

# RESMED

## ApneaLink™ Plus

### Patient Instructions

English

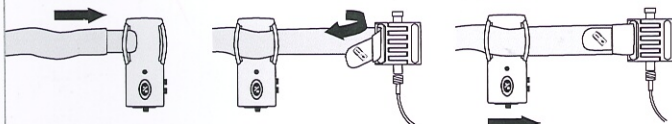
#### Getting started

Before fitting, lay out all the system components and read these instructions first.

**Note:** Wear ApneaLink Plus and belt over pajamas or nightshirts with long sleeves, to avoid any discomfort from the belt.

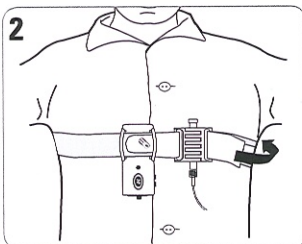
#### Fitting

##### 1 Recorder and sensor



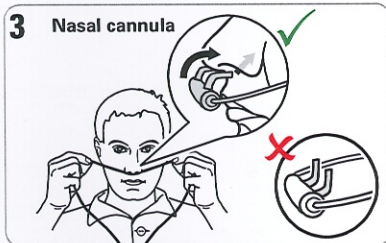
Thread the belt through the brackets of the ApneaLink Plus and the effort sensor. Fix the Velcro® fastener on the belt and move the recorder to a comfortable position.

##### 2



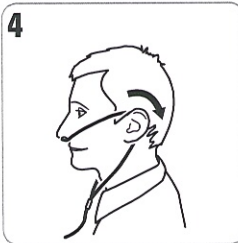
Wear the belt with recorder across the upper chest. The easiest way to put on the device is while standing in front of a mirror.

##### 3 Nasal cannula



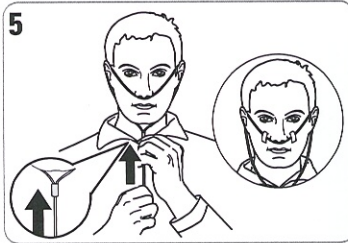
Fit the nasal pressure cannula so that the two small open tubes point towards your nostrils. When doing this, ensure that the ends point downwards.

##### 4



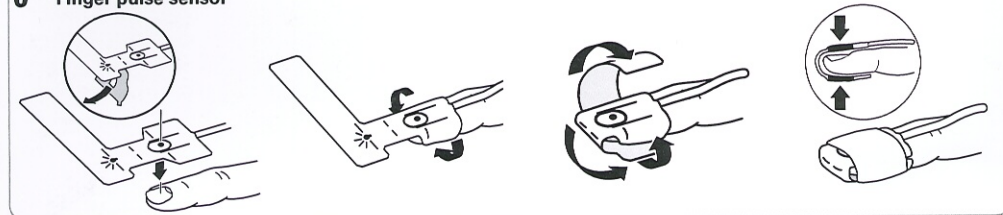
Fit the loop around your ears and then back around your neck, without pulling over your head.

##### 5

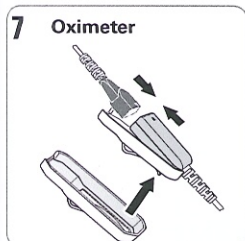


Draw the cannula to a comfortable position under your chin. If tape or adhesive pads have been provided place them as indicated to help secure the cannula.

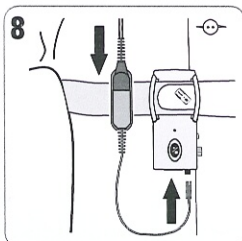
##### 6 Finger pulse sensor



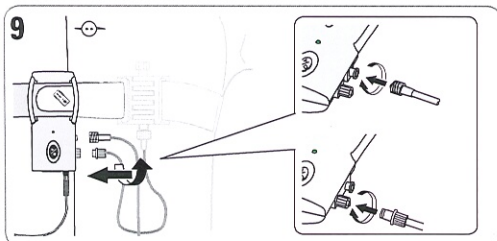
Attach the finger pulse sensor to the fourth finger on your non-dominant hand. The symbolized finger on the adhesive strip shows the position in which the strip is placed on the finger nail.



Fit the pulse oximeter into the clip-on holder.

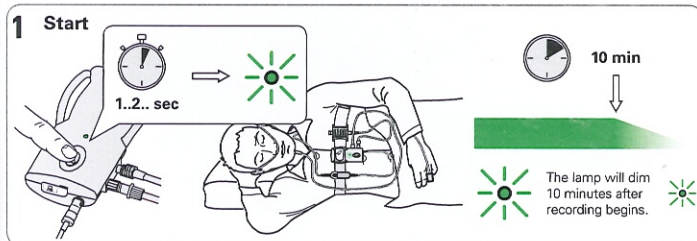


Attach the clip on the holder to the belt. Insert the end of the pulse oximeter cable into the bottom of the recorder.

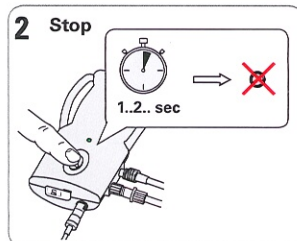


Remove and **SAVE** the protective cap from the nasal pressure cannula connection. Fit the effort sensor tube and the end of the the nasal pressure cannula to the connections of the recorder by turning it clockwise.

## Recording



Start the recording in bed by pressing and holding the START/STOP button for approximately two seconds, until the small light above the button turns green. The ApneaLink Plus is recording when the green lamp is on.



Stop the recording by pressing and holding the START/STOP button for approximately two seconds, until the small light goes out.

## Disassembly

- After stopping the recording, unscrew the nasal pressure cannula and remove the finger pulse sensor.
- Discard the nasal pressure cannula.
- Unfasten the chest belt with the ApneaLink Plus recorder and connected components.
- Carefully screw the protective cap back on the nasal pressure cannula 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 Health Care Professional.
- Return the ApneaLink Plus together with the belt, oximeter, clip fastener and effort sensor back to your Health Care Professional.

## Cleaning

Your Health Care Professional is responsible for cleaning the unit. Do not attempt to clean the unit.

## Intended Use ApneaLink Plus

The ApneaLink™ Plus device is indicated for use by Health Care Professionals (HCP), where it may aid in the diagnosis of sleep disordered breathing for adult patients. ApneaLink Plus records the following data: patient respiratory nasal airflow, snoring, blood oxygen saturation, pulse and respiratory effort during sleep. The device uses these recordings to produce a report for the HCP that may aid in the diagnosis of sleep disordered breathing or for further clinical investigation.

**CAUTION:** U.S. Federal law restricts this device to sale by or on the order of a physician.

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