

Quick Setup Guide



Fully Integrated and Connected end-to-end
Home Sleep Testing (HST) solution



Welcome to the Falcon HST Quick Setup Guide.

We recommend you use the
Quick Setup Video Guides
in conjunction with this guide.

Please scan the
QR code
to view the
Video Guides.



[https://www.compumedics.com.au/en/landing-page/
falcon-quick-start-video-guides/](https://www.compumedics.com.au/en/landing-page/falcon-quick-start-video-guides/)



Face Preparation.

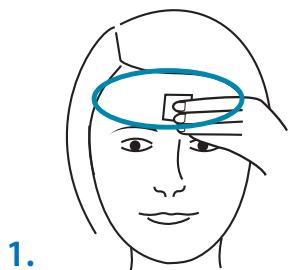
STEP 1 - WASH YOUR FACE

1. Remove all makeup and face creams.
2. Wash and dry your face thoroughly.

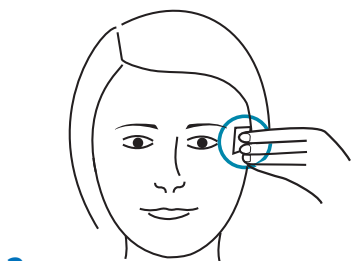


STEP 2 - CLEAN YOUR SKIN

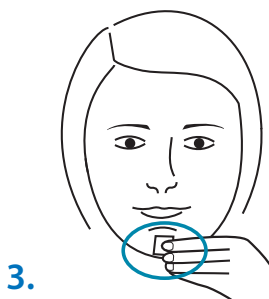
Using the prep pads supplied in your kit, prepare your skin by cleaning it for 15 seconds where the electrodes will be applied.



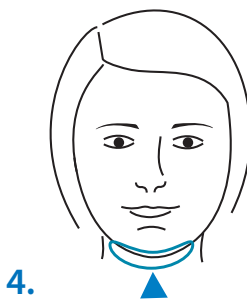
- 1.**
Clean your whole forehead for 15 secs with the prep pad.



- 2.**
Clean your left temple area for 15 secs with the prep pad.

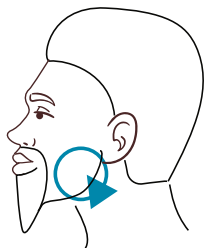


- 3.**
Clean your whole chin for 15 secs with the prep pad.



- 4.**
Clean under the chin for 15 secs with the prep pad.

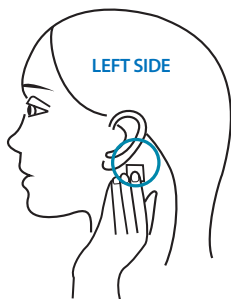
Note - If you have a beard or goatee, please follow these instructions for step 3 and 4 :



For a Goatee clean the **muscle on the jawbone** for 15 secs with the prep pad. Clean each side.



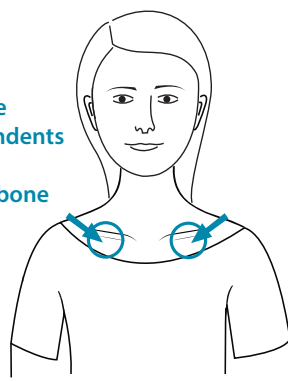
For a beard clean the **muscle on the neck** for 15 secs with the prep pad. Clean each side.



5.

Clean the **bony area** behind your left Ear (mastoids) for 15 secs with the prep pad.

Locate **Soft Indents** under collarbone

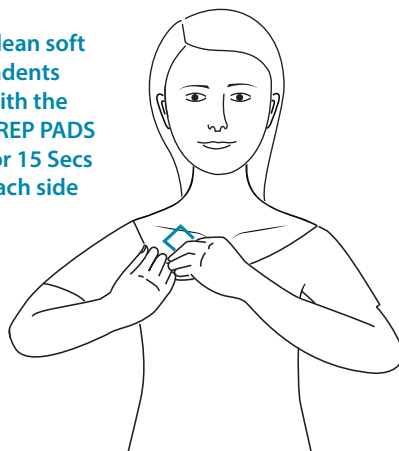


6.

Locate the **soft indented area under each collarbone** (left and right). It should be approximately half way along the collarbone.

