Thank you for trusting us to assist you with your easy-to-use home sleep test. We have preassembled the testing device for your convenience. Simply follow the steps below to conduct your test.

Please note: A thin shirt/pajama top can be worn underneath the device.

Before falling asleep:

**Step 1:** Place the ResMed/ApneaLink Plus device on the front of your chest as shown in the picture to the left. Make sure the On/Off button on the ResMed/ApneaLink Plus is facing forward and accessible.

Wrap the strap around your chest; thread the strap through the effort sensor and Velcro the strap so that it fits snugly.

**Step 2:** Place the two small nasal cannula tubes into your nostrils, wrap the connecting tube behind your ears and in front of your neck and underneath your chin.

**Step 3:** Insert index finger on your non-dominant hand into sensor, with wire on top, as shown.

*Note: If sensor is uncomfortable during night change to any other finger or switch hands.*

**Step 4:** To begin recording, hold the START/STOP button for approximately 2 seconds, the button will turn green to signal recording.

Upon awakening in the morning (at least six hours of recording time):

To stop recording, hold the START/STOP button for approximately 2 seconds, the light will turn off.

Undo the Velcro strap and place all items directly into the box.

Seal FedEx box with the pre-affixed FedEx return label that has been provided for your convenience.

Call 1-800-463-3339 for pick-up or drop off at your nearest FedEx location, whichever is more convenient.