

Somfit®

Start Here



Contents



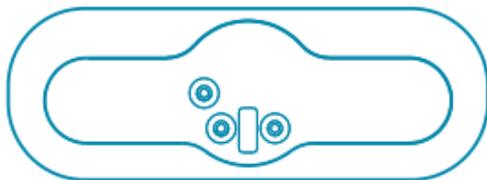
x1
Somfit® Device



x1
Charging Cradle



x1



x1
Electrode



x1
Power Adaptor



x1
USB Cable



Download
Somfit® APP

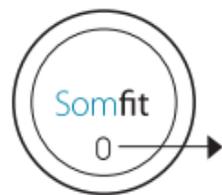
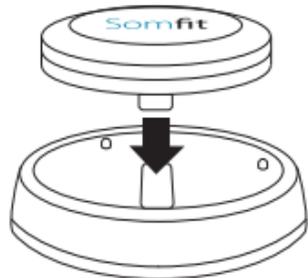


**Install App and follow your Somfit®
Providers instructions to login.**

Quick Start Guide

BEFORE USE

Charge the Somfit® – prior to using, insert Somfit® into the USB charging cradle provided.



Indicator Light



**Flashing blue light
Charging**



**Constant Blue light
Fully charged**

PREPARE FOREHEAD



Step 1.

Wash forehead using **water only** without soap or cleansing products. Dry with towel.

Clean your forehead area with the Skin Prep Pad for at least **15 seconds** to give the best signal quality.

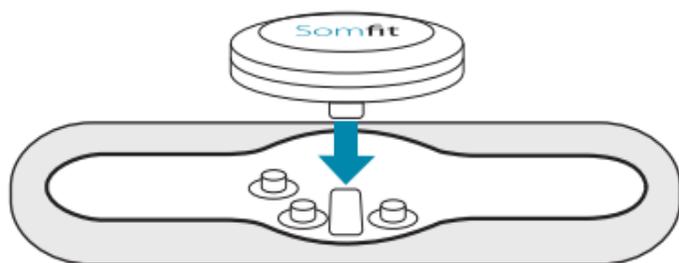
Dry your forehead with a clean towel, to ensure the forehead is **fully dry** before applying the electrode.



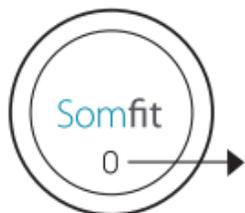
Step 2.

APPLY SOMFIT®

Attach the **Somfit®** device to the electrode ensuring all 3 snap-ins are in place.