Clean these areas for 15 secs with the prep pad on both your left and right side.

Clean soft indents with the **PREP PADS** for 15 Secs each side

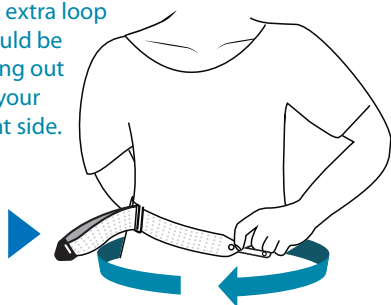


Apply Chest Belt.

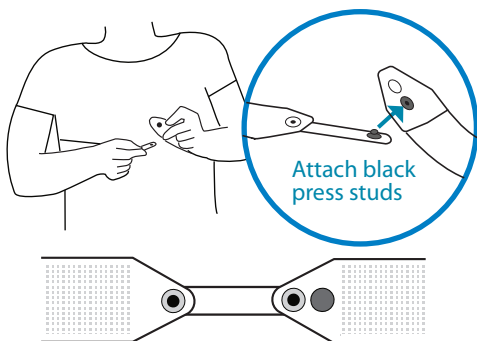


7. Locate one of the belts.
Lay it out flat with the rough texture side up.

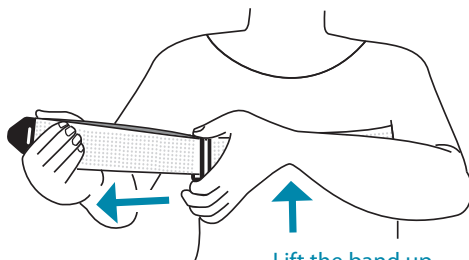
The extra loop should be facing out on your right side.



8. Pass the band around your waist till it meets the other side of the band in front. Don't let the band get twisted.



9. Attach the black press studs together so that the belt is fastened around you.



Pull loop through clip till band is snug.

Lift the band up under the armpits and tighten.

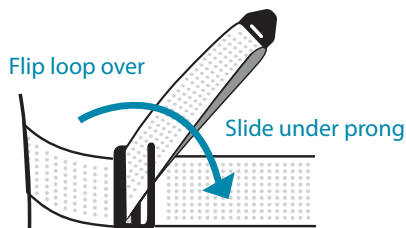
10.

Lift the band from your waist up to sit under your armpits. Try and keep it as high as possible.

Hold the band clip, (top and bottom), with the left hand. Use the right hand to pull the extra loop through the band clip to tighten until the band fits snugly and won't fall.

11.

Whilst holding the band tight, bring the loop to your left and secure it by sliding it under the prong on the adjustment clip.



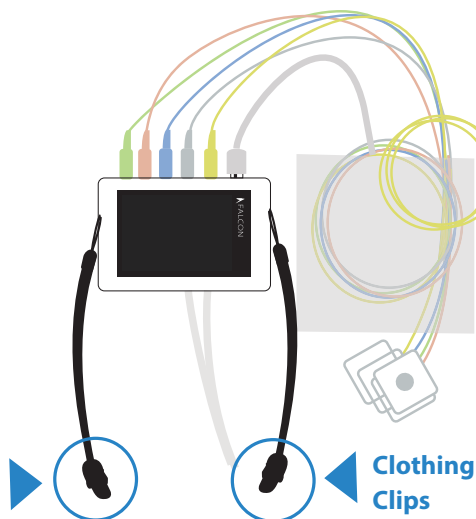
Flip loop over

Slide under prong

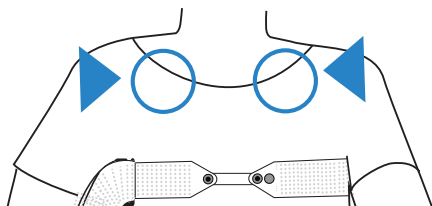
Lock the belt in place by sliding the band under the prong.

Apply Falcon HST unit.

