

Sleep Profiler Chin and Arm EMG Patient Instructions

A. Connect the Chin and Arm EMG Cables to the Sleep Profiler Device.

B. Follow the Sleep Profiler Patient Instructions through "Applying the Device for your Study" (Steps 1-11).



C. Apply the Chin Sensors:

1. Use an alcohol wipe to clean your face approximately two inches above and two inches below the jawline and three inches to the left and right of midline.

2. While looking into a mirror, place the first sensor with the white stripe on the sensor in line with the jaw, and the inner edge of the sensor approximately one-quarter inch from the midline.



3. Place the second sensor along the jaw on the opposite side with approximately one-half inch distance (or the width of your index finger) between the inner edges of the two sensors.



4. Connect the snaps from the shorter cable to the two sensors on your chin.

5. Tuck the extra cable length behind your ear.

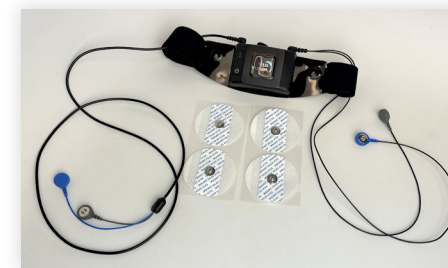


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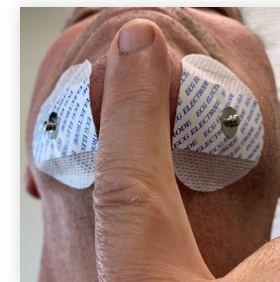
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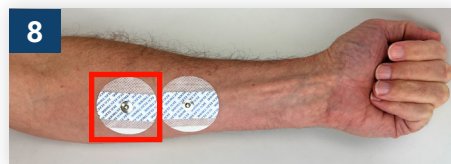
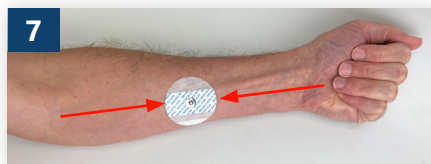
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C. Apply the Arm Sensors to your LEFT Arm:

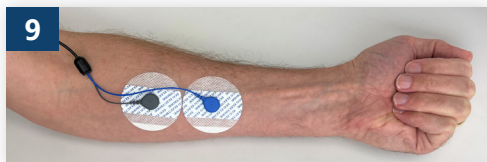
6. With your left palm facing up, use an alcohol wipe to clean a 3" wide x 4" long (7.6 x 10.2 cm) area of your arm, halfway between your wrist and elbow.



7. Place one of the sensors halfway between your wrist and elbow.
8. Place the other sensor directly next to the first sensor (on the side closer to your elbow).



9. Connect the snaps from the long cable to the sensors on your arm.
10. Apply tape to your skin or shirt above your elbow to ensure the cable is held in place, but remains slightly loose.



11. Tuck the cables behind your ear.

D. Follow the Sleep Profiler Patient Instruction steps for "Recording Your Study" (steps 12-15).

E. In the morning:

12. Press the ON/OFF button for 1-second and release to turn off the device.
13. Disconnect the EMG cable snaps from the sensors on your chin and arm.
14. Remove the tape and sensors from your chin and arm, then dispose of the tape and sensors.
15. Lift the headband forward, over your head.
16. Grasp the sensor tabs and slowly lift away the forehead device from the forehead, one sensor at a time. Unsnap and discard the 3 used sensors from the device.
17. Place the device, cables and instructions in the carrying case.
18. Repeat these procedures for Night Two (if instructed).

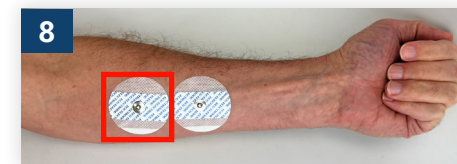
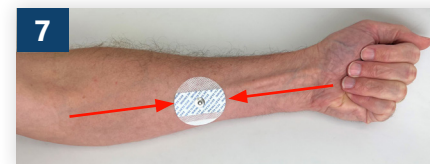


C. Apply the Arm Sensors to your LEFT Arm:

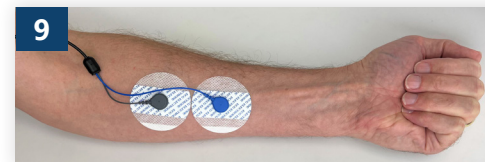
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