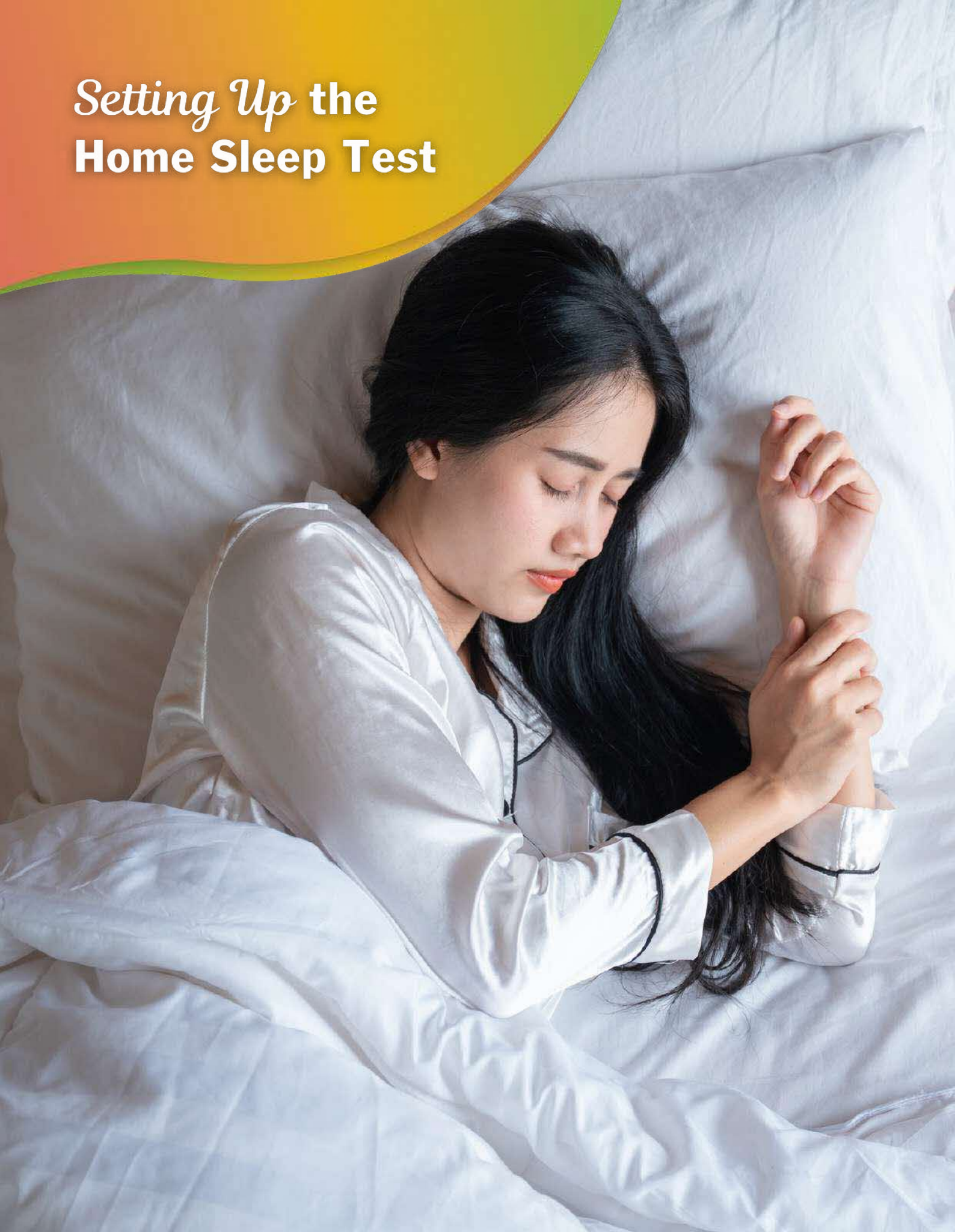


Setting Up the Home Sleep Test



What You Should Have in Your Sleep Test Kit

1. NOX nasal cannula
2. Micropore tape
3. One AA battery (included)
4. Nonin 3150 BLE Pulse Oximeter and Soft Sensor
5. Two disposable NOX RIP belts
6. NOX T3s recorder
7. Alcohol wipe



Hooking Up the NOX T3s Recorder

1. Attach the clips (provided with the NOX T3s recorder) onto the collar of your shirt.
2. Connect the NOX abdomen cable to the back of the device.
3. Wrap a NOX disposable RIP belt around your chest and snap both ends of the belt to the back panel of the device.
4. Adjust the length of the NOX abdomen cable as required by wrapping it around the abdomen connection unit.
5. Wrap the NOX disposable RIP belt around your abdomen and snap it in place.
6. Ensure both belts fit snugly without being uncomfortably tight on your thorax and abdomen for good signal quality.



Complete HST Set Up

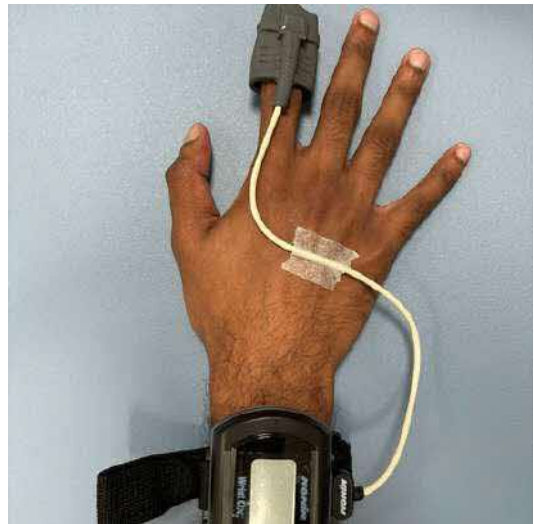
Attaching the Nasal Cannula

1. Gently place the nasal prongs into the nostrils with the prongs pointing downwards inside the nostrils.
2. Pull the tubing over your ears and position it under your chin.
3. Slide the fastener under your chin to hold the tubing securely in place.
4. Secure the nasal prongs on cheekbones area using micropore tape.



Attaching the Nonin 3150 BLE Pulse Oximeter and Soft Sensor

1. Separate the short and long ends of the wristband.
2. Insert the short end through loops on the oximeter.
3. Place the probe wire between the ends and secure it with the long end.
4. Strap the oximeter on your wrist and slip the probe on your index finger.
5. Secure the probe using micropore tape.




Things to Take Note of:

- Avoid caffeinated drinks (e.g. coffee, tea) and alcohol before sleeping
- No sleeping pills prior to test
- Do not wear nail polish
- Please sleep as early as possible. A minimum of 6 to 8 hours of sleep recording is required to ensure that sufficient data is captured.

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Information shared is accurate as of May 2024 and subject to revision without prior notice.