



Compumedics Somfit Sleep Signal Tracker User Manual

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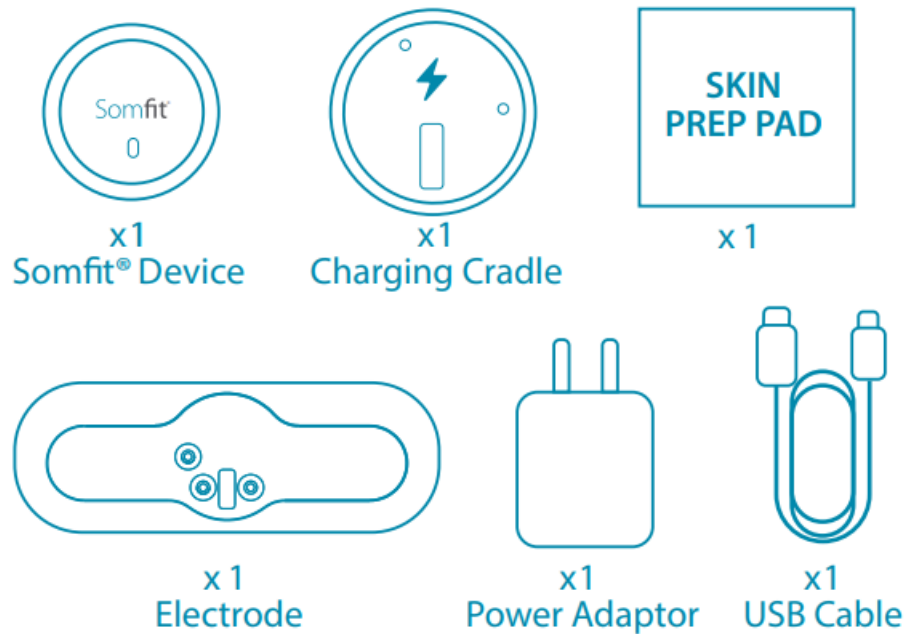
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Compumedics Somfit Sleep Signal Tracker



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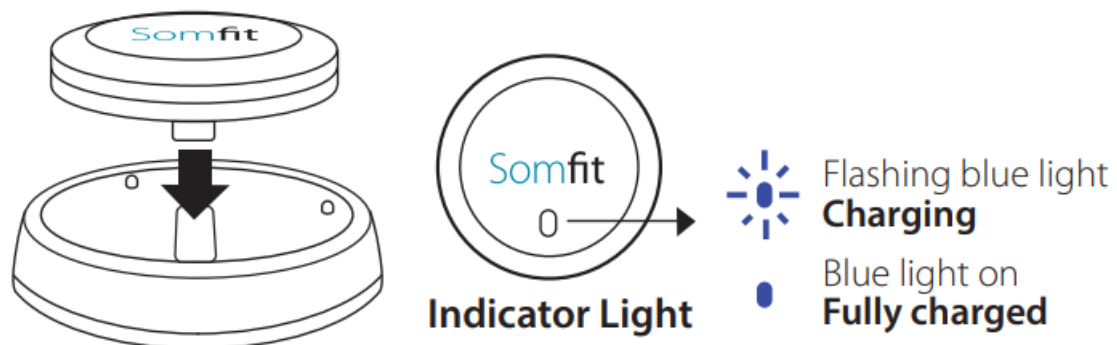
Download Somfit® APP



Install App and follow your Somfit® Providers instructions to log

BEFORE USE

Charge the Somfit® – prior to using, insert Somfit® into the USB charging cradle provided.



PREPARE FOREHEAD

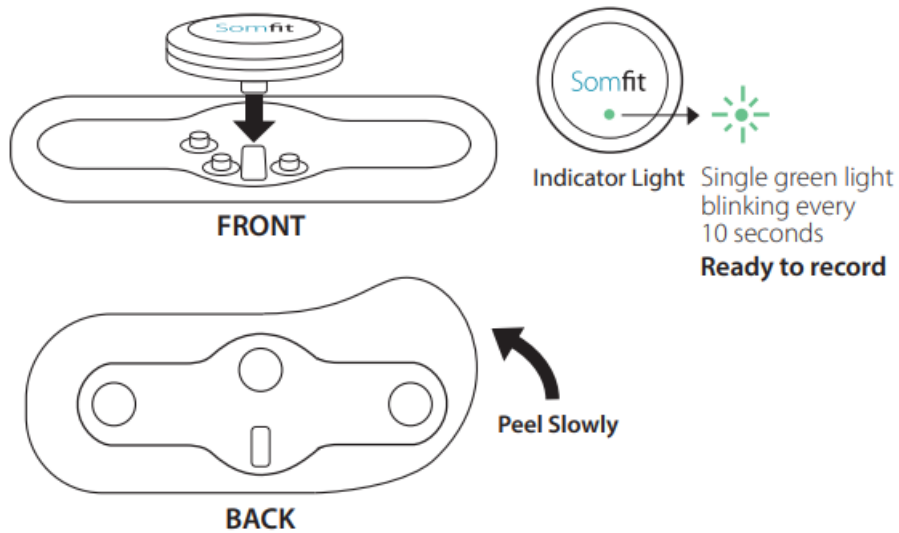
Step 1

Wash forehead using water only without soap or cleansing products. Dry with towel. Clean your forehead area with the Skin Prep Pad for at least 15 seconds to give the best signal quality. Dry your forehead with a clean towel, to ensure the forehead is fully dry before applying the electrode.

