Home Sleep Test
Instructions

SleepTest.com

Version 1.7.23

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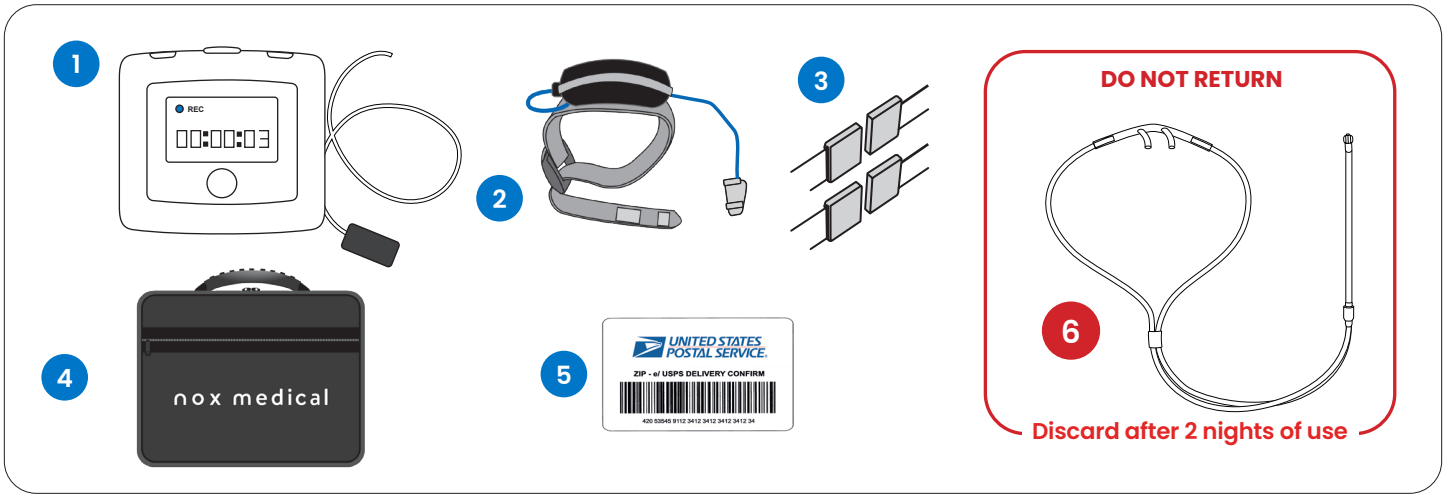
Nox T3 Home Sleep Test

A

What's in the Box

Included in the box and to be returned to SleepTest.com

1. Nox T3 device with abdomen cable
2. Pulse oximeter wristband with finger sensor
3. Two belts
4. Carry Case
5. Prepaid shipping label
6. Nasal cannula



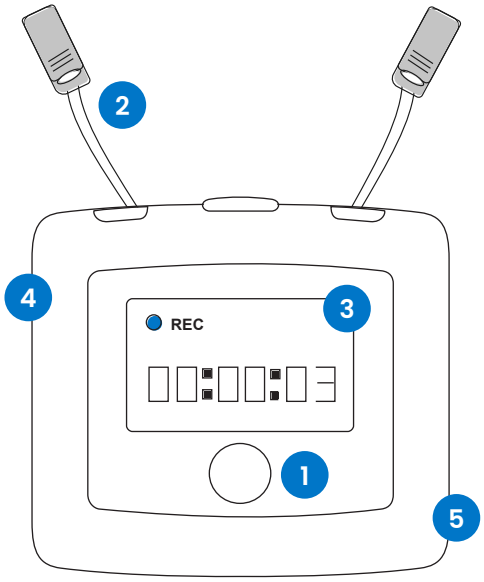
All parts (1-4) must be placed in the shipping box and returned to SleepTest.com using the prepaid shipping label (5). Return to SleepTest.com by dropping off the package at your nearest United States Postal Service office.

