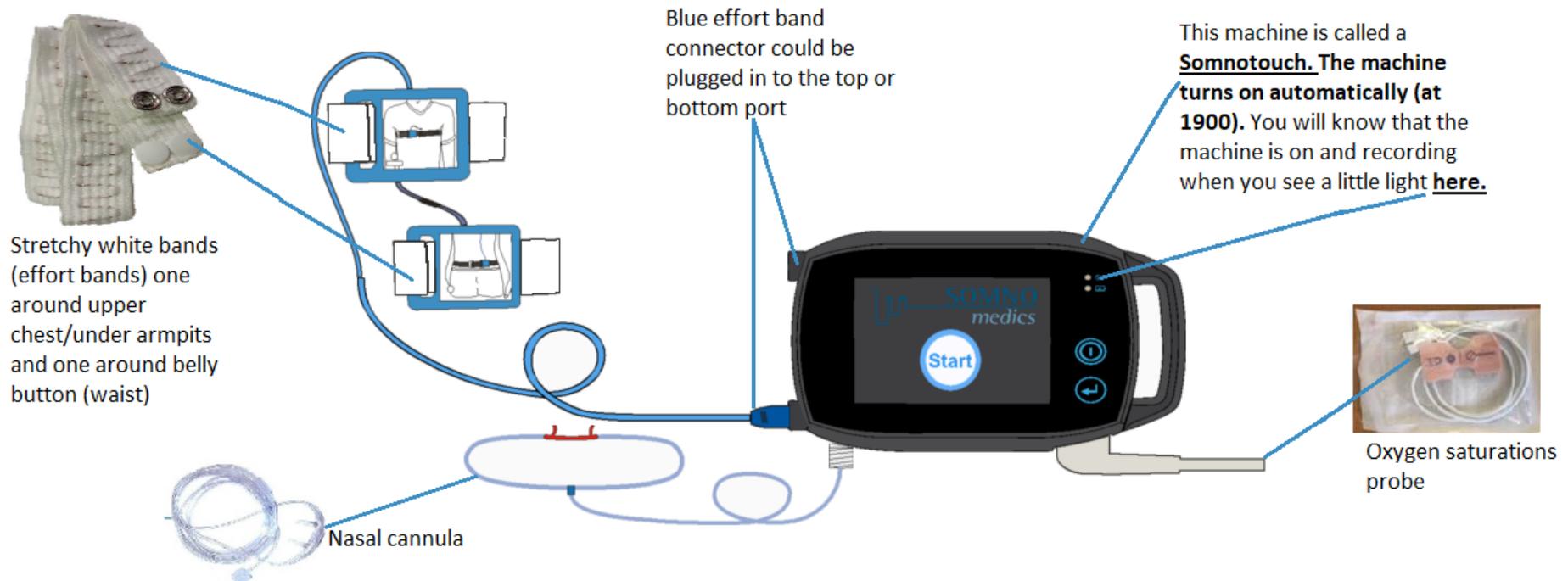


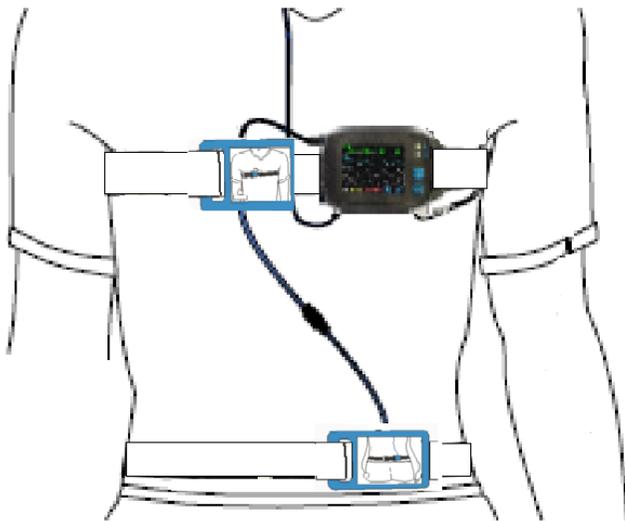
# Somnotouch home sleep study: Set-up guide



You do not need to turn the Somnotouch on or off. It turns on automatically at 7pm.

