

## SELF-SETUP INSTRUCTIONS



### How to hook up with Nox

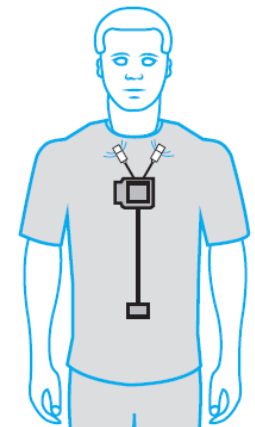
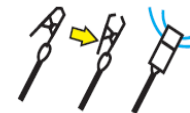
Refer to the video found on our website ([www.healthdynamics.com.au](http://www.healthdynamics.com.au)) on the button labelled "Sleep Study Procedure" on the home page.

If having problems setting yourself up please call 1300 731 615 and leave a message if no answer including your name, reason for call and phone number.

#### Preparation

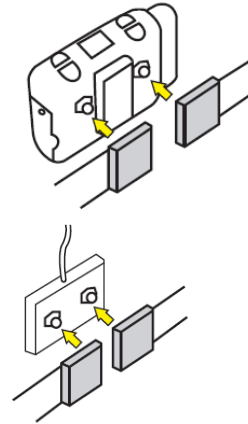
**IMPORTANT:** Maintain your standard routine. Aim to go to bed and sleep at the usual time & sleep the regular length of time. If you usually drink alcohol in the evening plan to do so. Have a shower and dry yourself thoroughly & do NOT use skin creams or lotions on your face, neck or shoulders (so the electrodes will stick to clean skin)

**Step 1.** Attach the sleep device unit (Nox) to your shirt using the clips that are attached to the device with the screen facing out. NB: PLEASE wear bed clothes, or at least a T-shirt / singlet.



**Step 2.** Attaching the white effort bands

- A. Chest: Place a white belt around your chest (above the breasts and under your arms) and snap each end to the back panel of the device.
- B. Abdomen: Place a second white belt around your waist at the level of your belly button and snap it onto the connector. NB: Ensure the white belts aren't twisted.



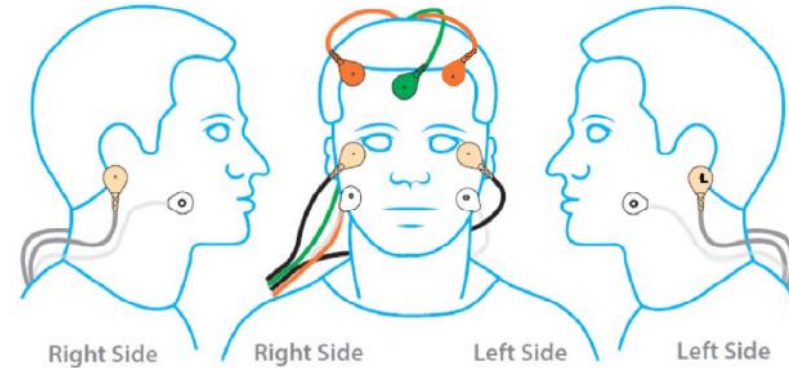
**Step 3.** Skin preparation

Gently abrade all the electrode sites (see below) with the **abrasive tape provided**, then rub your skin with the **alcohol wipe provided** and allow skin to completely dry.

NB: Be careful using the alcohol wipe around the eyes.

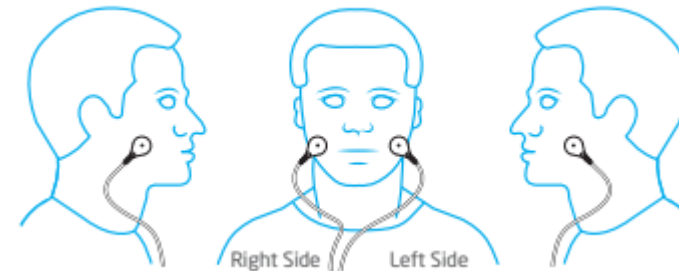
**Step 4.** Placing the EEG (sleep staging) sensors (Plaited Cable)

- A. Use the sticky dots provided to attach the electrodes as instructed below and illustrated on the right. It's easiest if you start with the bundled cables running over your shoulder and behind your head.
  - B. Attach the **GREEN** electrode to centre of forehead.
  - C. Attach the **ORANGE** electrodes as close to your hairline as possible on the right-hand and left-hand sides of the forehead as labelled.
  - D. Attach the two **BLACK** leads (with the beige snap-on clips), near the corner of each eye. It doesn't matter which of the black leads goes to each eye.
  - E. Attach the **GREY** electrodes (with the beige snap-on clips) to the bony prominence behind each ear as per labels.
- NB: It is important that they are behind the correct ears.



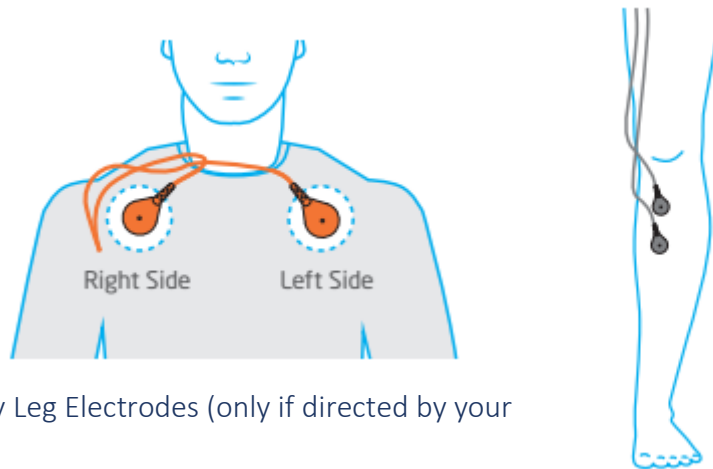
**Step 5.** Placing the EMG (Cheek) sensors

- A. Attach two more small sticky electrode pads high on the side of your cheeks as illustrated.
- B. Find the two white cables with white connectors and place one on each cheek electrode. It doesn't matter which of these goes on which side.



