

PATIENT INSTRUCTIONS FOR THE RESMED APNEALINK™ PLUS

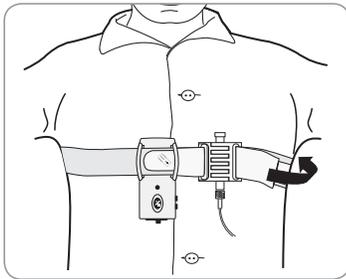
GETTING STARTED

The ApneaLink Plus will come to you already assembled. For best results, follow the instructions below while standing in front of a mirror.

Notes: Wear ApneaLink Plus and belt over pajamas or nightshirts with long sleeves, to avoid any discomfort from the belt.

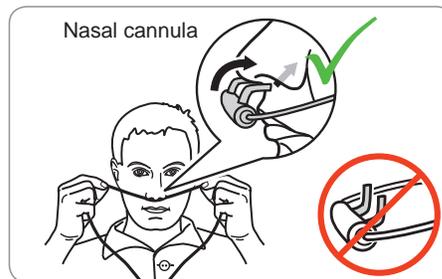
Remove fingernail products. Do not nap, drink coffee or alcohol prior to sleeping with this device.

1. Belt Position



Strap the velcro belt above your breast yet under the armpits so that the recorder and effort sensor are positioned near the center of your chest.

2. Nasal Cannula



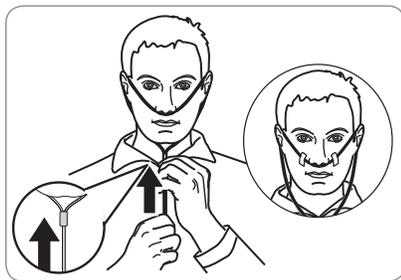
Fit the nasal pressure cannula so that the two small open tubes point towards your nostrils. When doing this, ensure that the ends point downwards.

3. Tubes Over Ears



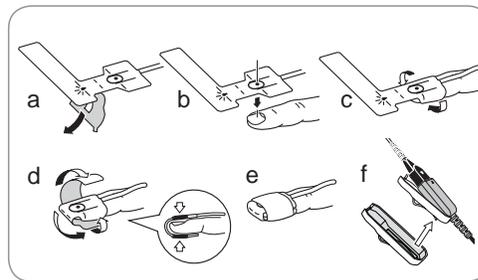
Wrap the tubes around your ears so that they stay positioned in the nostrils.

4. Draw to Chin



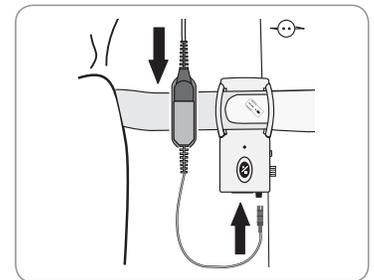
Draw the cannula tightener to a comfortable position under your chin. If tape or adhesive pads have been provided place them as indicated to help secure the cannula.

5. Finger Pulse Sensor



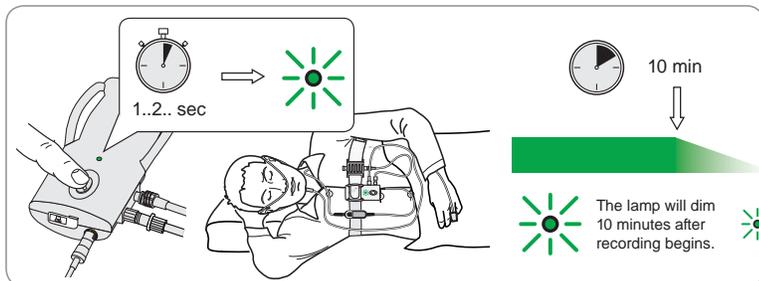
Attach the finger pulse sensor to the left ring finger. The symbolised finger on the adhesive strip shows in which position the adhesive strip has to be placed on the finger nail. Do not stretch the adhesive tape when attaching the finger pulse sensor.

6. Clip Connector to Belt



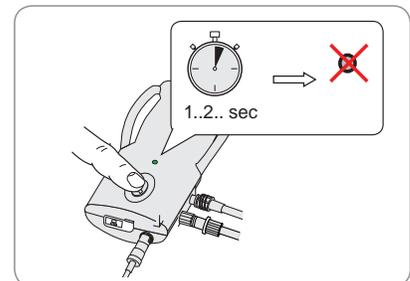
Attach the clip on the pulse sensor connection to the belt. Ensure the end of the pulse sensor cable is securely plugged into the recorder.

7. Start Recording



Start the recording in bed by pressing and holding the START/STOP button for approximately two seconds, until the small light above the button turns green. The ApneaLink Plus is recording when the green lamp is on.

8. End Recording



In the morning, stop the recording by pressing and holding the START/STOP button for approximately two seconds, until the small light goes out.