



**The devices will start and stop automatically. Your sleep must not be disturbed, e.g., by nudging you, even if you snore.**

- You can take the device and sensors off when you wake up. Remove the wristband. Detach the T3 device clips. Remove the nasal cannula and tape. Slide off the belts. Place all the parts in the case.
- Please fill in the sleep questionnaire and put it in the case as well.
- Return the case by 10:00 am.