

+ 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" ✗ 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™ 300 wet.
- The WatchPAT™ 300 should not cause any discomfort or pain. 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 button.
- 6b.** Remove the finger probe and the RESBP sensor
- 6c.** Take off from your wrist.
- 6d.** Insert all parts back into the carrying case.



Important Notes

- 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™ 300 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
1-888-748-2627

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Step by Step Guide

WatchPAT™ 300

Home Sleep Test



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

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Caution: US federal law restricts this device to sale by or on the order of a licensed healthcare practitioner.

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WatchPAT™ 300 - Step by Step Guide

This guide is to be used after your practitioner has showed you how to use the WatchPAT™ 300 device.



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

Before applying the WatchPAT™ 300:

- It is recommended to apply the WatchPAT™ 300 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™ 300 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)

Help Desk Number 1-888-748-2627



+ Step 1 - Applying the 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.



- 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.



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



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

+ Step 2 - Applying the WatchPAT™ 300 Device



- 2a. Strap the device to your non-dominant hand.
- 2b. Close wrist strap (not too tightly).

+ Step 3 - Applying the Finger Probe



- 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).



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