



Quick Start Guide

apnova
by Somno Health

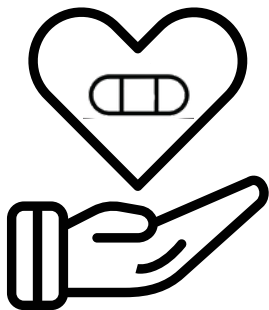
Please read these
important instructions

Video Tutorials



Optional video tutorials and
more information at
apnova.com

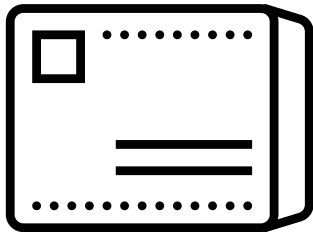
Getting Started



Congratulations Apnova is here!
Your healthcare provider
recommended this test.

Save Return Envelope

IMPORTANT:
Do not throw away the return
shipping envelope



Keep the return envelope with
pre-paid shipping label.

Before Bed

IMPORTANT:

Do not put any creams on your forehead before using Apnova.



Finish your nightly routine, including brush teeth, read, meditate, any other evening activities.

Wash Your Face

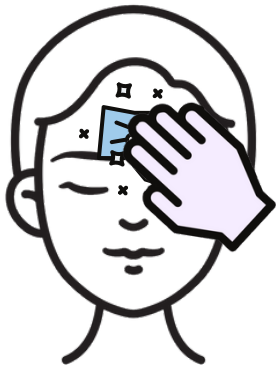


When you are ready to go sleep,
wash & completely dry your face.

Skin Cleansing Wipe



Prepare Your Forehead



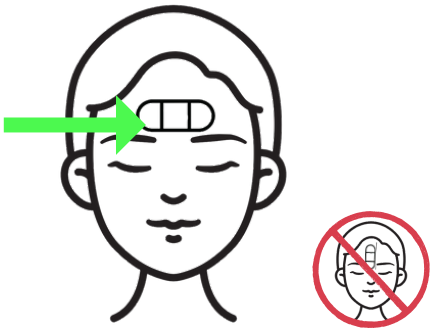
Use included skin cleansing wipe on the center of your forehead for *15 seconds*. Wait *1 minute* for forehead to air dry.

Power ON Apnova



Press and hold the power symbol for 4 seconds. Look for green light! That means Apnova is ready.

Put Apnova On Forehead

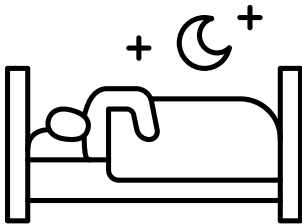


Peel away the two adhesive backings. Gently compress Apnova into your forehead just above your nose and eyebrows. **Then** press the adhesive tabs into place.

Go To Sleep

IMPORTANT:

- ✗ Do not sleep with a snoring partner
- ✗ Do not sleep with TV / Music on
- ✗ Do not sleep with a fan or other noise

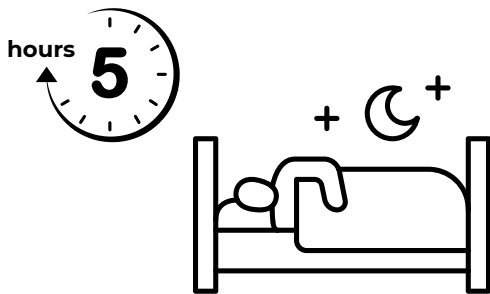


Go to sleep. In a short while, the green light will change to a soft red glow, this means Apnova is measuring your sleep.

During The Night

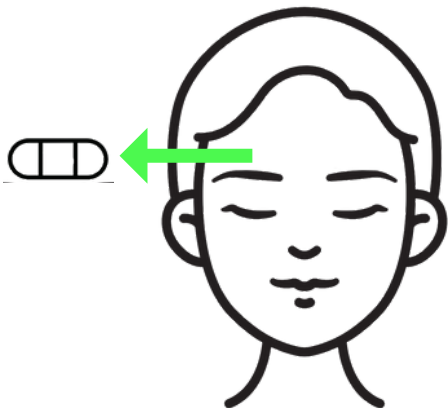
IMPORTANT:

✗ Do not take Apnova off if you wake up during the night



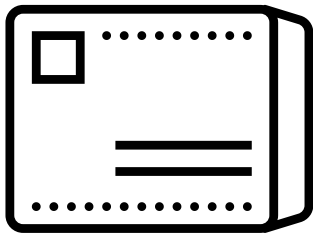
Wear Apnova for
minimum of 5 hours.

In The Morning



Peel Apnova off your forehead in the morning. Hold the power button for *5 seconds* to turn off.

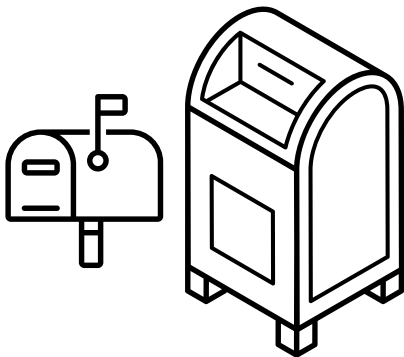
Return Apnova Today



It's important to mail
Apnova back TODAY!

Place Apnova in the
provided return mailing
envelope. Pre-paid postage
is already applied.

Return Apnova Today



Put return mailer into any
United States Postal Service mailbox.

NOTE: Return Apnova directly to your
healthcare provider, if directed to do so.

Get Your Results



Your healthcare provider will contact you soon to schedule an appointment and review your results.

Sleep Better

Great work!

You're one step closer to better sleep. Working with a qualified healthcare professional can help you improve your sleep quality.

Watch Video
Tutorials:



visit apnova.com
for more information