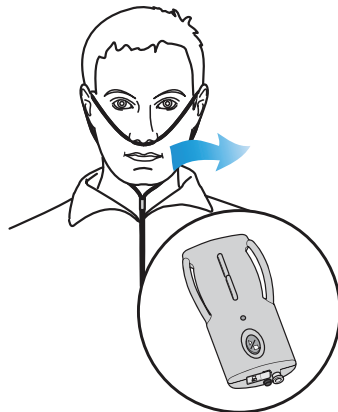


Inhale - Light comes on



Exhale - Light goes out

How do I know the sleep device is working correctly?

The device is correctly registering your breathing if the light comes on when you breathe in, and goes out when you breathe out. After 10 minutes, the light will dim and remain on, but dimmed.

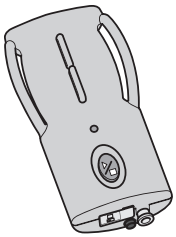
During the night...

Don't remove the airflow sensor. The finger sensor can be removed to use the restroom and wash your hands. After that, place the finger sensor back on your finger.

In the morning...

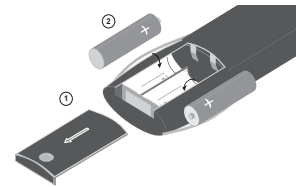
Get up as soon as you wake up either naturally or from the alarm, and don't lie in bed awake for too long. Place the device, instructional dvd, and paperwork in return envelope and mail back to IDS.

Troubleshooting

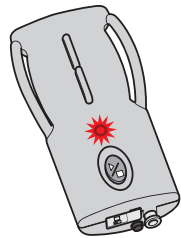


If the light does not come on...

If the green light does not come on when the button is pressed, the batteries may need to be replaced. Remove the sticker from the spare batteries shipped with the device, and take out the set that is in the device. Put the new batteries in as shown. If that does not work, call IDS Patient Support at 800-272-1530.

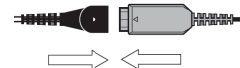


Battery replacement

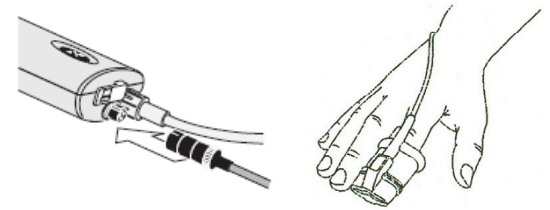


If the light is red instead of green...

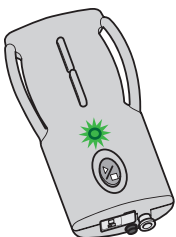
If the light is red, this means it is not getting a signal from the sensor on your finger. Check that the gray cable is connected securely at the device, and that the connection from the finger sensor to the cable that goes into the box is secure. If the light remains red, move the sensor to a larger finger, if possible. Be sure that nail polish has been removed from the finger the sensor is on. Finally, try placing some tape over the finger sensor to make the fit more secure. If all of these steps fail, call IDS Patient Support at 800-272-1530.



Secure cables



Secure finger sensor



If the light does not change with your breaths....

If the light does not go off and on with your breaths when it is first turned on, this means there is no signal from the airflow sensor. Check the connection where the plastic tube fits into the device, and turn it clockwise to tighten it. Then check the connection at the nose to make sure it is in each nostril correctly. If all steps fail, call IDS Patient Support at 800-272-1530.



Check tube connection



Check connection under nose