B

Nox T3 Home Sleep Testing Device

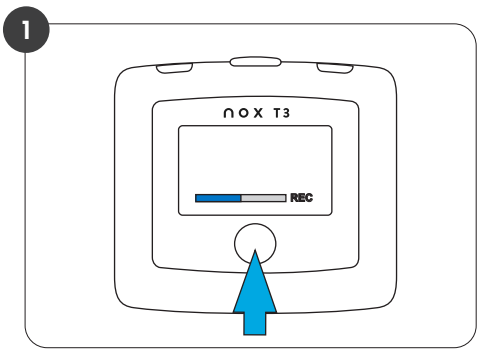
The Nox T3 device has the following:

1. Center button (on/off)
2. Clips
3. Display screen
4. Nasal cannula connector
5. Battery compartment

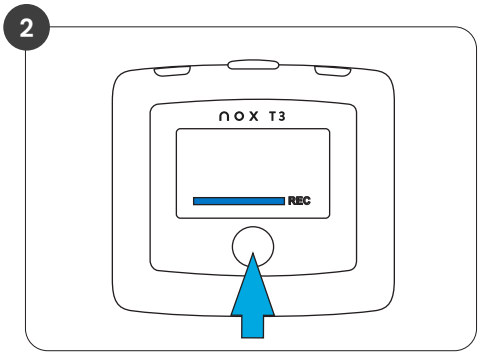


Turning On the Device

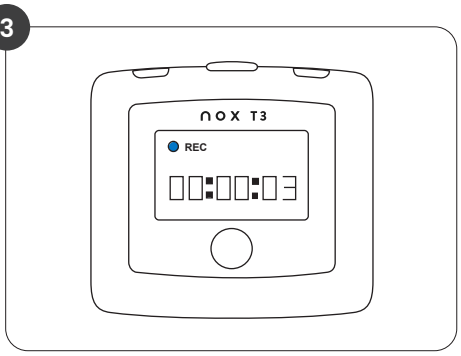
For ease of use, turn the Nox T3 device on before putting it on your body. The device will not record your setup time as sleep time.



1. Press the Nox T3's center button once. This will activate the display screen. You will see the instruction: 'Hold Button to Record'.



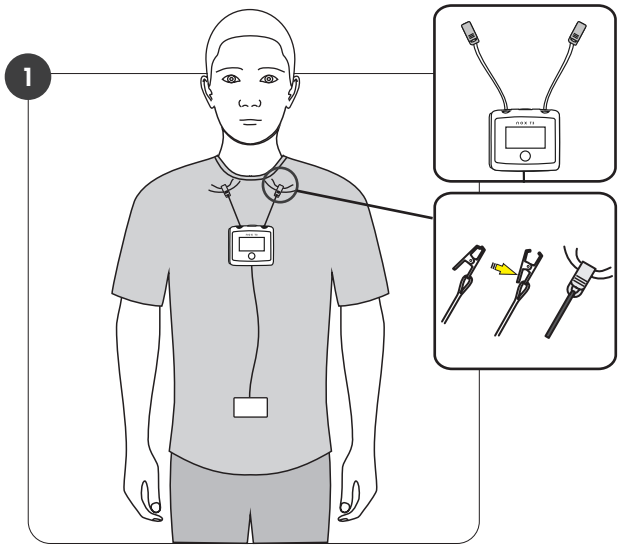
2. Press and hold the center button for about 3 seconds or until the circle on the display screen completes its loop.



3. You may release the center button when the counter is visible and the word "REC" (recording) shows at the top of the display screen.

