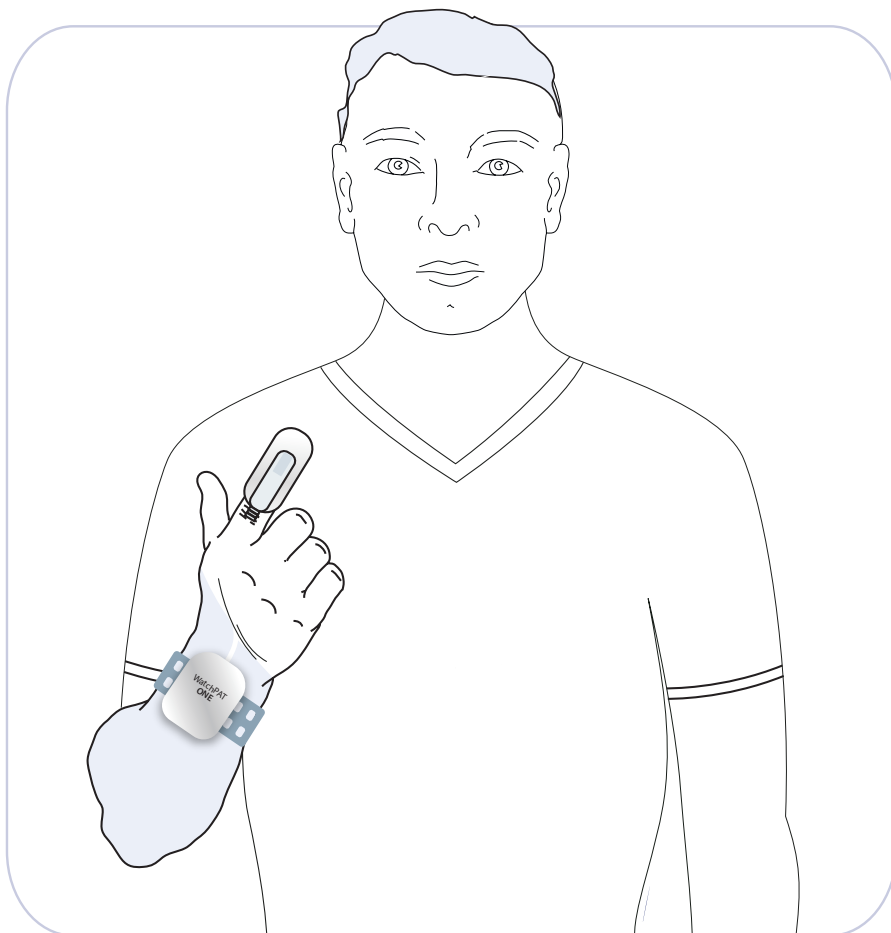



# WatchPat One E

## Home Sleep Testing

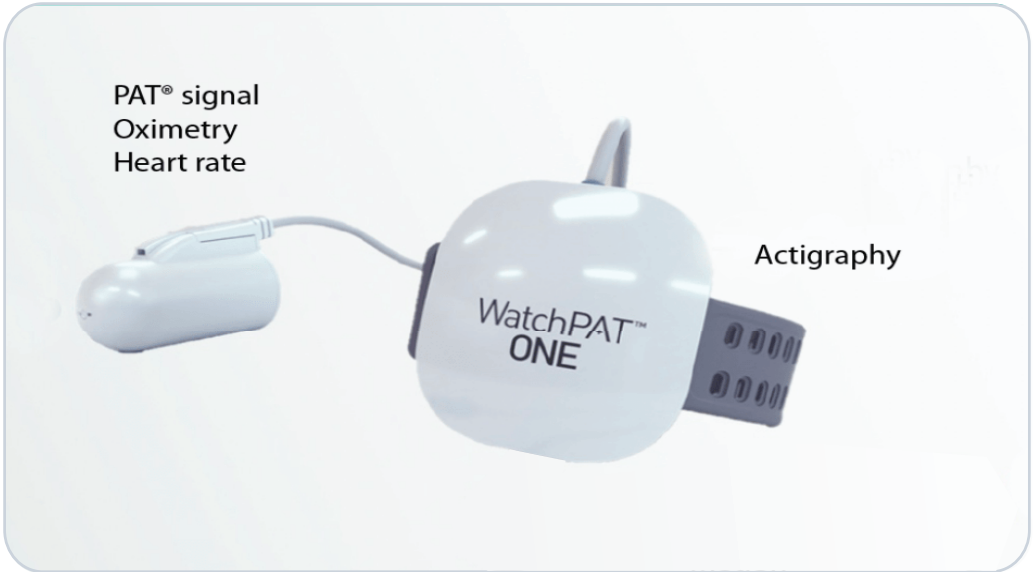
### PATIENT INSTRUCTIONS



 Testing process is time sensitive.  
You must complete the testing within 48 hours of receipt.

# Home Sleep Test Device

In the package, you will find the test device and the finger probe



## **Reminder:**

Do not place battery in the device until you are ready to go to bed and test!

You should continue to take any medications as directed by your prescriber.

Download the WatchPAT One App onto your smart phone upon receiving the device to have it ready for testing.

# What is needed for this test and prior to testing with the device?

WatchPAT One testing will require:

- WatchPAT One Device
- Smart Phone
- Internet Access
- Phone Charger
- Pin Number - **YOUR 4 DIGIT PIN IS 1234**



## Tips to assist in achieving the best test possible:

- Remove all fingernail polish and avoid using hand lotion prior to testing
- Remove jewelry and accessories
