

# Home Sleep Test Instructions



# Table of Contents

## Home Sleep Test

What's in the Envelope ..... 3  
If You've Tested Before ..... 3

## Getting Started

**Step 1:** Charge the SleepImage Ring ..... 4  
**Step 2:** Manage Settings on Your Phone/Tablet for Testing ..... 4  
**Step 3:** Download the SleepImage App ..... 5  
**Step 4:** Set Up the SleepImage App ..... 5  
**Step 5:** Pair the SleepImage Ring to the SleepImage App ..... 6

**Starting the Test** ..... 7

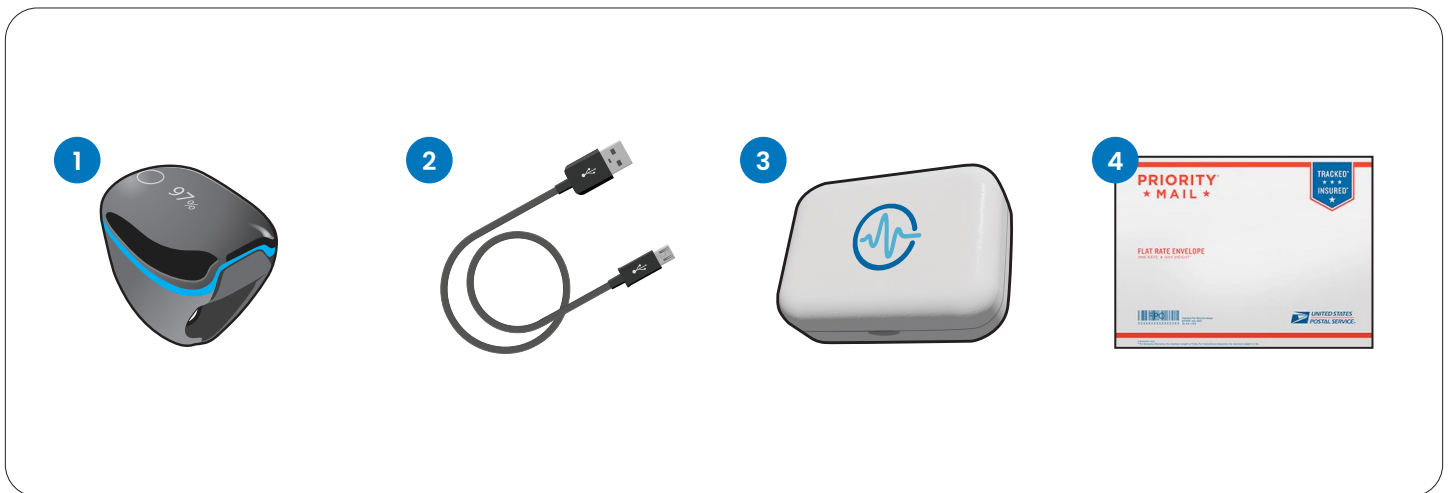
**Stopping the Test** ..... 7

# SleepImage Ring Home Sleep Test

## What's in the Envelope

Included in the box and to be returned to SleepTest.com

1. SleepImage Ring
2. Charging Cord
3. Carrying Case
4. Return Envelope



All parts (1-3) must be placed in the return envelope (4) and mailed to SleepTest.com by dropping the package off at your nearest United States Postal Service office.

## If You've Tested Before

If you've tested with the SleepImage Ring before, then you're a pro! All you need to do is log out of the SleepImage app, log back in with your new ID, and pair your new SleepImage Ring to the app. To pair your new SleepImage Ring to the app, go to the settings button in the app, then tap on Connect New Recorder. Do not test without pairing the new SleepImage Ring to the SleepImage app or the data may not be usable.

# Getting Started

## Step 1: Putting On the Device



1. Open the carry case and remove the SleepImage Ring and the charging cord. Using a charging port you have at home, plug the SleepImage Ring in and allow it to charge.

## Step 2: Manage Settings on Your Phone/Tablet for Testing

1. Turn off any Power Saving/Sleep modes/timers on your device
2. Ensure your phone/tablet's Airplane Mode is turned off
3. Make sure Bluetooth is on, but no other Bluetooth devices are connected to your phone/tablet. Do not turn Bluetooth off.

### ? Airplane Mode

Avoid the use of Airplane Mode. It will block internet connections and interfere with your recording.

### ? Bluetooth Interference

Physical obstructions (like walls), other Bluetooth devices, WiFi, microwave ovens, and even fluorescent lights may interfere with Bluetooth connections. Ensure all devices being used are up to date to minimize the chance of interference. Manufacturers may release updates which improve connectivity and make their devices more robust to interference. This includes mobile device updates. In addition, turning off **non-essential** devices and connections can help in reducing interference.

### ⚠ Essential Devices

In cases where an essential device, such as an insulin monitor, continuous blood pressure monitors, or heart monitors cannot be turned off, an alternative is to use a different mobile device for recording the sleep study.

