



ONERA STS I

Instructions

Contraindications

- Do not use the patch if you have had allergic reactions to adhesives or hydrogels or have a family history of adhesive skin allergies.
- Do not use the device on severe skin conditions such as wounds, burns or on any damaged skin.
- Do not use the device near strong magnetic fields or with devices such as MRIs.
- Do not use the device in combination with an external or internal cardiac stimulator (pacemaker).
- Consult with your doctor before using the device in combination with high-frequency surgical equipment or a diaphragmatic pacer.
- The device is not equipped with alarms and not intended to be used as monitor.

Warnings

- No modification of the equipment is allowed.
- Remove all Onera sensors before using defibrillators (extra-cardiac stimulators).
- Do not use the sensors if any component or the packaging is damaged. Contact Onera if any damage is found.
- The device should not come in contact with water or liquids, except when following the cleaning instructions. The system and its components are not water resistant, drip proof or splash proof.
- The device is not suitable for electro-cerebral inactivity (ECI) determination.

Cautions

- The device should only be used on adults and is not intended for pediatric patients (children).
- Use the sensors prescribed by your physician. The device is prescription only.
- Handle the pod, patches and all equipment with care.
- Do not swallow any parts of the device.
- Remove clothing, objects or anything that will obstruct the skin surface before applying the device.
- Skin areas should be clean, dry and completely hair-free before applying the patch.
- Follow the instructions accompanying the cannula. To prevent strangulation, do not wrap the nasal cannula around your neck.
- The patch and nasal cannula are single-use and for one sleep study only.
- The device should be removed after completing the sleep study.
- Remove patches gently from the skin to avoid skin damage.
- Return the device and all components after the sleep study.
- Remove the patch immediately if skin irritations such as severe redness, itching or allergic symptoms develop, and contact your doctor.
- If redness continues 24 hours after you have removed the patches, contact your doctor.

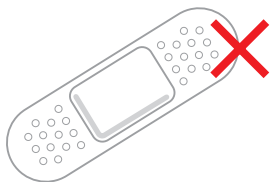
Important



Shave **before** applying the patches.



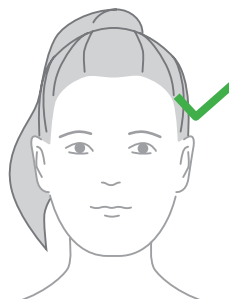
Wash your skin **before** applying the patches.



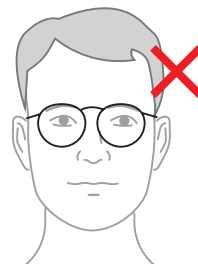
Do **not** apply to **wounds, rashes, cuts** or **burns**.



Do **not** get the sensor **wet**.



Make sure **hair, jewelry** or other objects are **not** covering your **forehead, temples** or **upper cheeks**.

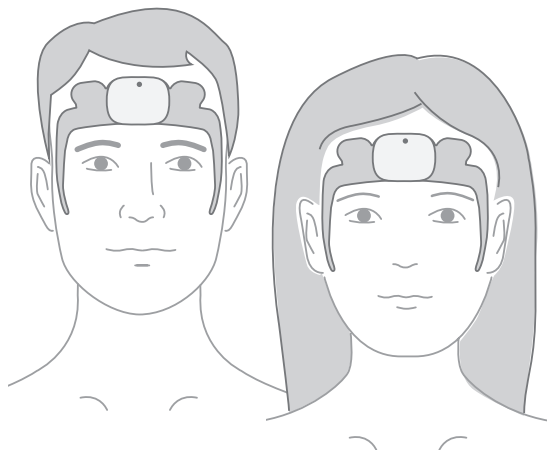


For some steps, you will have to **remove** your glasses.



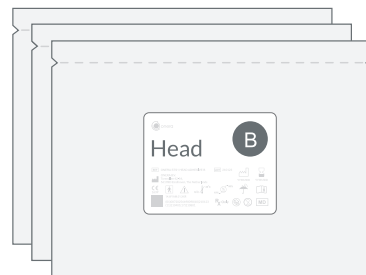
You may want to ask for **assistance** to apply the device.

Head sensor

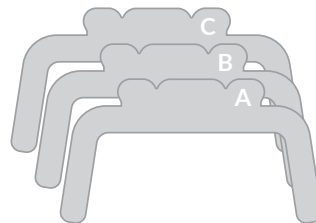


The head sensor records brain activity, eye movements and muscle activity of your jaw. The doctor uses this information to analyze your sleep.

Head sensor kit



Single-use head patches*
(A, B, C)



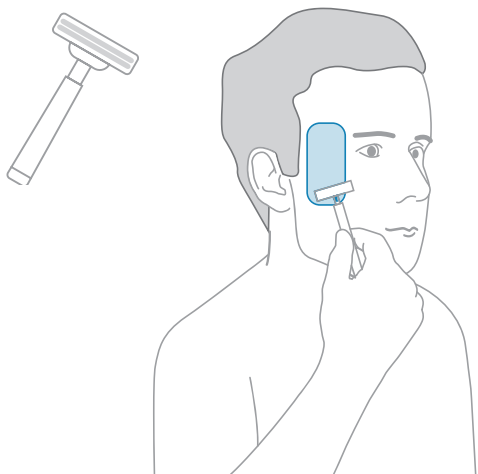
Size guides *
(A, B, C)



Head pod

**In case your doctor has not determined the size you need.*

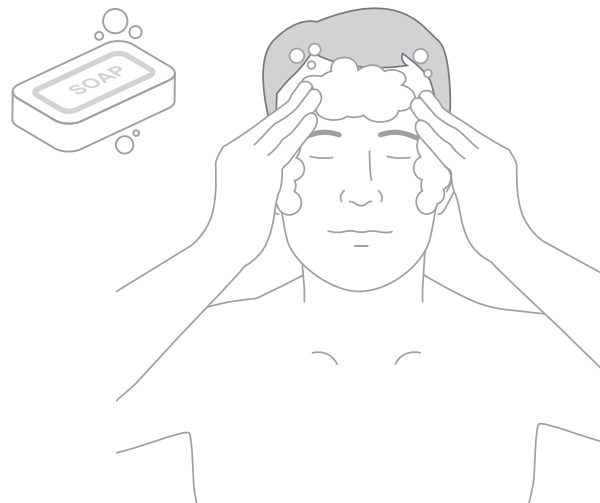
1 Shave upper cheeks



Remove **glasses** before **applying** the patch.

