

Somfit[®]PRO

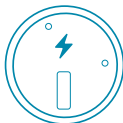
Start Here

 [®]COMPUMEDICS[®]

Contents



x1 Somfit®
Device



x1 Somfit®
Charging Cradle



x1 Respfit®
Module



x1 Respfit®
Charging Cradle



x 1
Electrode



x1
Power Adaptor



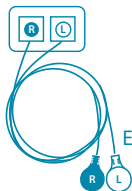
x1
USB Cable



x 2



x1 Respiratory Band



x1
ECG Lead



x1
Nasal
Cannula



x3
Tape
Strips



**Download
Somfit® APP**



**Install App and follow your Somfit®
Providers instructions to login.**

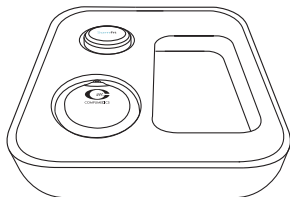


www.somfit.com

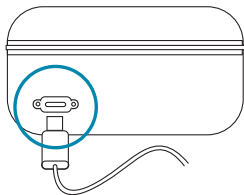
Quick Start Guide

BEFORE USE

Charge the modules – The Somfit® and the Respit® sit on charging cradles inside the case. To charge them insert the **charging cable provided** into the USB port on the side of the case.



Modules sit on charging cradles inside case. Do not remove the charging cradles.



Charge modules using USB port on side of case.



Only use the provided cable to charge the modules.



Indicator Light



Flashing blue light
Charging

Constant Blue light
Fully Charged



Indicator Light



Flashing light on logo
Charging



Constant light on logo
Fully Charged

PREPARE FOREHEAD

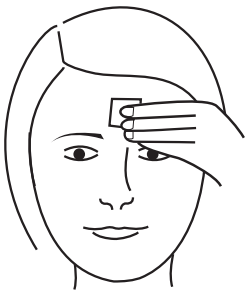


Step 1.

Wash forehead using **water only** without soap or cleansing products. Dry with towel.

Clean your forehead area with the Skin Prep Pad for at least **15 seconds** to give the best signal quality.

Dry the forehead with a clean towel, to ensure the forehead is fully dry before applying the electrode.

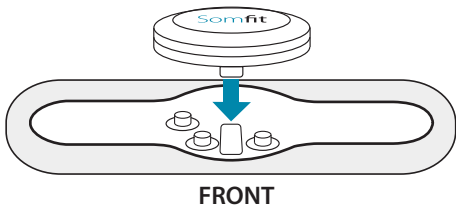


15 secs with prep pad

Step 2.

APPLY SOMFIT®

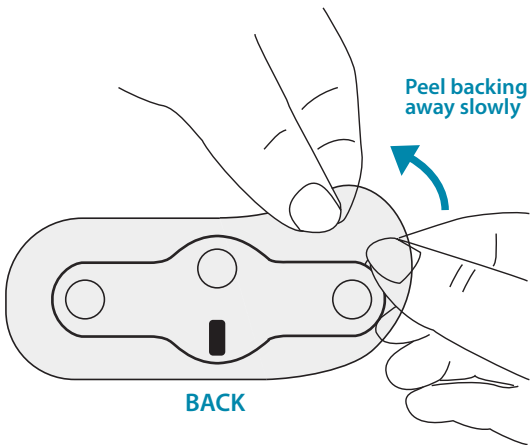
Attach the **Somfit®** device to the electrode ensuring all 3 snap-ins are in place.



Indicator Light

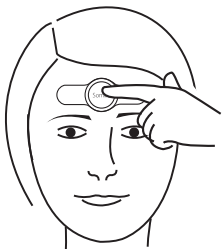


Single green light
blinking every 10 seconds
Ready to record

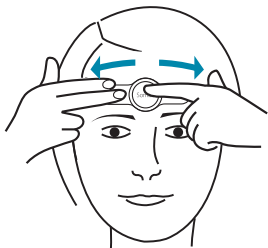


Slowly remove the clear backing from the electrode to reveal the adhesive area. Minimise touching the adhesive area and avoid any finger contact with the three circular gel areas of the electrode.

