

1

Slide buckle up the  
three straps to loosen

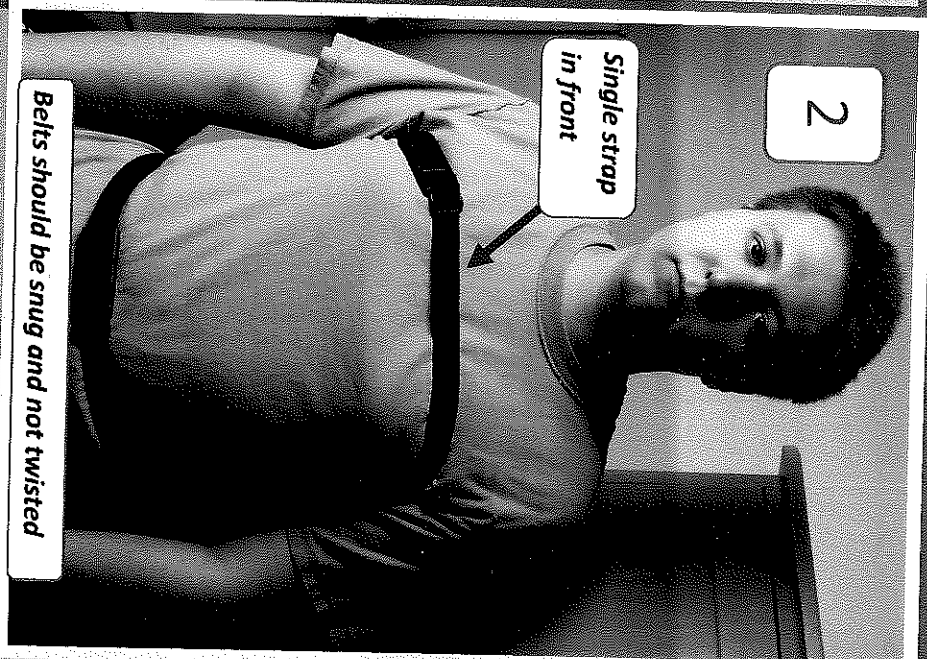
Slide buckle down the  
single strap to tighten



2

Single strap  
in front

Belts should be snug and not twisted



3



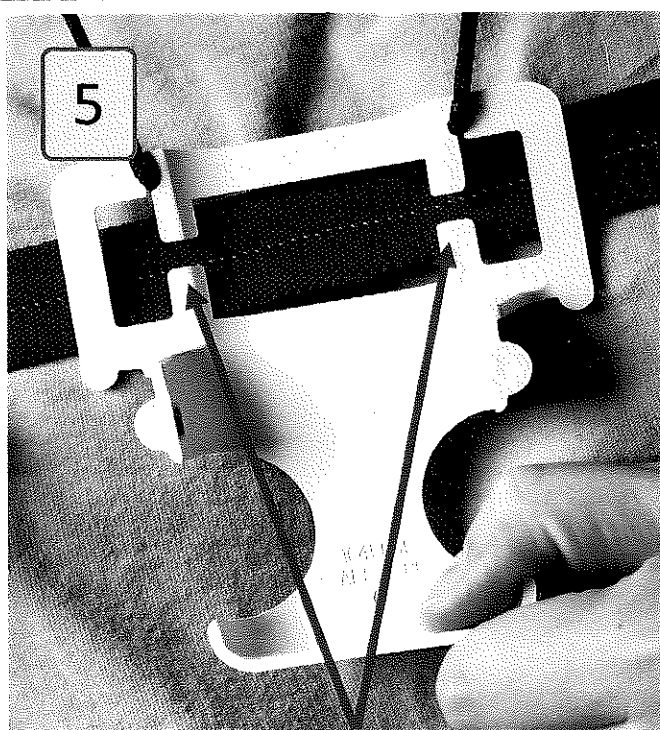
*Separate the device from the holder by pulling up and twisting*