Shave the **blue** area on both sides.

2 Wash & dry your skin



Wash your **forehead, temples and cheeks** with soap and water.

Rinse off with water.

Pat your face **dry** with a towel.

3 Check patch size*



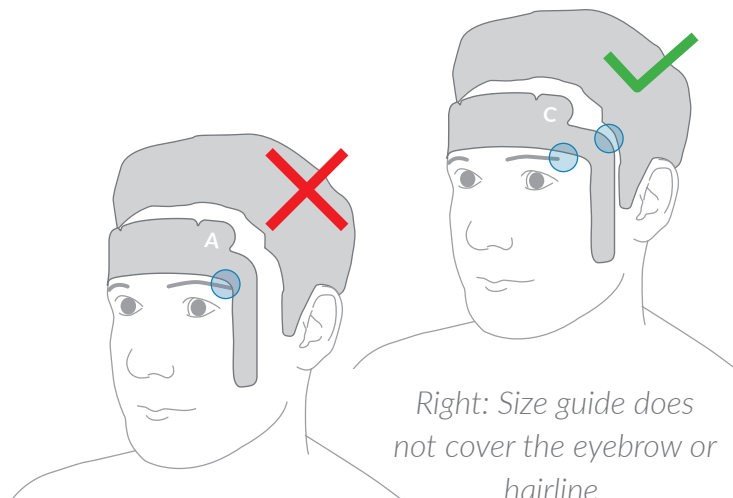
Use a **mirror**

Find the correct **patch size** by using the **size guides**.

The head patch should be placed **above your eyebrows** and **below your hairline**.

**In case your doctor has not determined the size you need.*

Hold the size guides (A, B, C) up to your **forehead** to see which **fits** best.



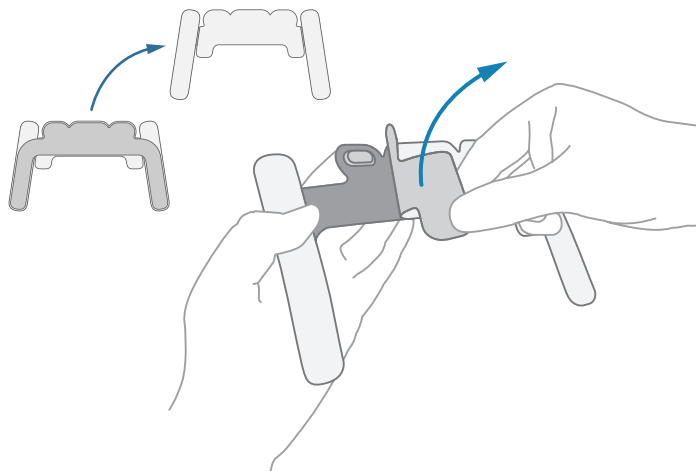
Wrong: Size guide is on top of the eyebrow.

Right: Size guide does not cover the eyebrow or hairline.

Open the silver pouch **with the corresponding size (A, B, or C)** and take out the **patch**.

4 Remove the middle backing

Rotate the patch to **its back**.

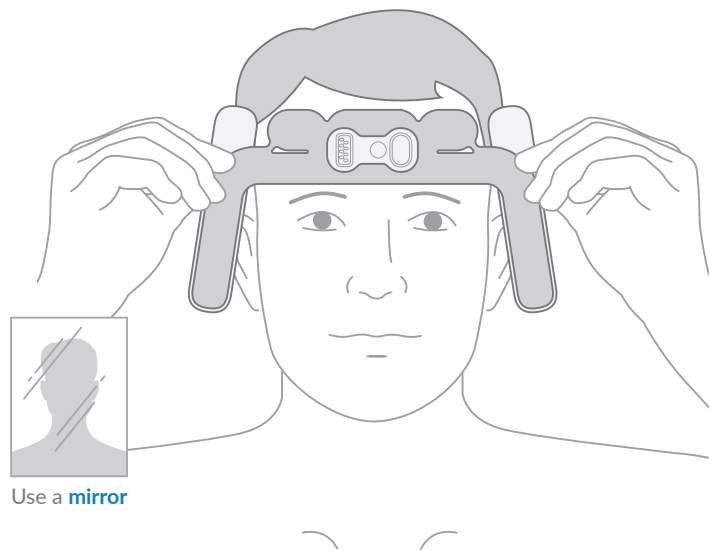


Remove **ONLY** the **MIDDLE** transparent backing.

Do **NOT** remove all the liners at once!

Do **NOT** touch the sticky part!

5 Apply the patch



Use a **mirror**

Align the patch **above your eyebrows**.

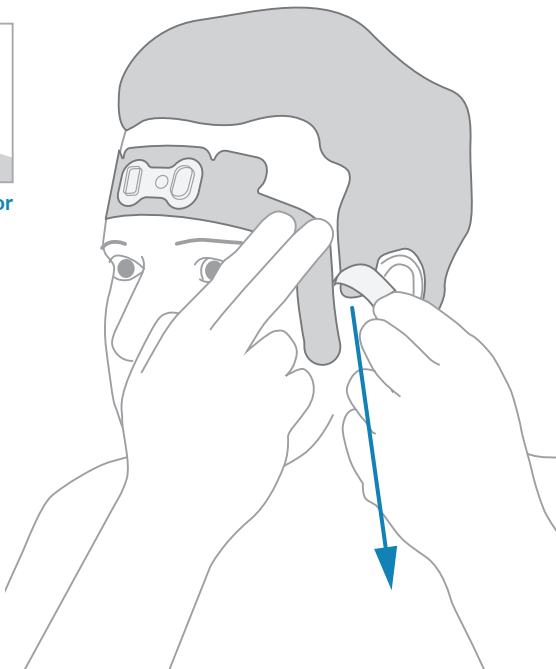
Firmly **press** on the middle of the patch.

Do **NOT** remove and reapply the patch.

6 Remove the sides



Use a **mirror**



Peel away the **side transparent backing**.

