

Belun® Ring
Home Sleep Apnea Test

Thank you for choosing the Belun Ring home sleep apnea test. Please follow the instructions to complete the test. You can also watch the instruction videos on YouTube.



<https://youtu.be/nVtaQWRIJJY>

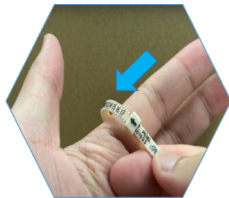


<https://youtu.be/Y4bQ0HNfcQE>

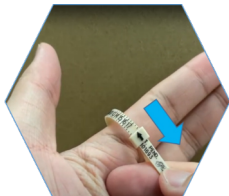
1. Choose the right size

Please choose a size that fits your finger tightly without disturbing your sleep. A loose size may make the test fail.

1. Make a loop with the enclosed ruler.
2. Put the loop through your index finger until it reaches the root of finger.



3. Pull the ruler until the loop is wrapping tightly around the finger.
4. Start with the size indicated by the arrow. Try a smaller size to make the Ring tight fit.

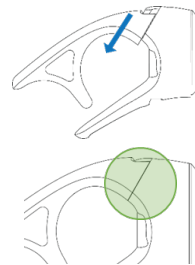


5. Find the Ring size as indicated below.

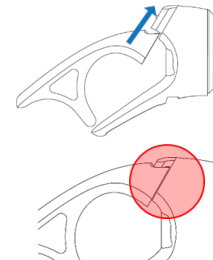


2. Change the Ring size

- ① Press the Ring Arm at the top along the indicated direction below to remove it from the Ring
- ② Place the groove side of the Ring Arm against the tongue side of the Ring and slide the Ring Arm upward until it clicks



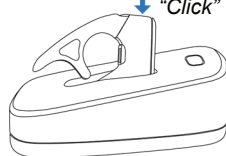
Ring Arm is properly installed



Ring Arm is not properly installed

3. Switch on the device

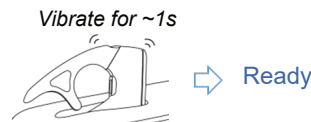
- ① Insert Ring
"Click"



- ② Press and hold the button for ~3s



- ③ Release the button

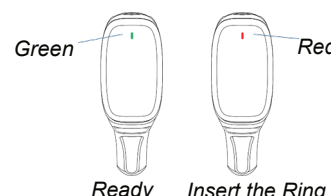


4. Prepare for the test

- ① Take the Ring out

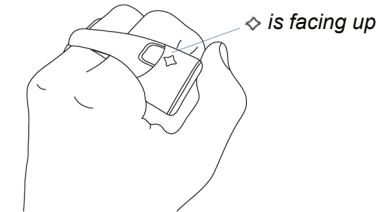


- ② Check Ring status

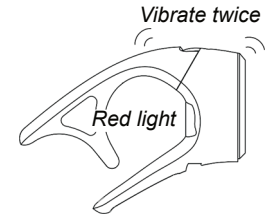


5. Wear the Ring

- ① Slide the Ring on the index finger until it meets the palm



- ② Check the Ring



6. Go to sleep



Sleep > 6 hours

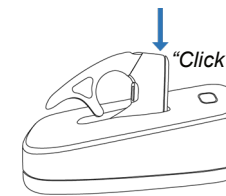
7. After wake up



Remove the Ring from the finger

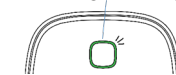
8. Store the data and recharge the Ring

- ① Insert Ring



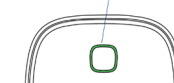
- ② Check transfer status

Flashing Green (Transferring data)



~3 to 5 minutes

Solid Green (Transfer is done)



Leave the Ring on Cradle for recharging

9. Return the device or upload data via mobile app

Belun Technology

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A. Install App

Install BelunPro X US.



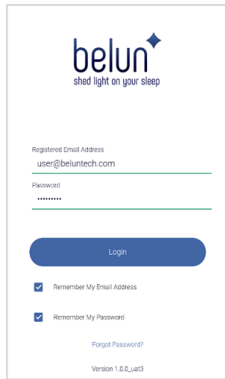
BelunPro X US 4+

Belun Technology Company Limited

Free

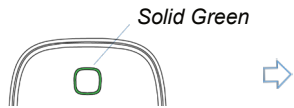


Login and Pairing



Use the login email & password provided by your administrator.

If the Cradle Status Light is Off, short press the Cradle button to turn it On

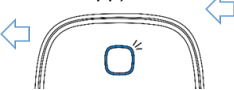


Paired

Short press the Cradle button once

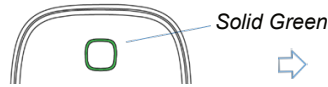


Flashing Blue (Connected to the App)

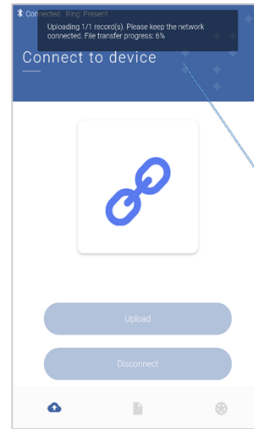


B. Upload Sleep Data

Make sure the Cradle is On

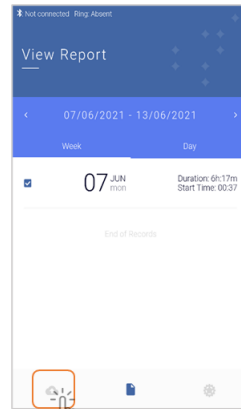


App starts to upload data from the Cradle if the Cradle is already paired



File transfer progress

It may take some time to complete the upload and show the Upload Records Summary



Repeat the steps for another night of sleep recording. Follow the doctor's instruction on the number of nights required.

FAQ:

Q: Should I take off the Ring when I wake up at night?

A: You don't need to remove the Ring if you wake up at night. The Ring will continue the recording after you return to sleep. Remove the Ring temporarily if you need to wash your hands. Only put the Ring back on the Cradle after waking up in the morning.

Q: How many hours of sleep is required for the test?

A: 6-hour is recommended. 4-hour of sleep is the minimum requirement for obstructive sleep apnea assessment. The total sleep time is accumulative within the same night unless the Ring is detached for over 60 minutes.

Q: Do I need to charge the device?

A: The Ring can record 10 hours of sleep data when fully charged. Place the Ring back on the Cradle to recharge after each overnight recording. The Cradle can recharge the Ring up to 7 times. You don't need to charge the Cradle.

Q: What should I do if I find the Ring out of my finger?

A: If the Ring comes off during sleep, repeat the test for another night. Make sure the Ring fits tightly against the skin and does not come loose with normal finger movement.

Q: What should I avoid before sleep test?

A: The following precautions apply for sleep test:

- Avoid caffeine or alcohol intake after noon
- Avoid napping during daytime
- Continue to take any prescribed medications that you usually take, unless otherwise instructed by the doctor
- Postpone the test if you are sick, e.g. cold or flu

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