



Your Home Sleep Test with the Nox T3®

What to expect, how to prepare, and what happens next.

Why You're Getting This Test

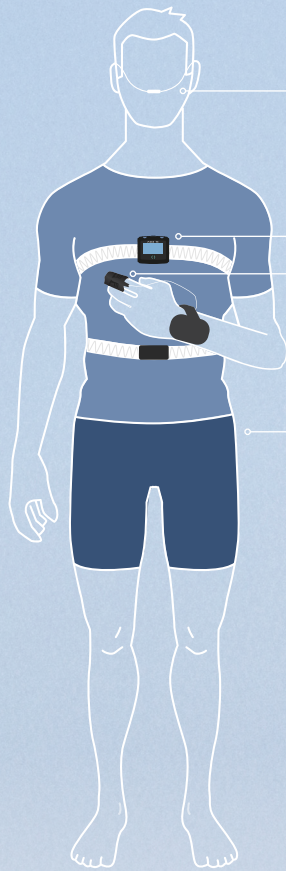
Your doctor has recommended a **home sleep apnea test** as you may be experiencing symptoms such as:

- Loud snoring
- Daytime sleepiness or fatigue
- Morning headaches
- Trouble concentrating or staying asleep

These can be signs of sleep apnea, a condition where breathing repeatedly slows or stops during sleep. Identifying and treating sleep apnea can help improve your energy, focus, and overall health.

About the Nox T3® Sleep Test

The **Nox T3®** is a medical device for home sleep testing, designed to make the process simple and comfortable. During the night, it measures breathing effort, airflow, oxygen levels, body position, and movement.



Airflow through a nose cannula and from the belts.

Breathing effort using soft belts placed around your chest and abdomen.

Oxygen levels with a fingertip sensor.

Body position and movement, which help us understand your sleep patterns.

These signals together give your care team a clear picture of how your breathing changes throughout the night.



What to Expect



1. Schedule Your Test

We'll call you to set up your home sleep test.



2. Sleep Test Kit Arrives

Your test kit arrives at your home by UPS.



3. Apply the Sleep Test Equipment

Before sleeping, follow the guide or video to put on the sensors.



4. Send It Back

In the morning, return the equipment with the prepaid UPS label.



5. See Your Results

Your sleep study is analyzed, and your doctor will contact you with the results.

Tips for a Successful Test

- Go to bed and wake up close to your usual times.
- Avoid napping, caffeine or alcohol the day of your test.
- If something feels uncomfortable or comes loose overnight, try to reattach it gently.
- Don't worry if you wake up during the night—this is common and won't affect your results.

Questions?

To get a head start on the setup, view the video instructions. For quick answers about setup, returning your device, or other common questions, check the **FAQ**

We're here to make sure your sleep study goes smoothly and that your results are ready for your doctor to review.



Video Instructions and FAQ.