## Step 3: Download the SleepImage App

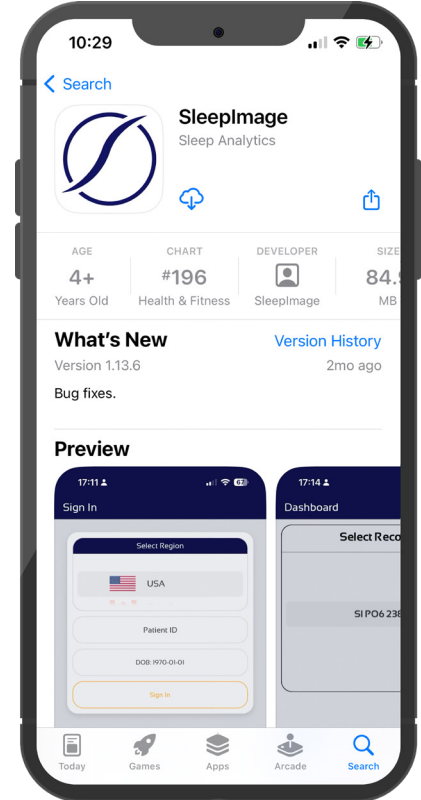
1. Download the SleepImage app onto your smartphone or tablet. Remember, whichever device you decide to use will need to remain within 15 feet of the SleepImage Ring for the duration of the test.

**⚠️** If the SleepImage app does not appear in the Apple App Store or Google Play Store on your device, the most likely reason is an incompatible Android or iOS version. In this case, please try a different mobile device (phone or tablet), if one is available in the household.

## Step 4: Set Up the SleepImage App

1. Once the app is downloaded, accept all permission requests including access to Bluetooth and the device's location.  
**?** The SleepImage app does not record, track, or share the user's location. Android requires that the app ask for this permission because the Bluetooth technology can be used for location services.
2. Reference the email you received or the Getting Started paper that came with the device to find your Patient ID. Enter your Patient ID and date of birth.

**?** If you cannot sign in to the app, first make sure the mobile device is connected to the internet and that there are no typos in the Patient ID. It is also possible that your date of birth was entered incorrectly in the SleepImage System. Please contact SleepTest.com to verify your sign-in information.



## Step 5: Pair the SleepImage Ring to the SleepImage App

1. Ensure your SleepImage app is open. You may at this time be asked to enable Bluetooth access if this was not completed before. Enable Bluetooth to continue.
- ?** **Enabling Bluetooth:** Make sure the operating system for your phone/tablet is up to date.
2. Remove the SleepImage Ring from its charging cord.
3. Place the SleepImage Ring on your finger. The device will “wake up” and you will see two lines on the black screen of the ring.
4. Tap the Scan button on the SleepImage app.
5. When “SI PO# ####” appears in orange under “Select Recorder” tap “Connect”
6. When the SleepImage Ring is successfully synced to the SleepImage app you will see the “Welcome to SleepImage” screen. You are now set up to test. Plug the SleepImage Ring back in to charge until you are ready to test.

# Starting the Test

1. Unplug the SleepImage Ring from where it's charging and place the ring on your finger. We recommend putting the ring on your pointer or middle finger, but it can be on any finger that allows for a snug fit.
2. Plug your phone or tablet into its charging port. Keep it within 15 feet of you and plugged into power for the remainder of the night.
3. Tap the green arrow/start button.
4. Ensure that while you are wearing the SleepImage Ring, the SleepImage app is showing you the SpO2 and the BPM.



🔍 If during the night you wake up to use the restroom, remove the SleepImage Ring from your finger and keep it with your phone or tablet. Once taken off, you will have ten minutes before the SleepImage Ring must be placed on your finger again. If the SleepImage Ring is not placed on your finger within ten minutes of taking it off, a new test must be recorded the following night.

## ⚠️ During Recording: Going Out of Range

If “Connection Lost” or “No SpO2 signal, check sensor” persists on the screen after going out of range and/or after the ring has been removed do the following:

1. Take off the ring
2. If a countdown starts, wait until it finishes
3. Put the ring back on your finger and wait at least 20 seconds
4. SpO2 and pulse rate values should appear if successful

# Stopping the Test

1. When you wake in the morning, click the Stop button (red square).
2. Go to the History tab and ensure that your entry says “Upload Status: Complete”

## Uploading Issues

Please note that upload time is dependent on your network connection. If you have attempted an overnight recording per the instructions, but the upload status has not updated to Complete within 24 hours, follow these next steps:

1. Force-close the SleepImage app, but do not sign out
2. Make sure the phone/tablet is connected to the internet
3. Open the SleepImage app

4. Wait and look out for notifications at the bottom of the screen indicating an upload attempt
5. Go to the History tab and wait until all entries in the list show "Upload Status: Completed"
6. If you see error messages, try switching from Wifi to Cellular or vice-versa

If you are having trouble uploading a study file, do not uninstall the SleepImage Mobile App! If the app is uninstalled, any study files which have not been uploaded (with "Upload Status: Completed") will be lost and you may need to retest.

## Repeat for another night of testing.

## Contact Information

If problems persist or you have questions, message Customer Support from your SleepTest Patient Portal or call **(800) 753-3783** in the morning for help.

To message Customer Support from your SleepTest Patient Portal

1. Open your SleepTest Patient Portal
2. Scroll down to the Help section
3. Click the +Ask Question button
4. Type your message
5. Click the Save button

Our team aims to respond to all messages and voicemails within 1 business day.