Getting Set-Up

Step 1: Putting On the Device

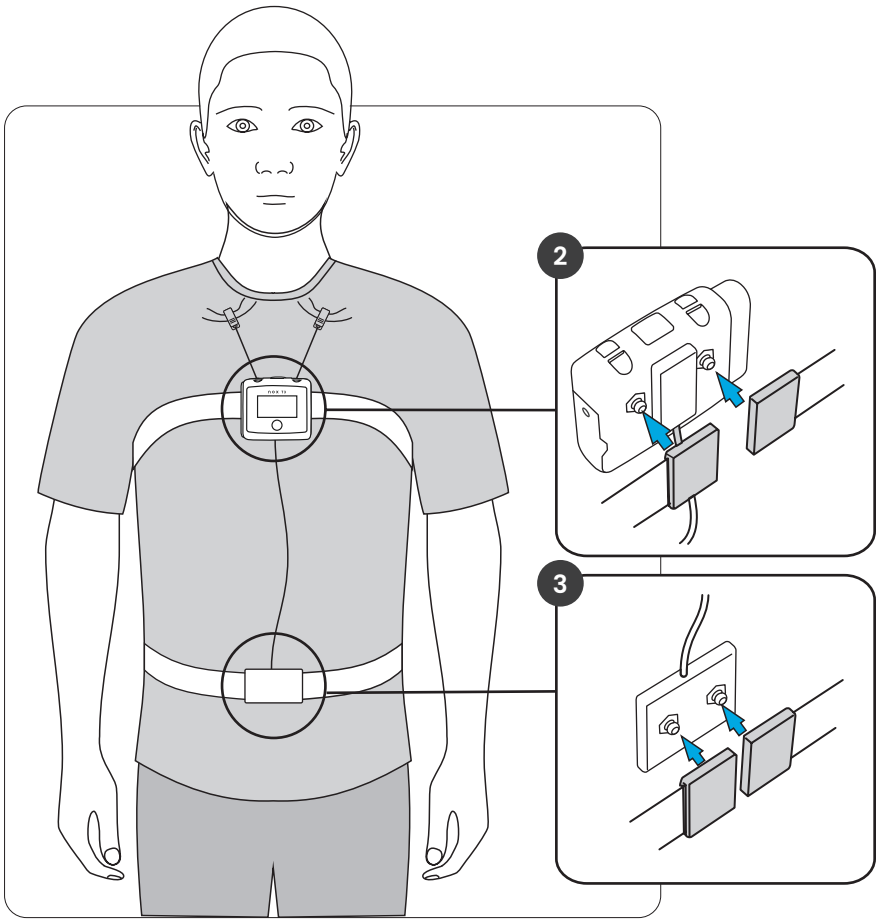


1. Snap the two clips to the collar of your shirt and ensure the device's display screen is facing forward and away from you.

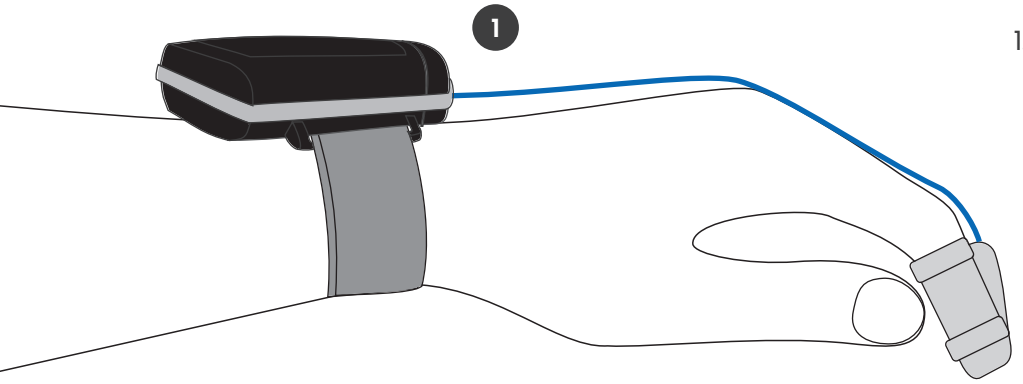
2. The chest belt will come preconnected to the Nox T3 device. Wrap the belt around your chest one inch below the armpits and over any breast tissue. Ensure the belt is not twisted then snap the plastic piece at the end of the belt to the back of the device.