While looking at a mirror, apply the electrode to the **centre** of the forehead **approximately one finger's width above the eyebrows**.

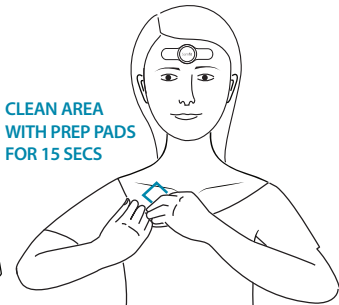
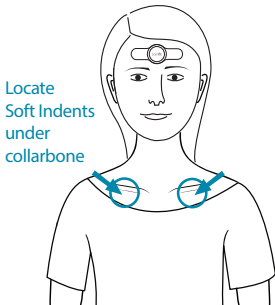


Place the centre part of the electrode on the skin first and firmly press on the Somfit. While pressing on the device, slowly run your fingers on the electrode from the centre towards the two ends to ensure firm placement.



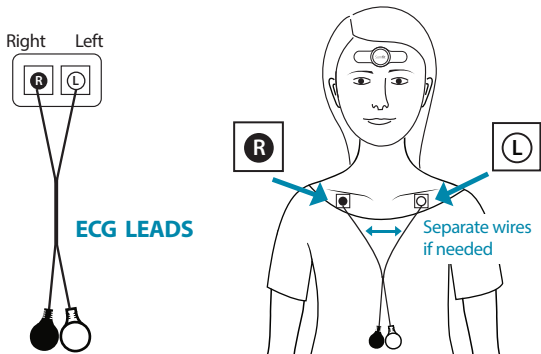
Step 3.

APPLY ECG LEADS





Locate the soft indented area under each collarbone (left and right). It should be approximately half way along the collarbone.

Clean these areas with the Skin Prep Pad for at least **15 seconds** to give the best signal quality.



Remove the ECG leads from the silver pouch.

Peel the black electrode  (circle and square) from the clear backing. Stick the sticky backing to the cleaned indented area under your right collarbone with the wire facing down. Repeat this for the left collarbone electrode. 

The wires can be pulled apart as much as needed to reach between collarbones.

Allow the wires to hang down.

Step 4.

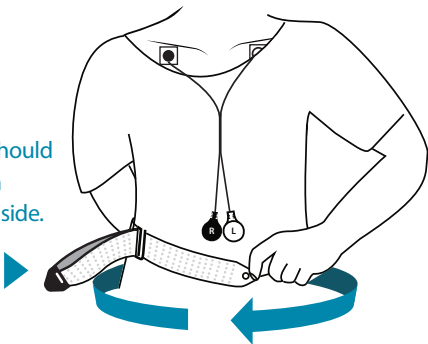
APPLY RESPIRATORY BAND



Apply band with rough texture side out

Pass the band around your waist till it meets the other side of the band in front. Don't let the band get twisted.

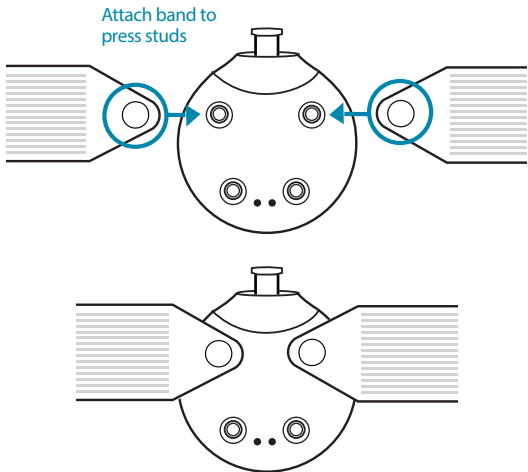
The extra loop should be facing out on your right-hand side.



Step 5.

