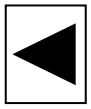
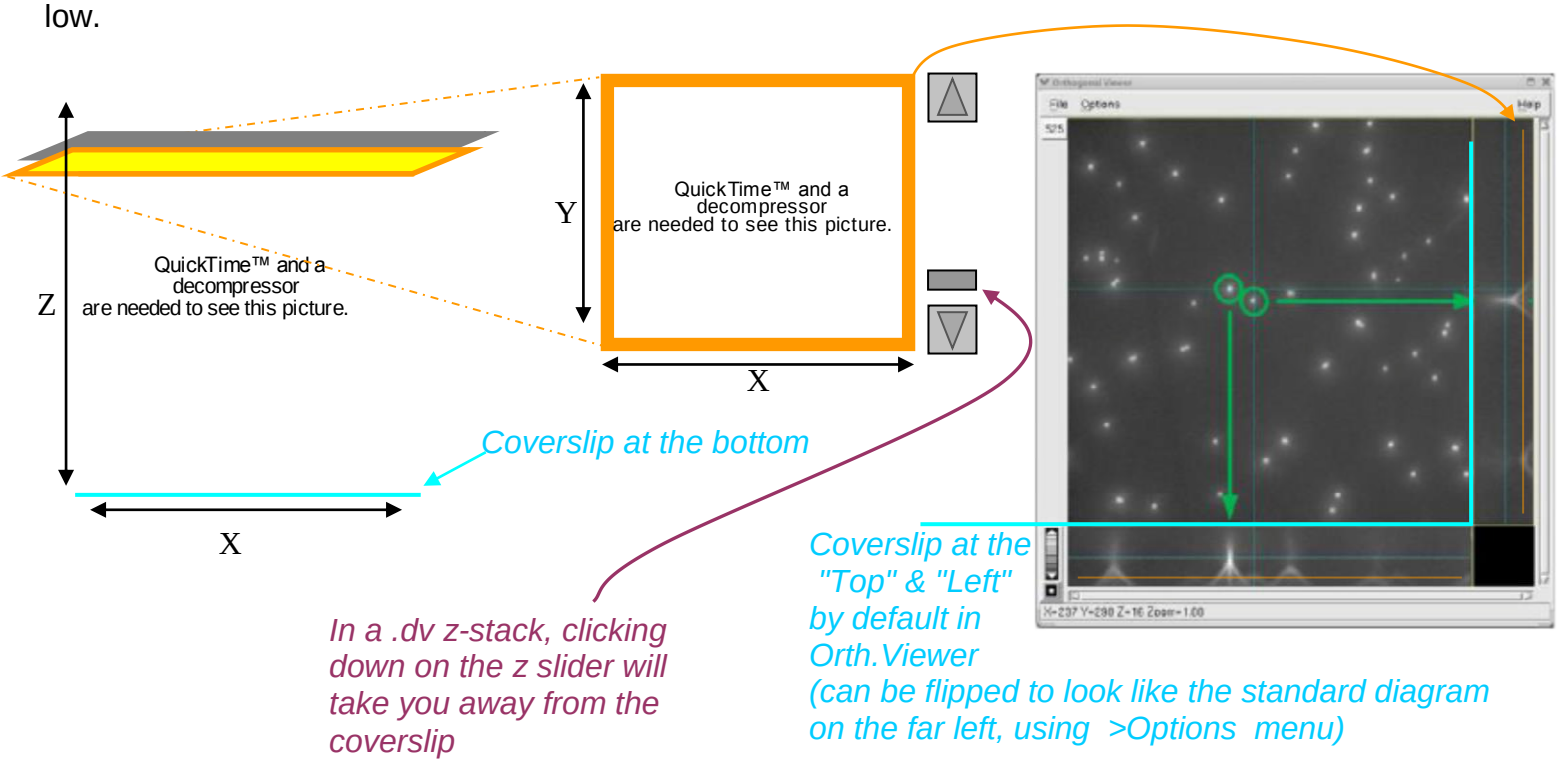
X and Y and Z on the OMX
20131007 verA –MDG

ΔX
Clicking the  (left on the computer screen) arrow moves the stage away from the blaze light path, = stage rightwards as you look at it.
The coordinates of the stage X position will decrease.

ΔY
Clicking the  (Y "down" [not Z down] on the computer screen) arrow moves the stage toward the back of the cabinet, away from the door.
The coordinates of the stage Y position will decrease.

ΔZ
Clicking the  (down) arrow moves the stage toward the objective.
The focal plane will move deeper into the sample (with respect to the coverslip).
The focal plane will move increasingly away from the coverslip.
The coordinates of the stage Z position will decrease.

If when clicking down  more "structured" "rings" appear around a point source, your oil RI is too low.



Note that .dv stacks have the first picture taken on the "Top" of the z-stack and it is the plane closest to the coverslip whereas x-z plots are usually depicted as coverslip on the bottom (but rarely is this denoted!).
http://www.svi.nl/NyquistCalculator is VERY educational if you tick on the PSF calculator box.