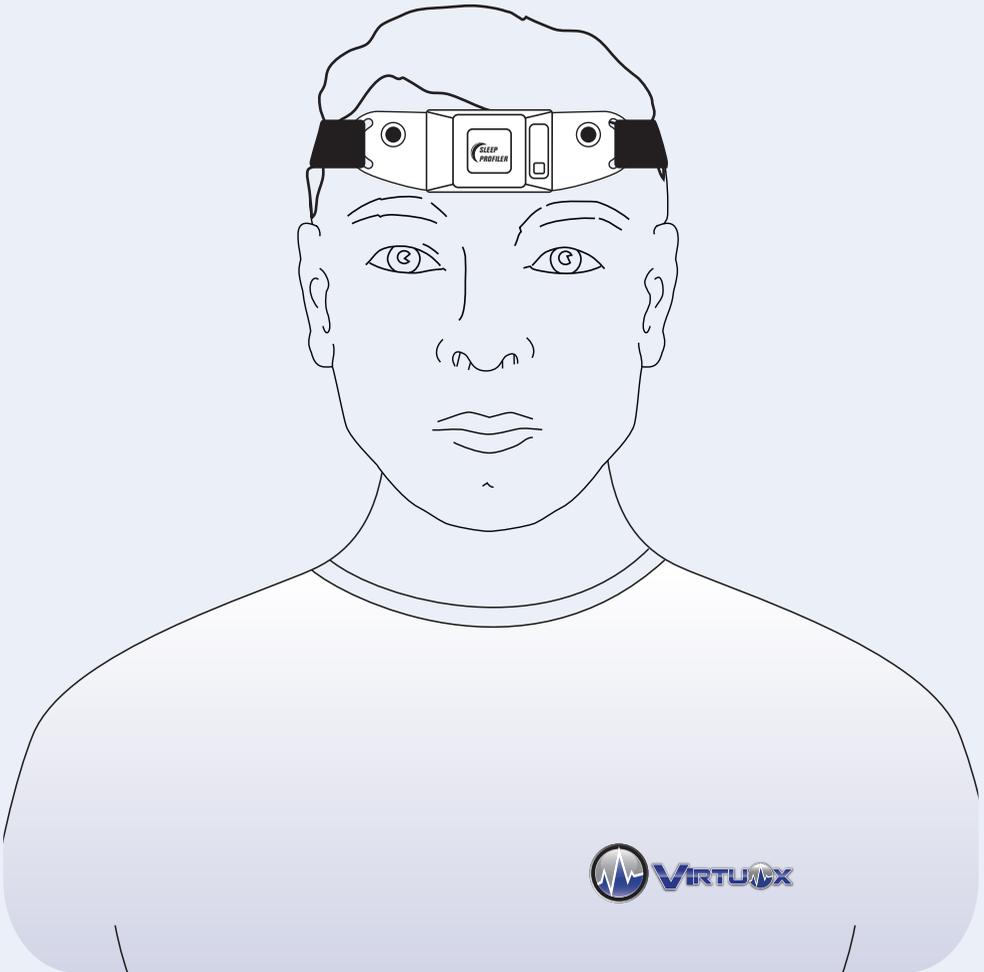


Sleep Profiler

Home Sleep Stage Testing

PATIENT INSTRUCTIONS



VirtuOx Patient Support
(877) 897-0063
www.virtuox.net



Home Sleep Staging Test Equipment

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

1. Sleep Profiler home sleep stage testing device (with sensors attached)

2. External wall charger

3a. Attached sensors

3b. Extra sensors



Video instructions are available at www.virtuox.net

4. Adjustable black elastic headband

4b. Adjustable tabs

5. On/Off button

Important! Please charge the device fully prior to your first night of testing.



Reminder:

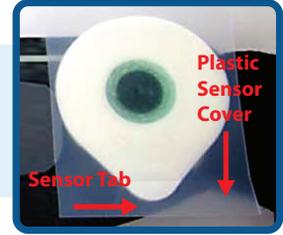
Do not turn the device on until you are ready to go to bed and test! You should continue to take any medications, as directed by your prescriber. Please test and return the device promptly!

Practice applying the device:

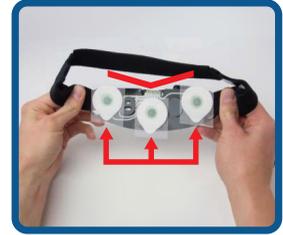
Begin 15 minutes prior to sleep

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.

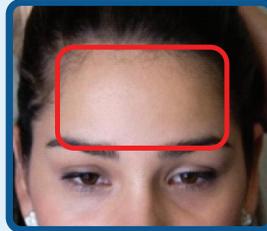
1. Remove the device from the delivery package. Leave the plastic covers ON the sensors during the practice application.