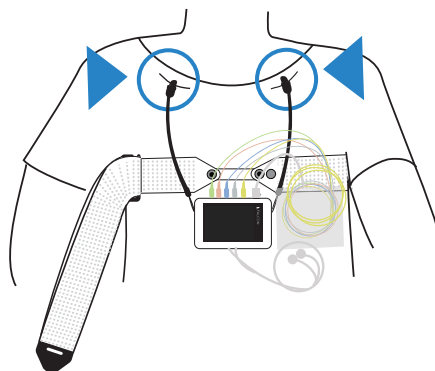
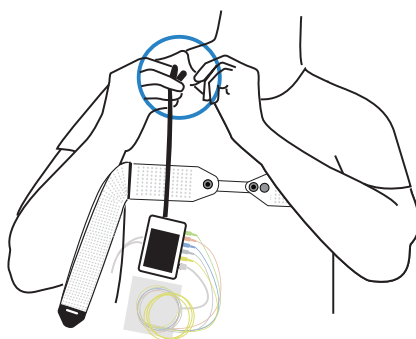
- 12.** Locate the Falcon HST unit.
The unit should have all the electrodes you need to apply hanging from it.



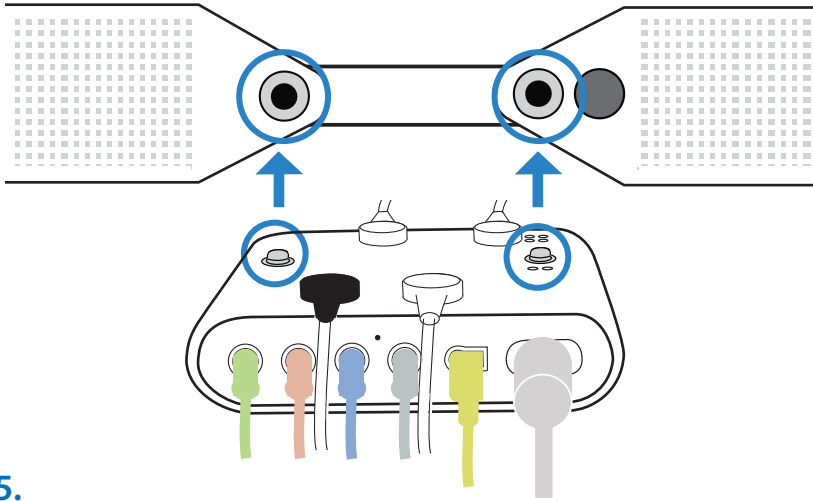
- 13.** Locate the black clothing clips.
They are hanging from either side of the Falcon unit.



- 14.** Attach the clothing clips to your clothing either side of your collar.

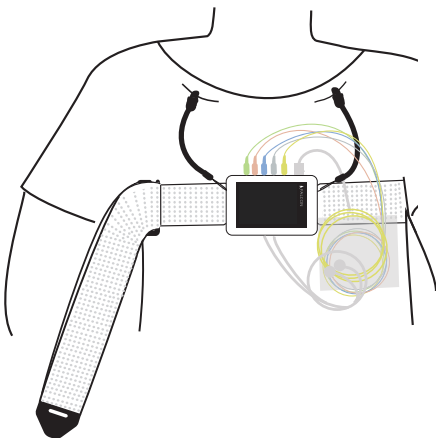


Allow the Falcon unit to hang from the clothing clips once attached.

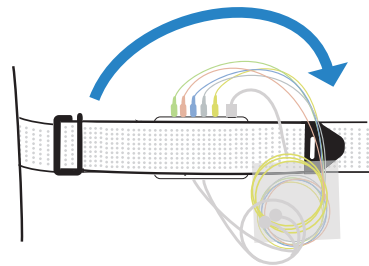


15.

Looking at the back of the Falcon unit, attached the only free press studs to the press studs on the Chest Belt.



The Falcon unit should now be securely attached to your Chest Belt.

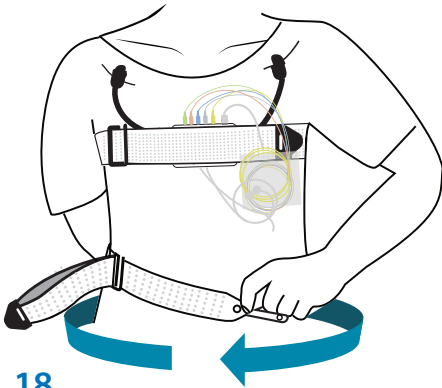


16. Lift the wires hanging out of the top of the Falcon and pass the excess belt loop that is hanging down across the device. Fasten with the plastic velcro fastener onto the belt itself. This does not need to be tight.