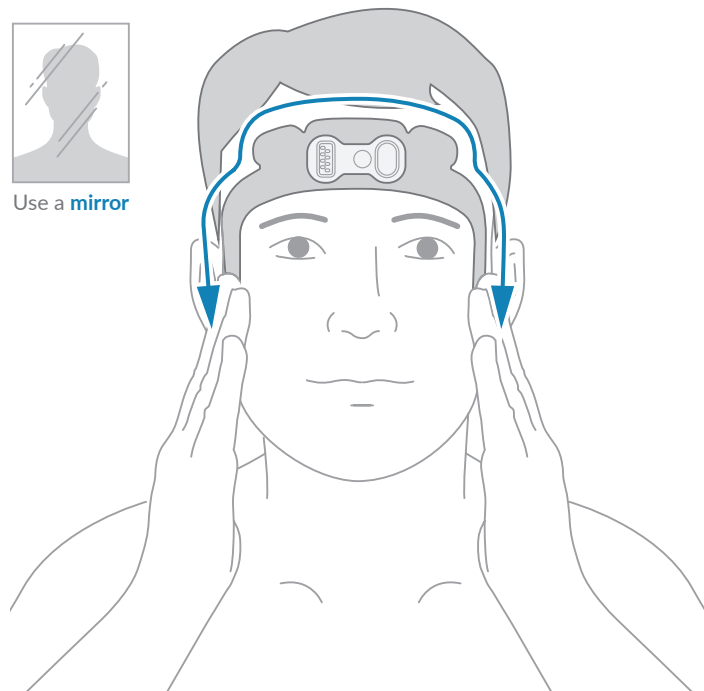
Press **firmly** on the patch.

Repeat this step for the **other side**.

7 Press firmly on the patch

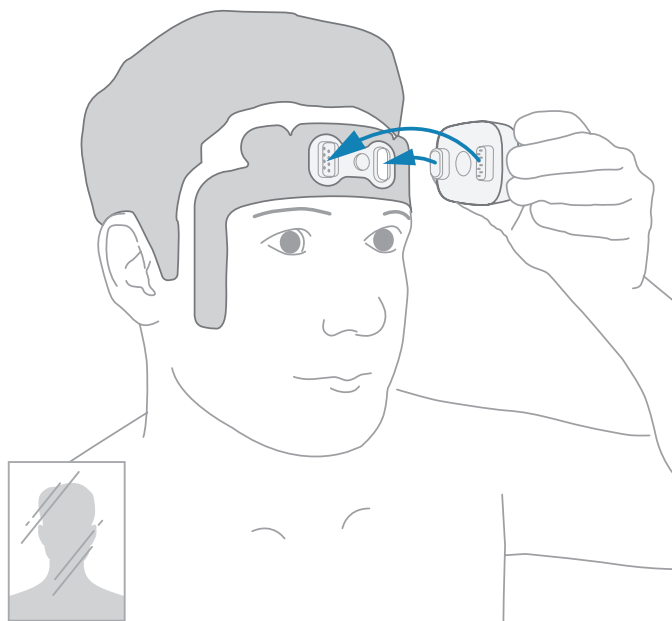


Use a **mirror**



Press firmly again along the entire patch to ensure proper patch adhesion.

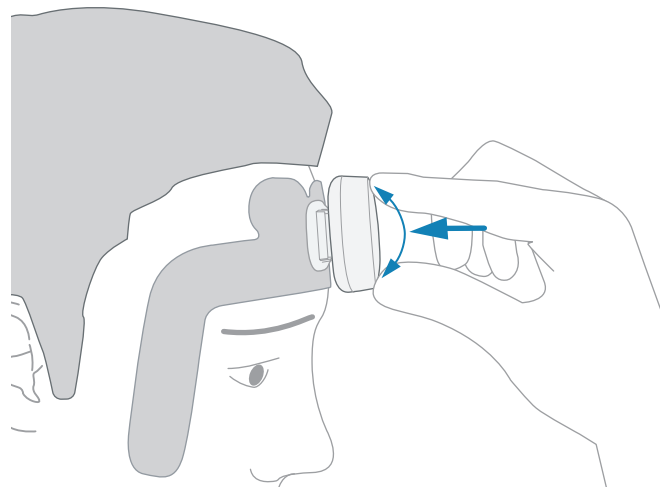
8 Connect the pod



Use a **mirror**

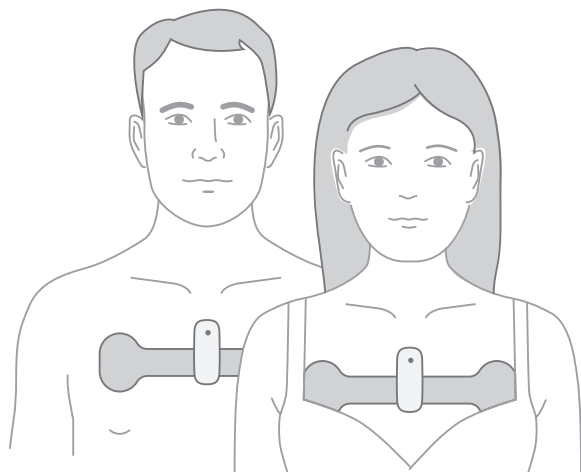
Align the pod onto the patch.
Firmly press the pod into place.

9 Check the connection



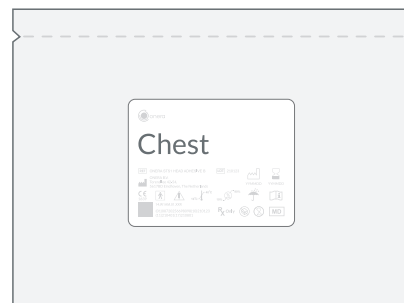
Make sure to press both the
top and bottom of the pod.

Chest sensor



The chest sensor monitors heart activity, respiration, how your body moves as you sleep and sounds you may make in your sleep, such as snoring.