3. The abdomen cable will hang directly below the Nox T3 device with the abdomen sensor attached. Wrap the abdomen belt (not the cable) around your stomach and place the sensor just above the belly button. Ensure the belt is not twisted then snap the plastic piece at the end of the belt to the back of the sensor.

*Use the loops on the side to adjust the length until the strap is snug.

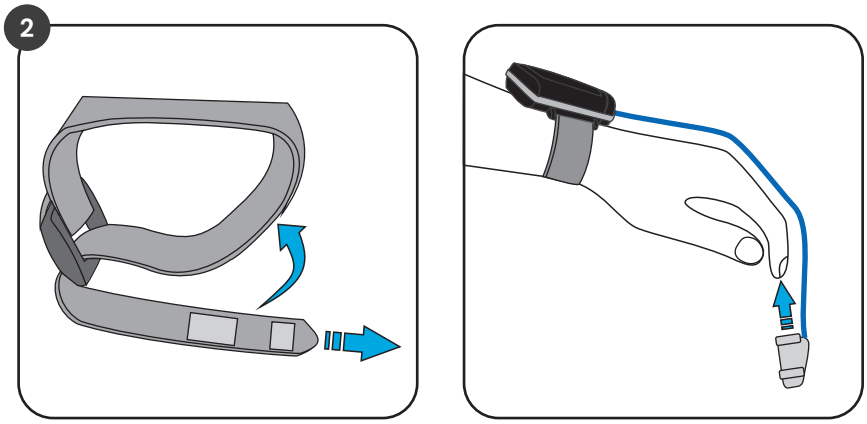


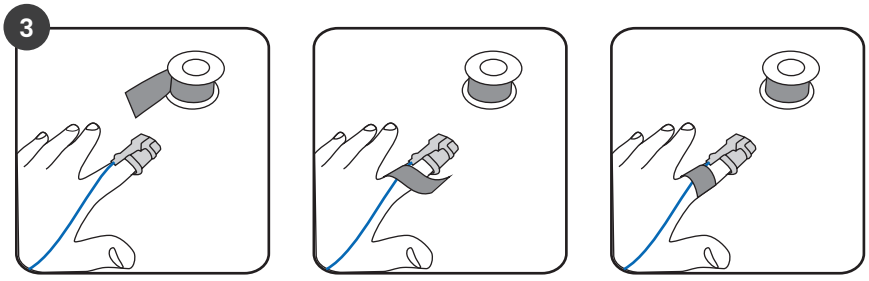
Step 2: Putting on the Pulse Oximeter



1. Place the pulse oximeter finger sensor on the pointer finger of your non-dominant hand. Do not push your finger past or through the grey cap.

2. Place the pulse oximeter wristband on your non-dominant hand like a watch. Use the velcro strap to secure the pulse oximeter wristband to your wrist.