4



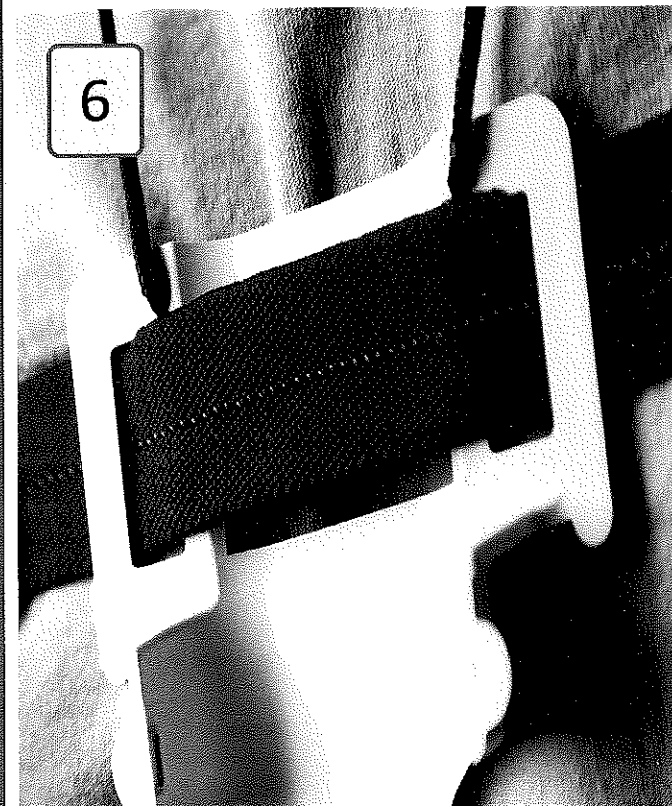
*Holder should be in the center of the chest*

5



*Pull strap through the tabs*

6





7

THORACIC  
ABDOMINAL  
EXG / ACTIMETER

*Snap the monitoring device into the holder using the tabs on both sides*

8

*Slide the #1 on the top of the device to the right and gently pull down to open*

