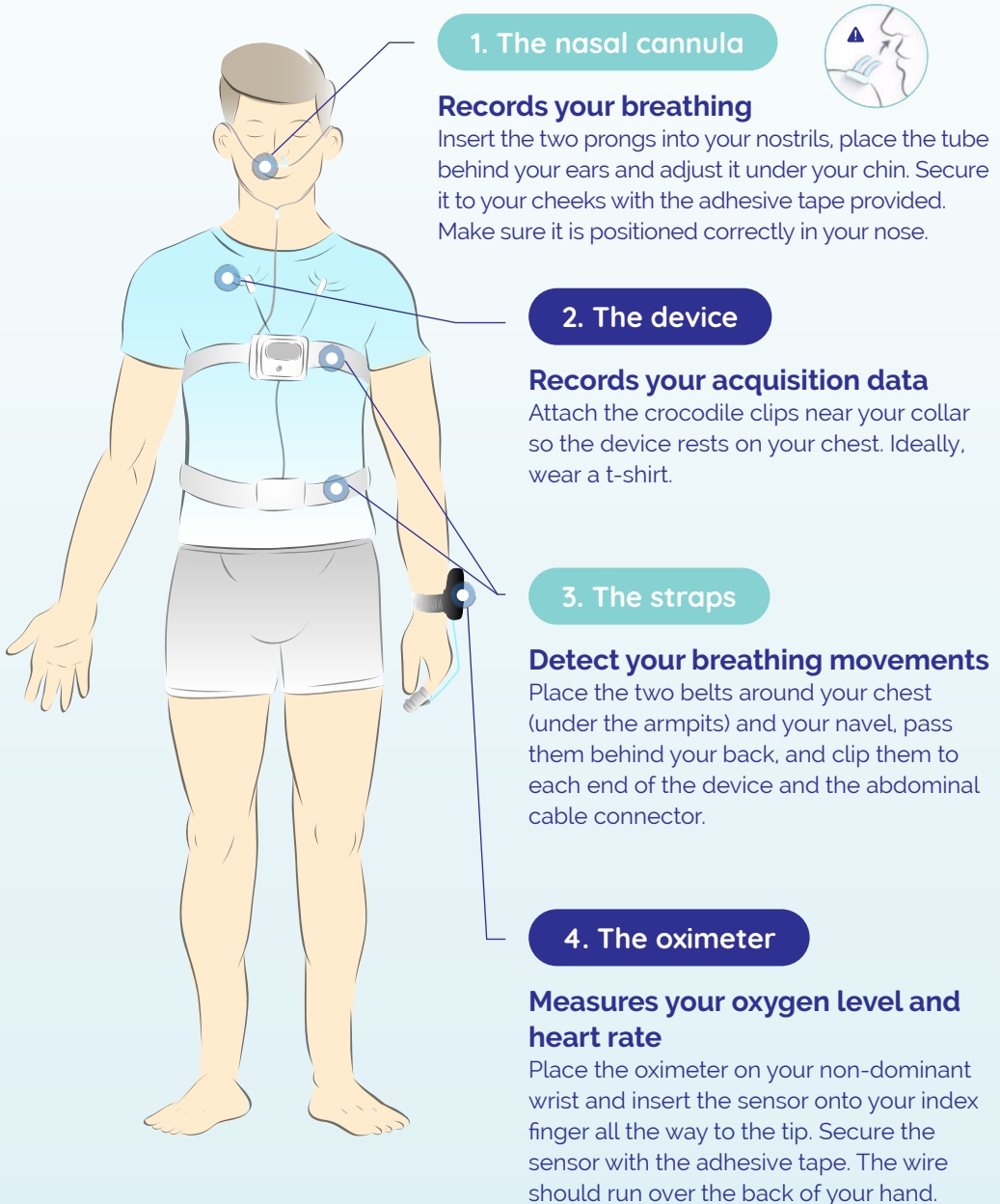


POLYGRAPHY PRACTICAL GUIDE



1. The nasal cannula



Records your breathing

Insert the two prongs into your nostrils, place the tube behind your ears and adjust it under your chin. Secure it to your cheeks with the adhesive tape provided. Make sure it is positioned correctly in your nose.

2. The device

Records your acquisition data

Attach the crocodile clips near your collar so the device rests on your chest. Ideally, wear a t-shirt.

3. The straps

Detect your breathing movements

Place the two belts around your chest (under the armpits) and your navel, pass them behind your back, and clip them to each end of the device and the abdominal cable connector.

4. The oximeter

Measures your oxygen level and heart rate

Place the oximeter on your non-dominant wrist and insert the sensor onto your index finger all the way to the tip. Secure the sensor with the adhesive tape. The wire should run over the back of your hand.

Important



The test is carried out at home on an outpatient basis.



Follow the bedtime hours agreed with the sleep laboratory.



You can sleep in any position.



The device is programmed, it will start and stop on its own.



Avoid showering after putting on the device.



You can get up during the night.



Avoid nail polish.



Upon waking, remove the sensors and store the device in the box.

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