

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:

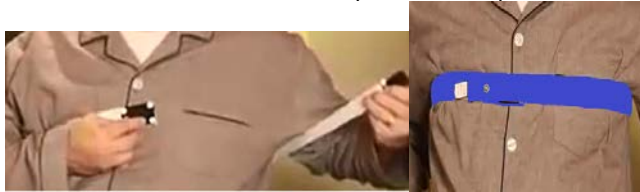
- Two (blue) fabric belts with embedded sensors, to measure your breathing efforts.
- Two air flow monitors that snap together, to measure air passing out of your nose and mouth.
- A small device that sits on your fingertip, to measure blood oxygenation and heart rate.
- Two leg leads, to measure periodic leg movements.

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

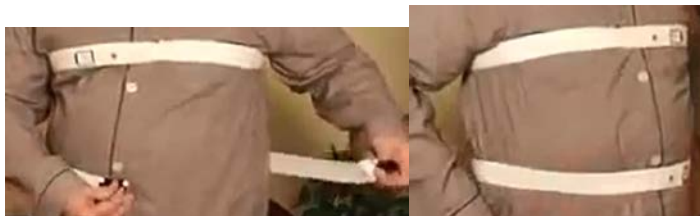
BELTS

Each belt has two parts, a fabric strap (blue) 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.

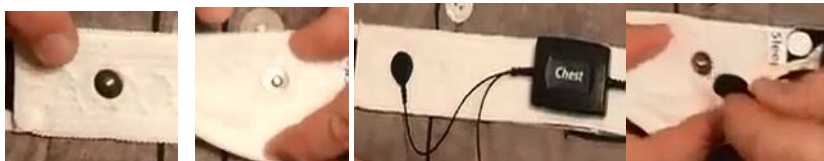
- Wrap one belt around your chest, just below the armpits and use the Velcro tabs on each end for the strap to hold it in place. It should be **snug but not tight**.



- 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"



SECURING THE NOMAD RECORDING DEVICE

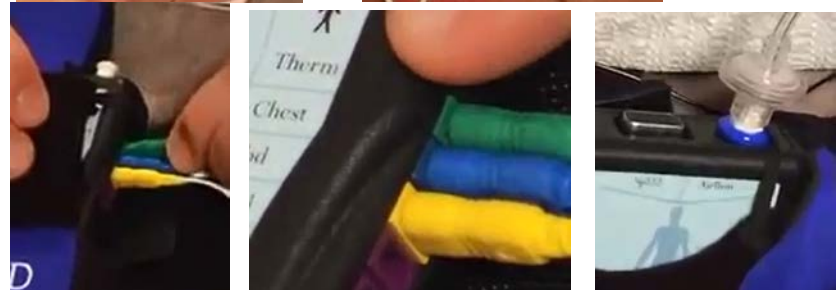
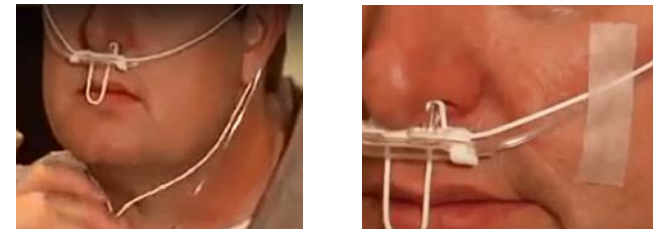
The Nomad recording device has a blue fabric pouch with a Velcro strap that secures it around your chest, similar to the belts. It is okay if it sits on top of the chest belt.

- If it is not already done, place the Nomad device in the blue pouch so that the indicator light can be seen through the 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 sensors.
- 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.

AIRFLOW SENSORS

There are two airflow sensors which have been put together and are in a plastic bag. They sit under the nose, and wrap around the ears and then join under the chin, similar to an oxygen cannula.

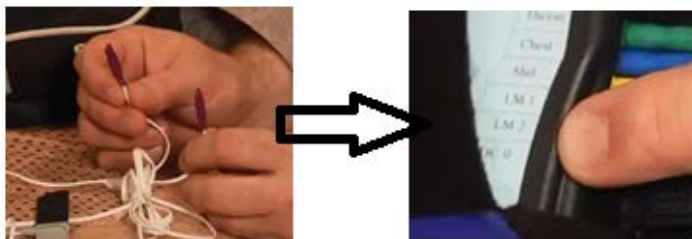
- Place the sensors under your nose so that the two nasal prongs sit slightly inside your nostrils.
- Allow the long white loop from the white airflow sensor to land in front of your mouth.
- Loop the wires and clear tube around your ears and under your chin.
- Adjust the chin slides to fit snug but comfortable.
- Tape the sensors into place on your right and left cheeks close to the nose.
- 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.



APPLYING THE LEG MOVEMENT SENSORS



- Plug the leg sensors into the NOMAD recording unit labeled LM1 and LM2.



- Run the Velcro end of the sensor down each leg under pajamas.
- Attach the ankle band under heel attaching to the Velcro at the top of each foot.



- 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. We recommend you use your index finger on your non-dominant hand.
- Push your finger into the rubber housing of the sensor so that the 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 device will start to blink green.



- You are now ready to go to sleep.
- NOTE: if the light does not start to blink, the device is not recording. Please check that the fingertip probe is securely plugged in and if the light still does not start to blink after five minutes, please call the sleep lab.

AFTER THE TEST

- Remove the equipment, taking special care removing chest and abdomen belts. Gently unwrap interface cables before removing belts.
- Place everything back in the carrying case provided with the equipment and return to the Sleep Center as instructed.

For technical assistance after 6p.m. please call 208-706-7452.

For additional video instruction, search for the following in an internet browser

- Sleep Apnea – Nomad Home Sleep Testing Video.
- You can also go to youtube.com and type: Nomad Home Study in the search to watch the instructional video.