

Return the Unicorder in the Supply Box:

- Include the measuring tape; ARES Unicorder resealed in the plastic bag; ARES H&P Questionnaire and Sleep Log.
- Bring the Supply Box containing all contents to the facility where you received your ARES Unicorder;
OR
- Seal the Supply Box in the provided return envelope and take it to one of the UPS Shipping Locations on the enclosed list.



NOTICE: The Unicorder must be worn and returned by the 5th day or late charges may apply.

Intended Use of the ARES Unicorder

Caution: U.S. Federal law restricts this device to sale by or on the order of a physician.

Warning: The ARES Unicorder is not recommended for UNASSISTED USE by patients with conditions that would make its use difficult. These conditions include: deafness, blindness, severe heart rhythm problems, severe arthritis, inability to understand or follow printed instructions, use of supplemental oxygen at night, and tics or tremors of the head.

Warning: Misuse of the ARES Unicorder by a patient with any of the following conditions may result in poor signal quality or could lead to a misdiagnosis by your physician.

- Extreme sensitivity of skin or scalp and/or open wounds of the forehead or scalp;
- Allergic reactions to extended exposure to synthetic fabrics (e.g., polyester, rayon);
- Upper respiratory infections or congestion;
- Inability to sleep at least 5 hours per night or a total of 8 hours over two nights;
- Head circumference less than 20 inches or greater than 25 inches;
- Suggested sleep disorders other than obstructive sleep apnea.

Technical Support:

START-UP PERIOD	AUDIO ALERT	GREEN LIGHT	REPEATS EVERY	INDICATION
	1 chirp	Fast blinking	-	Calibration period started
DURING STUDY	2 beeps	2 blinks	1 second	Adjust the Unicorder on forehead
	3 beeps	3 blinks	1 second	Place cannula tips in nostrils and adjust slip tube
START-UP ERROR MESSAGES	1 chirp	1 blink	3 seconds	Battery not charged - call Technical Support
	4 chirps	4 blinks	3 seconds	Call Technical Support

If the same Alert sounds more than 2 times, call Technical Support.

Alert Guide



PATIENT INSTRUCTION BOOKLET



- Keys to a successful ARES sleep study -

- ✓ Complete all responses on the enclosed ARES H&P Questionnaire and Sleep Log.
- ✓ Measure your head size carefully and select the correct strap setting.
- ✓ Use the Alert Guide on page 6 to help fix problems that may occur during the night.
- ✓ Call technical support if you have questions.
- ✓ Complete your study and return the Unicorder as quickly as possible.

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Technical Support:

Measuring Your Head Size

1. Using the measuring tape provided, pull the tape tight as you measure your head size (See photo – Step 1).
2. If you have long hair and plan to wear it up, do so before you measure your head size (See photo -- Step 1).
3. Repeat the measurement to ensure accuracy. Then write your head size in the Sleep Log.
4. Use the chart below to determine your initial strap setting based on your head size and strap size.
5. Adjust the strap to the appropriate setting making sure the strap setting number is visible in the U shaped notch on the top side of the strap (See photo – Step 2).

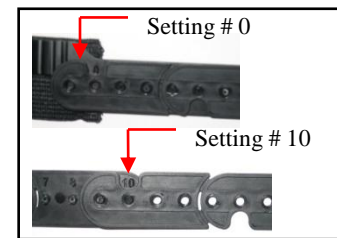


Step 1. Measure head circumference

Head Size	Strap Setting
< 21.5"	0
21.5"	1
22"	3
22.5"	5
23"	7
23.5"	9
≥ 24	10



Wearing hair up



Step 2. Adjust the setting. For setting 0, the two left holes will not be snapped.



Step 3: Hold the cannula tips with your thumb.



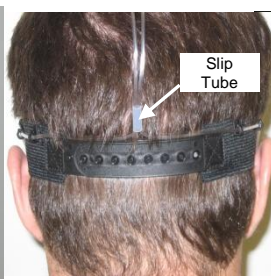
Step 4: Slide the strap over your head.

Putting on the ARES Unicorder

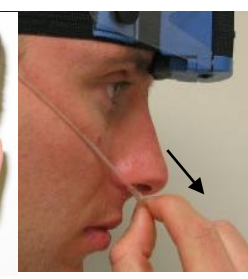
1. Before starting, thoroughly wash and dry your forehead and then wipe it with an alcohol wipe.
2. Hold the cannula tips (2 short prongs extending from clear plastic tubing) against the on/off label on the bottom of the Unicorder with your thumb (See photo – Step 3).
3. Slide the strap around your head and remove any hair from under the sensor (See photo – Step 4).
4. Center the Unicorder over your nose and slightly above your eyebrows on the flattest region of your forehead. The entire silicone forehead sensor must make contact with your skin.
5. Place the two cannula tips inside your nostrils.
6. Grasp the cannula with one hand and pull it away from the back of your head until it is snug (See photo - Step 5).
7. Using your other hand, grab the slip tube label and pull toward the back of your head until the tube rests snugly above the plastic portion of the strap (See photo - Step 6).
8. Try to pull the cannula tips away from your nose. If the tips barely move, the slip tube is correctly tightened (See photo – Step 7).
9. If you hear a 3-beep alert during the night (alerts are listed on page 6) the slip tube needs to be tightened. Repeat steps 6 and 7 to adjust the slip tube.
10. Do not loosen the strap setting unless you are instructed to do so by Technical Support.



Step 5. Pull the cannula back so the cannula tips are snug inside your nostrils.



Step 6. Slide the slip tube in place to secure the cannula.



Step 7. When the slip tube is correctly adjusted, the cannula tips should not pull away from your nostrils.

During your Sleep study

1. Turn off the TV, radio, room fans or other electronic appliances that may interfere with the microphone.
2. Complete the “Prior to Sleep” questions in the sleep log
3. Each time the Unicorder is switched on, it must complete a short start-up routine.
4. Switch the Unicorder on and hear one chirp. Lie on your back and remain still. After approximately 10 seconds you will hear two chirps. You can now change positions and go to sleep.
5. Leave the Unicorder ON during the ENTIRE night.
6. If you hear a 4-beep alert, call Technical Support.
7. An alert will sound if the Unicorder is not receiving a good signal. To stop the alert temporarily, turn your head back and forth as if you are shaking your head No.
8. For a 2-beep alert, move the Unicorder slightly on your forehead. If the alarm sounds again, tighten the strap one setting. Never adjust more than one snap from your original setting.
9. For a 3-beep alert, tighten the Cannula slip tube.
10. If any alert sounds more than 2 times, call Tech Support.

In the Morning

1. Switch the Unicorder OFF when you wake up.
2. If the green light is blinking, the Unicorder has automatically stopped recording. This is normal, but you still need to turn the Unicorder OFF.
3. Return the Unicorder to the plastic bag, being careful to protect the black silicone forehead sensor.
4. Complete the “In the Morning” section of the Sleep Log.
5. Wearing the Unicorder may result in a mark on your forehead that usually disappears in a few hours. On extremely rare occasions, the mark may remain for 2-3 days.

