◆ Step 4 - Turning ON the Device

Note: The device should only be turned on when you are ready to go to sleep.





- **4a.** Press firmly on the Power button until the display lights up. Next screen "Please wait Testing..." After a few seconds "GOOD NIGHT!!!"

 ✓ message will appear. The display will turn OFF after a short period.
- **4b.** In the case there is a problem, "TEST ABORTED" **X** will appear, call help desk 1-888-748-2627

You are now ready to go to sleep.

4c. In the case your finger is not inside the probe, an error appears instructing you to insert the finger. Wait till the device turns off, insert finger and try again.

◆ Step 5 - During the night

- Anytime you press on the button, the display will light up for a minute.
- If you need to get up during the night, do not remove the device or sensors
- Do not press any buttons if you need to get up during the night.
- If using the bathroom, do not get the WatchPAT wet.
- Should you encounter unbearable discomfort, remove the device and call the help desk.

◆ Step 6 - Next Morning

When you wake up:

- 6a. Device will turn off automatically. There is no OFF
- **6b.** Remove the finger probe and the RESBP sensor
- **6c.** Take off from your wrist.
- **6d.** Insert all parts back into the carrying case.

- Do not attempt to connect or disconnect any part of the unit.
- Do not try to introduce any foreign object into the unit.
- Do not try to connect the WatchPAT to an electrical supply or other device, machine or computer.
- Do not, under any circumstances, attempt to fix a problem by yourself.

Questions? Call our Help Desk Number 0771-315-1892



For multi night study (2 or 3 nights

usage of the watchPAT device), the

& replace the battery between night.



For Multiple Nights Study

For MULTI NIGHT study make sure to change / charge battery!

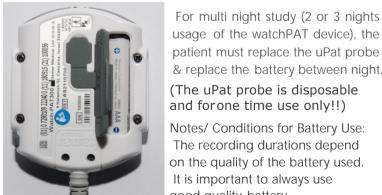


Figure 5 – Battery Compartment

on the quality of the battery used. It is important to always use

WatchPAT 1 Home Sleep Test



For an instructional video go to: www.watchpat-howtouse.com

and forone time use only!!) Notes/ Conditions for Battery Use: The recording durations depend

good quality battery.

WatchPAT 300 - Step by Step Guide

This guide is to be used after your practitioner has showed you how to use the WatchPAT device.



- A Power Button
- **B** Respiratory Effort Snoring and Body Position sensor (RESBP)
- **C** Finger Probe

Before applying the WatchPAT:

- It is recommended to apply the WatchPAT device to your non-dominant hand
- Probe can be worn on any finger, except the thumb. If you have large fingers, the pinky is recommended.
- Before use, remove tight clothes, rings, watches and other jewelry.
- Remove nail polish and artificial nails from the test finger and make sure the fingernail is cut short.

Note: Once you have turned on the WatchPAT device, it cannot be turned off.

Apply the device and turn it on only when you are ready to sleep.

Note: Adult supervision may be required to apply the device. Note: Images in the demonstrated guide are for the left hand; similar process can be applied for the right hand.



The carrying case contains:

- This reference guide
- Device with Finger Probe
- Respiratory Effort Snoring and Body Position sensor (RESBP)





- 1a. For men: trim thick chest hair, if needed.
- **1b.** Take the RESBP Sensor through the sleeve of your night shirt up to the neck opening.



1c. Peel the white paper from the back of the sensor



Step 2 - Applying the WatchPAT Device



◆ Step 3 - Applying the Finger Probe



1d. Stick the sensor to the center of your upper chest bone, just below the front of neck. Make sure the image on the RESBP sensor is upward facing.



1e. Secure the RESBP sensor with additional medical tape.



- **3a.** Probe can be worn on any finger, except the thumb. If you have large fingers, the pinky is recommended.
- **3b.** Insert the finger into the probe until you feel the end. The sticker marked TOP should be on the top of your finger (Above the nail).



2a. Strap the device to your

non-dominant hand. 2b. Close wrist strap (not too

tightly).

- **3c.** Press the tip of the probe against a hard surface (i.e. table, lea.)
- 3d. Pull and remove the TOP tab completely out of the probe.

