine. Aim to go to bed/sleep at the same usual time, & sleep the regular length of time. Have a shower, dry yourself thoroughly, & do NOT use skin creams or lotions on the face, neck or collar bones (so electrodes will stick to clean skin).

Step 1. Putting the device in place

Attach the sleep device unit (Nox) to your shirt using the clips that are attached to the device.

NB: PLEASE wear bed clothes, or at least a T-shirt / singlet.

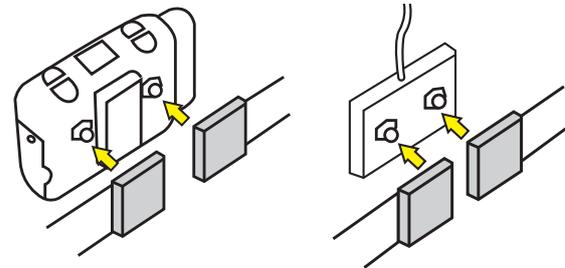


Step 2. Attaching the white effort bands

A. Chest: Place a white belt around your chest (above the breasts and under your arms) and snap each end to the back panel of the device.

B. Abdomen: Place a second white belt around your waist at the level of your belly button and snap it onto the connector.

NB: Ensure the white belts are not twisted.



Step 3. Skin preparation

A. Rub your skin thoroughly with an Alcohol wipe at all electrode placement sites and allow skin to dry.

NB: Do not use the alcohol wipe at the eye area.

Step 4. Placing the EEG sensors (Plaited Cable)

A. Use the sticky dots provided to attach the electrodes as instructed below and illustrated on the right. It's easiest if you start with the bundled cables running over your shoulder and behind your head.

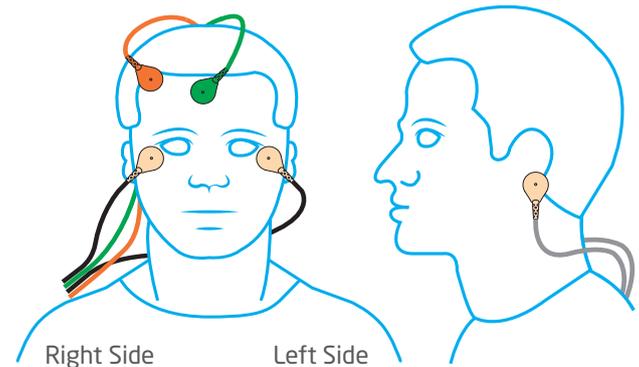
B. Attach the **GREEN** electrode to centre of forehead.

C. Attach the two **BLACK** electrodes (with the beige snap-on clips), near the corner of each eye (do not use alcohol wipe here but ensure that the area is clean and dry). It doesn't matter which of the black leads goes on which eye.

D. Attach the **GREY** electrodes (with the beige snap-on clips) to the bony prominence behind each ear.

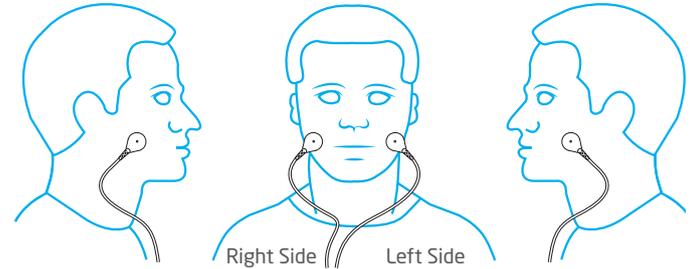
N.B. It is important that the one marked 'L' is placed behind your left ear.

E. Attach the **ORANGE** electrode as close to your hairline as possible on the right-hand side of the forehead.



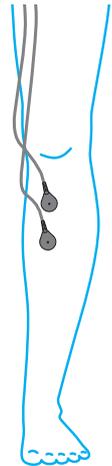
Step 5. Placing the EMG (Cheek) sensors

- A. Attach two more small sticky electrode pads high on the side of your cheeks as illustrated.
- B. Find the two white cables with white connectors and place one on each cheek electrode. It doesn't matter which of these goes on which side.



