

Somnolter ^{REF} NS22

Patient Leaflet

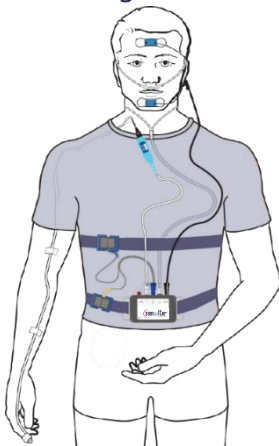


This leaflet is intended to help the patient. For information regarding the limitations, contraindications, precautions, and warnings associated with Somnolter, please consult your doctor.

You can watch the video instructions here:



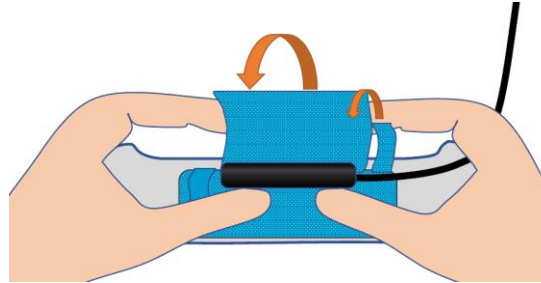
SOMNOLTER is a user-friendly portable sleep monitor. You can easily install the device yourself by following the instructions given here.



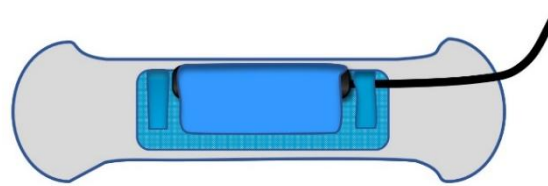
Installation of the Jawa sensor

Place each of the 2 probes on the velcro of an NS910 adhesive (JawaGrip) and fix the probes with the velcro:

1. Fasten the probe by closing the velcros.



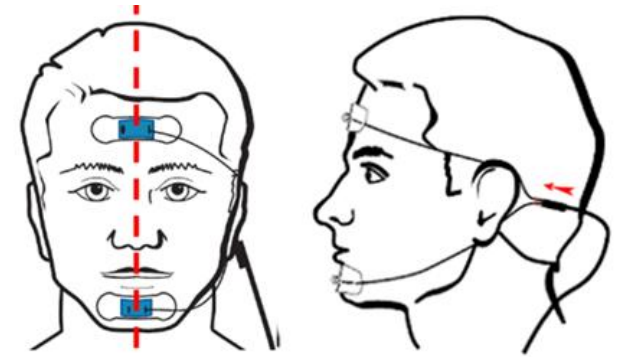
2. Use one of the side parts of the velcros to secure the cable.



Stick the probe horizontally on your forehead and chin according to the following instructions:

Both probes will be located on the same vertical axis and the cable must be placed on the same side.
Make sure that the probes are secured to the face and cannot move or revolve.

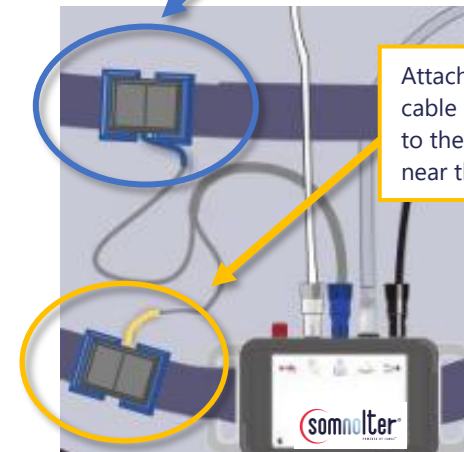
Make sure that the wires are positioned so that they pass behind the same ear and adjust them by tightening the tubing around the cables.



Installation of the inductive bands

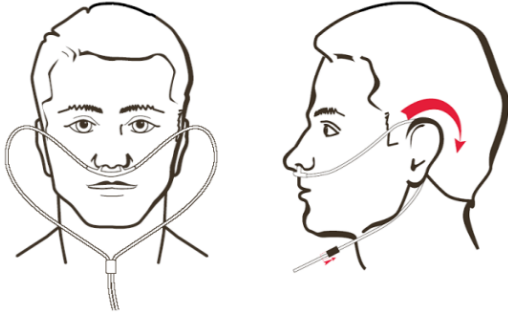
Attach the blue cable connector to the upper belt on the chest.

Attach the yellow cable connector to the lower belt near the device.



The two bands must fit the body well but not too tight. You must be able to breathe freely.

Installation of the nasal cannula



Insert the prongs into the nostrils.

Loop the tubing around the ears, then under the chin.

Move the cinch tube up under the chin to tighten.

If necessary, the cannula may also be secured using additional adhesive tapes strips.

Installation of the oximetry sensor

Follow the directions for use of the sensor in order to attach it to the finger (according to the type of sensor used).



When the oximeter is connected, a red light illuminates your fingertip.

No colored nail varnish on this finger!

Installation of the Device

Slip the abdominal belt into the slots of the device. Install the device on the belly (over a T-shirt or a pyjama shirt) by fastening the belt comfortably.

Sensors connection

Make sure you align the notch in the connector of the sensor with the crest on the socket before pushing in. Do not force.

All pictograms below for each of the sensors.



Connect the oximetry sensor to the white socket of the device, illustrated by the opposite pictogram.



Connect the blue connector of the two bands on the blue socket of the device, illustrated by the opposite pictogram.



Screw the nasal cannula on the connector illustrated by the opposite pictogram.



Connect the Jawac sensor to the black socket of the device, the one illustrated by the opposite pictogram.



The red connector is used to connect an auxiliary sensor. Refer to the sensor manual for installation.

Depending on the configuration applied by your doctor, recording starts at the connection of the mandibular lowering sensor, or at a scheduled time.

The green light flashes regularly to indicate that the recording is proceeding.

Do not disconnect the sensor for the duration of the recording.

In the morning, upon waking up

Depending on the configuration, recording stops at the disconnection of the mandibular lowering sensor, or at a scheduled time.

- Disconnect the connector of the black sensor (Jawac) and release the probes.
 - Carefully loosen the velcro to remove the probes without pulling on the cables.
 - Remove the adhesive from the face.
- Unscrew the connector of the nasal cannula.
- Disconnect the auxiliary sensor and oximeter.
- Take the equipment back to your doctor.



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