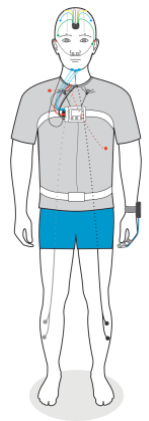


# Hook-up of a polysomnography with a Nox A1™

Before starting hooking-up the patient, make sure that:

- Patient is wearing their night clothes
- Patient is not wearing cream on their face and body
- Patient is not wearing jewellery that might inconvenience the hook-up: watch, rings, necklace, bracelet, earrings
- Patient is not wearing nail polish (including fake nails and semi-permanent polish)



## Best practices and tips:

### How to scrub the sites?

Before placing the electrodes / cups, clean the sites with the abrasive paste Nuprep and a cotton bud until the area starts to turn red. Remove the surplus with a compress.

For the sites on the scalp: it is advised to scrub at least 3 times with a cotton bud to lower the impedance of the couple skin-cup/electrode which will help you to have a good signal quality (green impedance during the impedance check).



### How to optimise installation time?

Prepare a tray with 8 gauze pads on which you apply a knob of adhesive paste lic2.

You can fix the EOG cups with a tape only without using the lic2 paste.

### How to position the disposable electrodes ?

When positioning the disposable electrodes (forehead, ECG, legs...), carefully press on the border (white part) of the electrode without pressing on the central part (blue part) which contains the electrolyte.

**NB:** The forehead electrode is the ground electrode of the EEG head cable, if it is not properly positioned or held in place then the EEG signals will not be correct and might not be good enough for the diagnosis





## How to effectively hold the disposable electrodes?

Make sure to secure all the electrodes with tape (legs, chin and forehead). In order not to get adhesive on the wires, wrap them in compresses.



Once application sites are scrubbed, fill them with conductive paste Ten20. Position them on the sites you previously scrubbed by pressing the cup to extract the surplus by the central hole of the cup.

## How to position the cups?

### Positioning of the cups/electrodes

Place an electrode on the forehead and connect the EEG head cable to it. To save time, follow a logical order with the help of the color code. E.g.: from front to back.

- **Frontals F1 and F2**, 1 cm before the hair line and 4 cm from the midline.
- **Centrals C3 and C4**, 4 cm from the midline and in line with the mastoids.
- **Mastoids M1 and M2**, those cups are essentials as they are a reference for all the EEG signals. Place the cups on the upper part of the mastoids behind the ear. Make sure they are positioned quite high on the bone to free the signal from artefacts (e.g. ECG signal coming from the carotid artery).
- **Occipitals O1 and O2**, 2 cm above the occipital protuberance and 4 cm from the midline.
- **Eyes E1 and E2**, respectively 1 cm below the left eye and 1 cm above the right eye.
- **Chin EMG F, 1 and 2**, F-electrode/cup in the center of the chin and 1 cm above the inferior border of the mandible. 1 and 2-electrodes/cups 2 cm below the inferior border of the mandible and 2 cm from the midline.