9

*Turn the device on- push and hold the button until you see a person appear*

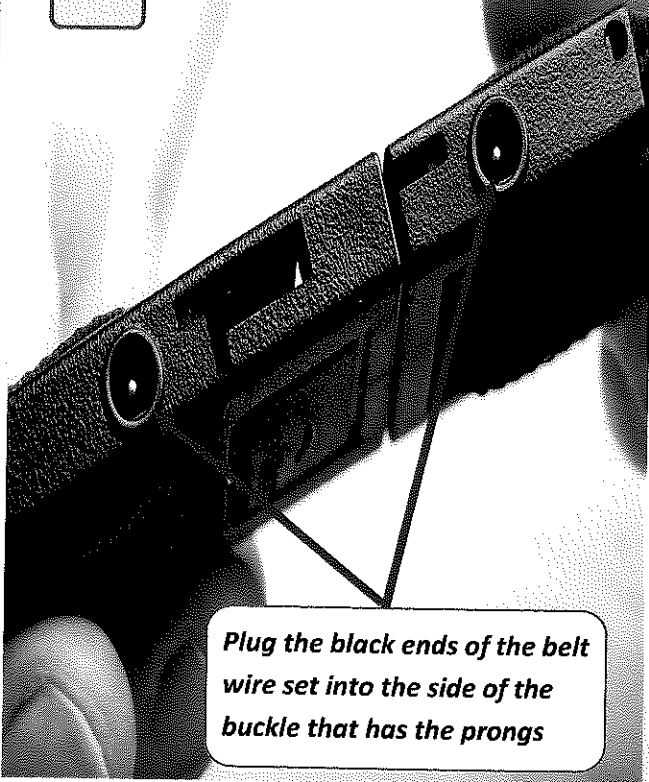
10

*Plug the blue ends of belt wire set in the blue ports on the device*

*When plugging in, the rounded edge is positioned toward you*

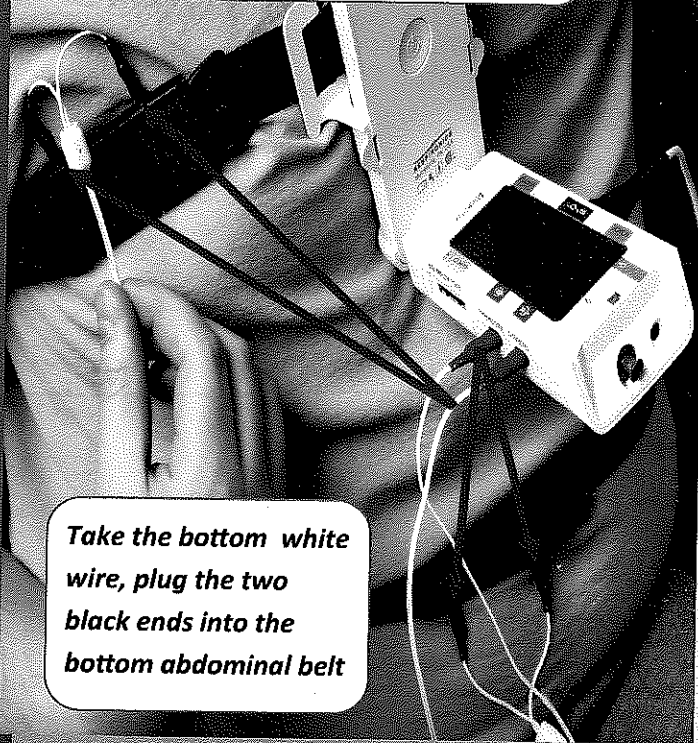


11



*Plug the black ends of the belt wire set into the side of the buckle that has the prongs*

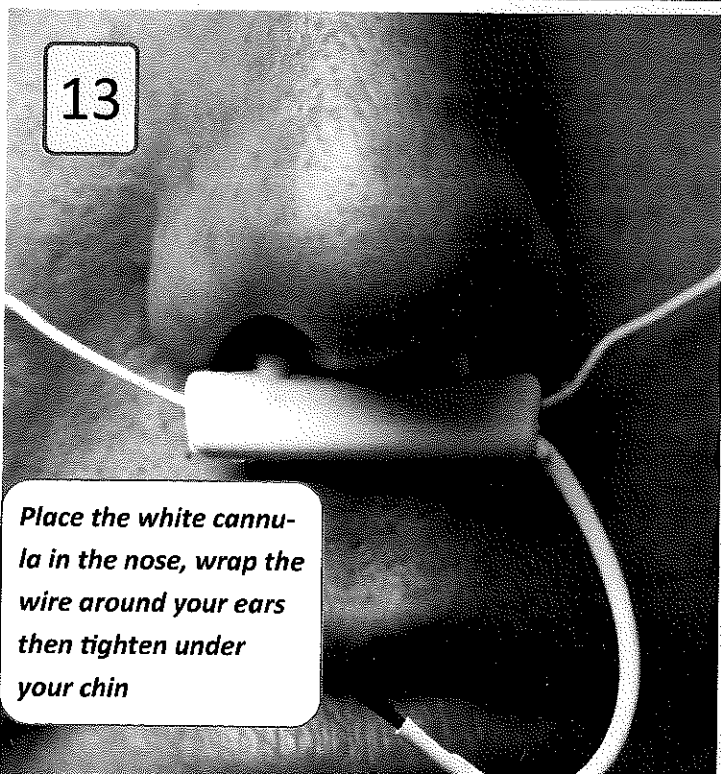
12



*Take the top white wire, plug the two black ends into the top chest belt*

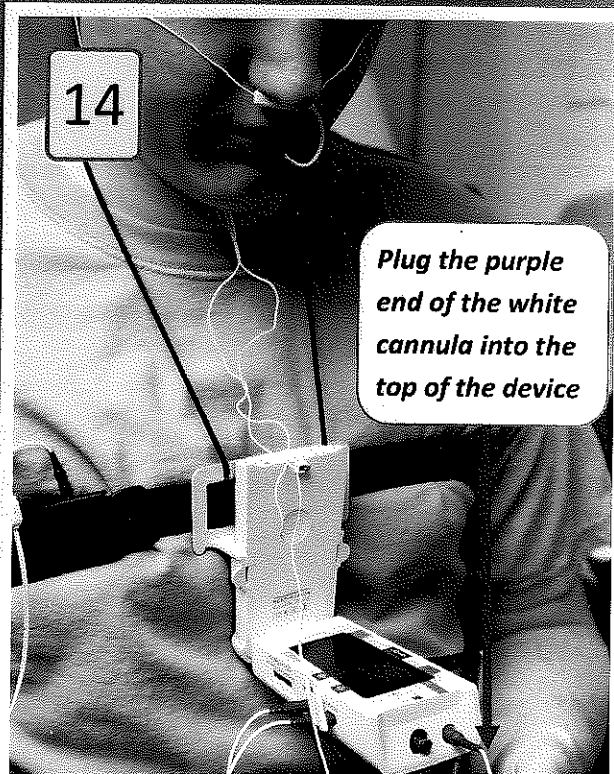
*Take the bottom white wire, plug the two black ends into the bottom abdominal belt*

