

#### Intended Use

ApneaLink™ is used for recording your respiratory nasal pressure during sleep. The device is intended for use as a screening device to determine the need for clinical diagnosis and evaluation by polysomnography based on the test score.

**Caution:** In the USA, federal law restricts this device to sale by or on the order of a physician.

#### Important Notes

- Read these entire instructions before using the ApneaLink unit.
- ApneaLink and the accessories are to be used for the specified intended use only.
- Do not use the system if there are any defects noted.
- The nasal pressure cannula is single use only. Only use the original nasal pressure cannula supplies in the original, unopened pack.
- The recorder's pressure sensor is highly sensitive. For this reason, you should never blow directly into the connection for the nasal pressure cannula. You should always screw on the ventilated protective cap supplied when the unit is not in use. Do not use any other caps.
- Use only the specified types of battery or rechargeable battery (2 NiMH rechargeable batteries: Mignon/AA/1.2 V/at least 2100 mAh or 2 batteries: LR 6/Mignon/AA/1.5 V).
- Wear ApneaLink over pajamas or nightshirts with long sleeves, in order to avoid any discomfort from the belt.
- When using consumables and accessories, please read the manufacturer's information supplied with the products.
- Apply the nasal pressure cannula, the finger pulse sensor and the belt correctly to avoid the unlikely risk of strangulation.
- Blood flow must not be impeded during the recording process. The chest belt and finger sensors should be applied snug and comfortable, but not too tight.
- Excessive ambient light and excessive motion may degrade pulse oximeter performance or affect the accuracy of the measurement.

- The oximeter sensor may not work on cold extremities due to reduced circulation. Warm or rub the finger to increase circulation, or reposition the sensor.
- Do not stretch the adhesive tape when attaching the finger pulse sensor.
- Nail polish or false nails should be removed before using the finger sensor.
- The nasal pressure cannula and the disposable finger pulse sensor supplied are intended for single use only and must be disposed of after use.
- The Health Care Practitioner (HCP) is responsible for cleaning and care of ApneaLink. Do not attempt to clean the unit.
- Pulse oximetry measurement is optional.
- Keep all parts away from children.
- Risk of explosion. Never use the recorder in the vicinity of flammable gases (e.g. anesthetics).

#### Contraindications

Depending on your skin condition or general state of health, you may experience sensitivity to the self-adhesive finger sensor. Discontinue use if you experience a reaction to the adhesive material.

#### Directions for Use

Note: Refer to the drawings on the next page.

Remove and save the protective cap from the nasal pressure cannula connection. Fit the end of the nasal pressure cannula to the connection of the recorder by turning it clockwise [see Fig. 1].

The easiest way to put on the device is while standing in front of a mirror. Fix the ApneaLink on to your chest using the supplied belt. Thread the belt through the brackets and close the Velcro® fasteners [see Fig. 2].

Fit the nasal pressure cannula so that the two small open tubes point towards the nostrils. When doing this, ensure that the ends point towards the face, and are not bent upwards. Fit the loop around the ears and then back to the front again, without pulling it over your head. Pull the loop tight so that the fit is comfortable but securely fitted [see Fig. 3].

Attach the finger pulse sensor to the left ring finger. The symbolised finger on the adhesive strip shows in which position the adhesive strip has to be placed on the finger nail. Then press the pulse oximeter into the clip-on holder [see Fig. 4].

Insert the end of the pulse oximeter cable into the recorder. Attach the clip on the holder to the belt [see Fig. 5].

Start the recording in bed by pressing the START/STOP button, until the small light above the button turns green. The ApneaLink is detecting your breathing correctly if the green light fades each time you breathe out [see Fig. 6 and 7].

To stop the recording press the button 3 times in succession. The small green light will illuminate and then turn off [see Fig. 8].

Remove the nasal pressure cannula and finger pulse sensor. Unfasten the chest belt with the ApneaLink recorder and connected components. Discard the nasal pressure cannula. With the saved protective cap, carefully screw the recorder unit connection. Detach the pulse oximeter from the recorder unit. Detach the finger pulse sensor from the pulse oximeter. Return or dispose of the finger pulse sensor as instructed by your HCP.

Return the ApneaLink together with protective cap, belt, finger pulse sensor, oximeter and clip fastener to your HCP.

#### Cleaning the ApneaLink

##### Caution:

- Never use abrasive agents, alcohol, chlorine-containing substances, acetone, or other solvents to clean the recorder.
- Do not immerse the recorder, the pulse oximeter, or the finger pulse sensor in fluids, and ensure that no fluids penetrate into the products.
- Do not attempt to disinfect or sterilize the recorder, since this could cause unseen damage to the inside of the unit.

Cleaning instructions:

- Switch off the recorder.
- Remove and dispose of the nasal pressure cannula.
- Screw the ventilated cap onto the nasal pressure cannula connection.
- Detach the pulse oximeter from the recorder.
- Detach the finger pulse sensor from the pulse oximeter.

Note: Dispose of the single-use finger pulse sensor. If you are using other approved finger pulse sensors, follow the manufacturer's cleaning instructions.

- Press the protective cover for the USB cable in the housing opening.
- Clean the following parts with a damp cloth and a mild liquid soap: recorder and pulse oximeter housing, pulse oximeter cable, clip fastener.
- Leave the cleaned parts to dry.

## ApneaLink™ Patient Instructions

