

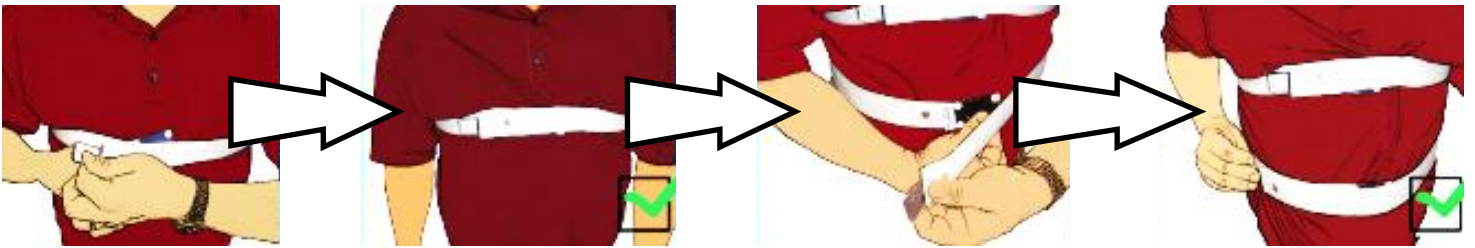
NOMAD SLEEP STUDY APPLICATION INSTRUCTIONS

Remove all contents from the NOMAD carrying case and place on a flat surface such as your bed.

There are five sensors you will be applying:

- Two fabric belts with embedded sensors, to measure your breathing effort.
- Two airflow monitors that snap together, to measure air passing out of your nose and mouth.
- A small device that sits on your fingertip, to measure blood oxygenation and heart rate.

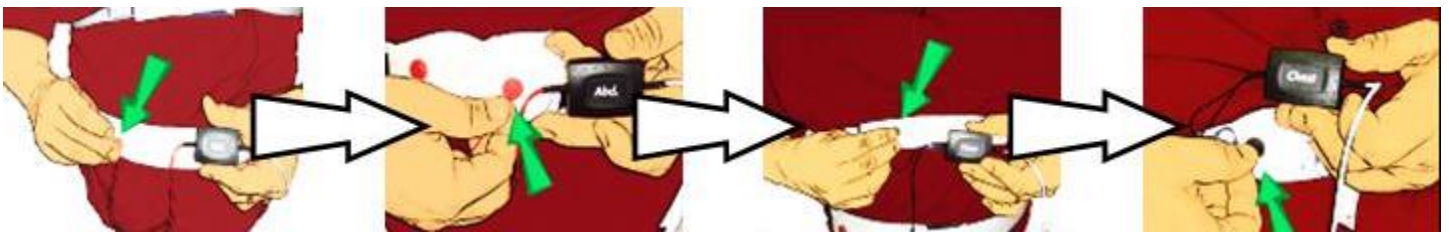
This guide will tell you how to apply and secure these sensors for a comfortable sleep study.



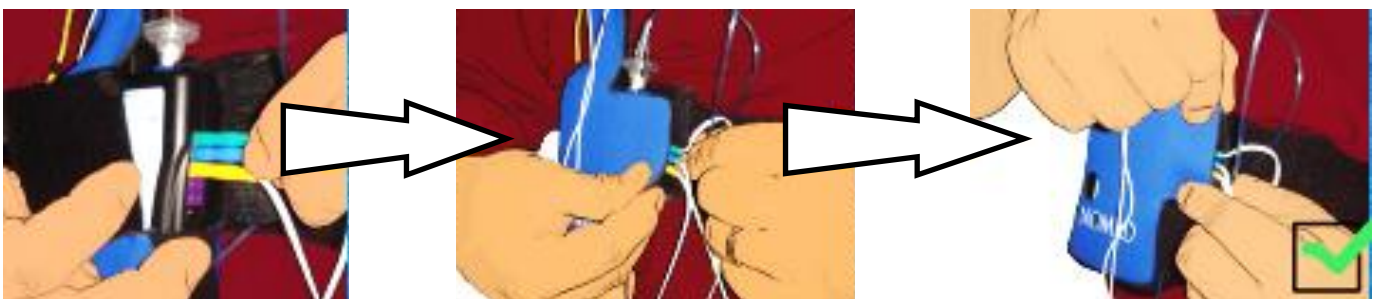
BELTS

Each belt has two parts, a fabric strap with Velcro that goes around your body, and an electronic sensor that attaches to the fabric strap with two snaps and plugs into the Nomad device.

