

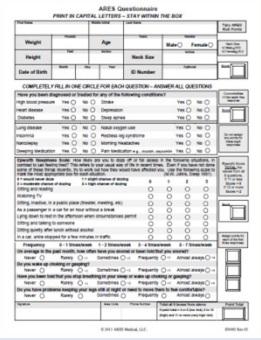
Please Return with Sleep Testing Unit!



Instructional video
available online @


[http://www.watermarkmedical.com/
physician-videos.php](http://www.watermarkmedical.com/physician-videos.php)

1



Complete the ARES questionnaire included in the shipment.


2



Using the measuring tape provided, pull the tape tight as you measure your head. Long hair should be worn up or with a strap placed under the hair during measurement and during the study.

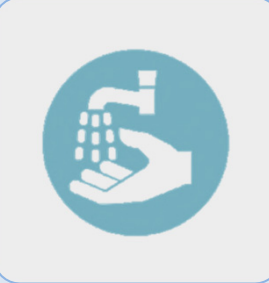
3

Head Size	Strap Setting
<21.5"	0
21.5"	1
22.0"	3
22.5"	5
23.0"	7
23.5"	9
>24.5"	10



Determine the strap setting using the above chart and adjust to the appropriate setting as above.

4




Thoroughly wash and dry your forehead.

5




Remove the plastic covers from the each electrode and the forehead sensor.

6




Hold the cannula tips (2 prongs extending from the clear tubing) against the bottom of the ARES with your thumb.

7




Center the ARES over your nose and slightly above your eyebrows. Remove any hair from under the sensor to ensure that the sensors make complete contact with your skin.

8



Place Cannula tips inside your nostrils.

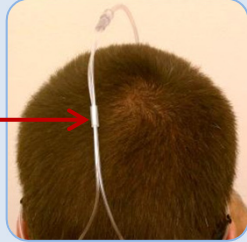
9



Grasp the cannula tube with your hand and pull it away from the back of your head until the tips are snug in your nostrils.

Instructions continued on other side (step 10-14)

10



Slip Tube

Using your other hand, grab slip tube and pull toward the back of your head until tight.

11



The slip tube should rest snugly above the plastic portion of head strap. When properly tightened, the cannula cannot be pulled away from your nose.

12

BEGIN YOUR SLEEP STUDY

Turn ARES "ON" by pressing the power button on the top of the monitor. An audio alert will sound letting you know that the ARES is ON. After 10 seconds an audio alert will sound to indicate that the start-up period is complete. You can now change positions and go to sleep.



The ARES monitor is programmed to provide voice prompt alerts when data collection is interrupted during the study due to the nasal cannula falling out or the ARES shifting on your forehead. To resume data capture, please re-secure the nasal cannula or reposition the ARES.

Will I be able to sleep with the ARES on my forehead? You may find it a bit strange at first, but most people do not find it uncomfortable or an obstacle to falling asleep.

Do I need to sleep on my back? No. You can sleep in the position that is most comfortable.

Can I sleep with a television or ceiling fan on in the room? If possible, refrain from using anything that creates ambient noise during the sleep study.

How many hours do I need to sleep with the ARES? You will need to sleep with the ARES all night.

Can I take medications? Yes. Please take your medications as usual.

What if I have to use the restroom or get a drink of water during the night? Leave the monitor on and recording during these activities.

Can I shower with the ARES? No. The ARES cannot get wet.

13

THE MORNING AFTER YOUR SLEEP STUDY

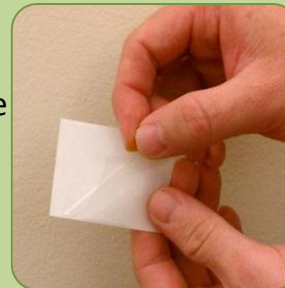
1. Remove the ARES carefully from your head by removing the head strap first and then pulling the monitor away from your forehead.



2. If the green light in front of the ARES is illuminated, turn the ARES "OFF". If the light is no longer illuminated, the ARES has automatically stopped recording.



3. Remove the protective sensor cover from the shipped supplies and remove backing.



4. Place on the black forehead sensor pad for protection



14

RETURNING YOUR MONITOR

1. Please place the monitor and all completed documentation in the black case.
2. Place the black case in the same secure location you received the unit at - or hand to the delivery person.
3. If received by mail, please place the black case (and contents) in the prepaid envelope or box and return to the Post Office.