

SleepDoc Porti® 7 – Fitting Guide

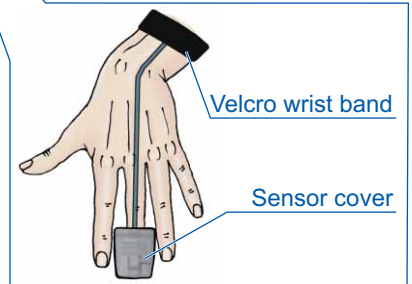
Chest belt

Blue cable

Abdomen belt

Velcro wrist band

Finger sensor
(cable over back of hand)



Velcro wrist band

Sensor cover



CAUTION

The equipment should not come into contact with water!
The finger sensor must be removed before washing
your hands.
Please follow the directions!



SleepDoc Porti® 7 – Instructions for the patient

1. In case of recording ECG: Apply the ECG electrodes (see overleaf illustration).
2. The Porti device has to be worn over your night clothing. The device has to be placed in the middle of your chest in an upright position. Using the neck strap for assistance, fasten the chest belt. The belt should not be fastened too tight however; it should be fastened so that it is secure and comfortable.
3. Fasten abdomen belt with integrated abdomen sensor around the stomach. The position of the belt should be around the belly button.

ATTENTION The abdomen belt should be positioned so that the pressure pad sensor is on the inside of the belt facing the body. Same as the chest belt.

4. In case of recording leg movements: Apply leg sensor by means of an adhesive tape (see overleaf illustration). If the sensor is attached correctly, the sensor is lying approx. 10 cm below the knee joint and approx. 2-5 cm lateral to the shin bone. Ensure that the sensor is lying securely on the muscle. The sensor should never be secured onto the shin bone!
5. In case of recording EEG: The 3 part EEG electrode strip needs to be stuck to the forehead, which was cleaned with alcohol before.
6. Apply the nasal flow prong to your face and behind the ears as illustrated. If necessary fix the nasal prong to your cheeks with adhesive tape. Connect the hose to the blue adapter hose to the Porti unit.
If using a mask, you will need to apply and fix the CPAP adapter hose. (Note: when using a mask, the flowprong will not be needed).
7. If possible your middle finger nail should be cut short. Ensure any nail polish is removed from the middle finger. (Including clear nail polish). The finger must be placed in the grey sensor cover so that the symbol of the nail can be seen on top of the sensor and fix the cable over the back of the hand with the velcro wrist strap.
8. The recording will start automatically at the time previously set in the clinic.
9. Both LEDs will illuminate. If the finger sensor has been applied correctly the red LED will go out. During the recording the green LED will blink at 4 second intervals, indicating measurement activity.

Error message	Reason	Error removal
Green LED does not blink	Storage battery is empty	Charge the storage battery
Red LED flashes	Incorrect pulse signal	Check finger sensor and cable

The next morning

Put all parts back into the case. Return the complete case to the sleep lab/clinic.