



Home Sleep Test Instructions



Table of Contents

Introduction to the SleepImage Ring

Overview of the SleepImage ring and its Purpose-----	3
What's Included in the Home Sleep Test Kit-----	3

Getting Started with the SleepImage Ring

Step 1: Charge the SleepImage Ring-----	4
Step 2: Download the SleepImage App-----	4
Step 3: Manage Settings on Your Phone-----	5
Step 4: Pair the SleepImage Ring with the App-----	5

Starting the Test-----	6
------------------------	---

Stopping the Test-----	7
------------------------	---

Introduction to the SleepImage Ring

Overview of the SleepImage ring and its Purpose:

The SleepImage Ring is designed to measure, display, store, and transmit functional oxygen saturation (SpO2) and pulse rate. It is intended for use by adult patients in both home and healthcare facility environments. The SleepImage Ring is a Health Canada approved diagnostic home sleep test.

What's Included in the Home Sleep Test Kit

- SleepImage Ring
- Carrying Case
- Charging Cable



Getting Started

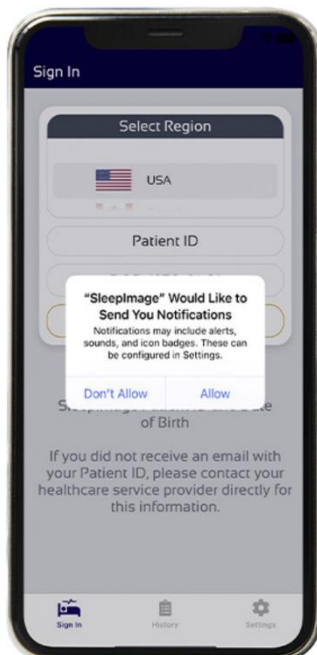
Step 1: Charge the Battery Before Use

Connect the Ring to a computer USB port or a USB charging adapter using the included USB cable to charge.

The charging process may take between 120 to 180 minutes. Be sure to fully charge the recorder before starting use. The Ring will automatically power off once it is fully charged.

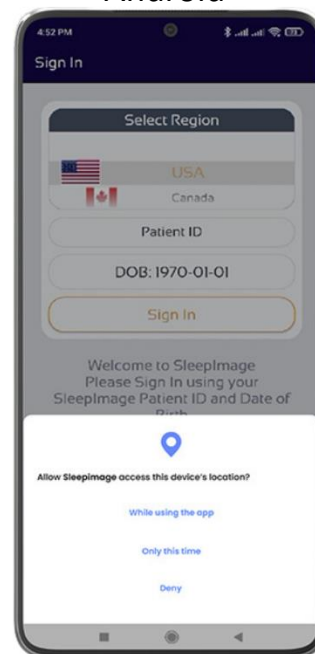
Step 2: Download the SleepImage App

IOS



Click OK to grant access to Bluetooth

Android



Click "While using the app" to grant access to Bluetooth

The SleepImage App does not track your location.

Troubleshooting App Download

If the SleepImage app doesn't appear in the Apple App Store or Google Play Store on your device, try searching for "SleepImage" directly.

If you're still unable to locate the app, it may be due to an incompatible version of Android or iOS. In this case, try using a different mobile device (phone or tablet) from your household.

Step 3: Manage Settings on Your Phone

1. Keep Your Device Nearby

Ensure your phone or tablet is within 15 feet of the SleepImage Ring and plugged into a power source.

2. Close Other Apps and Disable Bluetooth

Before starting the sleep study, close all other apps and turn off any active Bluetooth connections on your phone or tablet.

3. Do Not Interrupt the Sleep Study

Avoid stopping the sleep study recording until you're ready to end the session.

4. Verify Recording Upload

After stopping the recording, check the Recording History to ensure the session has been successfully uploaded.

5. Disable Power Saving Mode

Turn off Power Saving Mode in your phone or tablet's settings to ensure optimal performance during the study.