2. Stand in front of a mirror. Hold the device as shown with the middle sensor low and the outer sensors high. Ensure the plastic tabs on all sensors are pointing down.



3. Center the middle sensor just above your eyebrows and apply device to your forehead. The middle sensor tab should be aligned above your nose.



4. Pull the black headband over your head. Adjust the headband so it is straight across the side of your head. Make sure the headband is above your ears, and not resting on your ears. The headband and device should feel snug on your head. Carefully remove the device from your head until you are ready to begin your sleep study.

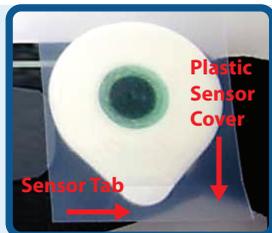
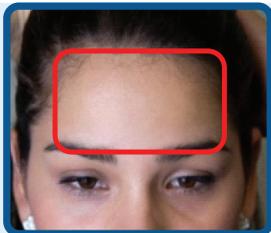


Home Sleep Staging Test Instructions

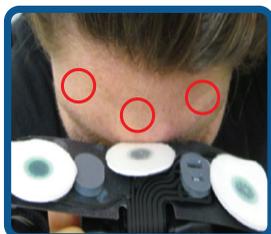
Please read these instructions carefully and follow the directions

Step 1: Apply the device

1. Scrub your entire forehead with an alcohol swab for 15 seconds and air-dry. Grasp the sensor tab and peel the plastic covers from all three (3) sensors.



2. Center the middle sensor just above your eyebrows and press the sensor against your forehead. Press the left and right sensors to your skin.



3. Pull the black headband over your head. Press firmly on the outer edges of all three (3) sensors to ensure complete contact with your forehead.



Step 2: To begin testing

1. Firmly press the On/Off button for 1 second and release to turn on the device.



2. Lie on your back and wait for voice messages to notify you if any sensors need to be adjusted. If the sensors need to be adjusted, press firmly against the sensors (area indicated by the red circles). When the sensor tests pass you will be instructed to go to sleep.



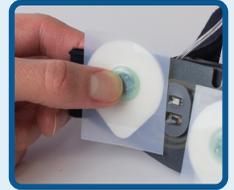
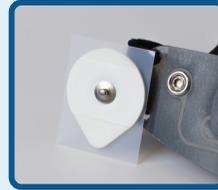
Step 3: In the morning

1. Firmly press the On/Off button for 1 second and release to turn off the device.
2. Lift the headband forward, over your head.
3. Slowly lift away the forehead device by grasping one sensor at a time. Unsnap the three (3) used sensors from the device and discard.



Step 4: Preparing for your second night, if applicable

1. Replace used sensors
 - Ensure used sensors have been removed from the device and discarded.
 - Snap three (3) new sensors onto the device.



2. Recharge the device prior to beginning your second night.
 - Plug the cable into the forehead device. Plug the wall charger into a wall outlet. A voice message will confirm "The device is charging." The device will automatically turn off when charging is completed.
 - Once charging is complete, disconnect the forehead device from the wall outlet and charging cable. You are now ready for your second night of testing.



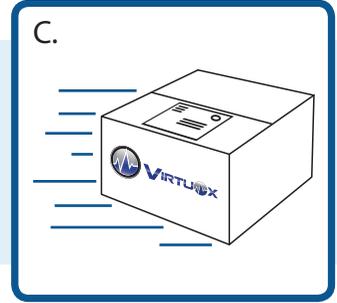
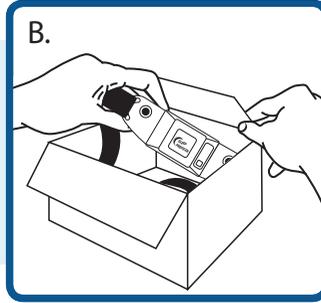
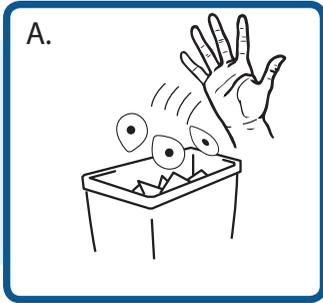
! DO NOT wear the device while connected to a wall charger.

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 three (3) used sensors from the device and discard.
- B. Replace the device, including all other attachments, and the completed paperwork 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 video instructions?

A Yes, please visit www.virtuox.net and look under the patient section.

Q I woke up during the night and the device was off. What do I need to do?

A Please turn the device back on and continue testing.

Q The device will not power on.

A If the device will not power on, please plug the device into the wall outlet for at least 4 hours so it may fully charge. If the device still does not come on, please contact VirtuOx Patient Support at (877) 897-0063.

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

A No, you should not power off the device unless you do not plan on going back to sleep.

Q Can I reuse the sensors?

A You should NOT use the same sensors twice as they will not stick to your skin properly. Please use the additional sensors that were provided in your package.

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.



**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



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