



# ARES 610 User Guide



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# PATIENT INSTRUCTION GUIDE

## CONTENTS OF INDIVIDUAL ARES 610 ACCESSORY BOXES PACKAGED FOR SINGLE PATIENT USE:

- **1 PCS** Adult Nasal High Performance Sensor Cannula.
- **1 PCS** Replacement Adjustable Head Strap.
- **2 PCS** Medi-Trace™ Conductive Adhesive Electrodes.
- **1 PCS** Clear Bag.
- **1 PCS** Forehead Sensor Cover.
- **1 PCS** User Instructions.

## INTENDED USE OF THE ARES 610:

**CAUTION:** U.S. Federal law restricts this device to sale by or on the order of a physician.

**WARNING:** The ARES 610 is not recommended for UNASSISTED USE by patients with conditions that would make its use difficult. These conditions include: deafness, blindness, severe heart rhythm problems, severe arthritis, inability to understand or follow printed instructions, use of supplemental oxygen at night, and tics or tremors of the head.

**Warning:** The ARES 610 forehead sensor may cause a red mark to appear on the forehead after the study. This mark is normal and usually disappears in a few hours. On rare occasions, it may remain for 2 to 3 days.

# PATIENT INSTRUCTION GUIDE

## INTENDED USE OF THE ARES 610 (CONT'D):

**WARNING:** THE ARES 610 IS NOT  
RECOMMENDED FOR A PATIENT WITH:

- Extreme sensitivity of skin or scalp and/or open wounds of the forehead or scalp;
- Allergic reactions to extended exposure to synthetic fabrics (e.g. polyester, rayon);
- Current upper respiratory infection or congestion;
- Inability to sleep at least 5 hours per night or a total of 8 hours over two nights;
- Head circumference less than 20 inches or greater than 25 inches;
- Suggested sleep disorders other than obstructive sleep apnea;
- Patient currently prescribed and utilizing overnight oxygen.

**USE OF THE ARES 610 BY PATIENTS WITH ANY OF  
THESE CONDITIONS MAY RESULT IN POOR SIGNAL  
QUALITY THAT COULD LEAD TO A MIS-DIAGNOSIS  
BY THE PHYSICIAN.**

### GUIDE TO SYMBOLS:



Keep Dry



Consult Instructions for Use



Item Part Number



Item Lot Number



Temperature Limitations

### CLEANING INSTRUCTIONS:

If the ARES 610 becomes soiled during patient use, clean only using a damp cloth. Do not use cleaning fluids. The device will be thoroughly cleaned upon return to the issuing facility.

# PATIENT INSTRUCTION GUIDE



## BEGIN YOUR SLEEP STUDY

**STEP 1:** Complete the "ARES Questionnaire".

**STEP 2:** Turn off TV, radio, room fans or other electronic appliances that may interfere with the microphone.

**STEP 3:** Put the ARES 610 on your head by following to the instruction on pages 8-9.

**STEP 4:** Switch the ARES 610 "ON". An audio alert will sound to signify that the ARES 610 is turned ON. After 10 seconds an audio alert will sound to indicate that the start-up period is complete. You may now change positions and go to sleep.

*Note: If you experience any adverse reaction during your study, discontinue the use of the ARES 610 and consult your healthcare professional.*

*An alert will sound if the ARES 610 is not receiving a good signal or battery is low (see pages 10-11 for more information).*



## IN THE MORNING

**STEP 1:** When you wake up, remove the ARES 610 by gently peeling the black Sensor away from your forehead prior to completely removing the ARES 610 from your head. Failure to do so may damage the sensor connector.

**STEP 2:** If the green light on the front of the ARES 610 is illuminated, switch the ARES 610 "OFF". If the light is no longer illuminated, the ARES has automatically stopped recording. This is normal and you do not need to turn the ARES 610 off.

**STEP 3:** Return the ARES 610 to the plastic bag.

**STEP 4:** Return the supply box containing the ARES 610 (resealed in the plastic bag), and the questionnaire to the facility where you received the ARES 610.

## PUTTING ON THE ARES 610



**STEP 1:** Thoroughly wash and dry your forehead.

**STEP 2:** Remove the protective covers from the electrodes and forehead sensor.

**STEP 3:** Hold the cannula tips (2 prongs extending from clear plastic tubing) against the bottom of the ARES 610 with your thumb and slide the strap over your head.



**STEP 4:** Center the ARES 610 over your nose and slightly above your eyebrows. Remove any hair from under the sensors and ensure the sensors and electrodes make complete contact with your skin.