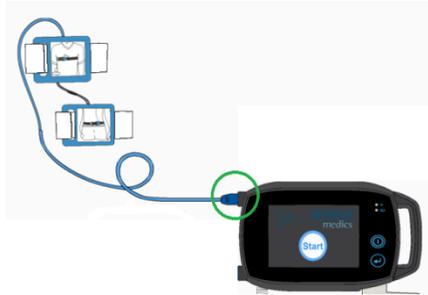
## Step 1: Stretchy white bands (effort bands)

1. Ensure that bands are placed **over** a thin layer of clothing, **not** directly on to your child's skin.
2. Refer to the pictures on the blue band connector to check which band is for the chest and which is for the around the belly button (waist).
3. Place the band with Somnotouch attached around the upper chest/ under the arm pits, and popper together.
4. Place lower band around belly button and popper together.

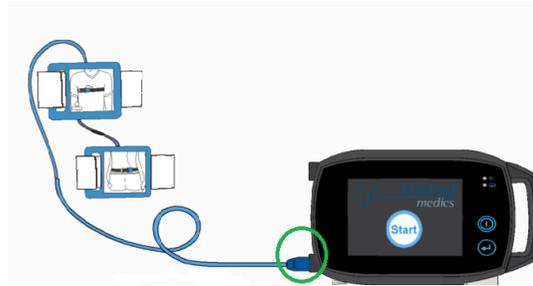


## Step 2: Blue effort band connector

Check that the **blue** effort band connector cable is in the Somnotouch (top left or bottom left) correctly. This would have come connected with the plug into either the top or bottom port.



OR



## Step 3: Stretchy white bands

**If the bands are too loose** (if you can fit more than two fingers underneath your child's side and the band) then please pleat the band and add tape to tighten (see pictures).



## Step 4: Oxygen saturations probe

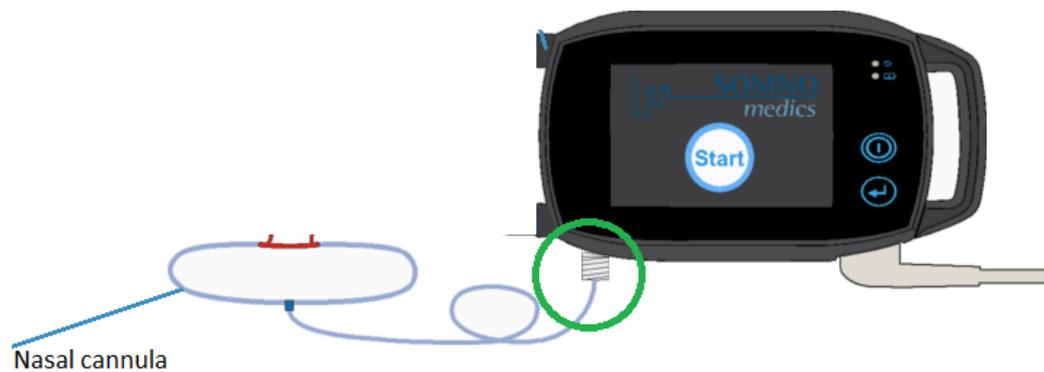
This is the white wired probe that is already connected to the connector on the right hand side of the Somnotouch.

1. Peel adhesive from the probe.
2. Place sensor as instructed on the probe. The picture of the finger on the probe needs to go onto the nail of your child's toe. If the probe can reach your child's toe with no pulling then place it on the big toe. If your child is tall you can place the probe on their finger.
3. Wrap additional tape around if needed – don't wrap too tight if using extra tape.
4. Put a sock on top if using the foot.

