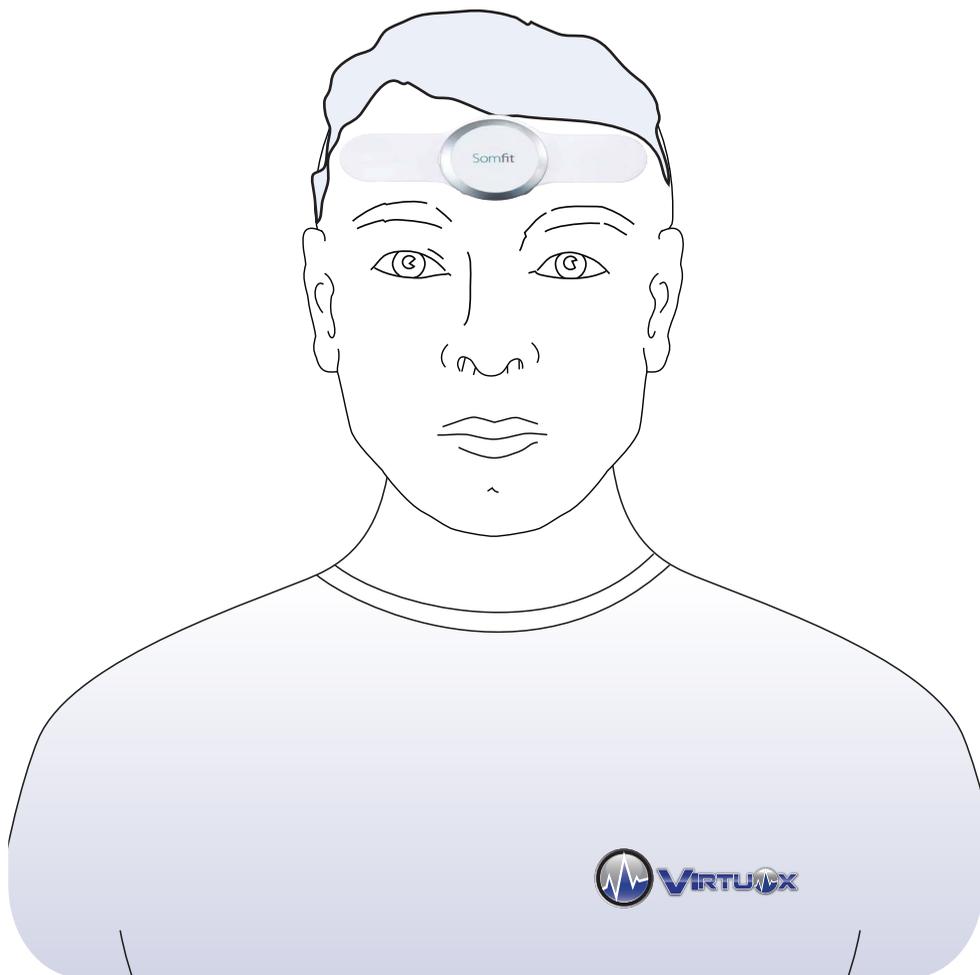


# Somfit

## Home Sleep Stage Testing

# PATIENT INSTRUCTIONS



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



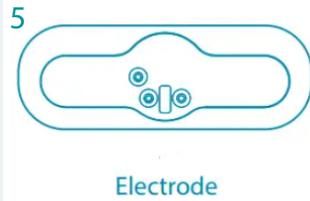
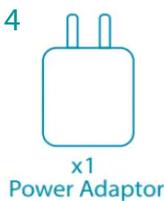
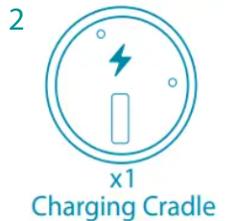
# Home Sleep Staging Test Equipment

Please take a moment to familiarize yourself with what is included in the kit:

1. Somfit home sleep stage testing device

2. Charging cradle to place Somfit device on when charging

3. USB charging cable



Video instructions are available at [www.virtuox.net](http://www.virtuox.net)

4. Wall power adaptor

5. Electrode for each night of use (2 sets)

6. Skin prep pad for each night of use - in electrode packet

**Important!** Remove device upon arrival and charge the device fully and then charge prior to your each night of testing. Device does NOT have an On/Off switch and will remain on once removed from the charger.



