

Your sleep test

Do these 5 steps each night. Sleep up to 3 nights.

1 night	2 night	3 night
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Headband	Size pads	Charger	Chest monitor	Chest belt	Nose tube	Finger clip	Phone app

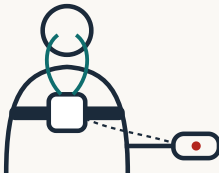
1



Charge the headband

Plug it in during the day. It is full when the light is **green**. This takes up to 2 hours.

2



Put on the chest monitor

Wrap the **chest belt** over your shirt. Put the **nose tube** in your nose and loop it behind your ears. Slide the **finger clip** on your pointer finger.

3



Put on the headband

Front pads touch your forehead. Back pads touch your head. It should be snug but comfy. **Too tight?** Add a **size pad**.

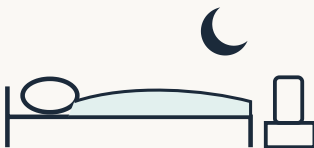
4



Wait for green GO

Open the **phone app**. It checks both devices. When you see the big **green GO**, you are ready. **Amber?** Do the one fix the phone shows you.

5



Tap Start, then sleep

You cannot pause. **If you get up, keep everything on.** In the morning, tap **Stop**. The phone tells you if the night counted.

Lights	● GO	● FIX IT	● STOP
Phone app	Big green GO. Tap Start.	Amber. Do the one fix it shows.	Red. Read the message.
Headband	Green: charged. White: starting up, wait.	—	Red: charge it first.
Chest monitor	All green.	Amber: move that part.	Red: plug that part in.

Need help tonight? Call (000) 000-0000

Open all night, every night. After night 3, pack it all and mail the envelope.

Unsolicited concept by Roger Wong for a job application.
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