

# SleepImage Patient Instructions

ReadingID:

**Virtuox Test Support - 877-897-0063**



This test was ordered by your physician to evaluate for a condition known as Sleep Apnea, where you stop breathing or have shallow breathing during your sleep. This simple to use test will record a number of parameters while you sleep to help confirm this diagnosis. The Sleep Image Ring requires an Apple or Android smartphone or tablet with internet access. You must install the Sleep Image app on your device in order to complete testing. The smartphone collects the recording, then uploads the study automatically to the sleep image website. *The Sleepimage App does not store information on the user's identity or location. All data in the app is deidentified.*

If you do not have a compatible smartphone or tablet, please contact Virtuox support to request a different device, and IMMEDIATELY return this device in the enclosed packaging.



**Make sure the device is fully charged before starting a recording.**



**YOU MUST BEGIN TESTING WITHIN 48 HOURS of receipt & return to VirtuOx Immediately after completion using enclosed packaging**

## 1. App Download & Installation

The SleepImage Mobile App can be found on the Google Play and Apple App Stores. Go to the applicable store and search for "Sleep Image" and install the app with the logo as shown below...



## 2. Patient Sign-In to App

- Region: Choose **UNITED STATES**
- Enter **Patient ID from email or from box below**

Your Patient ID:

- Enter your Date Of Birth in DOB field
- Click SIGN IN button

## 3. Pair Ring to App

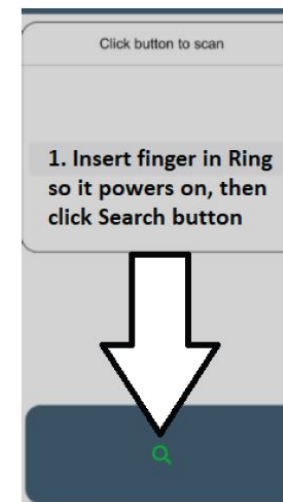
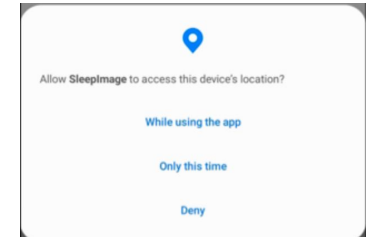
- Insert Finger into Ring to power on.
- Click Search button and allow it to scan.
- Choose the Ring serial number (usually just one will be listed)
- Click the link button.



## App Permissions

APPLE: You MUST click OK to grant access to Bluetooth.

Android: You MUST click "While using the app" to grant access to Bluetooth.



#### 4. START RECORDING - PREPARE FOR BED

- Ensure your ring is on. Insert finger and wait a moment. (you may also click power button)
- **Click the start button** ("PLAY")
- Verify that the app is displaying SpO<sub>2</sub> and Pulse Rate

##### Important Notes:

- Keep your phone/tablet in close proximity and plugged in to power
- Do not use other Bluetooth accessories, or other apps, during recording

#### 5. DURING RECORDING - GO TO SLEEP!

- The app should now be displaying SpO<sub>2</sub> and pulse rate value.
- You may now go to sleep!

##### Important Notes:

- You may change fingers as needed for fit or comfort. Thumb and index fingers are recommended but not required.
- If you go out of range or remove the ring, check the app when you return. It should resume.

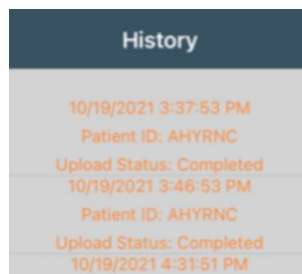
#### 6. WAKE UP - STOP RECORDING

- When you wake, Press the STOP button. If you have internet, the study will upload automatically.
- Check the HISTORY tab (the clipboard icon) and make sure all entries say 'UPLOAD STATUS: COMPLETE'

##### Important Notes:

- If the screen with the stop button is not there in the morning, see UNEXPECTED BEHAVIOR in the troubleshooting guide

**COMPLETE!** Please follow steps 4-6 again for a second night. (or however many nights instructed!) Please DO NOT forget to charge the device for a minimum of 3 hours prior to testing each additional night. **RETURN YOUR DEVICE TO VIRTUOX IN ENCLOSED PACKAGING** with prepaid shipping label.



[www.sleepimage.com](http://www.sleepimage.com)

#### RETURN EQUIPMENT IMMEDIATELY AFTER COMPLETING TEST USING ENCLOSED PACKAGING AND LABEL!!!

##### Troubleshooting

###### Download SleepImage App Issues

- If the SleepImage app does not appear in the Apple App Store or Google Play store on your device, make sure to search for "SleepImage".
- If it still doesn't appear, you may need to update your iOS or Android OS.

###### Sign In Issues -

- 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 your healthcare service provider to verify your sign-in information.

###### Pairing Issues -

- If you paired the recorder in Bluetooth settings on the phone settings, unpair it first. Then, try the pairing process in the SleepImage App again.
- On iOS, go to Settings->SleepImage and enable the Bluetooth permission. On Android, go to Settings->Apps->Permissions->Location and select "Allow while using the app".
- Allow more time after pressing the search button, with the recorder powered on, wait at least 60 seconds.
- Restart both the phone/tablet and the recorder.
- If there is another phone/tablet available, try that one to rule out that there is an issue with the recorder.

###### "Connection Lost" or "No SpO<sub>2</sub> signal, check sensor" persists after reconnecting

- Take off the ring, if a countdown starts, wait until it finishes,
- Put the ring back on the finger and wait at least 20 seconds.
- SpO<sub>2</sub> and pulse rate values should appear if successful.

###### Upload Issues -

- Force-close the SleepImage App, Make sure the phone is connected to the internet, then reopen the SleepImage App. Wait and look out for notifications at the bottom of the screen indicating an upload attempt.
- Go to the History tab and wait until all entries in the list show "Upload Status: Completed"
- If you see error messages, try switching from Wifi to Cellular or vice-versa.
- Switching from WiFi to cellular, or vice-versa, may also solve the issue.

###### Unexpected Behavior -

- If recording is not active when you wake up in the morning, it's possible that a problem occurred that halted the recording prematurely. Try to test another night before you return your recorder. If the problem happens repeatedly try another mobile device if possible, or contact VirtuOx for an alternative test device.

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