

ApneaLink™ Plus Patient Instructions

Directions for Use

Note: Refer to the pictures.

1. You have received a blue bag that contains:



The ApneaLink/ApneaLink Plus device recorder .
Effort sensor.
Belt.
ApneaLink nasal cannula.
Pulse oximeter with finger pulse sensor.



2. The belt is already threaded through the brackets of the ApneaLink Plus and the effort sensor on that end, but free on the other end. Fix the Velcro® fastener at the belt and move the recorder in a comfortable position. The easiest way to put on the device is while standing in front of a mirror. Fix the ApneaLink Plus on to your chest using the supplied belt.



3. Fit the nasal pressure cannula so that the two small open tubes point towards the nostrils. When doing this, ensure that the ends point towards the face, and are not bent upwards. Fit the loop around the ears and then back to the front again, without pulling it over your head. Pull the loop tight so that the fit is comfortable but securely fitted.
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4. Attach the finger pulse sensor to the left ring finger. The symbolised finger on the adhesive strip or soft grey oximeter shows in which position the sensor has to be placed on the finger nail.



5. Attach the clip on the holder to the belt.
6. Insert the end of the pulse oximeter cable into the recorder (DO NOT SCREW, JUST PLUG INTO THE SLOT).



7. Remove and **save the protective cap from the nasal pressure cannula connection.**



8. Fit the effort sensor tube and the end of the the nasal pressure cannula to the connections of the recorder by turning it clockwise.



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



10. To stop the recording press the START/STOP button until the small light goes out (~1.5 seconds).
 11. Remove the nasal pressure cannula and finger pulse sensor.
 12. Unfasten the chest belt with the ApneaLink Plus recorder and connected components. Discard the nasal pressure cannula.
 13. With the saved protective cap, carefully screw the recorder unit connection. Detach the pulse oximeter from the recorder unit.
 14. Detach the finger pulse sensor from the pulse oximeter (DO NOT UNSCREW BUT PULL THE CABLE FROM THE RECORDER).
 15. Return the finger pulse sensor as instructed by your consultant.
 16. Return the ApneaLink Plus together with protective cap, belt, finger pulse sensor, oximeter, clip fastener and effort sensor back to the receptionist at SleepCare Clinics.
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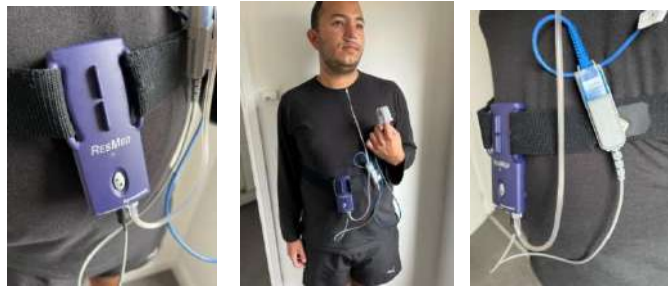
ApneaLink™ Patient Instructions

Directions for Use

Remove and save the protective cap from the nasal pressure cannula connection. Fit the end of the nasal pressure cannula to the connection of the recorder by turning it clockwise.



The easiest way to put on the device is while standing in front of a mirror. Fix the ApneaLink on to your chest using the supplied belt. Thread the the belt through the brackets and close the Velcro® fasteners.



Fit the nasal pressure cannula so that the two small open tubes point towards the nostrils. When doing this, ensure that the ends point towards the face, and are not bent upwards. Fit the loop around the ears and then back to the front again, without pulling it over your head. Pull the loop tight so that the fit is comfortable but securely fitted.



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. Then press the pulse oximeter into the clip-on holder.



Insert the end of the pulse oximeter cable into the recorder.

Attach the clip on the holder to the belt.

Start the recording in bed by pressing the START/STOP button, until the small light above the button turns green. The ApneaLink is detecting your breathing correctly if the green light fades each time you breathe out.

To stop the recording press the button 3 times in succession. The small green light will illuminate and then turn off.

Remove the nasal pressure cannula and finger pulse sensor.

Unfasten the chest belt with the ApneaLink recorder and connected components. Discard the nasal pressure cannula.

With the saved protective cap, carefully screw the recorder unit connection. Detach the pulse oximeter from the recorder unit.

Detach the finger pulse sensor from the pulse oximeter.

Return the finger pulse sensor as instructed by your consultant.

Return the ApneaLink Plus together with protective cap, belt, finger pulse sensor, oximeter, clip fastener and effort sensor back to the receptionist at SleepCare Clinics.