13



*Place the white cannula in the nose, wrap the wire around your ears then tighten under your chin*

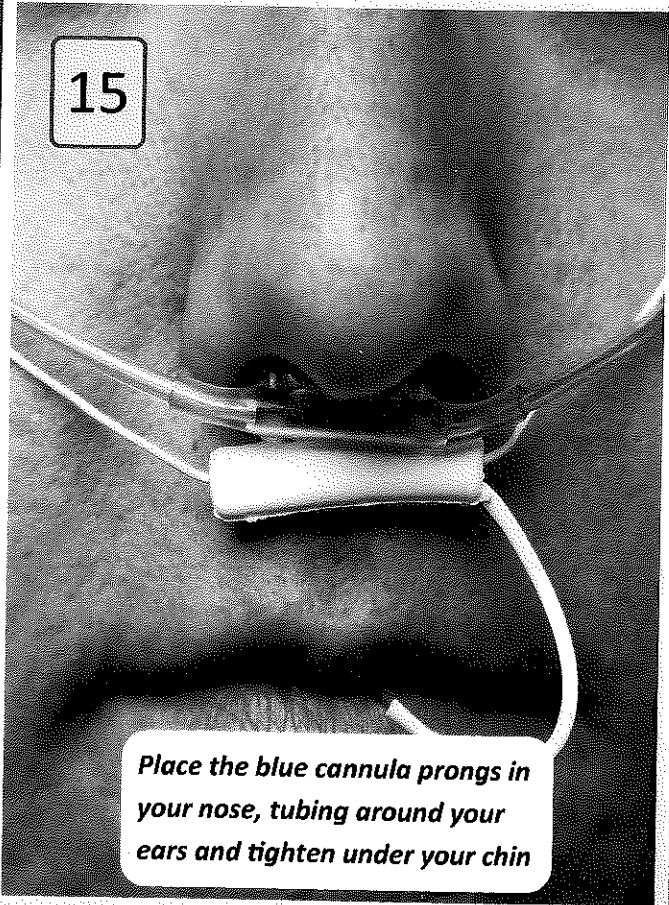
14



*Plug the purple end of the white cannula into the top of the device*



15



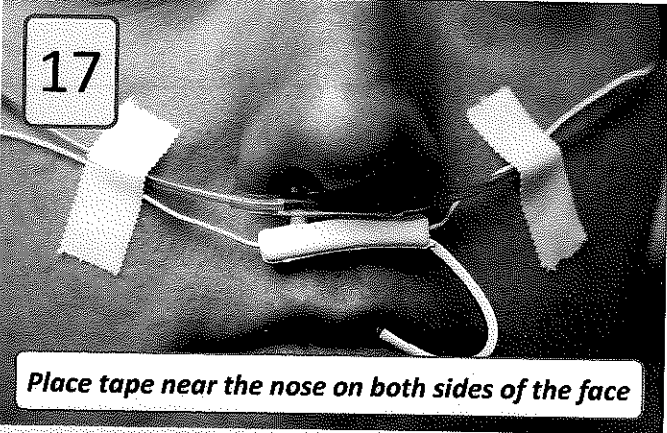
*Place the blue cannula prongs in your nose, tubing around your ears and tighten under your chin*

16



*Gently twist the rounded end of the blue cannula into the gray port on the top of the device*

