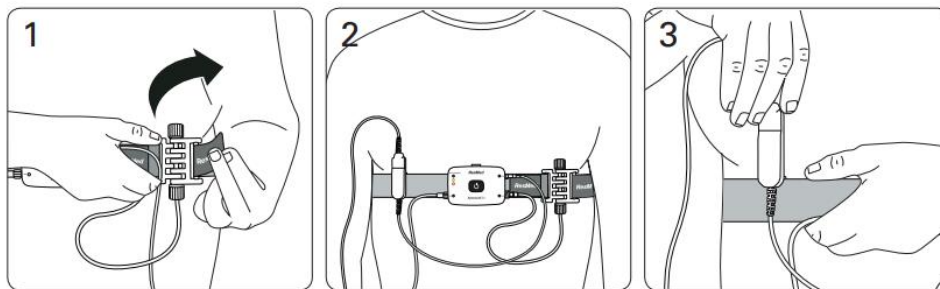


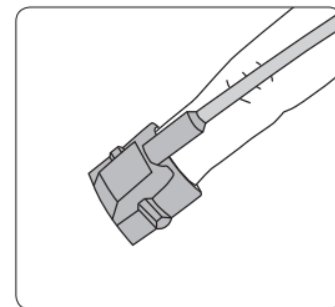
Fitting the belt

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.

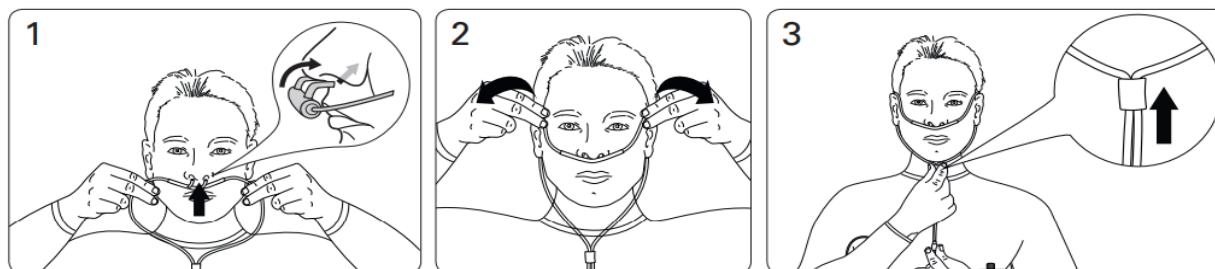


1. To fit the reusable finger sensor, slip it over the index finger on your non-dominant hand as shown.

Nasal cannula

WARNING

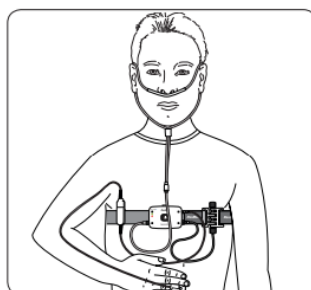
Ensure that the cannula is fitted as described so as not to pose a strangulation risk.



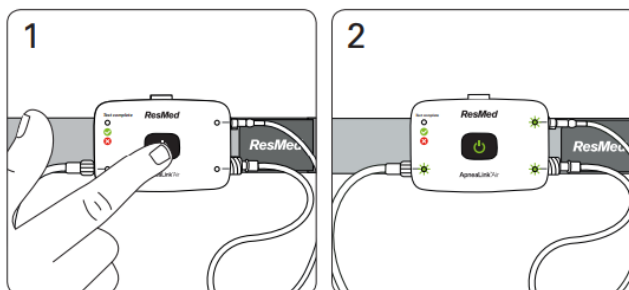
1. Insert the prongs into your nostrils. Make sure the curved side is pointing towards the back of your nose.
2. Loop the plastic tubing around your ears.
3. Pull the slider up towards your chin until the plastic tubing is secure and comfortable.

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.

Starting the test



When properly set up, the full system looks like this.



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.