

Overnight Oximetry and Nightshift:

Instructions prior to sleep:

Part 1 Oximetry:

1. Using the velcro wrist band secure the oximeter onto your wrist



2. Attach the finger probe onto your index finger (get it as close to the edge of the finger as possible)



3. The device is configured to automatically switch on
(the edge of the finger probe should have a subtle red glow, and the display screen will have values generated on it)

Part 2 Nightshift:

1. Press the **ON – button** for 1-second. This should power the device on (it will be vibrate and flash a subtle green light)



TO TURN ON	WHAT TO LOOK OUT FOR?	WHAT TO FEEL FOR?
<i>Hold the white button on the nightshift for one second</i>	<i>A subtle blinking GREEN LIGHT left of the USB port on the night shift device</i>	<i>The device will vibrate THREE TIMES to signal it has been switched ON</i>

1. Ensure the blue label is right side up and place the Nightshift device on the back of your neck in the middle. The small white On/Off button should be facing down.



2. Secure the magnetic clasp at the front of your neck (adjust the tightness to your comfort)



3. Proceed to get to sleep.

Instructions for the morning:

Part 3 Nightshift and Oximetry:

Upon waking up and starting your day complete the following:

1. Remove the probe from your index finger and undo the velcro wrist band.
2. The device will switch off on its own.
3. To remove the nightshift, slightly bend the front clasps to disconnect the magnetic strips.



4. **Turn the device OFF**, press down the **WHITE-Button** for 1 second (the Green subtle green light should cease to flash)



TO TURN OFF	WHAT TO LOOK OUT FOR?	WHAT TO FEEL FOR?
<i>Hold the white button on the nightshift for one second</i>	<i>A subtle blinking GREEN LIGHT left of the USB port on the night shift device will stop flashing</i>	<i>The device will vibrate ONCE to signal it has been switched OFF</i>