Chest sensor kit

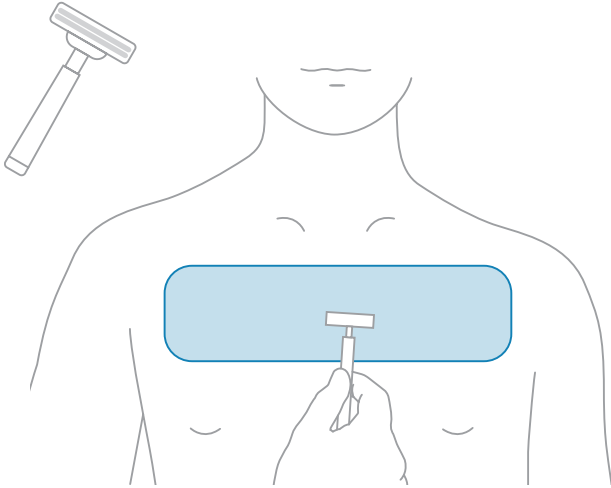


Single-use chest patch



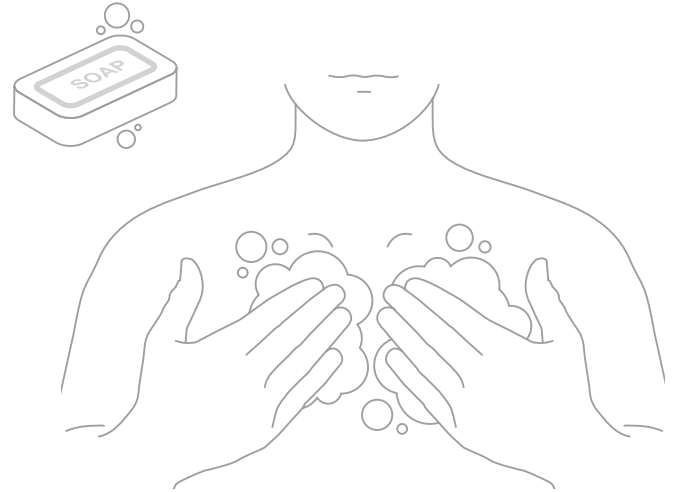
Chest pod

1 Shave your chest



Shave the **blue area** on your chest.

2 Wash & dry your skin



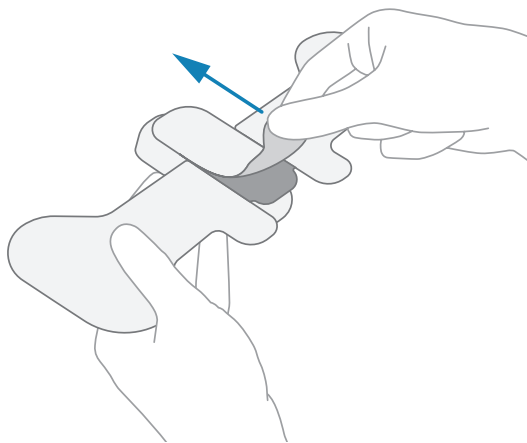
Wash your chest with **soap and water**.

Rinse off with water.

Pat your chest **dry** with a towel.

3 Remove the MIDDLE liner

Open the **chest patch pouch** and take out the **patch**.



Remove **ONLY** the **MIDDLE** transparent backing.

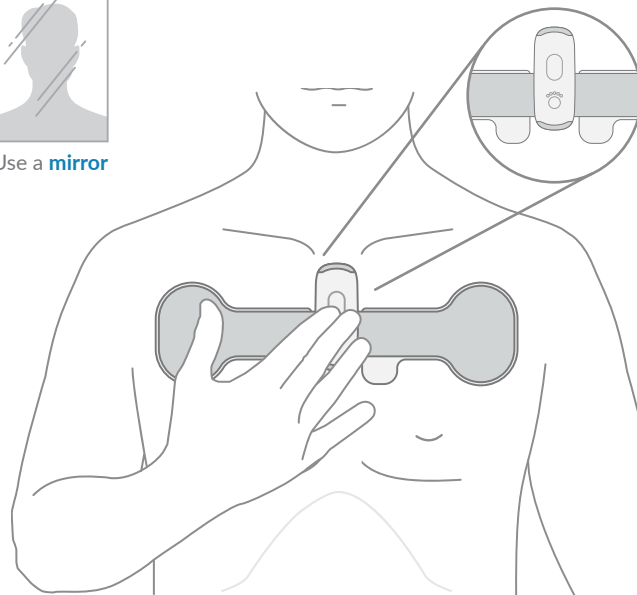
Do **NOT** remove all the liners at once!

Do **NOT** touch the sticky part!

4 Firmly press the middle



Use a **mirror**



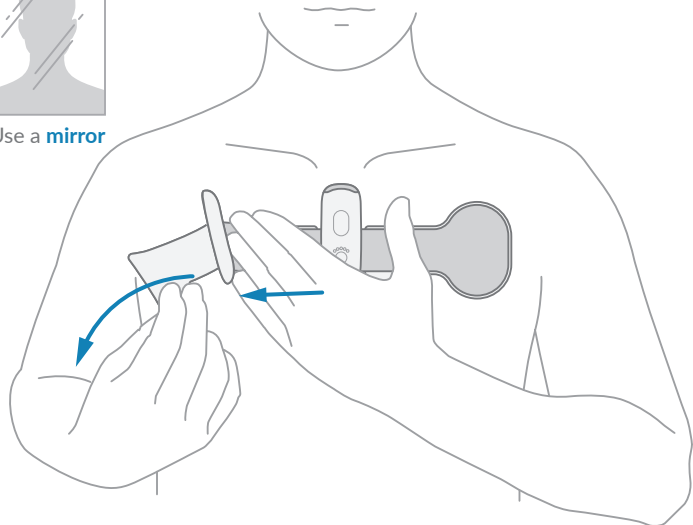
Position the patch with the middle extension upward.

Firmly **press** the middle part.

5 Apply the sides



Use a **mirror**



Peel away the transparent backing from one side.