- Trim the fingernail of the finger you choose to insert into the finger probe
- Do not wear tight clothing as you want to be comfortable

# Home Sleep Test Instructions:

Please read these instructions carefully and follow the directions.

## Step 1: Download the WatchPAT One App

- Download the WatchPAT One App onto your smartphone via Apple App Store or Google Play.
- Follow the prompts to accept access requests.

*Note: The App may be deleted from your smartphone, but ONLY after you receive all of your sleep study results.*

WatchPAT™ ONE



itamar  
medical

WatchPAT™ ONE

Allow WatchPAT to access this device's location?

DENY ALLOW

itamar  
medical

WatchPAT™ ONE

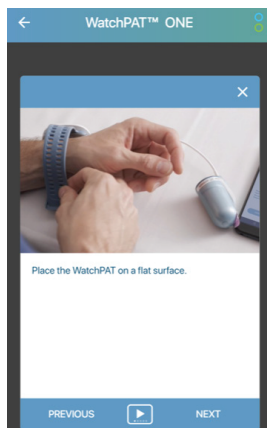
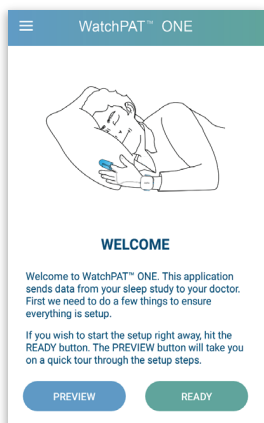
Allow WatchPAT to access photos, media, and files on your device?

DENY ALLOW

itamar  
medical

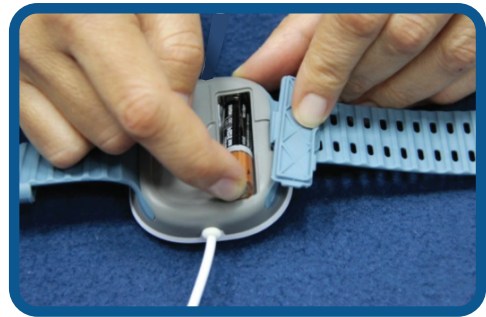
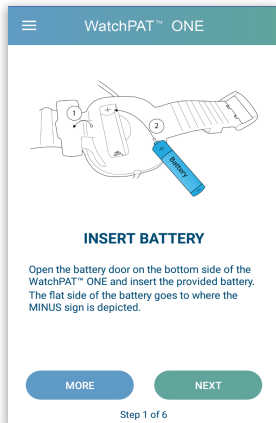
## Step 2: Preview Step by Step Instructions