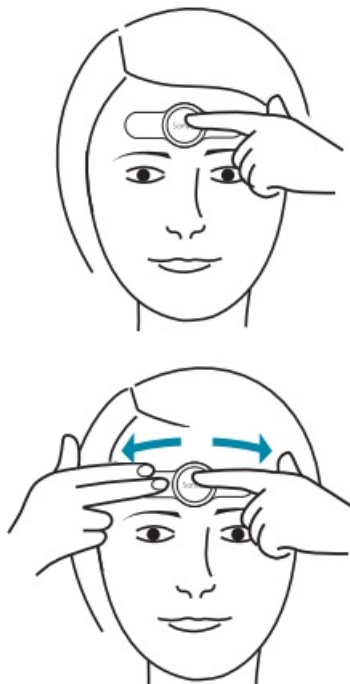


APPLY SOMFIT®

Attach the Somfit® device to the electrode ensuring all 3 snap-ins are in place.



Slowly remove the clear backing from the electrode to reveal the adhesive area. Minimise touching the adhesive area and avoid any finger contact with the three circular gel areas of the electrode. While looking at a mirror, apply the electrode to the centre of the forehead approximately one finger's width above the eyebrows. Place the centre part of the electrode on the skin first and firmly press on the Somfit. While pressing on the device, slowly run your fingers along the electrode from the centre towards the two ends to ensure firm placement.



OPEN APP

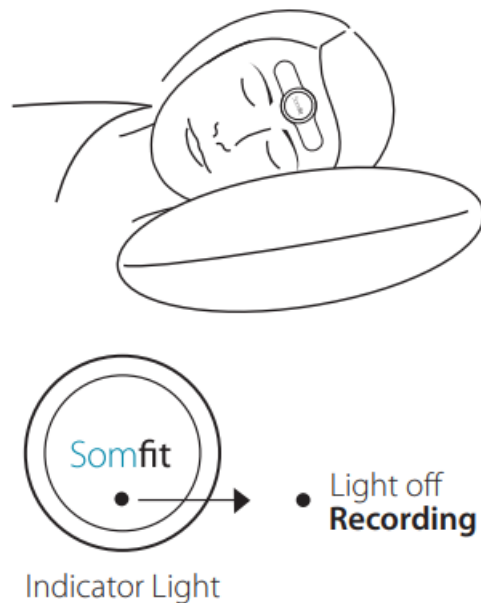
Run the Somfit® App. From the Somfit App Home screen, press the 'Start Study' button to start a new study.

START RECORDING

After Somfit completes pre-checks, the recording screen will appear. Do not open other Apps and avoid using your phone after you start the study. You can lock the phone screen, but do not put the phone in aeroplane mode. Ensure phone is charging on your bedside table. It is suggested to turn on silent or do not disturb mode on your phone to avoid sleep disturbances.

GO TO SLEEP

You are all set to go. Go to sleep in your normal sleep position. It is normal for the indicator light to be turned off during recording.

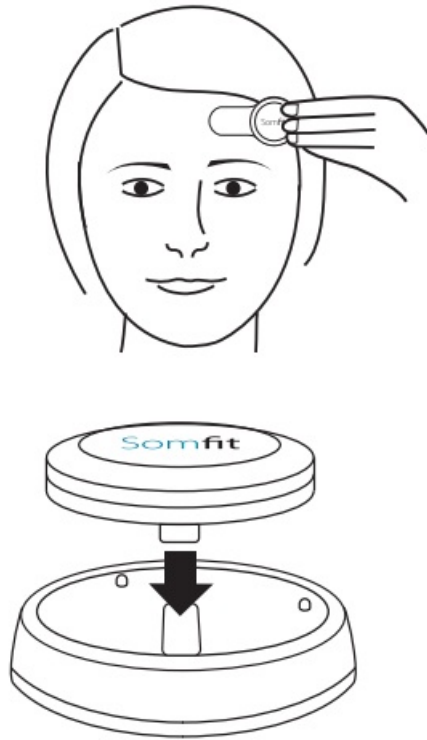


WAKE

AJ001- JAN 2023 From the Somfit App Home screen, press the 'Start Study' button to start a new study. When you wake simply, press the 'END STUDY' button. Confirm you wish to end study by clicking 'Yes'. Complete post-sleep survey if prompted. Data upload will automatically occur.

- Do not close the App or switch off your phone while the study is uploading.

Carefully remove the Somfit® device from your forehead by gently peeling off the electrode. Remove the electrode from the Somfit® and discard the electrode. Return the Somfit® to the charging cradle.



REPEAT

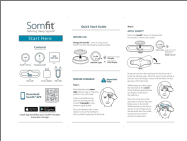
Continue using Somfit® each night until sufficient nights have been completed. At the end of this period of nights, you will be instructed by the app to return the kit to your provider. The provider will instruct you on how to obtain your results.

- www.somfit.com Visit for instructional videos, tips, and more.

Somfit® is a registered trademark of Compumedics Limited.

- www.compumedics.com

Documents / Resources

	Compumedics Somfit Sleep Signal Tracker [pdf] User Manual AJ001-02-SOMFIT, Somfit, AJ001-02
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References

- [Compumedics](#)
- [Somfit / Somfit Pro – Compumedics](#)