Apply Waist Belt.



17. Locate the remaining belt.



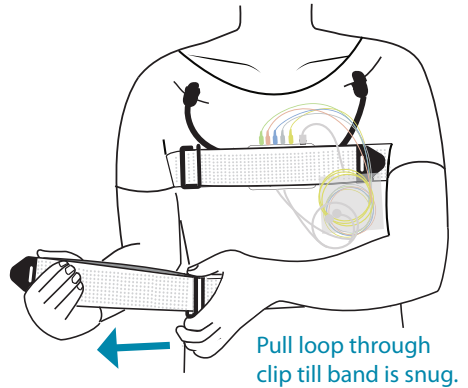
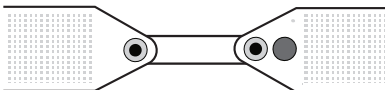
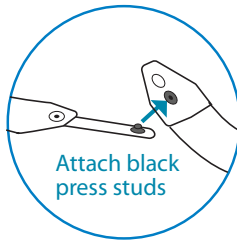
18.

Pass the band around your waist till it meets the other side of the band in front. Don't let the band get twisted.

19.

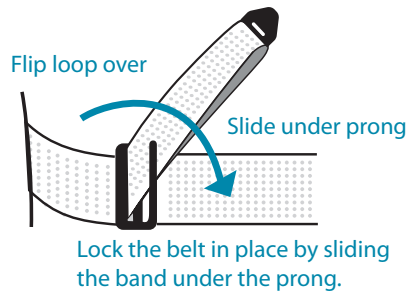
Fasten the belt:

Attach the black press studs as you did in Step 9.



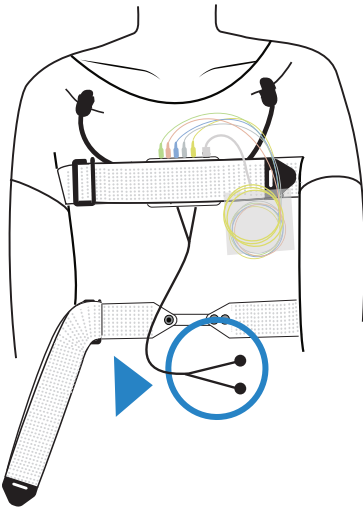
20.

Hold the band clip, (top and bottom), with the left hand. Use the right hand to pull the extra loop through the band clip to tighten until the band fits snugly and won't fall.

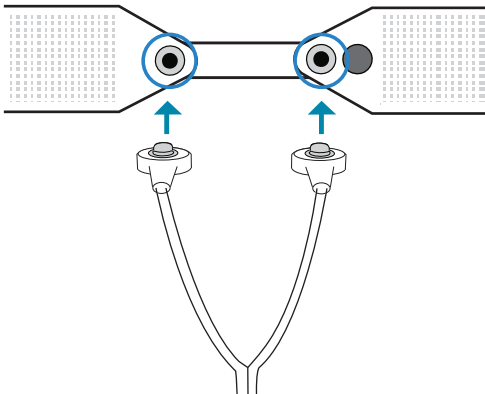


21.

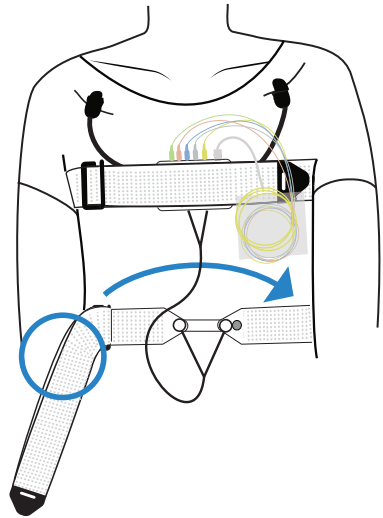
Whilst holding the band tight, bring the loop to your left and secure it by sliding it under the prong on the adjustment clip.