- You may review step by step instructions before testing with your device with use of the preview button or the "Play Symbol," pictured below:



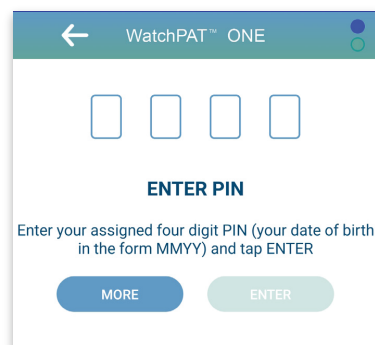
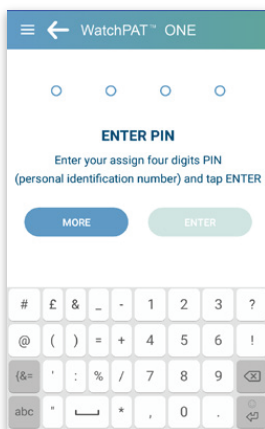
## Step 3: Insert Battery into Back of Watch

- Insert the provided battery into the WatchPAT One device.
- Your device will then locate your Smart Phone via Bluetooth.



## Step 4: Enter the assigned 4 Digit PIN into your App

- You will be prompted to enter the 4 Digit PIN **YOUR 4 DIGIT PIN IS 1234**



## Step 6: Apply the WatchPAT One

- Apply the device on the wrist of the non-dominant hand
- Secure the device in the same manner a wristwatch is applied
- Ensure the device is snug on the wrist, but not too tight



## Step 7: Apply the finger probe

- Slide any finger, other than your thumb, all the way into the probe until you feel the end
- The sticker marked TOP should be on the top of your finger
- Detach and gradually remove the TOP tab while pressing the tip of the probe against a hard surface



## Step 8: Press Start and Go To Sleep

- Once device is properly in place, press the START button in the app on your phone and go to sleep.
- Ensure that your phone is within 15ft/5m from the testing device when choosing a plug to charge your phone during testing.



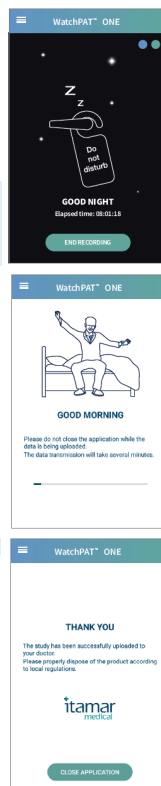
*Note: If you need to get up at all throughout the night, leave sensor on and in place and leave your phone behind, still connected to the charger. You must allow for 6 hours of recording time before ending the test.*

**Important! During the night, if you need to get up for any reason, DO NOT remove the device or sensor.**

**Leave your phone behind and DO NOT disconnect your phone from the wall charger until testing is completed.**

## Step 9: Remove Device and END Recording

- In the morning when you awake, press the END RECORDING button in the app on
- The end recording button will appear ONLY after 6 hours of testing is recorded.
- Once testing is complete, the app will upload all data to your phone to be sent to your provider.
- You may remove the device and discard it.



# Home Sleep Testing Frequently Asked Questions

**Q Should I remove the device if I wake up during the night?**

**A NO!** You should not remove the device and/or probe until you are sure your testing is complete.

**Q What should I do if I cannot get the test to successfully start after following all steps properly?**

**A** Make sure the sensor is attached correctly. If this does not solve the problem, please contact our office.

**Q What if I receive an irritating sensation on the finger that I cannot cope with?**

**A** Remove the finger probe and call our office.