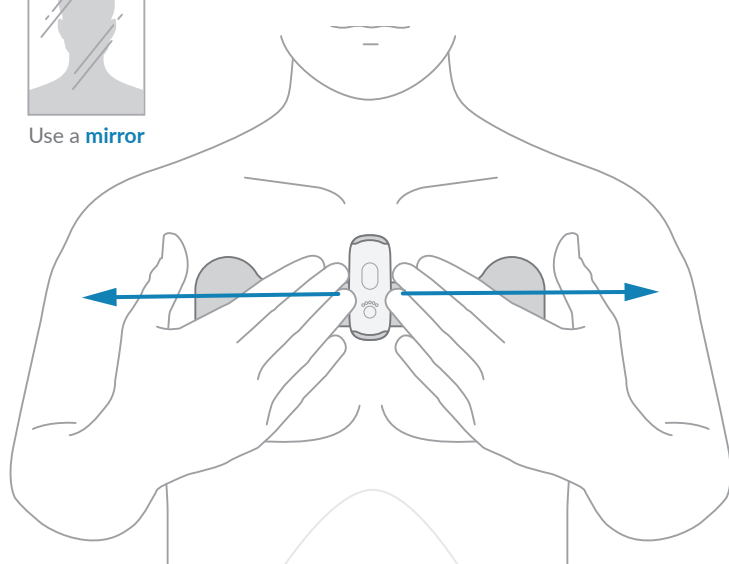
Stick the patch with a sliding movement.

Repeat this step for the **other side**.

6 Firmly press the patch

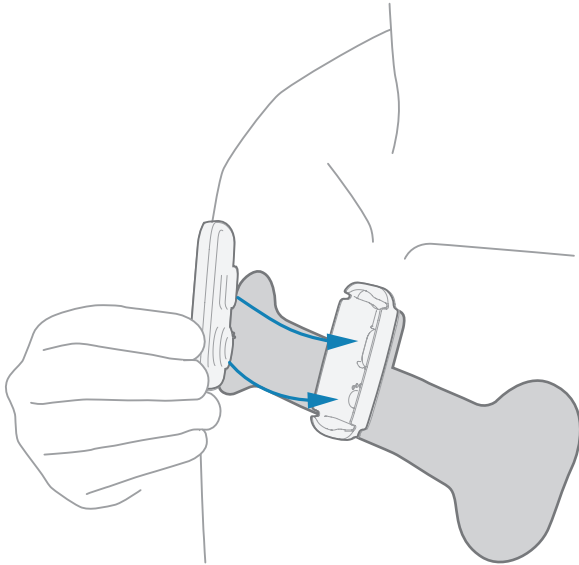


Use a **mirror**



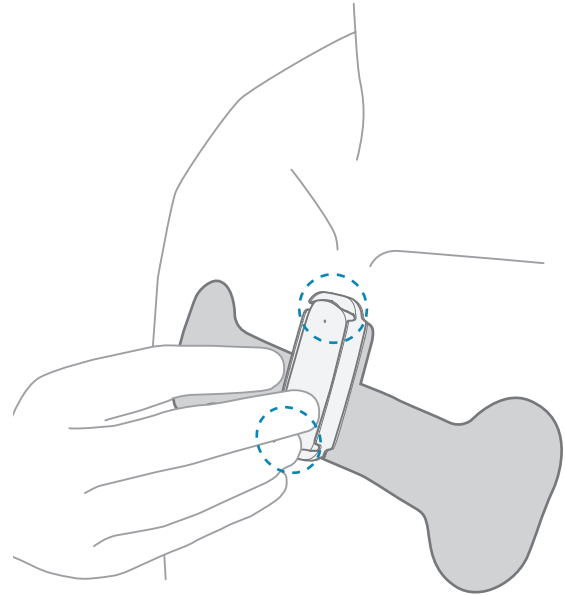
To **ensure** proper patch adhesion, **press** firmly, from **center** to **sides**.

7 Connect the pod



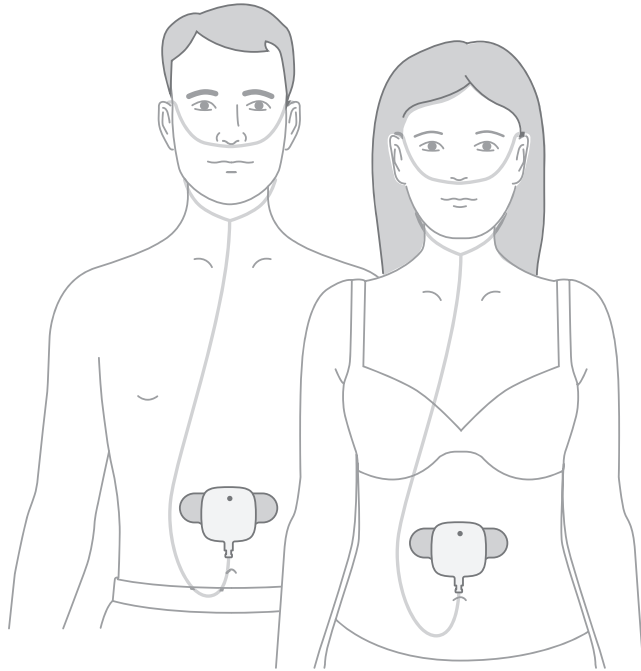
Align the pod onto the patch.
Firmly press the pod into place.

8 Check the connection



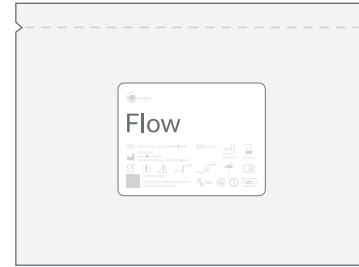
Make sure to press both the
top and bottom of the pod.

Flow sensor



The flow sensor will register respiration through your nose.

