

WatchPAT® ONE

Disposable Home Sleep Apnea Test

Step by Step Instructions Guide

This guide will take you step by step and show you how to correctly use the WatchPAT® ONE Home Sleep Apnea Test.

Before applying WatchPAT® ONE:

- ✦ It is recommended to apply the WatchPAT® ONE device to your non-dominant hand.
- ✦ Probe can be worn on any finger, except the thumb.
- ✦ Before use, remove tight clothes, rings, watches and other jewelry.
- ✦ Remove nail polish and artificial nails from the test finger and make sure the fingernail is cut short.

Note: Use only Alkaline AAA battery.
Do not insert the battery until you are ready to go to bed.

1. Before you proceed with your sleep study make sure you have internet access, your phone, WatchPAT® ONE device, and PIN number.



Phone



WatchPAT® ONE



Internet Access



PIN Number

2. Download the WatchPAT® ONE application to your mobile device (available on Apple App Store and Google Play Store).



3. Open the WatchPAT® ONE application and allow all permissions required by the application. These permissions are necessary for the application to operate.

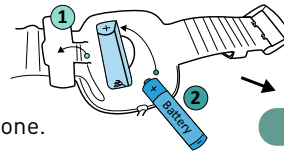
Take out the WatchPAT® ONE from the box. You can click the "Preview" button on the application to have a quick tour, showing how to set up the device.

PREVIEW

Press "Ready" button when done.

READY

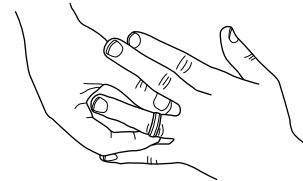
4. Insert the battery into the WatchPAT® ONE device.



Press "Next" when done.

NEXT

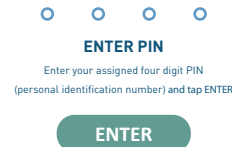
5. Remove your watch and jewelry from your test hand.



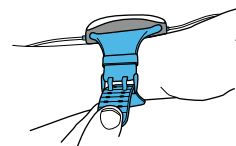
Press "Next" when done.

NEXT

6. Enter the 4-digit PIN code provided by your physician's office or provider, and press "Enter".



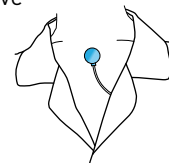
7. Put the WatchPAT® ONE device on your non-dominant hand. Ensure it is not too tight and not too loose.



Press "Next" when done.

NEXT

8. Take the chest sensor (snoring and body position sensor) and direct the cable in through your sleeve and out through the neck opening. Remove the tab from the sticker and attach the sensor just below your sternal notch.

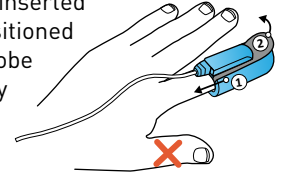


Press "Next" when done.

* If your WatchPAT® ONE device does not include the chest sensor, skip this step.

NEXT

9. Place the probe all the way onto a finger of your non-dominant hand. You may use any finger except the thumb. The probe should be inserted so the sticker marked TOP is positioned above the fingernail. Hold the probe against a hard surface and slowly pull the TOP tab towards you to remove it from the probe.



Press "Next" when done.

NEXT

10. You are all set.
Last few steps before you begin your sleep study:

- a. Make sure your phone is located no more than 15 feet/5 meters from the WatchPAT® ONE device.
- b. Turn off all other transmitting devices in the room, such as other smart phones, smart watches and headphones, as they could interfere with the test.
- c. Connect your phone to the charger, it must remain plugged in throughout the night. If you need to get up during the night leave the phone plugged in, no need to carry it with you.

Now click the "Start" button to begin your sleep study.

START

11. In the morning when you wake up, press the "End Recording" button, and wait a few minutes for the device to complete the data transmission. After completing the data transmission you will receive a thank you message.

END RECORDING

Once received press "Close Application".

CLOSE APPLICATION

12. Remove the chest sensor, probe and WatchPAT® ONE device. There is no need to keep the device or return it. You can simply dispose of it.

WatchPAT[®] ONE

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For step-by-step video instruction
please visit

watchpatone-howtouse.com

WatchPAT[®] ONE

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Technical Information Labeling

	Caution: Federal Law Restricts this device to sale by or on the order of a licensed healthcare practitioner
	Single use, do not re-use
	Temperature limit 0°C - 40°C
	Refer to instruction for use
	1.5V DC --- Battery operating voltage
	IP22 Ingress protection
	Type BF applied part
	Federal communications commission identification number ZAPUBWPONE
	Medical device manufacturer
	Catalogue number
	Serial number
	Date of manufacture
	Use-by date
	The product is marked with the CE logo 2797 for BSI
	Authorized representative in the European Community
	According to the WEEE Directive 2012/19/EU, all waste electrical and electronic equipment (EEE) should be collected separately and not disposed of with regular household waste. Please dispose this product and all of its parts in a responsible and environmentally friendly way.
	Fragile, Handle with care
	Keep dry

REF: 0M2193390 - Ed.2

If you have any questions
you may contact
Itamar[®] Medical Help Desk at:
1-888-748-2627

www.itamar-medical.com



Important Notes:

- Storage and operation temperatures 0°C - 40°C
- Do not attempt to connect or disconnect any part of the unit.
- Do not try to introduce any foreign object into the unit.
- Do not, under any circumstances, attempt to fix a problem by yourself.
- The WatchPAT[®] ONE should not cause any discomfort or pain. Should you encounter unbearable discomfort, remove the device and call the help desk.



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Step by Step Instructions Guide

Scan the QR code below to download
the WatchPAT[®] ONE Application



www.itamar-medical.com



For step-by-step video instruction
Visit watchpatone-howtouse.com