- Wrap one belt around your chest, just below the armpits, and use the Velcro tabs on each end of the strap to hold it in place. It should be **snug but not tight**.
- Wrap the other belt around your abdomen, just above your belly button.



- Attach the sensor box labeled "CHEST" to the belt around your chest using the snap buttons. NOTE: there are two snaps and one might be covered where the belt overlaps.
- Repeat for the abdomen belt using the sensor box labeled "ABD."
- Plug in the cables from the chest and abdomen belts into the NOMAD recording unit. The cables are color coded (Blue & Yellow) and can only be plugged in one way.



SECURING THE NOMAD RECORDING DEVICE

The Nomad recording device has a blue fabric pouch with a velcro strap that secures it around your chest, similar to the belts. It is okay if it sits on top of the chest belt (see picture).



- If it is not already done, place the Nomad device in the blue pouch so that the indicator light can be seen through front window of the pouch.
- Wrap the black Velcro strap around your chest, so that the pouch containing the Nomad recording device is in the center of your chest, facing out. Make sure the strap is snug but comfortable, and that you can access the Nomad to plug in the remaining sensors.

AIRFLOW SENSORS

There are two airflow sensors which snap together. They site under the nose, and the wires wrap around the ears and then join under the chin, similar to an oxygen cannula.



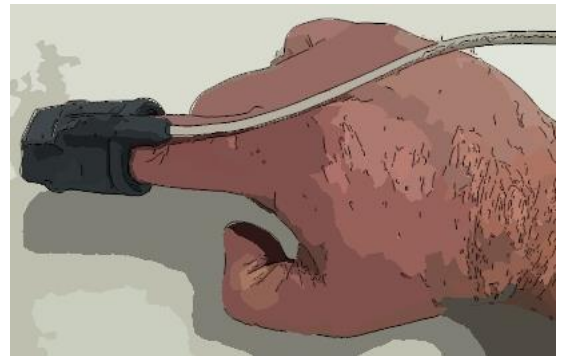
- If not already done, snap the clear plastic cannula and white airflow sensor together by inserting the clear plastic nasal prongs from the cannula into the two loops on the front of the white thermocouple. Then click the clear plastic tubing into the corresponding right and left hooks on the front of the white airflow sensor.
- Place the sensors under your nose so that the two nasal prongs sit slightly inside your nostrils.
- Allow the long white loop from the white airflow sensor and the single clear mouth prong to hang in front of your mouth
- Loop the wires and clear tube around your ears and under your chin.
- Adjust the chin slides to fit snugly but comfortably.
- Tape the sensors into place on your right and left cheeks close to the nose, using the small roll of medical tape included in the bag.
- Plug the green connector at the end of the white cable into the green color coded plug located on the left side of the Nomad recording device.

- Screw the plastic pressure cannula tightly into the threaded port located on the top left of the NOMAD recording device.
- Close the Velcro on either side of the color coded plugs to ensure they stay in place during sleep.

FINGERTIP SENSOR

The Nomad device is programmed to start recording your sleep study a few minutes after the fingertip sensor is plugged into the device. **MAKE SURE YOU PLUG IN THE FINGERTIP SENSOR ALL THE WAY.**

- Remove any polish or false nail from the finger you wish to use for the fingertip sensor.
- Push your finger into the rubber housing of the sensor so that cable sits on top of your hand.
- Plug the end of the probe into the top right of the NOMAD recording device. It can only fit in one way.
- After 3-5 minutes, the light on the front of the NOMAD recording will start to blink green.
- You are now ready to go to sleep.
- NOTE: If light does not start to blink, the device is not recording. Please check that the fingertip probe is securely plugged in, and if light still does not start to blink after five minutes, please call the sleep lab.



AFTER THE TEST

- After at least 6 hours of recording your sleep, you can remove the equipment.
- Take special care when removing chest and abdomen belts by gently unsnapping interface cables before removing belts. **REMOVE SNAPS BEFORE REMOVING BELTS OR YOU MAY DAMAGE THE WIRES.**
- Place everything back in the carrying case provided with the equipment and return the unit to the Sleep Center the following day, either in person or by using a prepaid UPS shipping label.

NOTES

- This recorder is programmed for a single use only.
- When unpacking the device, please double check that two AA batteries are in the battery compartment on the back of the unit.
- If you need to technical assistance:

Please call the Sleep Lab at 312-926-4197

Our nighttime hours are: 9pm to 7am Monday through Saturday

- We also have an instructional video posted on our website. Please go to <http://sleep.nm.org/home-sleep-study.html> in order to print these instructions or view an instructional video.