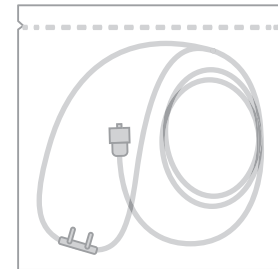
Flow sensor kit



Single-use flow patch

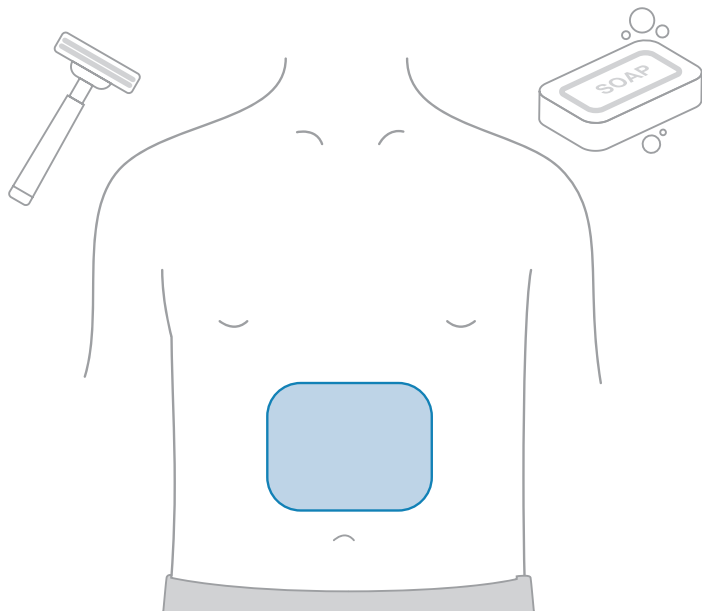


Flow pod



Single-use nasal cannula

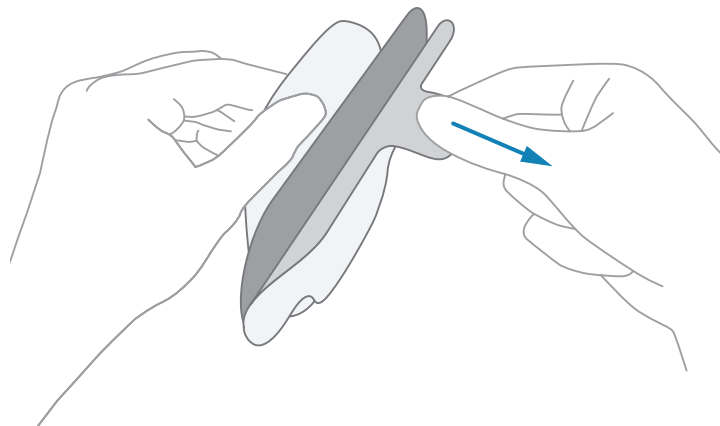
1 Shave & clean your abdomen



Shave the **blue area** on your abdomen.
Wash your abdomen with **soap & water**.
Rinse off with water.
Pat your abdomen **dry** with a towel.

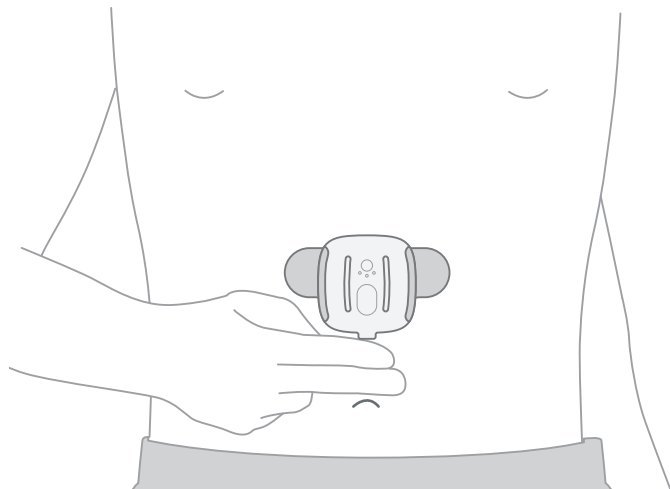
2 Remove the liner

Open the **flow patch pouch** and take out the **patch**.



Peel away the **transparent backing**.
Do **NOT** touch the **sticky** part.

3 Apply patch to abdomen

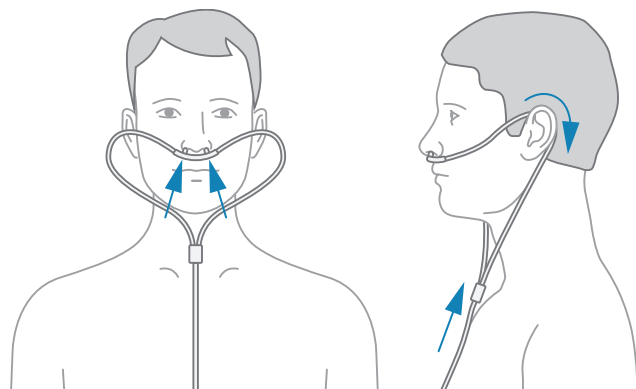


Place the patch at about 2 fingers **above the navel**.

Press the patch firmly.

Do **NOT** remove and reapply the patch.

4 Put on nasal cannula



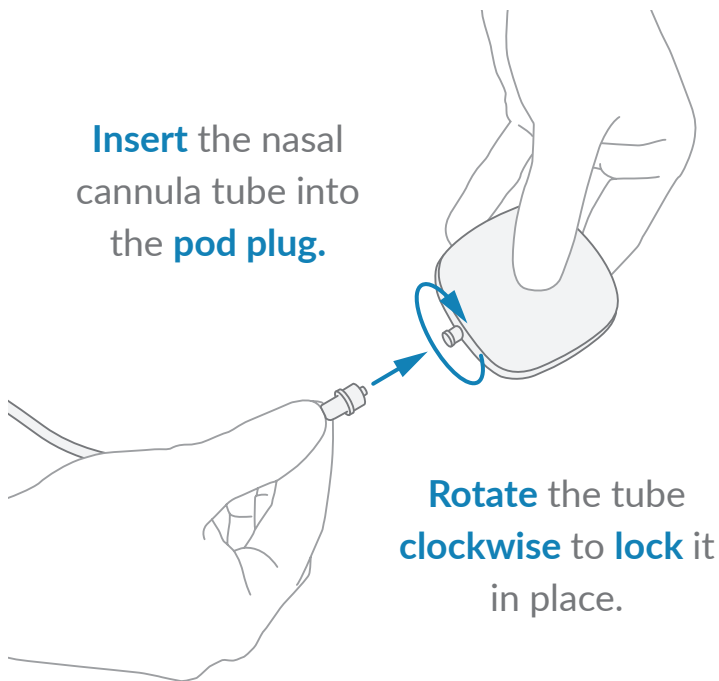
Insert the **prongs** into your **nostrils**.

Secure the tube over your **ears** and tighten the **chin strap**.

To prevent strangulation, **do NOT wrap** the nasal cannula around your neck.

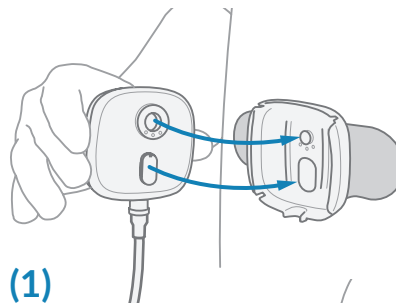
5 Connect the nasal cannula

Insert the nasal cannula tube into the **pod plug**.

