



## STEP-BY-STEP

### Important:

Before proceeding with test, visit:  
[ezsleeptest.com/manual](http://ezsleeptest.com/manual)  
 To view our "Instructional Video"

1



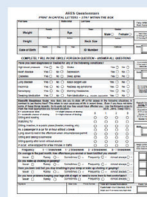
Remove all the contents from the black carrying box (Sleep Questionnaire, EzTest Device and Measuring Tape).

2



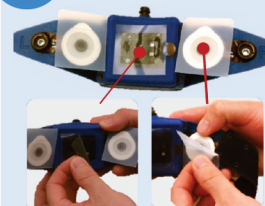
Measure your neck size with the measuring tape.

3



Completely fill out and sign the sleep questionnaire and place the completed sleep questionnaire inside the black carrying box.

4



Thoroughly wash and dry your forehead and then proceed to remove the EzTest device from the plastic bag and the three plastic sensor coverings.

5



Adjust the black head strap by removing the plastic snap-ins. **Note: It is important that the unit fits you comfortably and not so tight to avoid unnecessary discomfort.**

6



Hold the cannula tips (2 prongs extending from the clear tubing) against the bottom of the EzTest device with your thumb.

7



Center the EzTest device over your nose and slightly above your eyebrows. Remove any hair from under the sensor to ensure that the sensors make complete contact with your skin.

8



The cannula tips should be snug inside your nostrils. **Note: If they do not stay in place or fall, apply one small piece of tape on either side of your cheeks over the cannula to keep it secure.**

9



Grasp the cannula tube with your hand and pull it away from the back of your head until the tips are snug in your nostrils.

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## BEGIN YOUR SLEEP STUDY

Turn EzTest device "ON" by pressing the power button on the top of the monitor. An audio alert will sound letting you know that the EzTest device is ON. After 10 seconds an audio alert will sound to indicate that the start-up period is complete. You can now change positions and go to sleep.

The EzTest device monitor is programmed to provide voice prompt alerts when data collection is interrupted during the study due to the nasal cannula falling out or the EzTest device shifting on your forehead. To resume data capture, please re-secure the nasal cannula or reposition the EzTest device.

### Will I be able to sleep with the EzTest device on my forehead?

You may find it a bit strange at first, but most people do not find it uncomfortable or an obstacle to falling asleep.

**Do I need to sleep on my back?** No. You can sleep in the position that is most comfortable.

### Can I sleep with a television or ceiling fan on in the room?

If possible, refrain from using anything that creates ambient noise during the sleep study.

**How many hours do I need to sleep with the EzTest device?** You will need to sleep with the EzTest device all night.

**Can I take medications?** Yes. Please take your medication as usual.

**What if I have to use the restroom or get a drink of water during the night?** Leave the monitor on and recording during these activities.

**Can I shower with the EzTest device?** No. The EzTest device cannot get wet.

## TECH SUPPORT

In the event of any questions or assistance with your device, please email us at [help@ezsleeptest.com](mailto:help@ezsleeptest.com) or call our 24-hour tech support line at **855-713-3593**. If no one is available, leave a clear message with your name and phone number and you should receive a call back within 15 minutes.

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## THE MORNING AFTER YOUR SLEEP STUDY

1. Remove the EzTest device carefully from your head by removing the head strap first and then pulling the monitor away from your forehead.



2. If the green light in front of the EzTest device is illuminated, turn the EzTest device "OFF". If the light is no longer illuminated, the EzTest device has automatically stopped recording.



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## RETURNING YOUR EzTEST DEVICE

1. Place all of the contents back into the black carrying box and close the unit.

2. Take out the prepaid US Postal Service label.

3. Place black carrying case inside the original US Postal Service box and close the box. Affix the prepaid US Postal Service label on the sealed box and hand the box to your US Postal Carrier or place inside of a US Postal Service box.