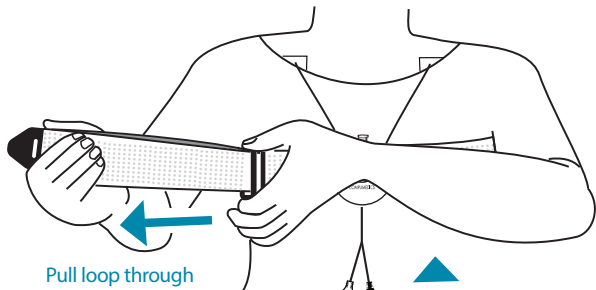
ATTACH RESPIFIT® MODULE

Attach the two top press studs on the back of the Respifit® module to the press studs on the end of the bands.



Lift the band from your waist up to sit under your armpits. Try and keep it as high as possible.

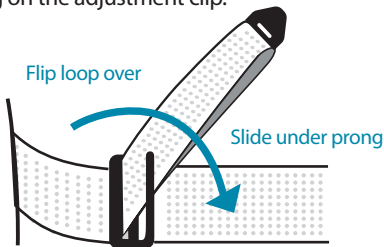
Hold the band clip, (top and bottom), with the left hand. Use the right hand to pull the extra loop through the band clip to tighten until the band fits snugly and won't fall.



Pull loop through clip till band is snug.

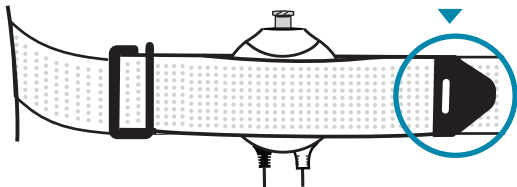
The band should be positioned across the chest and under the armpits.

Whilst holding the band tight, bring the loop to your left across the Respifit module and secure it by sliding it under the prong on the adjustment clip.

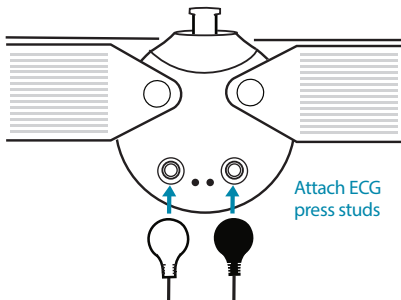


Use the velcro fastener to secure the loop over the Respifit module and onto the band.

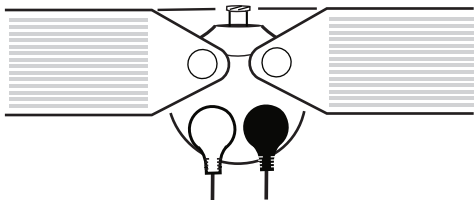
Secure the velcro side of the fastener onto the band.



Attach the ECG press studs (hanging down) to the bottom press studs on the back of the Respifit module.



The back of the Respifit module should look like this.



Step 6.

APPLY NASAL CANNULA

Take the Nasal Cannula out of the plastic and unravel.

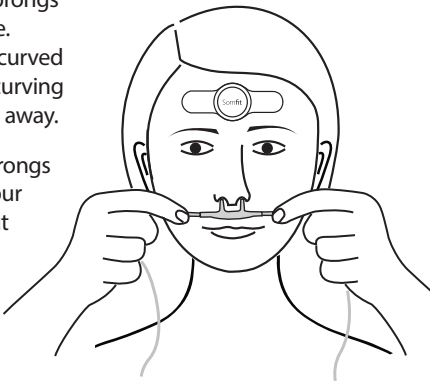
Locate the nasal prongs.



Hold the nasal prongs under your nose.

The prongs are curved and should be curving toward you, not away.

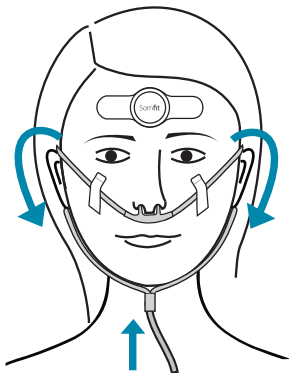
Place the two prongs so they enter your nostrils by about 1 to 2mm only.



Whilst holding the prongs in place, loop the tubing over the back of your ears.

Secure it under your chin by sliding the toggle up under your chin.

Apply a strip of the tape supplied to each cheek to secure the Cannula in place.