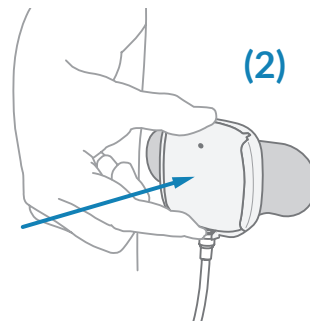


Rotate the tube **clockwise** to **lock** it in place.

6 Connect the pod



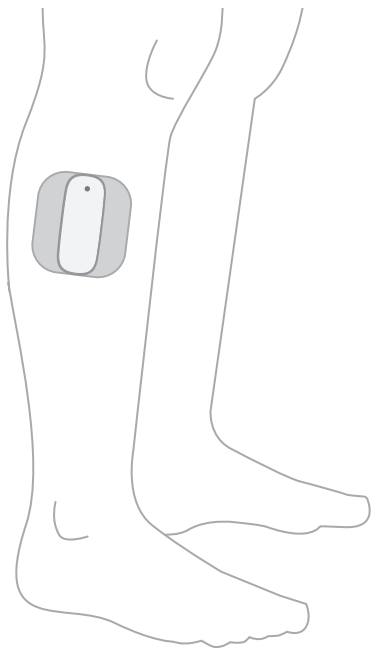
(1)



(2)

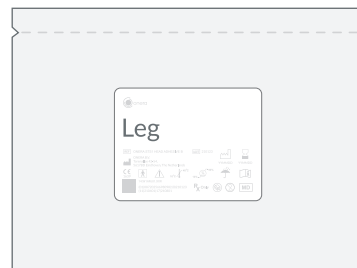
(1) Align the pod with the patch and **(2) push** the pod into place to connect it to the **patch**.

Leg sensor



The leg sensor registers your leg movement during your sleep.

Leg sensor kit

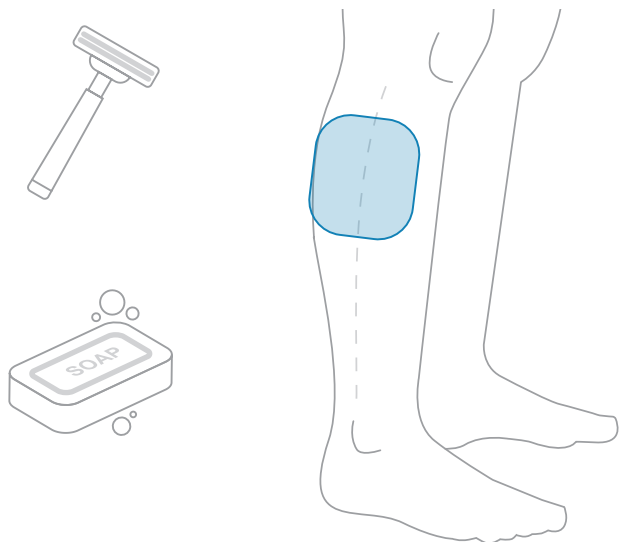


Single-use leg patch



Leg pod

1 Shave & clean your right leg



Shave the **blue area** on your right leg.

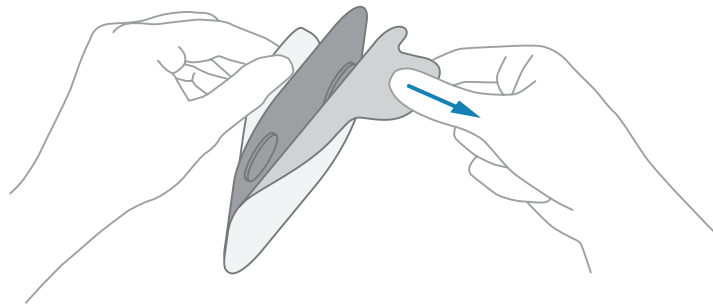
Wash your leg with **soap & water**.

Rinse off with water.

Pat your leg **dry** with a towel.

2 Remove the liner

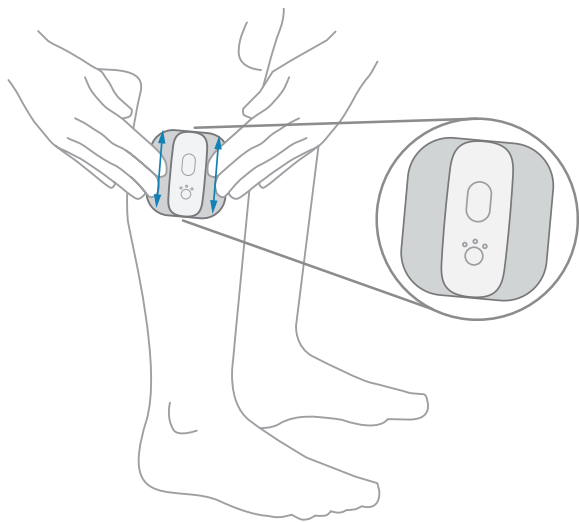
Open the **leg patch pouch** and take out the **patch**.



Peel away the **transparent backing**.

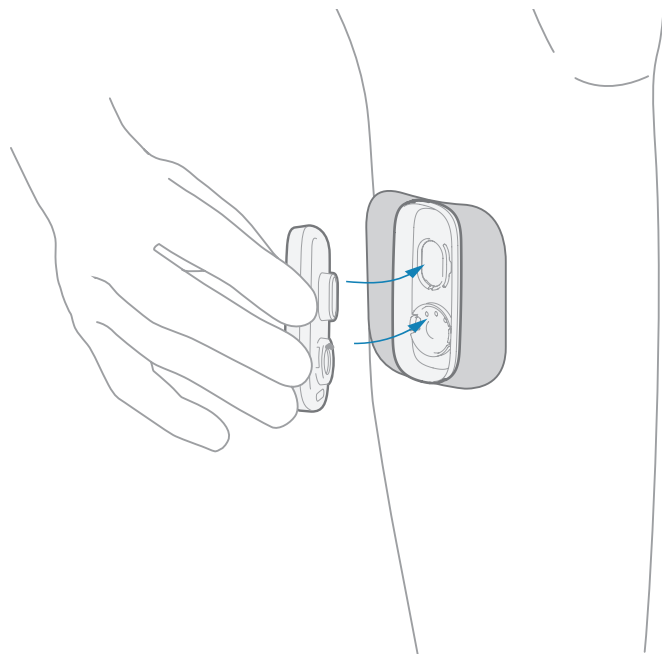
Do **NOT** touch the **sticky** part.

