Connecting the oximeter (if used)

1. Attach the oximeter finger sensor to the oximeter.
2. Attach the belt clip to the oximeter.
3. Attach the oximeter to the oximeter connector on the device by pushing it on.

Fitting the belt

⚠️ CAUTION

To avoid irritation or allergic reactions, wear the belt and device over a long-sleeved shirt.

1. Pull the belt around your body. Thread the end of the belt through the slot on the effort sensor (if used) and fasten the tab to the belt. If you are not using the effort sensor, attach the tab to the belt.
2. Check that the belt is secure and comfortable and that the device is positioned over the centre of your chest.
3. If using an oximeter, slide the clip onto the belt. The clip should be worn on the same side of your body as the oximeter finger sensor.
Fitting the accessories

⚠️ CAUTION
If you develop redness, irritation or a rash from the nasal cannula or finger sensor, discontinue use and contact your healthcare provider or physician. You may be having an allergic reaction.

Nasal cannula

⚠️ WARNING
Ensure that the cannula is fitted as described so as not to pose a strangulation risk.

1. Insert the prongs into your nostrils. Make sure the curved side is pointing towards the back of your nose.
2. Loop the plastic tubing around your ears.
3. Pull the slider up towards your chin until the plastic tubing is secure and comfortable.

Note: If the nasal cannula does not stay in your nose, use medical tape or adhesive bandages on your cheeks to hold it in place.
Disposable finger sensor (if used)

**WARNING**

Ensure that the oximeter clip is positioned on the same side of the body as the finger sensor so as not to pose a strangulation risk.

1. Remove the backing from the sensor.
2. Place the sensor over the fourth finger on your non-dominant hand. Line up the picture of the fingernail on the finger sensor with your own fingernail.
3. Fold the tabs around the sides of your finger.
4. Fold the top flap under your finger and wrap it around your finger.
5. The sensor should be positioned as shown.

*Note:* If the finger sensor is uncomfortable, you can move it to a different finger or your other hand.

Reusable finger sensor (if used)

**WARNING**

Ensure that the oximeter clip is positioned on the same side of the body as the finger sensor so as not to pose a strangulation risk.

1. To fit the reusable finger sensor, slip it over the index finger on your non-dominant hand as shown.

*Note:* If the finger sensor is uncomfortable, you can move it to a different finger or your other hand.
Starting the test

1. Press and hold the power button in the centre of the device for about three seconds or until the light turns on.

2. Check that lights next to the accessories you are using are green. If any of these lights are red and blinking, the accessories are not attached correctly.

Once you have started the test, go to sleep as normal. The lights on the device will dim after 10 minutes. If you have to get up during the night for any reason, leave the device on unless you do not intend to go back to sleep. You can remove the oximeter finger sensor if you need to go to the bathroom or wash your hands. Replace the oximeter finger sensor before going back to sleep.

Stopping the test - check if test complete

1. Press the power button for about three seconds.

2. Check that the test complete indicator light is lit and green. This means the test is complete. If the test indicator light is red, replace the batteries and repeat the test tomorrow night.

3. Press and hold the power button for about three seconds to turn off the device.

Note:
- To re-check the test complete indicator light, press the power button until the light turns on (about three seconds), then briefly press the power button again.
- To replace the batteries, open the battery cover on the back of the device and insert two new AAA batteries.
- The device does not need any servicing or maintenance before recording.

Disassembling and returning the device

When the test is completed:
1. Remove the belt from your body.
2. Remove all the connectors from the device.
3. Screw the protective caps back on the effort sensor and nasal cannula connectors.
4. Disconnect the finger sensor from the oximeter.
5. Remove the device from the belt.
6. Throw away the nasal cannula and the disposable finger sensor (see the Equipment section on the first page).
7. Place everything else back in the bag and return it to your physician or healthcare provider as requested.

Do not attempt to clean the device.