Step 4: Pair the SleepImage Ring with the App

1. Enable Bluetooth and Grant Permissions

Make sure Bluetooth is turned on and that you've granted the necessary permissions to the SleepImage App:

iOS: Go to Settings > SleepImage and enable Bluetooth permission.

Android: Go to Settings > Apps > Permissions > Location and select "Allow while using the app." Also, ensure that Location is turned on under Settings > Location.

2. Update Your Device's Operating System

Ensure that your phone or tablet's operating system is up to date.

3. Wait for Bluetooth Pairing

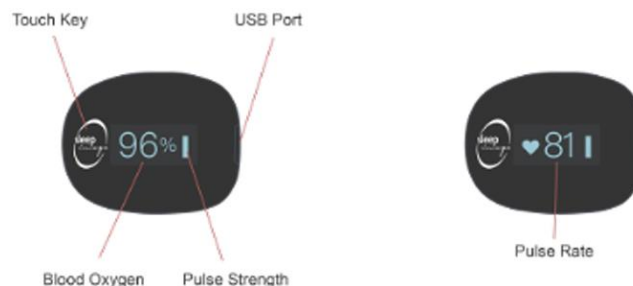
After pressing the magnifying glass icon in the app, and with the recorder powered on, wait at least 60 seconds. Some devices may take longer to discover and pair with Bluetooth accessories.

4. Restart Devices

If pairing issues persist, restart both your phone/tablet and the SleepImage Ring.

5. Try a Different Device

If possible, test with another phone or tablet to determine whether the issue lies with the recorder or the original device.



Starting the Test

1. Prepare the SleepImage Ring
Unplug the SleepImage Ring from its charger and place it on your finger. We recommend using your pointer or middle finger, but any finger that allows for a snug fit will work.
2. Set Up Your Phone or Tablet
Plug your phone or tablet into its charging port and keep it within 15 feet of you. Ensure it stays plugged into power for the duration of the night.
3. Start the Test
Tap the green arrow (start button) in the app to begin the sleep study.
4. Monitor SpO2 and BPM
While wearing the SleepImage Ring, confirm that the app is displaying your SpO2 and BPM (beats per minute) values.

During the Test: If You Need to Remove the Ring

- If you wake up during the night (e.g., to use the restroom), remove the SleepImage Ring from your finger and keep it near your phone or tablet.
- You have 10 minutes to replace the ring on your finger. If the ring is not placed back on within 10 minutes, a new test must be started the following night.

Handling "Connection Lost" or "No SpO2 Signal" Messages

If you see a message like "Connection Lost" or "No SpO2 signal, check sensor", follow these steps:

1. Remove the Ring
2. If a countdown begins, wait until it finishes.
3. Put the SleepImage Ring back on your finger and wait at least 20 seconds.
4. After a successful connection, the app should display your SpO2 and pulse rate values.



Stopping the Test

1. **End the Test**

When you wake up in the morning, tap the **Stop** button (red square) in the app to end the recording.

2. **Check Upload Status**

Go to the **History** tab in the app and confirm that your entry shows “**Upload Status: Complete**”.

Uploading Issues

Please note that upload times may vary depending on your network connection. If the upload status hasn't updated to **Complete** within 24 hours after the test, follow these steps:

1. Close the app, but **do not sign out**.
2. Make sure your phone or tablet is connected to the internet.
3. Open the app again and monitor for upload notifications at the bottom of the screen.
4. Go to the **History** tab and wait until all entries show “**Upload Status: Complete**”.
5. If you're still having trouble, try switching between **Wi-Fi** and **Cellular** networks to see if the upload improves.

Important Note:

If you are unable to upload a study file, **do not uninstall** the SleepImage app. Uninstalling the app will result in the loss of any unsent data, and you may need to repeat the test.

Contact Information

If issues persist or if you have any questions, please reach out to Customer Support:

- **Call:** 506-232-8745 during business hours for assistance.