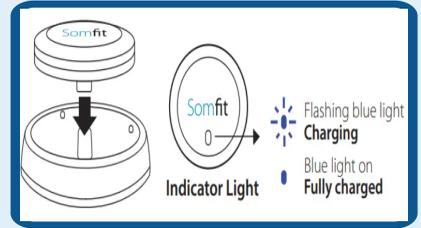
**Reminder:** You should continue to take any medications, as directed by your prescriber. Please test and return the device promptly!

# Prior to Recording:

## Prepare and Practice ...

*Note: If you have long hair, pull your hair back in a way that is comfortable for you to sleep, so that your hair is away from your forehead.*

1. Remove the device from the delivery package. Place the device on the charging cradle and plug the charging cradle into a wall outlet with use of the charging cable & wall adaptor.



2. Install the Somfit phone application with use of your smartphone and the App Store or Google Play store.
3. You will know that the device is fully charged when the flashing blue light turns solid.
  - Be sure to keep the electrode in the package until you are ready to go to bed and test.



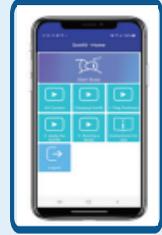
4. Once you have downloaded the application to your smart phone and your device is charging, there are no further steps to take until you are ready to begin testing.

# Home Sleep Staging Test Instructions

Please read these instructions carefully and follow the directions

## Step 1: Getting Started

1. Press the Get Started button in the Somfit app, and scan the QR Code provided on the insert in your instruction packet. Confirm your date of birth, and allow permissions when prompted.

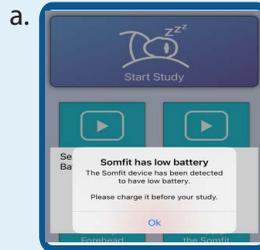


- a. Ensure Bluetooth is enabled on your phone.

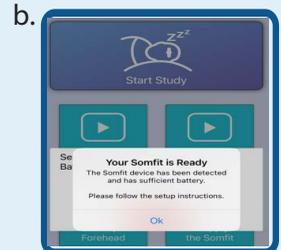
2. Press the 'Start Study' button to start a new study. Place your device near your phone to be located.



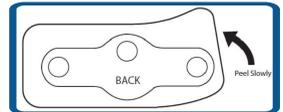
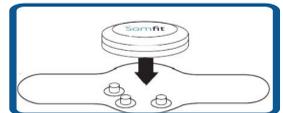
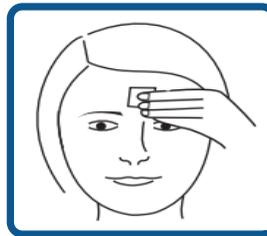
- a. If the device is not sufficiently charged, you will be asked to cancel study and charge fully.



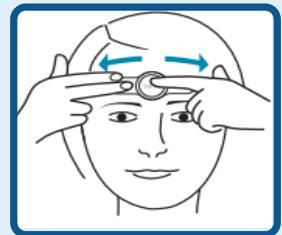
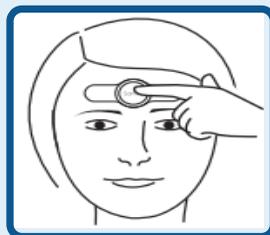
- b. Once the device is located and battery life is sufficient, you will see this message and can move on to the next step.



3. Scrub your forehead with the Skin Prep Pad, provided in the sleeve with the disposable electrode, for 15 seconds and air-dry. Grasp the electrode tab and slowly peel the plastic cover from the back of the electrode.



4. Center the middle sensor 1 finger's width above your eyebrows and firmly press the middle sensor against your forehead. Press left and right side adhesive to your skin.



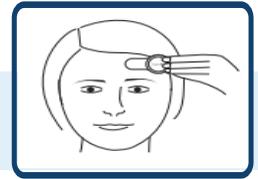
## Step 2: To begin testing

1. After Somfit completes pre-checks, the recording screen will appear. Do not open other Apps and avoid using your phone after you start the study. You can lock the phone screen, but do not put the phone in airplane mode.  
Ensure phone is charging on your bedside table. It is suggested to turn on silent or do not disturb mode on your phone to avoid sleep disturbances. You are then free to go to sleep. It is normal for the indicator light to turn off during recording.