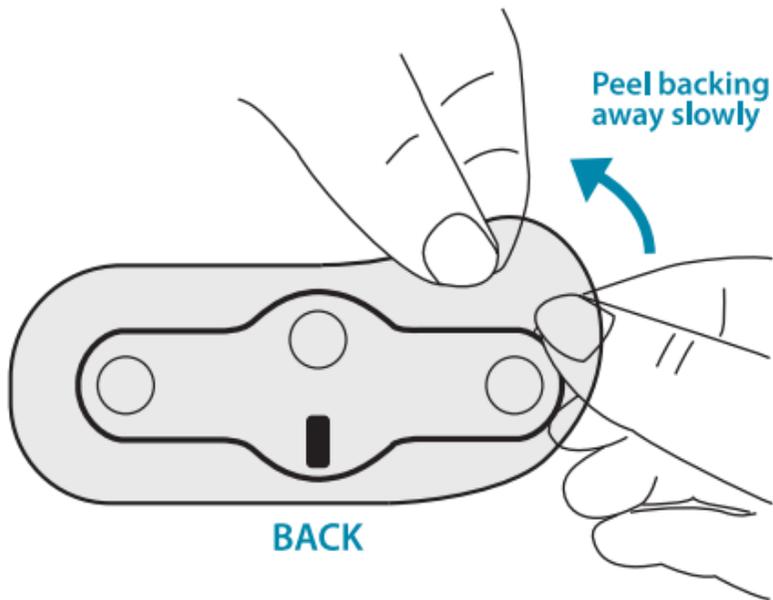
FRONT



Indicator Light



Single green light
blinking every 10 seconds
Ready to record

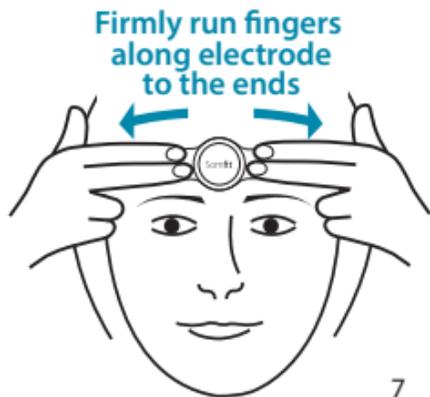
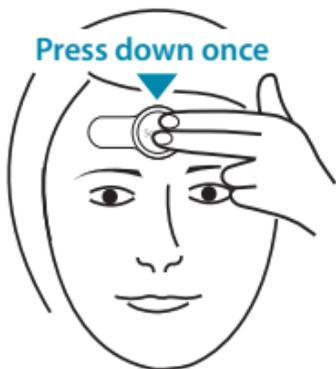


Slowly remove the clear backing from the electrode to reveal the adhesive area. Minimise touching the adhesive area and avoid any finger contact with the three circular gel areas of the electrode.

While looking at a mirror, apply the electrode to the **centre of the forehead** approximately one finger's width above the eyebrows.

Press down once on the Somfit with two fingers.

Place two fingers on each side of the electrode close to the Somfit. Press firmly as you run your fingers along the electrode towards the ends. This will ensure a firm placement.



Step 3.

OPEN APP

Run the **Somfit® App**.



After opening the App, scan the QR code on the letter provided, enter your date of birth (DOB) and press the **'Start Study'** button to progress through the **step-by-step application process and signal check.**

START RECORDING



After Somfit completes pre-checks, the recording screen will appear.

Do not open other Apps and avoid using your phone after you start the study.

You can lock the phone screen, but do not put the phone in aeroplane mode.

Ensure phone is charging on your bedside table.

It is suggested to turn on silent or do not disturb mode on your phone to avoid sleep disturbances.

Step 4.

GO TO SLEEP

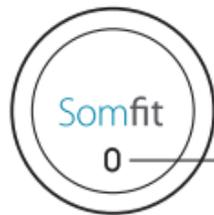
You are all set to go.
Go to sleep in your
normal sleep position.



Important Step

Ensure phone is on and charging
on your bedside table.

It is normal for the
indicator light
to be turned off
during recording.



Light off
Recording

Indicator Light

Step 5.

WAKE

When you wake simply, press the **'END STUDY'** button. Confirm you wish to end study by clicking **'Yes'**.

Complete post-sleep survey if prompted.

Data upload will automatically occur.

**Do not close the App
or switch off your
phone while the study
is uploading.**

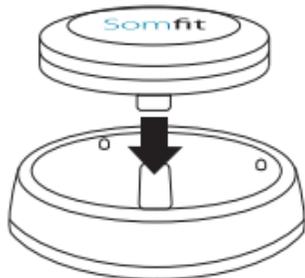
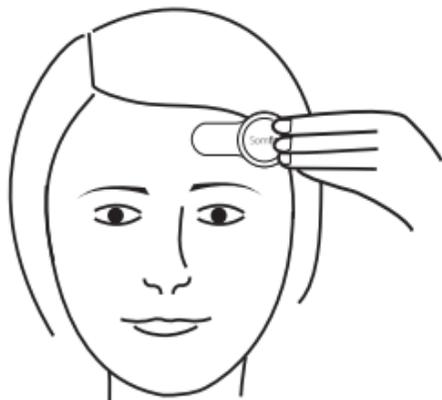


**Important
Step**

Carefully remove the Somfit® device from your forehead by gently peeling off the electrode.

Remove the electrode from the Somfit® and discard the electrode.

Return the Somfit® to the charging cradle.



Step 6.

REPEAT

Continue using Somfit® each night until sufficient nights have been completed. At the end of this period of nights, you will be instructed by the App to return the kit to your provider. The provider will instruct you on how to obtain your results.

www.somfit.com

AJ012-04