**STEP 5:** Place the cannula tips inside your nostrils.

**STEP 6:** Grasp the cannula with your hand and pull it away from the back of your head until it feels snug.



**STEP 7:** Using your other hand, grasp the slip tube and pull it towards the back of your head until the tube rests snugly above the plastic portion of the strap. The cannula tips should be snug inside your nostrils. When properly tightened, the cannula cannot be pulled away from your nose.

# ARES 610 ALERT GUIDE


**If the same alert sounds more than 2 times,  
call Customer Support: 877-710-6999**

## START-UP AUDIO ALERTS


AUDIO ALERTS/FREQUENCY	INDICATION
<i>"The ARES battery is low, it must be re-charged."</i> Repeats every 3 seconds.	Battery not charged.
<i>"Call tech support, the ARES is not working. Code 1."</i> Repeats every 3 seconds.	Hardware problem, study cannot be performed.

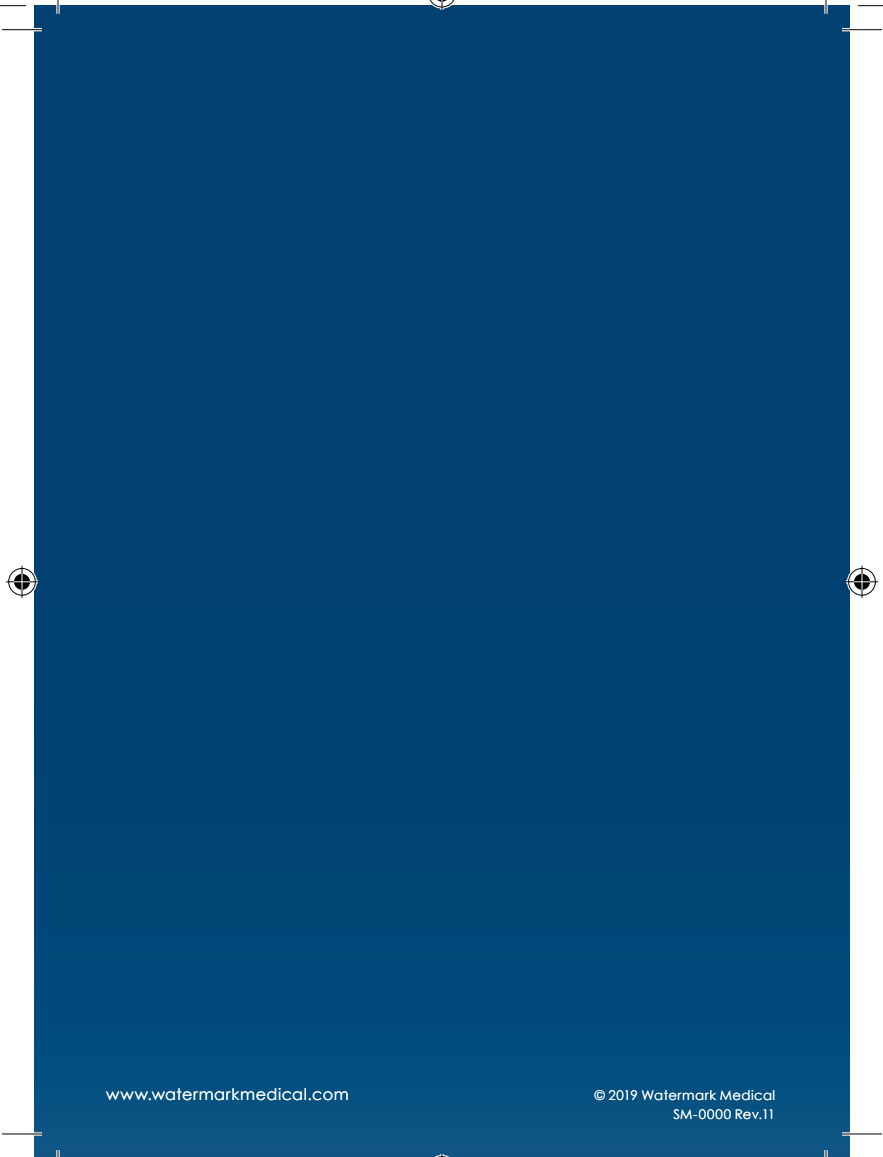
## **ALERTS DURING THE NIGHT**

### **ALERTS DUE TO POOR SIGNAL QUALITY**



To stop an alert, turn your head back and forth as if you are shaking your head no. Reposition the ARES 610 on your forehead and tighten the Cannula Slip Tube. The Alarm will sound again if the problem is not properly resolved. If any alert sounds more than 2 times, call Technical Support: 877-710-6999.





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