3 Apply patch to leg



Hold the patch **below** the knee on the **outside** of your **right leg** and **press** firmly.

4 Connect the pod



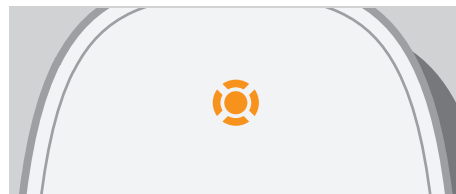
Align the connectors of the pod.
Firmly press the pod into place.

5 Check all indicators

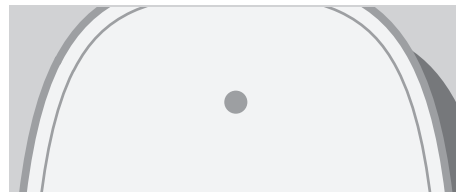
Check if all indicator lights shine **green** before you go to sleep.



Something is wrong if...



If the light flashes **orange**, make sure that the **patch is attached** properly to your skin and **the pod** is connected to the patch. If the light does not turn green, **keep the sensor on the skin**, and return it the next morning.



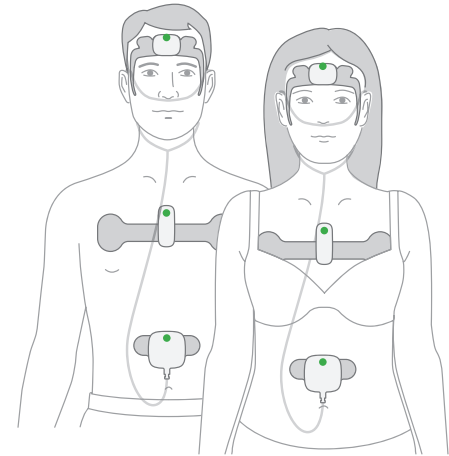
If the light **does not turn on** at all, the device may not be functioning.

Keep the sensor on the skin, and return it the next morning.

Sleep & the next morning

Time to sleep

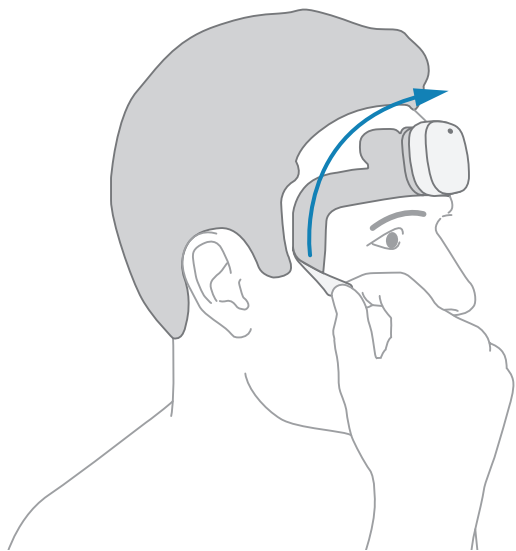
You have successfully **set up** the **system**.
Remove the patches after **8 hours** of use.



Important!

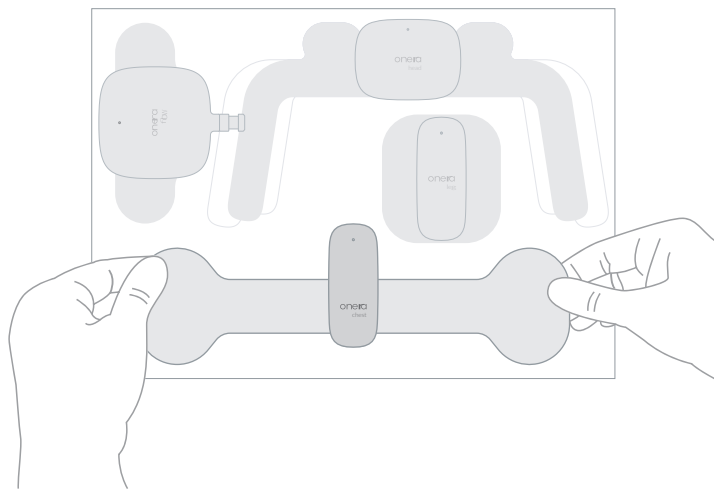
If you experience **skin irritation**,
remove the patch **immediately** and
contact your doctor.

1 Remove patches after sleep



Your skin may show **redness**.
Talk to your **doctor** if this does not
clear up after **24 hours**.

2 Place patches on return sheet



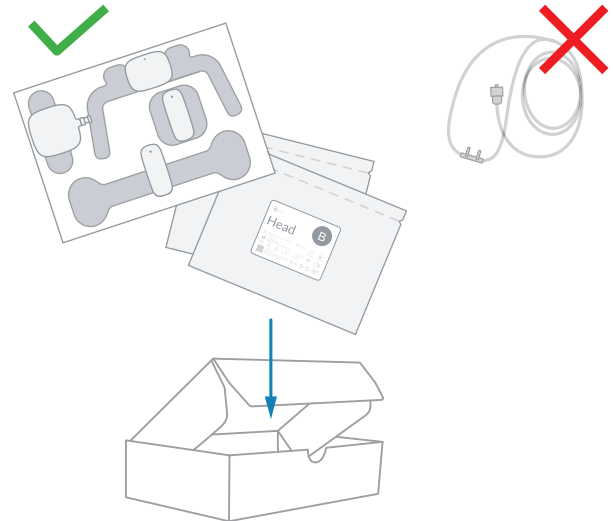
Keep the patches and pods **connected**.

Do **NOT** clean the patches or pods.
Stick the patches on the **return sheet**.

Return sensors

Return sensors

Place the **patches**, **pods** and the **unused patches** in the return packaging.



Return the package.

For further assistance, please contact Onera toll free
at +1-800 218 42 11