

Virtuox Home Sleep Test

Step-By-Step Patient Instructions

Viatom Oxyfit, 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 the VirtuOx Sleep app from text message or email link sent from VirtuOx, or go to the Apple App store or Google Play and search for VirtuOx Sleep app. You should see the blue and grey virtuox logo. **You MUST allow bluetooth connections when prompted in the app.**



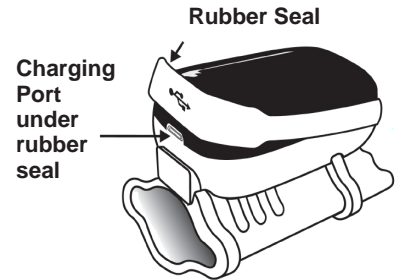
NUMBER OF NIGHTS TO TEST: _____

TEST CONDITIONS: _____

READING ID: _____



1 CHARGE BATTERY: Make sure your finger sensor is sufficiently charged (60% or more) before each night starting the test. A charging cable is included, or any micro USB charging cable will work. You may need to gently pull away the rubber seal covering the charging port at the read of the device.

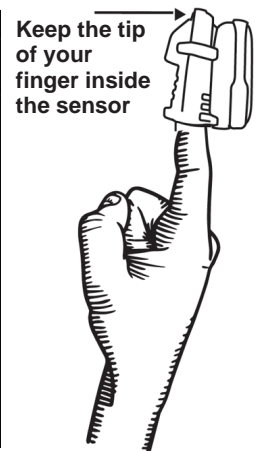


2 KEEP PHONE CHARGED AND CLOSE DURING NIGHT: You will need to keep your phone charging all night and keep it within 3-6 feet of the fingertip sensor with no obstructions to maintain a quality signal

! DO NOT POWER ON FINGER SENSOR UNTIL PROMPTED IN APP

3 MAKE SURE FINGER SENSOR 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 FINGER SENSOR:** you should insert a finger into the finger sensor or press power button on the side to power it on.
- 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: _____



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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

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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 additional nights, repeat the process the next night. You will not need to enter your profile the second night.
- RETURN THE DEVICE. When you have completed the testing for instructed number of nights you **MUST** return the sensor and charging cable using the included prepaid label and mailer.



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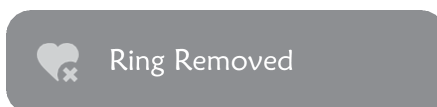
START RECORDING

- 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.



TROUBLESHOOTING



App wont 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 on the side of the finger sensor 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 wastoo 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 onscreen 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.