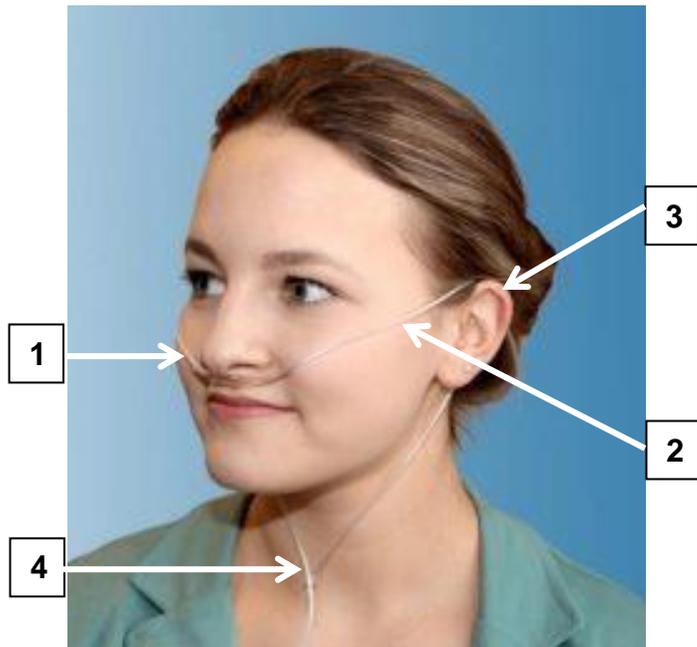
## Step 5: Nasal cannula

This helps to look at your child's breathing and snoring. This is very useful when analysing your child's sleep.

The nasal cannula are screwed into the bottom of the Somnotouch.



1. Position cannula at the base of the nostrils
2. Place tubing across the cheek
3. Tubing hooked behind ears
4. Secured under chin with the slider on the tubing



Please **don't** place over your child's head, because if this is displaced overnight it can create a loop round the neck.

If you have had two attempts to connect the nasal cannula and your child is not tolerating them, please unscrew them from the bottom of the Somnotouch and discard.

## Step 6: Setting up the camera (if camera is included in your box)

1. Place the camera in a suitable position, ideally so that your child is in full view.
2. Connect the camera to a power socket. You can use an extension lead if necessary. Please see pictures below. The end of the power cable circled in green plugs into the silver socket circled in green on the back of the camera.



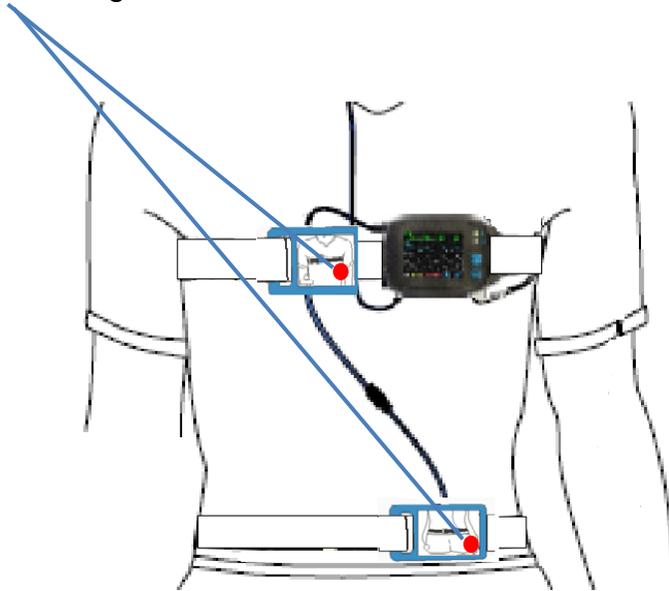
3. Check the light is illuminated on the front of the camera indicating that the video is receiving power. When the lights illuminate at the front of the camera this will indicate that the camera is now recording. **Please don't unplug at this time.**



The camera has an infrared light. There is no need to leave a light on overnight if this is not usual for your child.

## Important things to know and check

- The machine is set up to **automatically** start recording at 7pm. You **don't** need to press anything on the Somnotouch machine to get the study started.
- If the stretchy white bands are **not** correctly popped on/clicked in place to the blue connector, or the blue wire has come out of the Somnotouch, then a red light will flash on the bands. Please see step below to troubleshoot this.



- If you see a red light flashing on the blue band connector, you will need to check the stretchy white bands.
  - Check that the poppers are fastened on to the back of the blue band connector.
  - Check that the blue wire is plugged into the left top or bottom port on the somnotouch.
  - Check that the red lights on the blue band connector are no longer flashing.
- If you connect the equipment before 7pm, please return at 7pm to check the lights are not flashing once the study has automatically started.