

# Nomad Home Sleep Apnea Test Set Up

All the Equipment will be provided for you, and explained during your pick up appt.

## Step 1: Chest Belt

Chest belt should wrap around your chest, just below the armpits.  
Clip little black push button together.  
Nomad HSAT device should be center of the chest on sternum.  
Belt should be snug but not too tight.

## Step 2: Abd Belt

Abdominal belt should wrap around your stomach, right above the belly button.  
Clip little black push button together.  
Belt should be snug but not too tight.

(Adjustment of belt should be done prior to placing belts on body and placing Snap sensor)

## Step 3: Nasal Cannula/Thermistor

Place the nasal cannula in your nose, then put the tube of the cannula and **White** thermistor cable over your ears.  
(Use bolo style sliders to secure cannula and **White** thermistor cable).  
Then connect **White** thermistor cable with **Gray** connection into **Green** sensor port on the side of the Nomad device.

## Step 4: Connect Sensor Cables

Connect **Black** chest sensor and snap it to the front of chest belt. Plug in **Blue** sensor cable to side of Nomad device in the **Blue** sensor port.

## Step 5: Connect Abd Sensor Cable

Connect **Red** Abd sensor and snap it to the front of abdomen belt. Then plug in **Yellow** sensor cable to the side of Nomad device in the **Yellow** sensor port.

## Step 6: Oxygen Saturation Finger Probe

**The last piece of equipment that you will connect is on your finger.**

Peel the plastic sticker off of the back of the probe, like the picture, it will go in front of the patients' finger on the nail.  
Wrap the sticker around the selected finger of the patient, and plug the end of the probe into the top right of the Nomad device.  
The **Black** end of the finger probe will only go in and fit in one way.

After 3-5 minutes, the light on the front of the NOMAD device will start to blink.

NOTE: If light does not start to blink, the device is not recording. Please check that the finger probe is securely plugged in. If the light has not started blinking after five minutes, then please

call the UNMH Sleep Disorders Center at

**505-272-6108.**





### Instructions:

Nomad - home sleep study, begin by placing the respiratory belt around your chest, close belt make sure the recorder is snug against your body in the center of the chest. Then place the abdominal belt around the your waist, right above the belly button. Once the belts are in place, attach the labeled snap sensors to each of the belts, and then the belt sensor cables into the Nomad recorder on the side of the device in color coded ports. Place the nasal cannula in your nostrils, the prongs of the cannula should face upwards and curve in each nostril and adjust using bolo slides. Now that the equipment is in place, you are ready to plug in the finger probe sensor, wait for the device to start the sleep study.



### Equipment:

- 1 Nomad Hsat device
- 1 Fabric carrying case
- 2 **Blue** belts one for chest and one for abdomen
- 1 Chest snap sensors- **Black** snaps with a **Blue** sensor connection
- 1 Abd snap sensor- **Red** snaps with a **Yellow** sensor connection
- 1 Nasal cannula with clear twist connection
- 1 Thermistor with **Gray** sensor connection
- 1 Oxygen sat probe

