Patient Hookup Instructions

1. Attach both clips on the NOX-T3 portable sleep monitor to your clothing, on your chest at armpit height. Snap a belt end onto the back of the device, wrap the belt around your torso and snap the other end in place.

2. Hold the cannula with the prongs curved down and toward the back of your throat. Place a prong in each nostril, and wrap the tubing over and behind each ear. Slide the fastener, located at the Y-site of the cannula, underneath your chin for a tight yet comfortable connection. **If your nasal cannula was not pre-fitted into the NOX-T3 device, insert the other end of the cannula into the top hole on the side of the NOX-T3 device and push it in firmly.**
3. Place the watch-like mechanism on the wrist of your non-dominant hand, and secure it in place using the Velcro® straps. Place the probe over the fingertip of your index finger. Make sure the tip of your finger does not protrude through the end of the probe and one of the squares is on top of your finger.

4. If your device was not configured to start automatically, press the center button, and then press and hold the middle button for three seconds to turn on the device.

5. At the end of testing, the recording device must be returned to the Sleep Disorder Center. Recorded data will be downloaded, scored and prepared for the physician interpretation.

For questions or concerns, please contact the UTMB Sleep Disorder Centers at:
832-505-2360 or 409-772-3869
In case of emergency, Dial 911