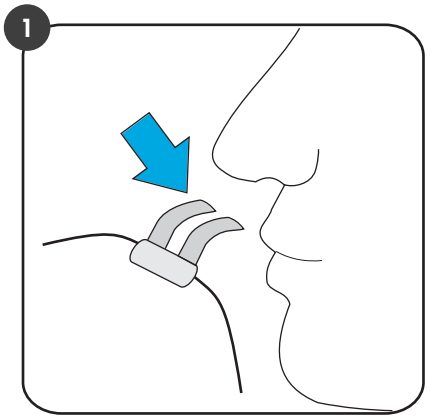


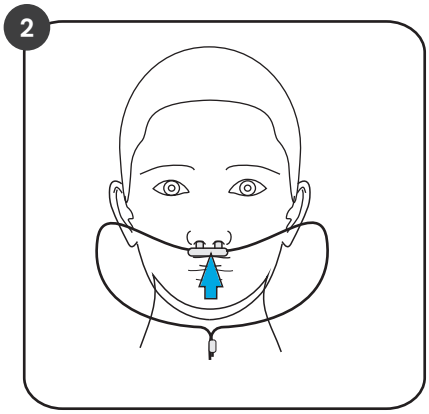


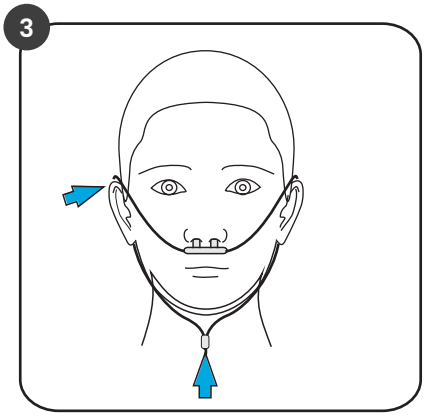
3. Use medical tape to secure the pulse oximeter cord to your pointer finger.

⚠ IT IS RECOMMENDED TO REMOVE NAIL POLISH BEFORE TESTING.

