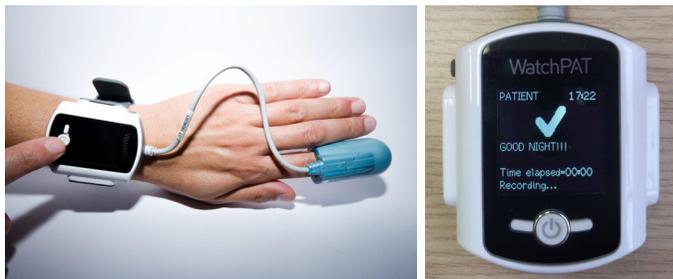


+ Step 4 - Turning ON the Device

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 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 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 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

REF: 0M2193380 Edition 2



Step by Step Guide

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

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WatchPAT™

Home Sleep Test

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

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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 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)

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 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.