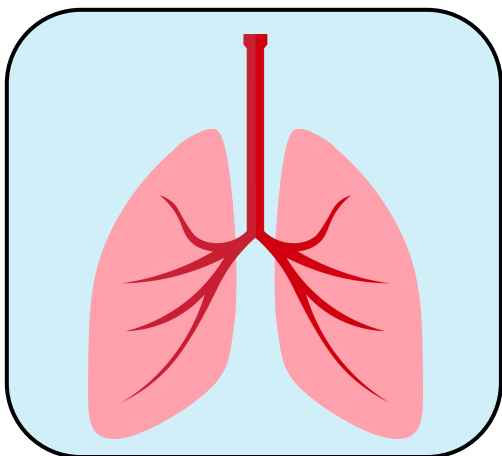


1

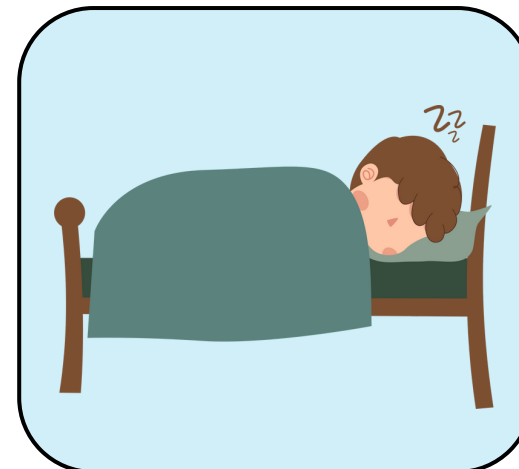
General Overview of the Gabi Sleep Monitor



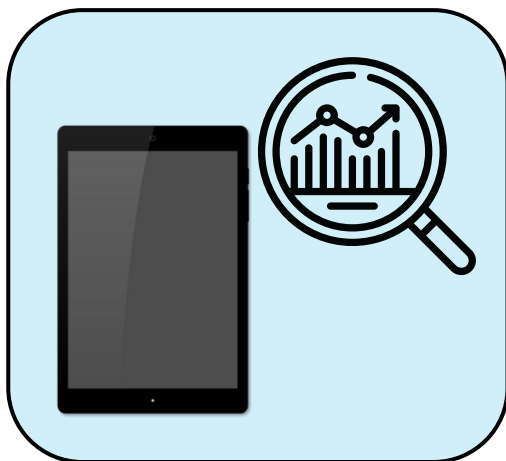
The Gabi monitor will measure your child's heart rate, oxygen levels, and breathing rate to assess the **quality of their sleep**.



Inside this pouch you will find a **gabi pod, tablet, charger** for both the band and tablet, and **two** different size **straps** for the band.



For the duration of the **two weeks**, we ask that you place the **Gabi directly on your child's upper arm every night when they go to sleep and remove it when they wake up**.



While the Gabi is on your child, the **tablet must be left within the same room as your child** to start and facilitate data recording.



Please try to keep the **tablet charging for the entirety of the two weeks**, and **charge the pod while it is not in use**. **Begin charging both once you open the Gabi kit**.



Please contact us at **347-620-3201** or through **disco@nyulangone.org** if you run into any issues or have any questions!

2

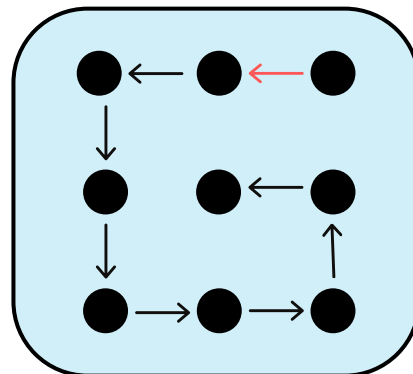
Using the Gabi Sleep Monitor



Once your child is **nearing their bedtime**, ensure the **pod is charged** and the **tablet is charging** in the **same room** as your child.



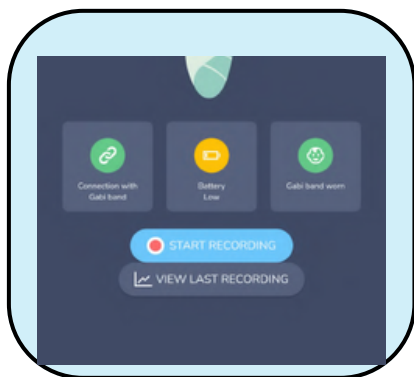
Prep the pod by attaching it to one of the straps. See instructions on the back of this card for doing so!



To prep the tablet, **unlock** it using the **sequence above**, and then **connect to your home internet** (if possible) through the tablet settings.



Once your child is ready to go to sleep, **place the prepped pod on their upper arm** making sure it is **directly against their skin**. **Adjust it so that it is snug but not too tight.**



Once the band is placed on your child open the tablet and **open the Gabi app**. There you can **click on the button to start recording data**.



Leave the band on your child while they sleep. If they **wake up in the middle of the night** please **continue to leave it on** if they are going back to sleep.



Once your child **wakes up the next morning**, please **remove the band** and place it to **charge**.

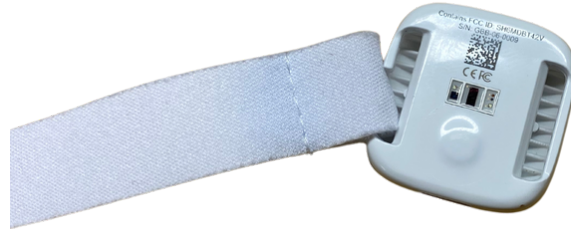


Finally, open the tablet and the Gabi app where you can **press stop recording** to finish the collection.

Preparing the Gabi Band



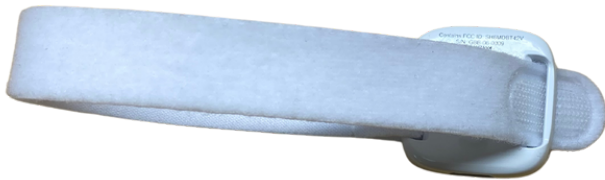
Choose the **appropriate sized strap** for your child based on **their age** and the **range on the tag** of the strap. If the **strap does not fit** you can **try using the other provided strap**.



Begin by **hooking one end of the looped part of the strap onto one of the prongs on the back of the gabi pod**. Make sure the **tag is facing towards the front of the pod**.



Attach the **other end of the loop** to the **other prong by slightly squeezing it and hooking it on**. **Pull on it gently to ensure that it does not come off easily**.



Once the loop is secure, take the **other (velcro) end** of the strap and **pull it through the opening** on the **opposite side** of the pod.



Pull the strap through, and leave it in a position in which the **your child arm will fit through the loop**.



Once you place the loop through your child's arm and position over their upper arm, you may secure the band by attaching the velcro end onto the strap itself.