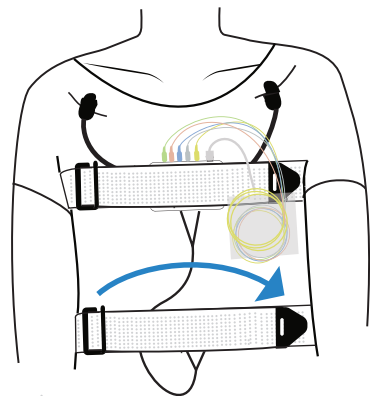
- 22.** Locate the ECG wires hanging from the bottom of the Falcon unit. It has two press studs at the end of it.



- 23.** Attached the press studs at the bottom of the white wire to the press studs on the lower belt around your waist.

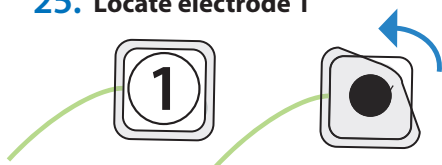


- 24.** Pass the excess belt loop that is hanging down across the device. Fasten with the plastic velcro fastener onto the belt itself.

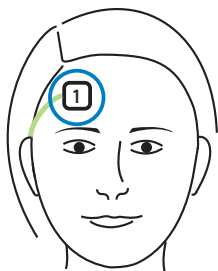


Apply Face Electrodes.

25. Locate electrode 1



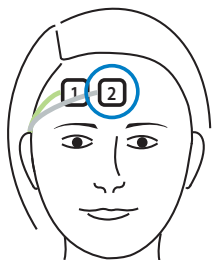
Peel away clear backing to reveal adhesive



26. Place number 1 electrode in the middle of your forehead above the centre of the right eye. Put the wire behind your right ear.

27. Locate electrode 2

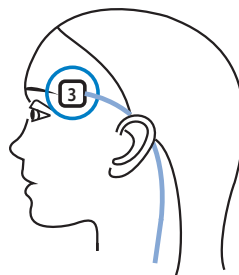
Peel away the clear backing.



28. Place electrode 2 directly above your nose in the center of your forehead. Put the wire behind your ear.

29. Locate electrode 3

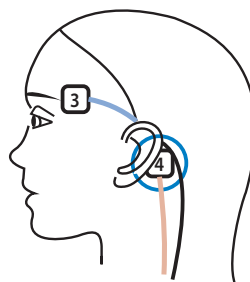
Peel away the clear backing.



30. Place electrode 3 on the left side of your face at the end of your eyebrow. Put the wire behind your ear.

31. Locate electrode 4

Peel away the clear backing.



32. Place electrode 4 directly behind the left ear on the hard bone.

Apply Chin Electrodes.

33. Locate electrodes 5 and 6

Unravel the wire and peel off clear backing.

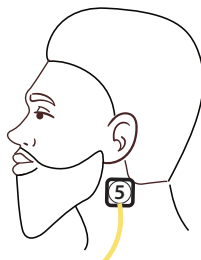


34. Place electrode 5 and 6 under your jaw, just inside your jawbone.

Note - If you have a Beard or Goatee, please follow these instructions:

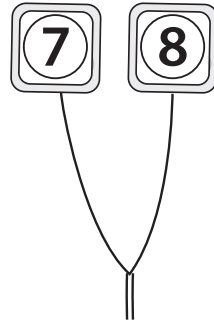


For a Goatee -
Place them on
the muscle on
the jawbone.
One on each side.



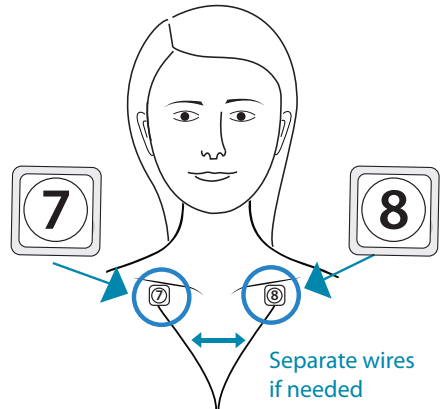
For a beard -
Place them on the
neck muscle
under the ear.
One on each side.

Apply ECG Electrodes.



35. Locate electrodes 7 and 8.

Unravel the wire and peel off clear backing.



36. Stick 7 to the soft area under your collarbone on the right side. Stick 8 to the soft area under your collarbone on the left side.

