



Quick Start Guide

Nachtwacht® LUNA

DAY4LIFE

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Congratulations!

You have made an important first step towards a more peaceful sleep. Nachtwacht® LUNA will help you feel more at ease while sleeping because it will alarm you or your caretaker and helps them to take action during a cardiac arrest. This leaflet provides instructions on how to use the enclosed Nachtwacht® LUNA to enjoy a peaceful sleep.

We advise everybody to take a course in cardiopulmonary resuscitation (CPR) and to find out where the nearest AED is located at all times. For courses you can go to our website and select your language at www.day4life.com so that we can forward you to the organizations in your country that offer these courses. Please read the extended Instruction leaflet for further information. You can always download this Quick Start Guide or the instruction leaflet, in case you lose it.

Disposal of your old product

Your product is designed and manufactured with high quality materials and components, which can be recycled and re-used. This product is covered by the European Directive 2002/96/EC. Do not dispose of this product with your normal household waste. Please find out about your local regulations for disposing of electrical and electronic products and act accordingly. The correct disposal of this product will help prevent potential negative consequences for the environment and human health.



What does this box contain??

- 1 Base station
- 2 Sensor ring
- 3 Partner remote
- 4 AC/DC adapter
- 5 Instruction leaflet
- 6 Instruction DVD
- 7 This Quick Start Guide



Warning: This is not a replacement for a medical device, nor can it replace a professional medical monitoring device. The Nachtwacht® LUNA cannot prevent people from dying. The manufacturer can therefore not be held liable.

1 Connect your Nachtwacht® LUNA

- Unpack the Nachtwacht® LUNA.
- Place the base station close to your bed (preferably within 5 meters, on your bedside table for example).
- Connect the adapter to the Nachtwacht® LUNA and put the plug in an AC socket.

2 Charge the ring and the partner remote

- Place the ring and the partner remote in the base station.
- Leave both in the base station for at least 90 minutes to get fully charged.

Warning: when you do not use the Nachtwacht LUNA for some time, you should charge both the ring and the partner remote at least every three months to maintain the battery's condition.

3 Set up the base station

- Switch on the base station by pushing the “reset/on/off” button for 2 seconds and wait for it to finish its start up process (the final screen shows the time).
- Remove the ring from the base station.
- Push the large green button to connect the ring to the base station.
- Push the large green button again for 2 seconds to go to the settings.
- Set the “out of range time” by pushing the green button a few times repeatedly (choose a time between 1 and 10 minutes, or “never”), the default setting is set to 4 minutes. This setting determines how far the ring needs to be out of range, before an alarm goes off. When you are done, wait for the base station to allow you to set the time.
- Set the date and time by pushing the green button repeatedly until you have set the right time.

4 Start using the Nachtwacht®LUNA

- Place the ring around your index finger (left or right, whichever you prefer).
- Adjust the strap in such a way that it is tight enough not to lose it and loose enough to not block your blood flow during the night. When you have adjusted the ring to your liking, you can cut off the remaining part of the strap to avoid accidentally losing it during the night.



5 Start using partner remote

- Take the partner remote from the base station.
- Push the gray “reset/on/off” button for at least 2 seconds to switch it on.

6 What will happen in case of alarm?

- If the patient moves **out of the base station's range**, it will start counting down from the set delay time. Both the partner remote and the base station will alarm the partner or caretaker. (This could happen if the patient gets out of bed without placing the ring in the base station, when going for a long nightly toilet visit, for example). Follow the instructions. In case of a false alarm reset the Nachtwacht® LUNA by pushing the “reset/on/off” button.
- If the patient has a **cardiac arrest**, the alarm of both the base station and the partner remote will go off. Follow the instructions. In case of a false alarm reset by pushing the “reset/on/off” button.
- If the patient has a **tachycardia** (a longer period of an increased heart rate), the alarm of both the base station and the partner remote will go off. Follow the instructions. In case of a false alarm reset by pushing the “reset/on/off” button.
- In case the patient has a **bradycardia** (a longer period of an extreme low heart rate), the alarm of both the base station and the partner remote will go off. Follow the instructions. In case of a false alarm reset by pushing the “reset/on/off” button.