



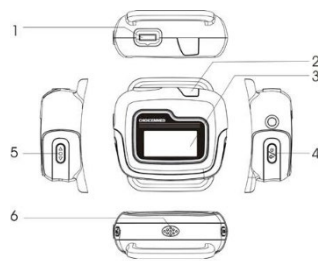
Nocturnal Pulse Oximetry Patient Instructions

Start Here

This Oximetry test has been ordered by your clinician to monitor your oxygen levels and heart rate while you sleep. In order to obtain a quality test, you must closely follow these instructions.

We enclose the SleepSat wrist-worn pulse oximeter with wrist strap, a finger probe, and a USB cable if charging the device is needed. The oximeter device measures your oxygen and heart rate, overnight while you sleep.

Get to know your device:



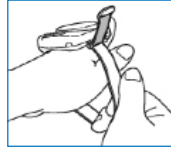
1. **The probe socket:** to connect the probe for measurement and connect the USB cable for charging the battery.
2. **The Bluetooth® indicator:** Not enabled
3. **Screen Display:** Displays the oxygen level and heart rate.
4. **Power button:** press and hold the button for 3 seconds to power the device on. Note: The device powers off automatically when the probe is removed from the finger and left off for 2 minutes.
5. **Function button:** Not enabled
6. **The speaker.**

Tips for Testing

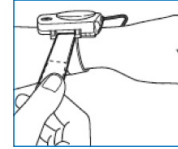
- Your provider may have you repeat the test for more than one night. Follow the testing instructions provided for the prescribed number of nights. The oximeter will turn off automatically after the probe is not being worn for two minutes, and must be turned back ON when you are ready to fall asleep the next night.
- If more than one night of testing is required, charge the device after you wake up by removing the finger probe from the connector and attaching the enclosed USB cable to a standard USB power block. Recharging time is approximately four hours.
- If the finger probe comes off your finger, simply put the probe back on your finger. If the device has turned off, press the power button for 3 seconds or until the display lights up.
- If the sensor irritates your finger, switch it to another finger.
- Try to sleep as usual.
- If you get up during the night, you can take the oximeter with you or leave it by the bed. If you leave the oximeter by the bed, remember to turn it back ON when you return to bed.

Prepare Your Device

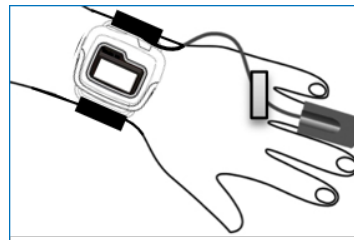
1. Once you are ready for bed, put the wrist band on your left arm. If you are left-handed, put it on your right arm.
2. Place the finger probe on one of your fingers. **Make certain the finger is inserted completely into the probe.**
3. Attach the probe cable loosely to the back of the hand with tape or a Band-Aid (as shown). If there is a cloth probe cover in your kit, put the probe on the finger first, then place the cloth probe cover over top of the probe. **DO NOT TAPE THE PROBE AROUND THE FINGER**, this could impede circulation to your finger.



Attach SleepSat to the arm by inserting your hand through the Wrist Band



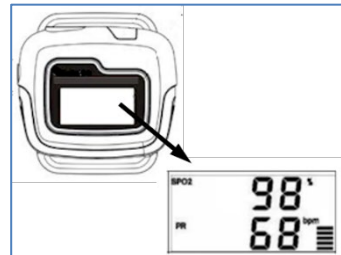
Adjust the fastening position of the hook-and-loop tape to adjust the tension of the band.



Run the Test

Note: Turn the oximeter on **ONLY** when you are **IN BED** and ready to fall asleep. Try to avoid fast movement of the hand or fingers, but don't worry if you move during sleep.

1. Press in on the power button for 3 seconds or until the display lights up. The machine will start recording heart rate and oxygen levels.
2. **Lay with your hand still for 5 minutes, then go to sleep.**
3. **If the finger probe comes off during the night:**



Put the probe back on your finger. Press in on the power button for 3 seconds or until the display lights up.

4. In the morning:
When getting out of bed, take the oximeter off your finger and wrist. The oximeter will turn OFF automatically after 2 minutes.
5. Return all the equipment including the device, probe, and USB cable at the scheduled drop-off time.