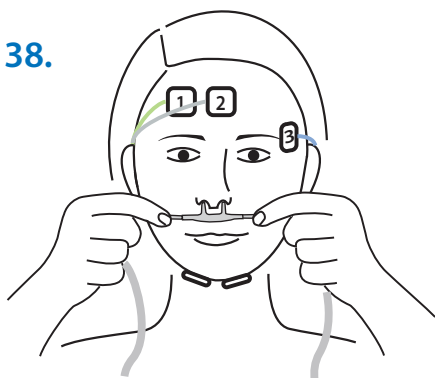
Apply Nasal Cannula.

37. Locate nasal prongs.

Remove from pack and unravel.

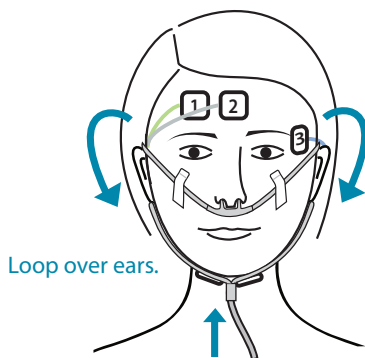


38.



Hold the nasal prongs under your nose. The prongs are curved and should be curving toward you, not away.

Place the two prongs so they enter your nostrils by about 1 to 2mm only.



Loop over ears.

Secure by sliding toggle up.
Not too tight.

39.

Whilst holding the prongs in place, loop the tubing over the back of your ears.

Secure it under your chin by sliding the toggle up under your chin.

40.

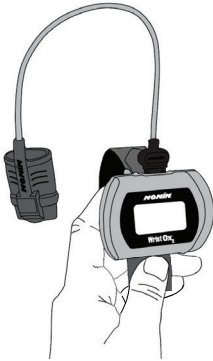
Apply a strip of the tape supplied to each cheek to secure the Cannula in place.



When applying the tape, fold the top over on itself to make it easy to remove. Approximately 4mm overlap.

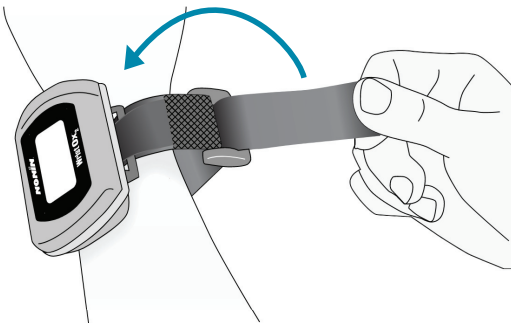
Apply Wrist Oximeter.

41. Locate the wrist cuff.



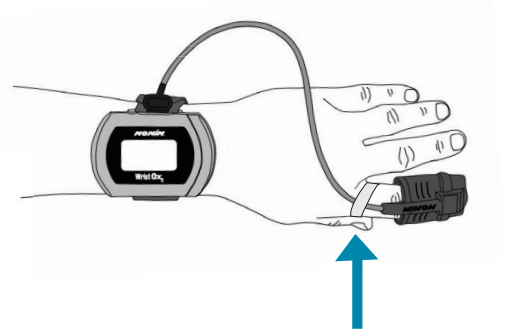
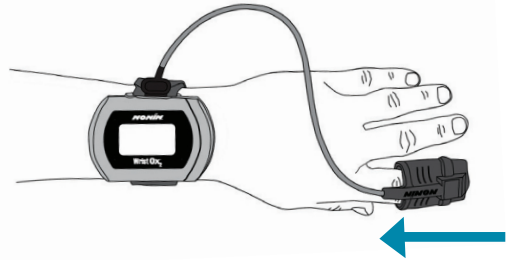
42.

Place the wrist cuff onto your left hand so that the writing on the face is facing you. Tighten the wrist cuff around your wrist so that it is snug, but not tight. Fasten to the velcro so it is secure.



43.

Place a finger into the rubber probe. Use the finger that is the most comfortable. The probe should fit snugly.



