



POLYSOMNOGRAM INSTRUCTIONS

TYPE 3

FOR THE REALIZATION OF YOUR EXAM:

- Do not use nail polish with dark colors.
- Wear comfortable clothes to sleep.
- In case you are taking any medication of continuous use, check with your doctor whether you can or not suspend the medication for exam realization.
- On the day of the exam, avoid alcohol and caffeine consumption, such as tea, coffee and sodas.
- In case of disease symptoms, the exam must be re-scheduled, unless your doctor informs the Instituto do Sono of the need to perform the polysomnogram, even under these circumstances.
- During the exam, it will not be possible to take a shower and/or physically exercise yourself.
- The oximetry sensor, placed on your finger, and the air flow sensor, placed on your nose, shall not be removed. The removal may interfere with the result of your exam or prevent the elaboration of your report.
- After the analysis of the exam, if there is a need for repetition, the Instituto do Sono's team will inform you.

1 EQUIPMENT

1. Polygraph ApneaLink Plus
2. Cable and Oximetry Sensor
3. Belt for Respiratory Effort
4. Nasal Cannula

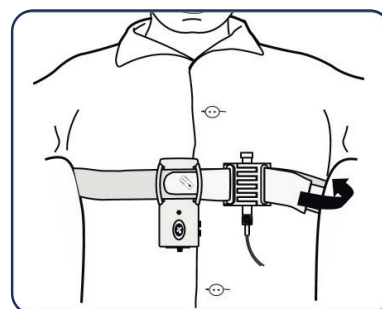


2 BELT

Assembly of the equipment

Use the equipment over your pajamas or sleeping vest with long sleeves, to avoid any discomfort caused by the belt.

- The belt must be positioned around your thorax the highest as possible under your armpit.
- Slide the belt through the equipment supports and through the effort sensor.
- Following that, fast the belt and centralize the polygraph in a way that it stays in front of your body.

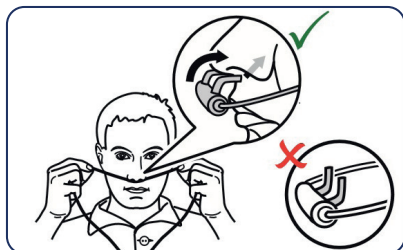


3 CANNULA

Assembly of the equipment

The cannula that accompanies the product is disposable.

- Insert the tips of the cannula into your nostrils. The curved side must be pointed down and inside your nose.
- Pass the plastic tubes around your ears and pull the cannula for a more comfortable position under your chin.
- Use the furnished micropore tape, placing it as indicated, to help hold the cannula.



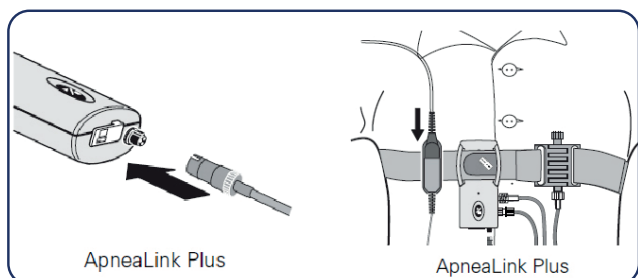
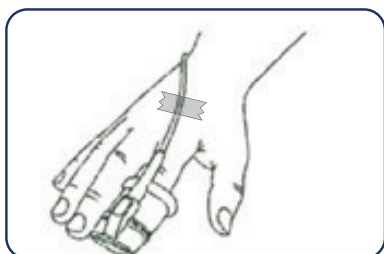
- Connect the other extremity of the nasal cannula to the polygraph (superior connector) and screw the connector in a clockwise manner, to fix it.



4 OXYMETRY

Equipment placement

- Place the oximeter on the indicator finger of your non-dominant hand.
- Snap the clip on the belt support. Connect the extremity of the oximeter cable to the inferior part of the recorder.
- Fix the wire with the micropore tape on the back of your hand, to avoid it from getting free during the night.

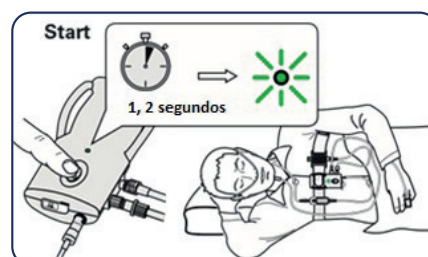


5 BEGINNING OF THE EXAM

Turning on the equipment

- Press the button START / STOP for about 2 seconds, until the little light above the button turns green.
- The ApneaLink Plus is recording when the green light is ON.
- The lights on the equipment will diminish after 10 minutes.

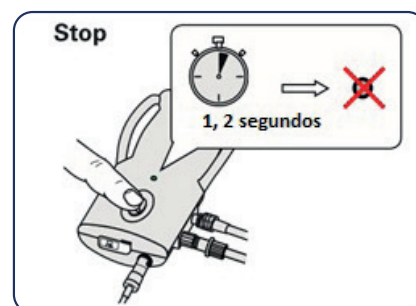
In case of doubts during the exam, call us at (11) 94130-1420 / (11) 97513-7780.



6 END OF EXAM

Turning off the equipment

- In the morning, after waking up, stop the recording by pressing and holding the button START / STOP for about 2 seconds until the green light is off.



7 END OF EXAM

Dismounting of the equipment

- Write down the time of the beginning and the end of the exam in the sheet delivered with the equipment.
- Remove the nasal cannula and release the other extremity from the polygraph (unscrewing it in a counterclockwise manner).
- Remove with care the oximetry sensor from your finger.
- Release the belt with care to not allow the equipment to fall.
- Organize everything inside the container and send it to the sleep laboratory.
- It is not necessary to disconnect the cables from the polygraph.
- It is not necessary to clean the polygraph and its accessories.

Central scheduling:

☎ (11) 2108-7666

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