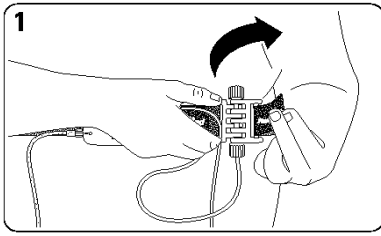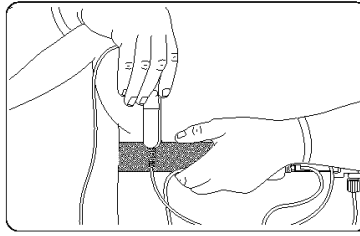## Fitting the belt

- The easiest way to put on the device is while standing in front of a mirror.
- To avoid irritation or allergic reactions, wear the belt and device over a long sleeved shirt.

Pull the belt around your chest. Thread the free end of the belt through the free slot on the effort sensor and fasten the tab to the belt.
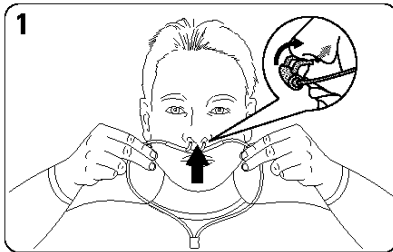
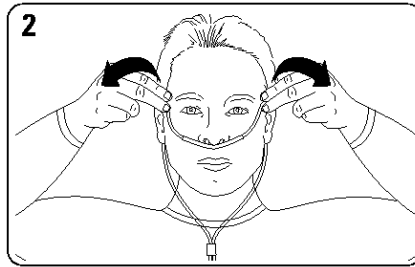Make sure the (respiratory) belt is SNUG, not tight. Slide the oximeter clip onto the belt.
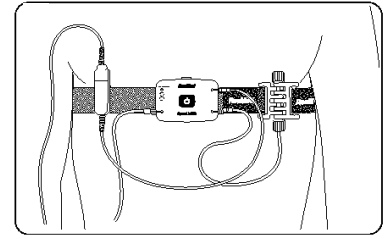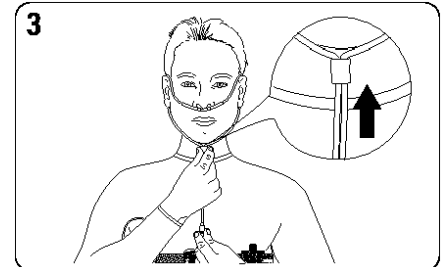
Check that the belt is secure and comfortable.

Nasal cannula

Insert the prongs into the nostrils. Make sure the curved side is pointing towards the back of the nose.
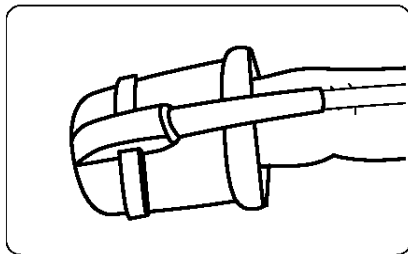
Loop the plastic tubing around the ears.

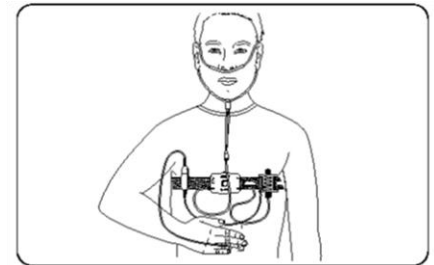Pull the slider up towards your chin until the plastic tubing is secure and comfortable.
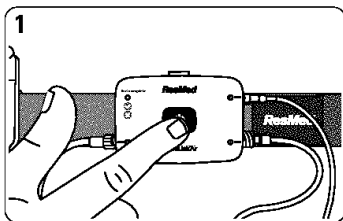
Oximeter finger sensor

TOP OF FINGER

Slip the oximeter finger sensor over any finger (excluding thumbs) Remove the sensor when using the bathroom or washing your hands BUT leave the power on. (**DO NOT TURN OFF**)
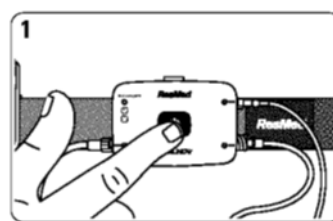
Complete Set-Up

When properly set up, the full system should look like this.
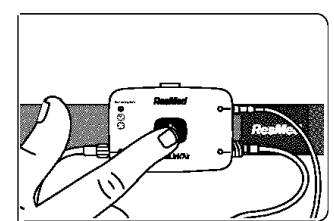
Starting the test

Stopping the test

Press the power button for about 3 seconds. Once you have started the test, go to sleep as normal. The lights on the device will dim (but stay lit) about 10 min. after recording.

Press the power button for about 3 seconds. Release, then again ……….

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

** DO NOT *REMOVE* OR *DISCONNECT* ANY PIECES FROM THE TESTING DEVICE **

** PLACE EVERYTHING BACK IN BAG *ATTACHED***