**Step 6.** Placing the ECG (Heart) sensors

- A. Attach the 2 large sticky electrode pads as illustrated on your chest (the electrode cables will go down through the neck of your shirt).
- B. Find the orange dual electrode cable and place the long lead on your left side and the other shorter one on the right side (the best location is underneath the middle of the collar bone). SHAVE this area if needed.

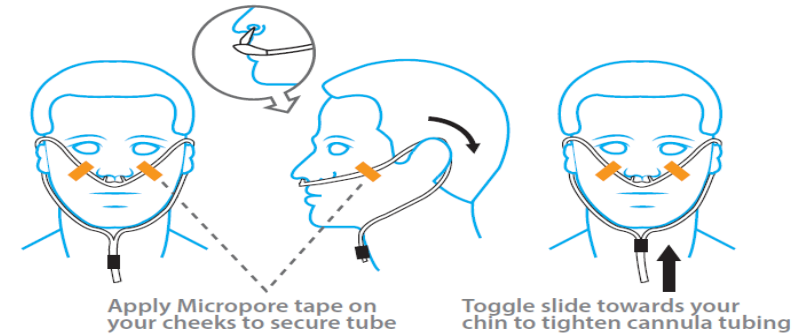


**Step 6a.** Apply Leg Electrodes (only if directed by your doctor)

- A. Attach two more small sticky electrode pads to the muscle on the front of your shin as illustrated, on the dominant leg (right leg if right-handed etc).
- B. Position the dark GREY dual electrode leads (under your clothing) to snap on to these electrodes.

**Step 7.** Apply Nasal Cannula (Clear plastic tubing)

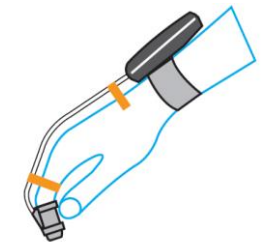
- A. Position the nasal cannula such that the prongs point up and into the nostrils (**not** pointing forward).
- B. Hook the tubing behind the ears.
- C. Adjust the chin slide adjuster such that the tubes are snug but comfortable.



- D. Secure the tubes in place with a small strip of the supplied tape on each cheek as illustrated.
- E. Ensure the end of the cannula is plugged into the port labelled “PRES” on the top of the Nox device on the side where all the cables are plugged in (see pictures on last page).

**Step 8.** Attaching the wrist band oximeter

- A. Remove all nail polish or acrylic nails from the selected finger.
- B. Place the Nonin oximeter face down and thread the disposable wrist band through the loops on the device.
- C. Place the back of the wrist on the back of the device and peel back the adhesive and adjust to be comfortably around the wrist then stick.
- D. Put the rubber boot sensor probe on the index, middle or ring finger (whichever fits best) on either the left or right hand. Find the small fingernail symbol on the end of the rubber boot. Ensure this symbol sits on top of your own fingernail.
- E. The white cord should be on run along the back of your finger and the back of your hand.

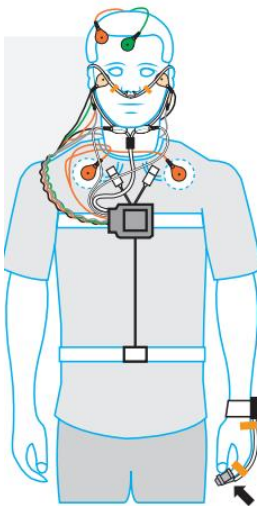


- F. You MUST tape the white cord to the back of your hand and to the finger to secure the sensor making sure that there is some slack in the cable. This will help to keep it intact throughout the night.

**NB: It is important not to put the rubber boot on your finger until you actually go to bed, but it is vital that the oximeter is worn and that the finger probe is on your finger or you WILL have to do the study again.**

**Step 9.** Check and sleep

- A. Check that you have correctly completed steps 1-8:
  - a. 3 sticky electrodes on the forehead (one more than video see pic right)
  - b. One sticky electrode for each eye
  - c. One sticky electrode behind each ear
  - d. One sticky electrode on each cheek.
  - e. One sticky electrode on the L and one on the right chest.
  - f. Two respiratory bands (1 for chest and 1 stomach)
  - g. Leg leads (if used)
  - h. Nasal cannula plugged into PRES port
  - i. Oximeter on wrist and finger.
- B. You are ready for your Sleep Study;  
**Please Do Not press any buttons.**
- C. Relax and drift off to sleep.
- D. The recording will start automatically.



NB: Regardless of what the device does or doesn't do, DO NOT PUSH ANY BUTTONS. The device starts automatically and finishes automatically. Do not pay any attention to flashing lights, displayed messages or the absence of these.

**Step 10.** The following morning

- A. One you have finished sleeping, carefully remove all parts of the recording unit from your body.
- B. Fill out the notes including medications.
- C. Place ALL parts back into the box and return the entire system.  
**NB: Please return the device by 10.30am (no later).**
- D. **Dispose of the sticky dots, nasal cannula, paper wrist strap, these instructions and the effort belts.**

In case a lead becomes dislodged from the device here is where they are located:



Back (with optional Limb lead in LM1) Front