17

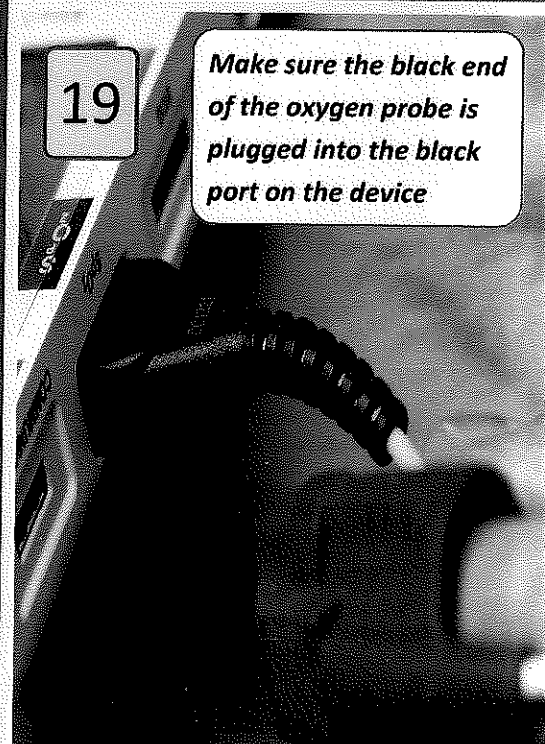


*Place tape near the nose on both sides of the face*

18



19

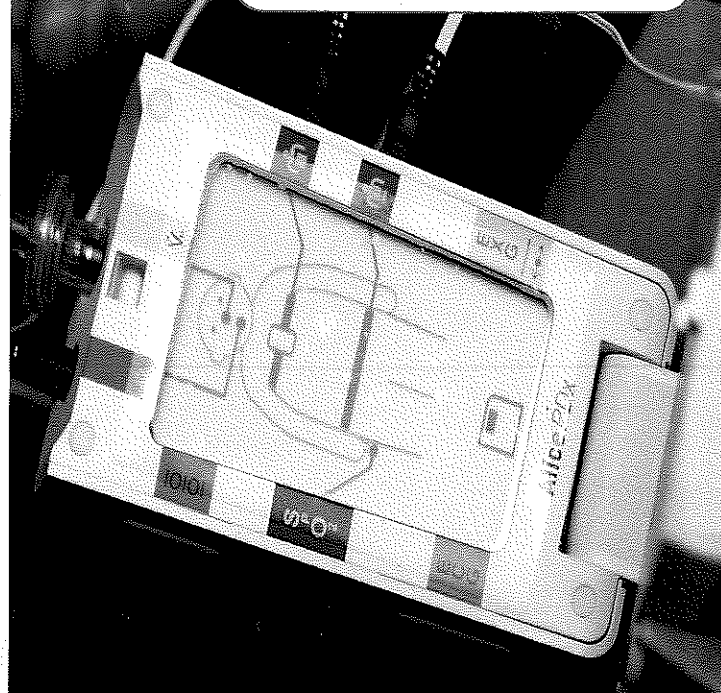


*Make sure the black end of the oxygen probe is plugged into the black port on the device*

