



WHEN TO TAKE MEASUREMENTS

When you are taking measurements, think about the more the better. You can not take too many. Here are some examples:

1. You want to think about taking them throughout the day.
2. After activities, exercise, etc.
3. You want to do them late and night and early in the mornings.
4. Anytime you get up in the middle of the night, and if you can wake up prior to when you would normally wake up, this would be perfect.

To accomplish this, you can usually use one probe for the entire day. As long as you keep it clean and protected, one probe can even be used over the entire rental period. But we will provide you with enough to change them every day.

1. Remember after your measurements, simply place the device carefully back into the case, making sure that you don't let the probe contact anything. Then close the lid.
2. When you pick the device back up, be careful not to dump the probe out, since the device holds it in only when powered on.