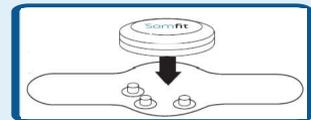
## Step 3: In the morning

1. When you wake, simply press the 'END STUDY' button. Confirm you wish to end study by clicking 'Yes'.
2. Complete post-sleep survey if prompted. Data upload will automatically occur.
3. \*\*\*Do not close the app while study is uploading.
4. Carefully remove the Somfit® device from your forehead by gently peeling off the electrode.
5. Remove the disposable electrode from the Somfit® and discard the electrode. Return the Somfit® device to the charging cradle.



## Step 4: Preparing for your second night, if applicable

1. Replace used sensors
  - Ensure used sensors are removed from the device and discarded.
  - Snap a new electrode into the 3 snaps.



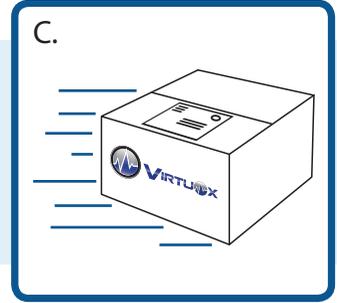
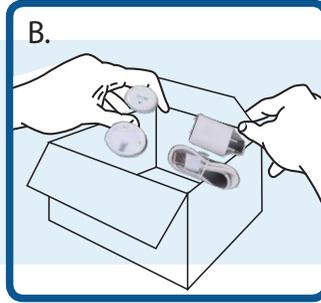
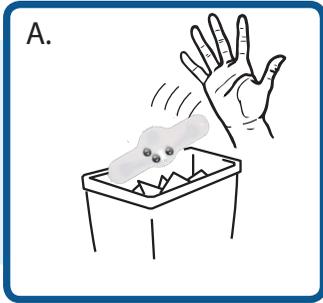
 **Be sure to recharge the device prior to beginning your second night.**

## Step 5: Complete all paperwork



1. Complete paperwork and return it with your device.

## Step 6: Package the device and return to VirtuOx



- A. Unsnap the disposable used electrode from the device and discard.
- B. Replace the device, including all other attachments into the provided return package on the next business day.
- C. Use the appropriate shipping carrier on the provided label to return to VirtuOx.

**Important! Please send the device back to VirtuOx promptly! This will prevent any delays in getting the test results to your ordering prescriber.**

**What's Next?** Your prescriber should receive the results within two weeks from the day you mail the package back to VirtuOx. Please contact your prescriber to discuss the results and treatment options, if needed.

*We hope that you find our products and services of the highest quality and have an easy and successful experience with them.*

# Frequently Asked Questions

**Q** Are there detailed instructions?

**A** Yes, there are step-by-step instructions within the Somfit phone app.

**Q** Which operating systems are compatible with the phone application?

**A** Both Android and IOS phones and tablets, except for Android Go devices.

**Q** What do I do when the study is uploading?

**A** Ensure the app remains open and do not switch off your phone. Once completed the app will indicate a successful study upload. This process usually takes 2 - 10 minutes. If you lose network connection and the study upload fails, it can be retried by closing and re-opening the app.

**Q** Should I power off the device if I wake up during the night?

**A** No, the device does not power on/off. You should leave the device on your forehead until testing is complete.

**Q** Can I reuse the disposable electrode?

**A** You should NOT use the same electrode twice as they will not stick to your skin properly. Please use the additional electrode that was provided.

**Q** If I also have a home sleep apnea test to perform, can I wear them simultaneously?

**A** Yes, you can wear both devices at the same time.

**Q** Do I need to contact you before I begin testing?

**A** No, you do not need to contact us prior to testing.

**Q** When will I get my results?

**A** Please contact your ordering prescriber for your results.

**Q** How many nights do I need to test?

**A** You should test for two nights, unless you were instructed otherwise. VirtuOx will also notify you if you need to test for more than 2 nights.



**If you have any Home Sleep Stage Testing questions please call  
VirtuOx Patient Support at (877) 897-0063. VirtuOx Patient Support  
is available to help you 24 hours a day, 7 days a week!**



[www.virtuox.net](http://www.virtuox.net)



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