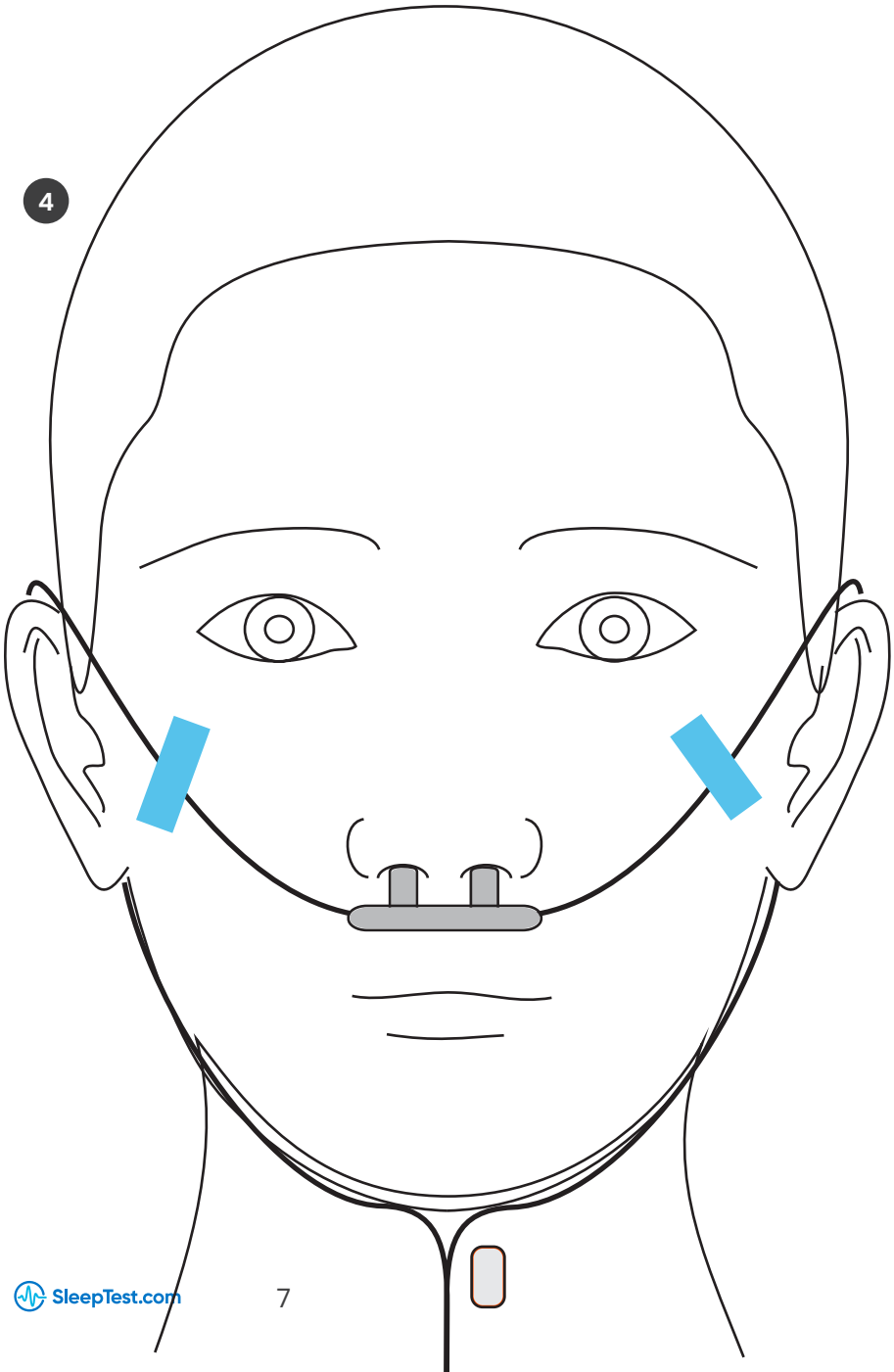
Step 3: Putting on the Nasal Cannula





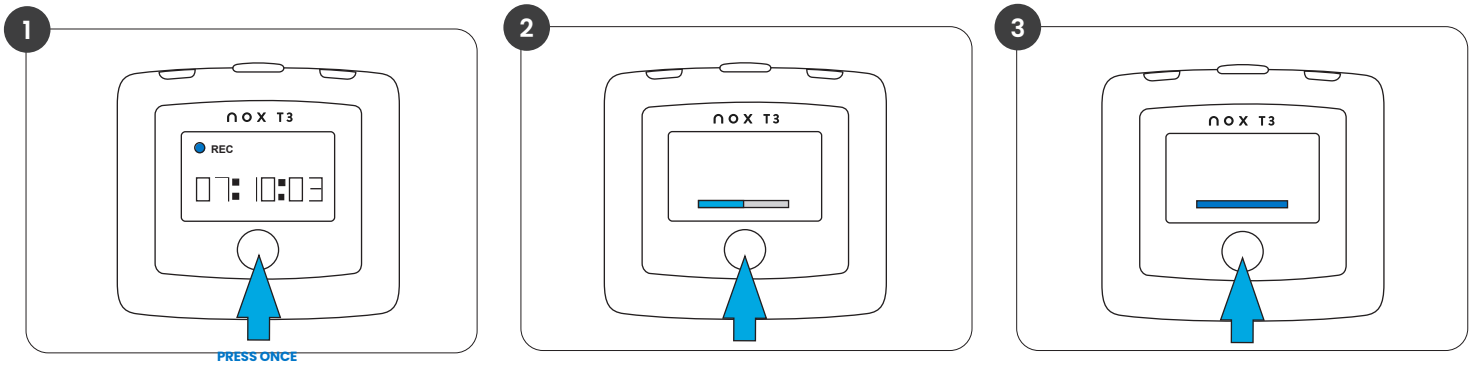


1. Place the nasal cannula in your nose with the prongs facing down and toward you.
2. Pull the tubing over your ears.
3. Push the bead of the nasal cannula up until it touches your chin.



4. Place a piece of medical tape on each cheek.

Stopping the Test



1. Press the Nox T3's center button once. This will activate the display screen. The counter will then display the duration of your sleep study in hours, minutes, and seconds.

2. Press and hold the center button for about 3 seconds or until the square on the display screen completes its shape.

3. This indicates the recording has been stopped and the test has been completed.

Repeat for another night of testing.

Helpful Tips

You woke up during the night to find the nasal cannula fell out of your nostrils.

Place the nasal cannula back into position. Tuck the cannula behind your ears with the tightening bead directly beneath and touching your chin. Apply the provided medical tape.

You woke up during the night to find the pulse oximeter fell off of your finger.

Place the pulse oximeter back into position and apply the medical tape.

Contact Information

If problems persist or you have questions, message Customer Support from your SleepTest Patient Portal or call **(800) 753-3783** in the morning for help.

SleepTest.com