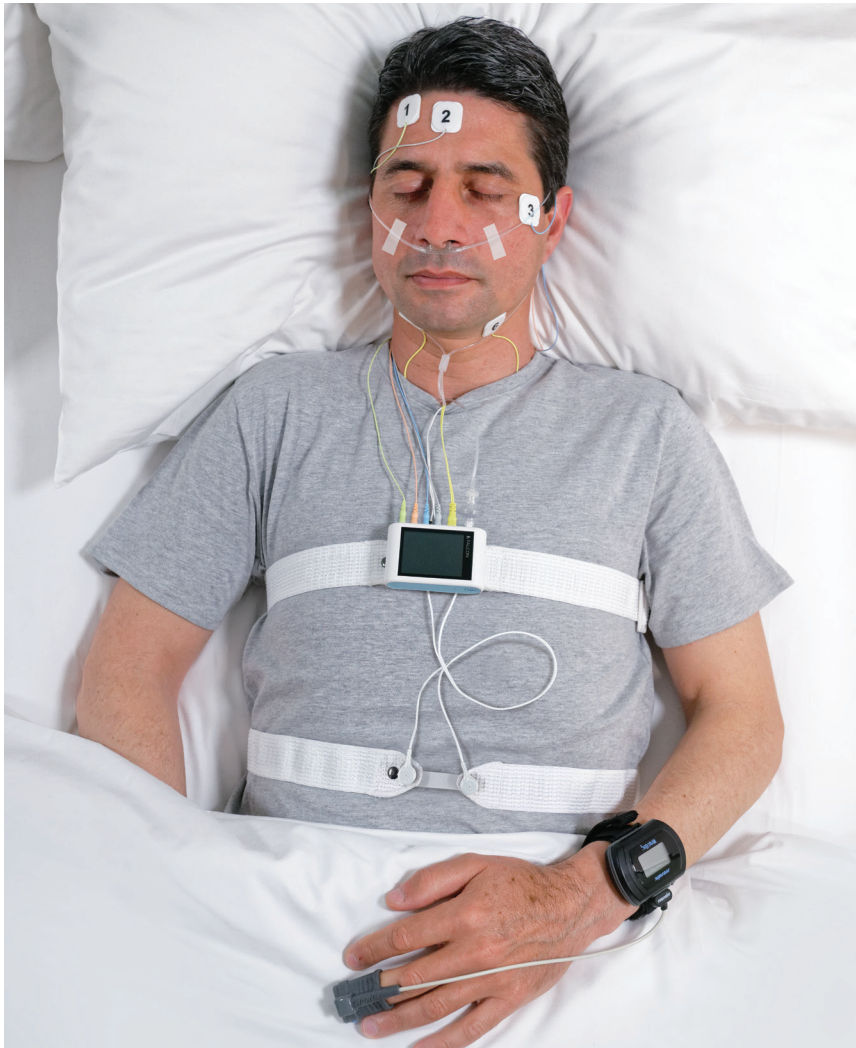
44.

Add some of the tape supplied around the top of your finger to secure the wire.

Going to Sleep

You are now fully setup and ready to go to sleep.
The Falcon will start recording automatically.

Have a good nights sleep.



When you Wake.

Removing and Returning the equipment.

When you wake please remove the device in this order:

1. Remove the Wrist Oximeter.

Remove the tape from your finger. Then remove the finger probe and slide the wrist cuff off. Put the Oximeter back into the case to return.

2. Remove the Nasal Cannula.

Remove the tape from your cheeks. Loosen the toggle under your chin and take it off your face. Let it hang, do not remove it from the Falcon unit.

3. Undo the Velcro fasteners on the chest and waist belts so that the loops hang down. Do not undo the belt at the press studs yet.

4. Remove all the Electrodes.

Remove the two electrodes 7 and 8 from your collarbone. Stick them together. Let them hang from the unit.

Remove the electrodes 5 and 6 from under your chin. Stick them together. Let them hang from the unit.

Remove electrodes 3 and 4. Stick them together. Let them hang from the unit.

Remove electrodes 1 and 2. Stick them together. Let them hang from the unit.

5. Undo the press studs on top the waist belt. Undo the waist belt and remove it.

6. Undo the clothing clips.

7. Undo one of the press studs at the back of the Falcon unit and carefully remove the device and belt from your chest.

Remove the Falcon device from the belt. All of the wires and the cannula should still be attached to the unit.

Do not disconnect any cables or the cannula from the Falcon unit.

8. Please place the Falcon unit and everything else in the case it arrived in and follow the return instructions supplied with the case.



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