

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:

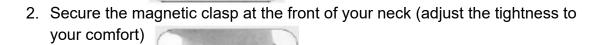
1. Press the **ON – button** for 1-second. This should power the device on (it will be vibrate and flash a subtle green light)



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

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

facing down.



3. Proceed to get to sleep.

<u>Instructions for the morning:</u>

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