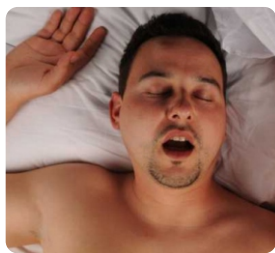





# Home Sleep Testing... Patient Instructions



VirtuOx Patient Support:  
**(877) 897-0063**  
[www.virtuox.net](http://www.virtuox.net)



 Testing process is time sensitive.  
You must complete the testing and return the kit within 48 hours of receipt.





Dear patient,

Thank you for choosing VirtuOx for your Home Sleep Test and congratulations on taking charge of your health and well-being. Your prescriber has ordered a Home Sleep Test (HST) for you to evaluate if you have a life threatening disorder called sleep apnea, which may cause you to stop breathing while you are asleep.

Symptoms of sleep apnea may include snoring, daytime sleepiness, depression, and poor concentration. If left untreated, sleep apnea can cause hypertension, diabetes, heart failure, stroke and even death. The good news is that there are many treatment options available for patients diagnosed with sleep apnea.

Thank You,  
VirtuOx Home Sleep Testing Team

---

## What is sleep apnea?

Sleep apnea occurs when you stop breathing during the night.

There are three types of sleep apnea:

- 1) Obstructive Sleep Apnea (OSA)** – upper airway collapse causing obstruction. This is the most common form of sleep apnea.
- 2) Central Sleep Apnea (CSA)** – neurological condition where the brain fails to transmit signals to the breathing muscles.
- 3) Complex or Mixed Sleep Apnea** – a combination of both OSA and CSA

## What are symptoms associated with sleep apnea?

- Excessive daytime sleepiness
- Loud snoring
- Choking or gasping during the night
- Restless sleep or heavy sweating
- Short-term memory loss

## Home Sleep Test device:

In the package, you will find the test device with the finger probe and snore/body position sensors attached.



## Important!

- Please, DO NOT power the device on until you are ready for bed.
- Test as soon as possible! Excessive delays may result in test failure.
- Please keep your normal bedtime routine! To ensure we get an accurate picture of your sleep patterns, stick to your regular sleep habits.

## Home Sleep Test Instructions:

Please read these instructions carefully and follow the directions.

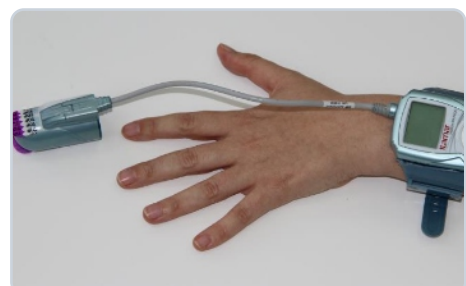
### Step 1: Apply the snore/body position sensor

- Thread the snore/body position sensor through pajama sleeve to the neck
- Peel the white paper only from the back, leaving the blue tab and sticky material intact
- Attach the snore/body position sensor to the chest, directly under the sternal notch with the body icon facing upward
- If necessary, secure the sensor in place with medical tape



### Step 2: Apply the WatchPAT

- Apply the device on the non-dominant hand
- Secure the device in the same manner a wristwatch is applied
- Ensure the device is snug on the wrist, but not too tight



### Step 3: Apply the finger probe

- Slide your index finger all the way into the probe until you feel the end
- Detach and gradually remove the TOP tab while pressing the tip of the probe against a hard surface



**Important!** Please remove any nail polish from the finger on which the probe will be connected.

### Step 4: Turn on the device and go to sleep

- When setup is complete, press the blue button firmly until the "Itamar Medical" logo appears on the display
- At the end of a short testing, a GOOD NIGHT!!! message will appear on the screen
- At that time you are free to go to sleep



**Important!** During the night, if you need to get up for any reason, DO NOT remove the device or any sensors, including the finger probe.

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



## Troubleshooting!

If a message appears on the screen that reads 'TEST ABORTED', this indicates a problem. If this message should appear, please call Patient Support at (877) 897-0063.

### Step 5: Remove the device

- When you wake up and are finished testing for the night, remove the device and all sensors and place in package to be returned.
- There is no need to power the device off. The device will automatically power down.



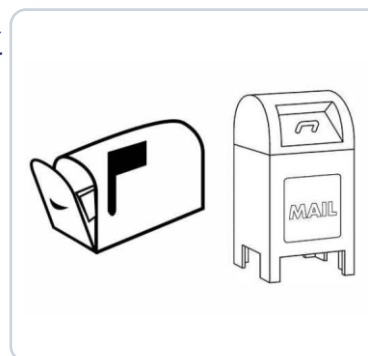
### Step 6: Complete all included paperwork

- Fill out all paperwork that was included in your home sleep testing packet.
- The test is not considered complete until you have completed and returned all paperwork.



### Step 7: Pack the device and send to VirtuOx

- Replace the device, including all attachments and paperwork into the provided box.
- Place the new postage paid label on the box.
- Place the package in your mailbox for pickup OR drop into any outgoing US Postal Service mailbox.



**Important!** Please send the device back to VirtuOx the day after you have completed testing! This will prevent any delays in getting the test results to your prescriber.



## Home Sleep Testing Frequently Asked Questions

- ?** Should I power off the device if I wake up during the night?
- A** **NO!** You should not power off the device until you are sure you have tested for at least 4 continuous hours.
- ?** What should I do if the **TEST ABORTED** message appears?
- A** Make sure all sensors are attached correctly. If this does not solve the problem, call Patient Support at **(877) 897-0063**.
- ?** What can I do if the snore/body position sensor does not stay in place?
- A** You may secure the sensor in place with medical tape or a band-aid.
- ?** What if I receive an irritating sensation on the finger that I cannot cope with?
- A** Remove the finger probe and call Patient Support at **(877) 897-0063**.

**If you have any Home Sleep Test questions please call  
VirtuOx Patient Support at (877) 897-0063.**