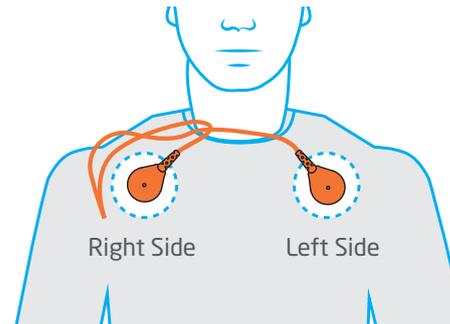
Step 5a. Apply Leg Electrodes (only if directed by your doctor)

- A. Attach two more small sticky electrode pad to front of your shin as illustrated, on the dominant leg (right leg if right handed etc).
- B. Position the dark GREY dual electrode leads (under your clothing) to snap on to these electrodes.



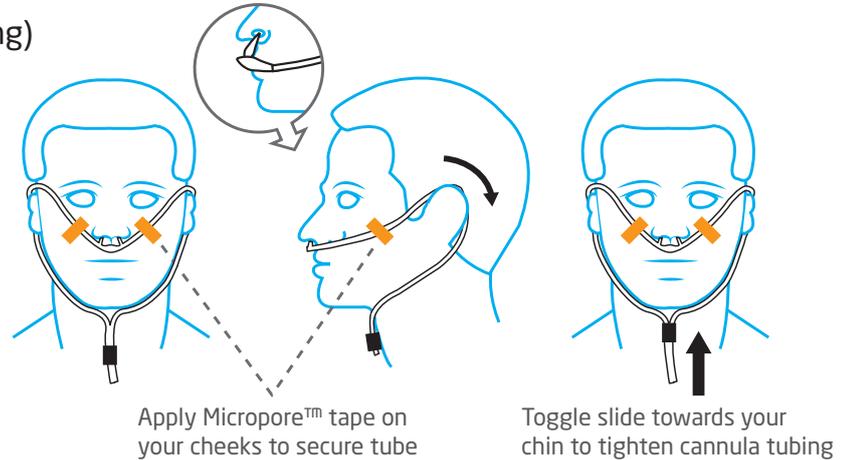
Step 6. Placing the ECG sensors

- A. Attach the 2 large sticky electrode pads as illustrated (the electrode cables will go down through the neck of your shirt).
- B. Find the orange dual electrode cable and place the long lead on your left side and the other shorter one on the right side (the best location is underneath the middle of the collar bone).



Step 7. Apply Nasal Cannula (Clear plastic tubing)

- Position the nasal cannula such that the prongs point up and into the nostrils (not pointing forward).
- Adjust the chin slide adjuster such that the tubes are snug but comfortable.
- Secure the tubes in place with a small strip of the supplied Micropore™ tape on each cheek as illustrated.

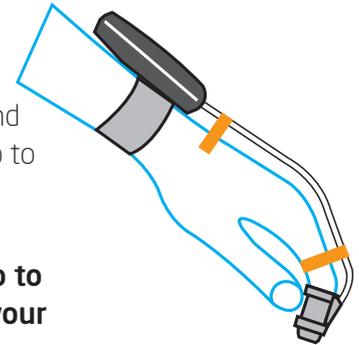


Step 8. Attaching the wrist band oximeter

- Place the wristband of the oximeter comfortably around the wrist.
- Put the rubber boot sensor probe on the index, middle or ring finger (whichever fits best) on either the left or right hand. Find the small finger nail symbol on the end of the rubber boot. Ensure this symbol sits on top of your own finger nail.
- The white cord should be on top of your hand.
- You **MUST** tape the white cord (with the supplied Micropore™ tape) to your forearm and finger to secure the clip making sure that there is some slack in the cable. This will help to keep it intact throughout the night.

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

It is important not to put the rubber boot on your finger until you actually go to bed, but it is vital that the oximeter is worn and that the finger probe is on your finger or you WILL have to do the study again.



Step 9. Check and sleep

- A. Check that you have correctly completed steps 1-8.
- B. You are ready for your Sleep Study; Please Do Not Push any buttons.
- C. The recording will start automatically.

NB: Regardless of what the device does or doesn't do, DO NOT PUSH ANY BUTTONS. The device starts automatically and finishes automatically. Do not pay any attention to flashing lights, displayed messages or the absence of these.

Step 10. 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 & this GUIDE and RETURN the entire system as instructed.

NB: Please return the device by 9:30am (no later).