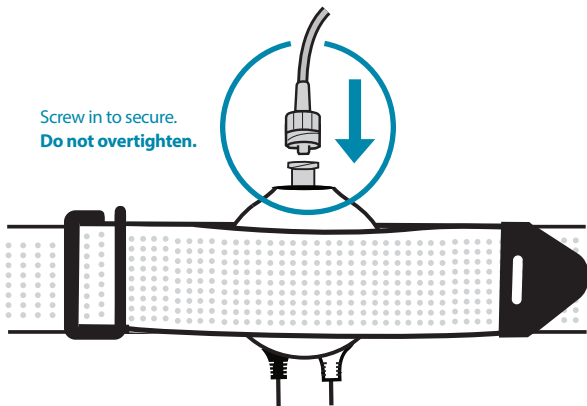
Loop tube over ears

Secure by sliding toggle up.
Not too tight.



When applying the tape, fold the top over on itself to make it easy to remove. Approximately 4mm overlap.

Screw the plastic fastener at the bottom of the Nasal Cannula tubing into the top tube coming out of the Respifit® module. **Secure firmly, but don't overtighten.**



Step 7.

OPEN APP

Run the **Somfit® App**.

From the Somfit App Home screen, press the '**Start Study**' button to start a new study.



START RECORDING



**Important
Step**

After Somfit completes pre-checks, the recording screen will appear.

Do not open other Apps and avoid using your phone after you start the study.

You can lock the phone screen, but do not put the phone in aeroplane mode.

Ensure phone is charging on your bedside table.

It is suggested to turn on silent or do not disturb mode on your phone to avoid sleep disturbances.

Step 8.

GO TO SLEEP

You are all set to go.
Go to sleep in your
normal sleep position.

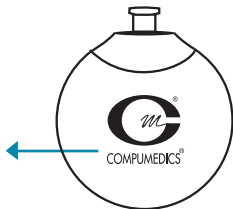


It is normal for the indicator light on both the Somfit® and Respfit® to be turned off during recording.



Indicator Light

Light off
Recording



Indicator Light

Step 9.

WAKE

When you wake simply, press the ‘**END STUDY**’ button. Confirm you wish to the end study by clicking ‘**Yes**’.

Complete post-sleep survey if prompted.

Data upload will automatically occur.

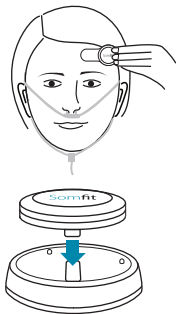
Do not close the App or switch off your phone while the study is uploading.



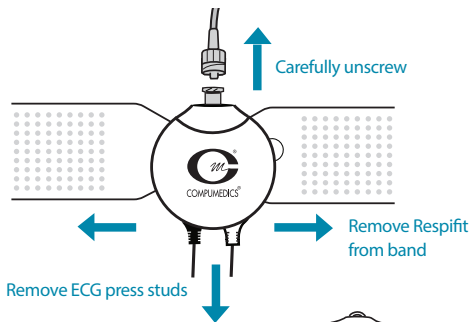
Carefully remove the Somfit® device from your forehead by gently peeling off the electrode.

Remove the electrode from the Somfit® and discard the electrode.

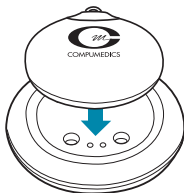
Return the Somfit® to the charging cradle in the case.



Carefully unscrew the nasal cannula fastener from the top of the Respfit and unclip the Respfit from the band. Unclip the ECG press studs from the back of the Respfit.



Return the Respfit to the charging cradle in the case.



Remove the Nasal Cannula from your face and discard.

Remove the ECG Leads from your body and discard.

There is a new Nasal Cannula, ECG Lead and Somfit electrode supplied for the next night if needed.

Keep the Respiratory Band for the next night.

Discard the band after the last night.

Step 10.

REPEAT

Continue using Somfit® pro each night until sufficient nights have been completed. At the end of this period of nights, you will be instructed by the app to return the kit to your provider. The provider will instruct you on how to obtain your results.

www.somfit.com

Visit for instructional videos,
tips, and more.