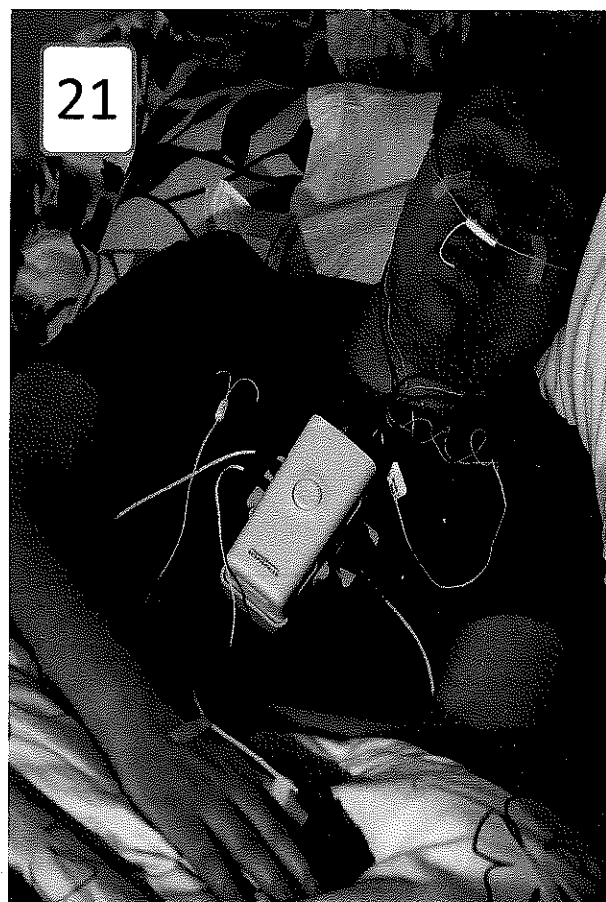


20

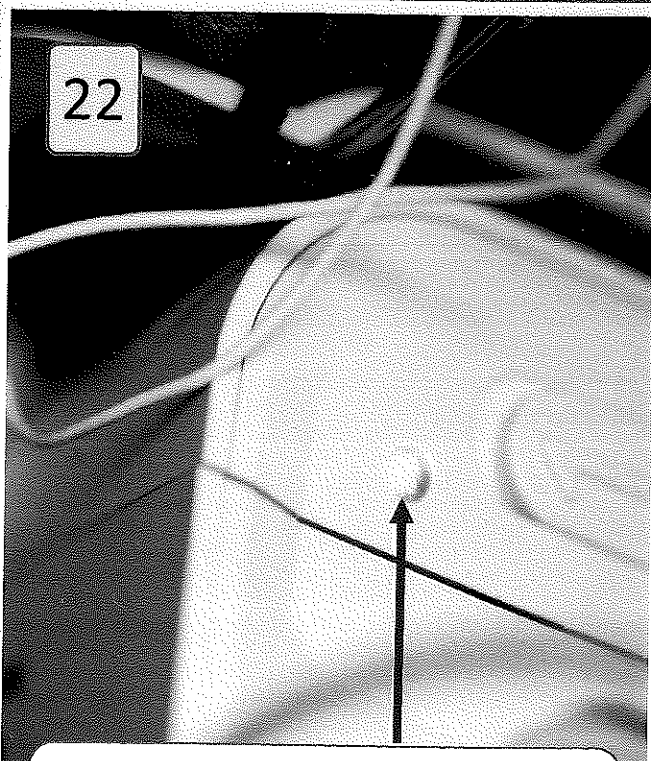
*If nothing on the screen is flashing  
close the device and go to sleep. If  
a display on the screen is flashing  
check the connections again*



