Hello

Instructions:

* Please wash and dry your forehead, remove the three papers (two white and one clear) from the device.
* Place the device on your forehead, a little above your eyebrow with the tip or the clear tube on top.
* The cannula tip (clear tube) goes into your nose, it measures your respiratory, and you can move the little white tip on the tube to tighten it in place.
* The blue belt goes outside of the cloth that you wear to sleep around your lung area (near the chest), and it is connected to the device through the gray port.
* Please tighten the device (black strap), cannula tip, and the belt tight enough that it will stay in place and will not fall of when you sleep or move around, but not too tight that you can’t sleep with it.
* After setting the device and the belt, press (for 2-3 seconds) the on/off button located on the top right of the device to turn it on. A voice will come on and tell you to stay still for couple of seconds for the device to get ready to record. After it tells you that the process is complete then you can go to sleep.
* The device will record around 6-7 hours of data and then it will turn off automatically by itself, but if the device is still on indicated by the light, press the on/off button to turn it off.
* Please charge the device for at least two hours before using on night 2 and night 3.
* Please refer to the user guide in the box, page 8-9 for pictures, and also refer to the video clip on the bottom of the email sent to you. (The belt is not included in the user guide and the video, but it is part of the study)

Please return the machine on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ before 10 AM (The building is open at 6 AM, you or someone else can drop by between 6 AM – 10 AM). There is a drop box outside next to our suite, please place the home sleep study box inside the drop box.

Please give Hayam a call if you have any questions or concerns, her business card is included in the box, or you can send us an email.

Thank you!