



# Step by Step Guide

## Watch Over Your Sleep

# WatchPAT™



For an instructional video go to:  
<http://www.itamar-medical.com/patientvideounified>

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### WatchPAT™ 200U

This reference guide will help you use the WatchPAT in the comfort of your own home. It is a quick reference guide to be used after your practitioner has demonstrated how to wear and operate the device. **Adult supervision might be required.**

- Before applying the WatchPAT:**
- Remove tight clothes, rings, watches and other jewelry from your non-dominant hand
  - Make sure fingernail of an index finger is short
  - Remove nail polish and artificial nails

**Do not put on the device or activate it before retiring for the night**

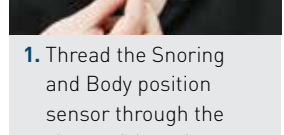
- A - ON Button
- B - Snoring and Body Position sensor (optional)
- C - uPAT Probe
- D - Cable for Tamper-Proof Bracelet (optional)
- E - Tamper-Proof Bracelet (optional)



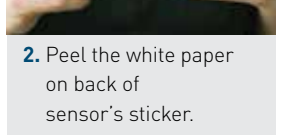
- The carrying case contains:**
- This reference guide
  - Device with uPAT probe
  - Snoring and Body position sensor (optional)
  - Tamper-Proof Bracelet (optional)
  - Cable for Tamper-Proof Bracelet (optional)

### + Step 1 (Optional) Applying the Snoring and Body Position Sensor

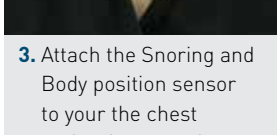
**Note:** If you are not using this sensor skip to Step 2.  
**Note:** It is best to apply the Snoring and Body Position sensor with the aid of a mirror. If needed trim or shave chest hair.



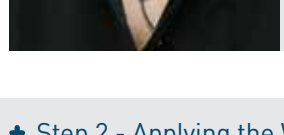
**1.** Thread the Snoring and Body position sensor through the sleeve of the pajama up to the neck opening.



**2.** Peel the white paper on back of sensor's sticker.



**3.** Attach the Snoring and Body position sensor to your chest under the sternal notch (align the main icon to your body).



**4.** Secure the Snoring and Body position sensor in place with medical tape.

### + Step 2 - Applying the WatchPAT



**5.** Strap the device to your non-dominant hand. Do not close wrist strap too tightly.



### + Step 3 (Optional) Connecting the Tamper Proof Bracelet



**Note:** If you are not using a bracelet skip to step 4  
**Note:** The bracelet should have been already placed on your hand by an authorized technician, if not please contact customer support.

**6.** Verify that cable with the red and white snaps is well connected to the WatchPAT socket.

**7.** Connect the white and red wires coming out of the device to the white and red snaps of the bracelet respectively. Make sure you hear the "click" when closing the connector.

### + Step 4 - Applying the uPAT



**8.** Insert the index finger into the probe until you feel the end.

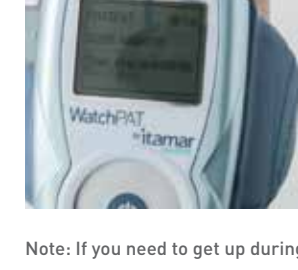


**9.** Detach and remove the TOP tab while pressing the tip of the probe against a hard surface.

### + Step 5 - Turning ON the Device



**10.** Press the blue button firmly until the "Itamar Medical" logo appears on the display. At the end of a short testing you will see: GOOD NIGHT!!!  
Time elapsed: hours: minutes  
Recording... You are now ready for sleep.  
In case there is a problem TEST ABORTED will appear.



**Note:** The LCD will turn off after one minute. Anytime you press on the button the LCD will light up for one minute.

**Note regarding the Tamper-Proof Bracelet:**  
In case you forget to connect the bracelet and already turned on the WatchPAT, you will receive the following message: "Connect Bracelet", "TEST ABORTED". The device will turn off automatically after one minute. Verify that you have connected the bracelet properly and turn on the device again.

**Note:** If you need to get up during the night, do not remove the device or Sensors.  
 Should you encounter any unbearable discomfort, remove the device and call the help desk.

### + Step 6 - Next Morning

- There is no need to turn the WatchPAT device off.
- Remove the sensors from your hand and your chest.
- Insert all parts back into the WatchPAT case.

**In case you used the Tamper-Proof Bracelet:**  
• Disconnect the bracelet from the cables that connect it to the WatchPAT. Cut the bracelet along the dotted line using small scissors and insert it into the WP case along with the other parts.



### Watch Over Your Sleep

#### + Important Notes

The WatchPAT should not cause any discomfort or pain. If you experience wrist or arm discomfort, loosen the strap. If the discomfort is not alleviated immediately, call help desk.

- 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.

**Note:** Images in the demonstrated guide are for the left hand; similar process can be applied to the right hand



Help Desk Number - USA: 1-888-748-2627  
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Caution: Federal law restricts this device to sale by or on the order of a physician.

