

# VirtuOx Home Sleep Test

## Step-By-Step Patient Instructions Sleepifi Dream, analyzed by EnsoSleep PPG

### Before You Start

**SMARTPHONE REQUIRED:** This sleep test requires you to have an Apple or Android smart phone or tablet and connection to the internet.

**INSTALL APP:** Download & install the VirtuOx Sleep app from text message or email link sent from VirtuOx. Alternatively you may scan the appropriate QR code to directly link to the app installation. Finally you can just search the Apple App store or Google Play store for "VirtuOx Sleep". You should see the blue and gray VirtuOx logo.

**You MUST allow Bluetooth connections when prompted in the app.**

**NUMBER OF NIGHTS TO TEST:** \_\_\_\_\_

**TEST CONDITIONS:** \_\_\_\_\_

**READING ID:** \_\_\_\_\_



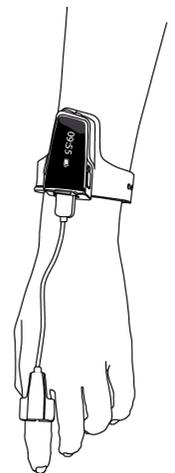
<p>Android Phones &amp; Tablets</p> <p>ANDROID APP ON Google play</p> 	<p>Apple iPhones &amp; iPads</p> <p>Available on the App Store</p> 
<p> Scan QR code for appropriate Device or search app store for Virtuox Sleep</p>	

**1 CHARGE BATTERY:** Devices are charged fully before shipping, but please make sure your test device is sufficiently charged before each night starting the test. Please use the included USB micro charging cable provided.



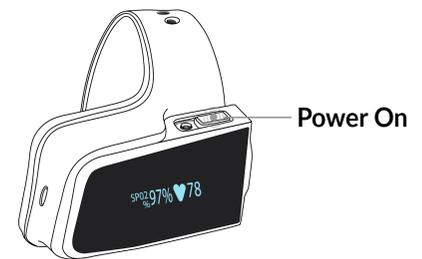
**2 KEEP PHONE CHARGED AND CLOSE DURING NIGHT:** You will need to keep your phone charging all night and keep it within 3-6 feet of the test device with no obstructions to maintain a quality signal

**⚠ DO NOT POWER ON FINGER SENSOR UNTIL PROMPTED IN APP**



**3 MAKE SURE TEST DEVICE IS POWERED OFF, THEN OPEN VIRTUOX SLEEP APP ON YOUR PHONE**

- Allow Bluetooth permissions. Accept terms. Click Continue.
- **SCAN FOR DEVICES SCREEN** – App will prompt you to power on the sensor.
- **POWER ON TEST DEVICE** • Press the power button on the wrist device as shown at right. The screen will turn on and a red light will turn on in the finger sensor ring.
- Tap **SCAN**. The app scans for and displays nearby finger sensors.
- Tap the desired device. Note the picture on screen may not match your device exactly.
- Tap **CONNECT** - app shows that it is connecting to the sleep device. (Continue to step 4 on back/next page)



**FOR ASSISTANCE CALL: 877-897-0063 Reference Reading ID:** \_\_\_\_\_



# 4

## ENTER YOUR PROFILE

To ensure data matches our records, enter the profile fields **EXACTLY AS THEY APPEAR BELOW IN THE APP.** Mismatched data will delay your results.

First name:

Last name:

Date of Birth:

Phone:

Tap Continue, then enter your gender, height, and weight on the following screen (your best estimate is fine) and click **FINISH**

# 5

## START RECORDING

- **TAP** "Start Recording" on your app
- If the screen doesn't indicate any errors, its time to go to sleep!
- Keep your phone on the charger within 6 feet of the sensor all night.
- If you go to the restroom, it is best to try to keep the sensor on your finger and take the phone with you. If you do remove the sensor, check that the app reconnects when you place it back on your finger.
- The App will indicate in red if the finger sensor is disconnects or is not on your finger. It will attempt to automatically reconnect, **HOWEVER**, please see troubleshooting below if it doesn't reconnect after 60 seconds of placing device back on your finger.

To create the best outcome please answer the subjective questions about your sleep and cardiac issues you may have. Scan the below QR code with your smart phone.



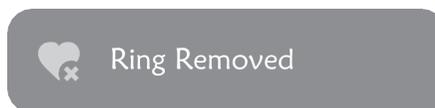
# 6

## END A RECORDING

- When you wake up, tap **End Recording**. The recording is saved on your phone. The app uploads your sleep recording for analysis, and a list of any previous sleep sessions appears.
- If you were instructed to test 2 or more nights, simply repeat the process. In some cases you may receive a text or email from VirtuOx after the first night instructing you that no additional nights are needed.
- **RETURN THE DEVICE**. When you have completed the testing for instructed number of nights you **MUST** return the device using the included prepaid label and mailer



## TROUBLESHOOTING



**APP WILL NOT RECONNECT DURING RECORDING:** After removing your sensor and putting it back on, you may find that the sensor screen and app screen look like the images above. If they remain in this state with your finger in for longer than 60 seconds, remove your finger then press and hold the power button until it powers off. Let it remain powered off for 30 seconds. Insert your finger again and power on. Allow the app 60 seconds to reconnect automatically. If it does not, you will need to restart your test entirely.

**CLEAR ALL DATA:** You can reset the app and clear all the data. This removes recording sessions, devices, and your information. To reset the app and clear all the data press the **GEAR** icon at top right then Reset All Data

**STUDY TOO SHORT:** After your test, you may see a message under Previous studies that your recording was too short, or recording under 2 hours, or similar message. If this is the case, the test data will not analyze or pass to the interpreting physician, so you will need to test again

**SIGNAL STRENGTH:** You may get a message on-screen in the app "Waiting for Signal", Waiting For Good Signal". Please make sure you get your phone within 3-6 ft of the sensor or remove obstructions

**12 HOURS OF RECORDING:** The app will only record for 12 hours max. For this reason, do not start the recording until you are ready for bed.

FOR ASSISTANCE CALL: 877-897-0063 Reference Reading ID: \_\_\_\_\_