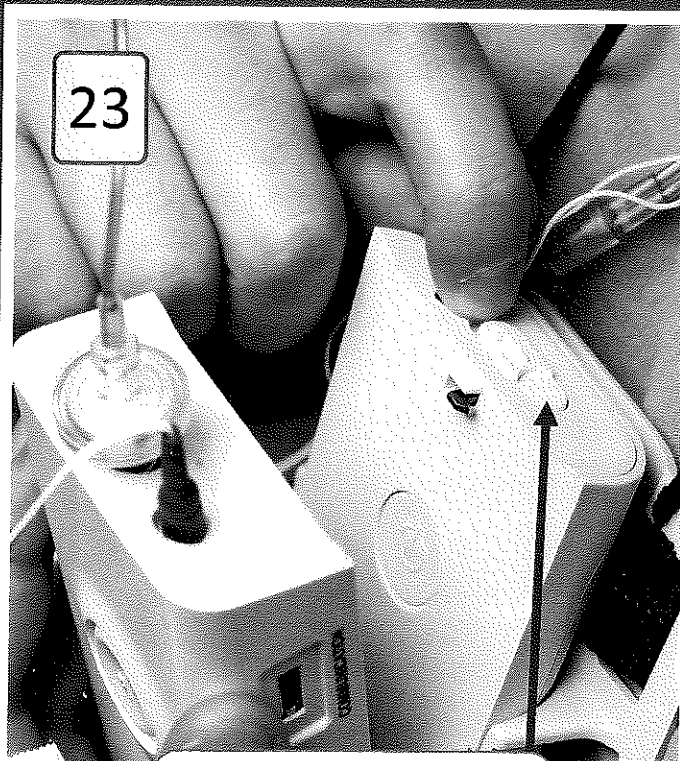
21



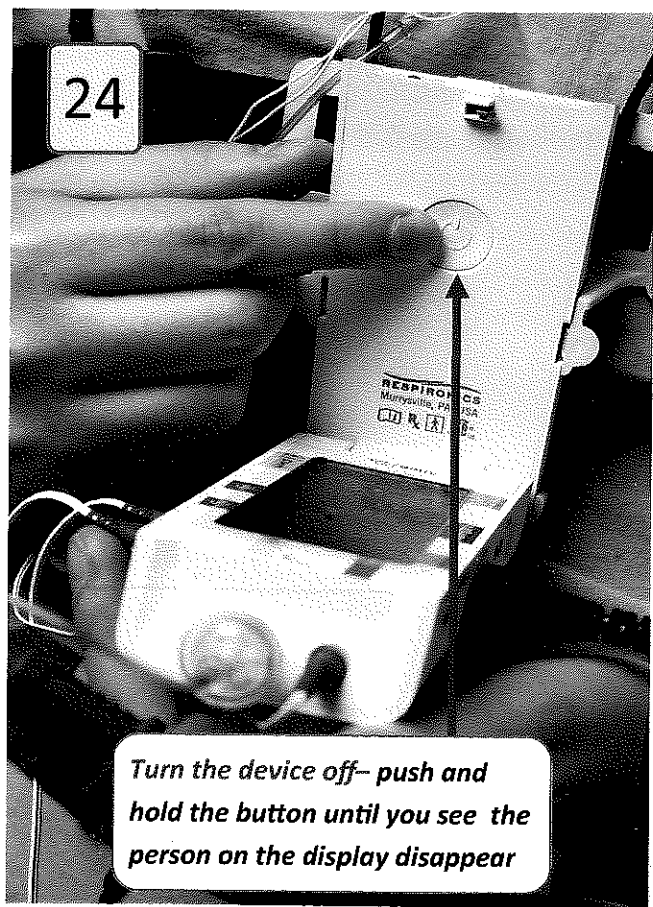
22



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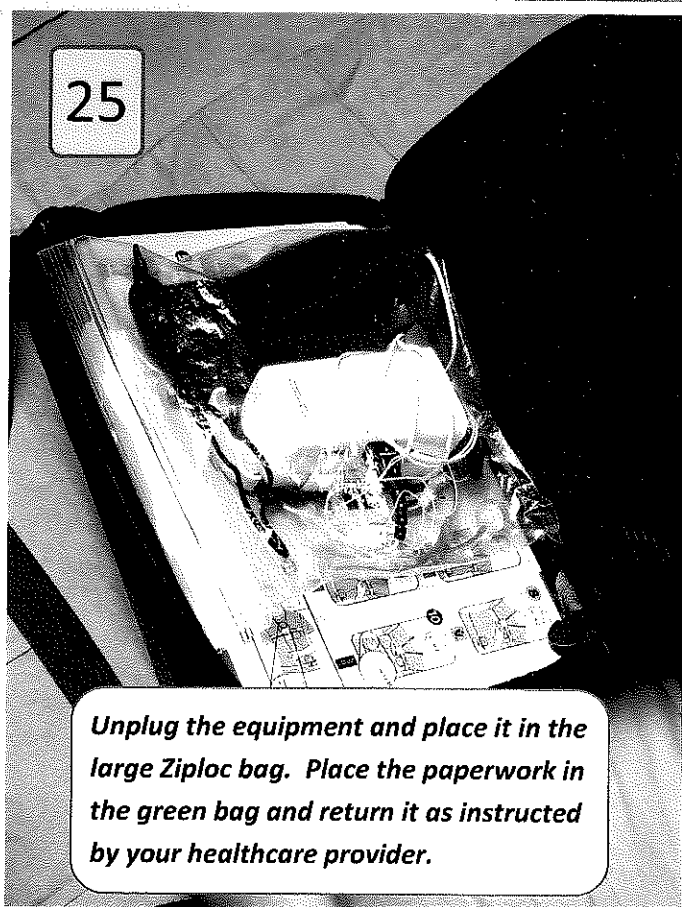


24



*Turn the device off— push and hold the button until you see the person on the display disappear*

25



*Unplug the equipment and place it in the large Ziploc bag. Place the paperwork in the green bag and return it as instructed by your healthcare provider.*

## HELPFUL HINTS

1. Remember the on/off button is located inside the recording device.
2. Once you turn the recording device on, keep it on until you get up in the morning.
3. Remove dark nail polish on the finger you are using for the oxygen monitor finger probe.
4. Position the finger to the end of the finger probe not through the end.
5. At times, If you have artificial nails, the oxygen finger monitor may not track accurately.  
(it is best to remove them if possible)
6. The yellow/orange light may flash with movement, or if you are only breathing through your mouth.
7. The recording device should be positioned on the front of the chest because it records the position you are sleeping in.
8. The recording device and attachments should be worn throughout the night.