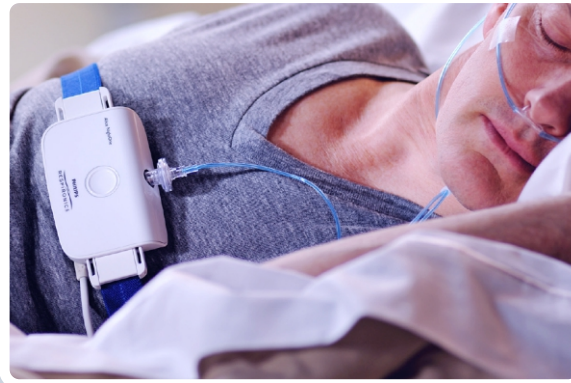





Home Sleep Testing... Patient Instructions



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



 Testing process is time sensitive.
You must complete the testing and return the kit within 48 hours of receipt.





Dear patient,

Thank you for choosing VirtuOx for your Home Sleep Test and congratulations on taking charge of your health and well-being. Your prescriber has ordered a Home Sleep Test (HST) for you to evaluate if you have a life threatening disorder called sleep apnea, which may cause you to stop breathing while you are asleep.

Symptoms of sleep apnea may include snoring, daytime sleepiness, depression, and poor concentration. If left untreated, sleep apnea can cause hypertension, diabetes, heart failure, stroke and even death. The good news is that there are many treatment options available for patients diagnosed with sleep apnea.

Thank You,
VirtuOx Home Sleep Testing Team

What is sleep apnea?

Sleep apnea occurs when you stop breathing during the night.

There are three types of sleep apnea:

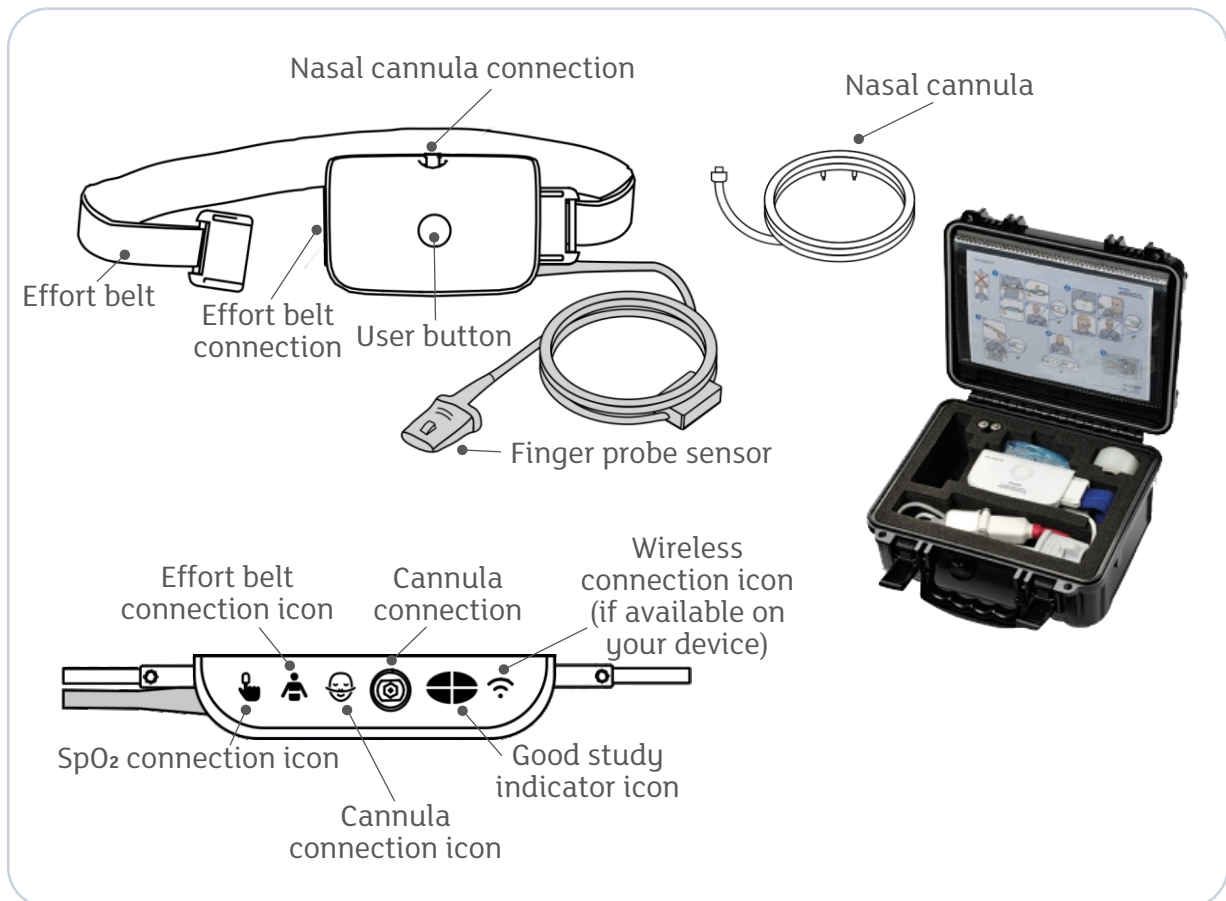
- 1) Obstructive Sleep Apnea (OSA)** – upper airway collapse causing obstruction. This is the most common form of sleep apnea.
- 2) Central Sleep Apnea (CSA)** – neurological condition where the brain fails to transmit signals to the breathing muscles.
- 3) Complex or Mixed Sleep Apnea** – a combination of both OSA and CSA

What are symptoms associated with sleep apnea?

- Excessive daytime sleepiness
- Loud snoring
- Choking or gasping during the night
- Restless sleep or heavy sweating
- Short-term memory loss

Home Sleep Test device:

In the package, you will find the test device with the finger probe, chest (effort) belt and cannula attached.



Important!

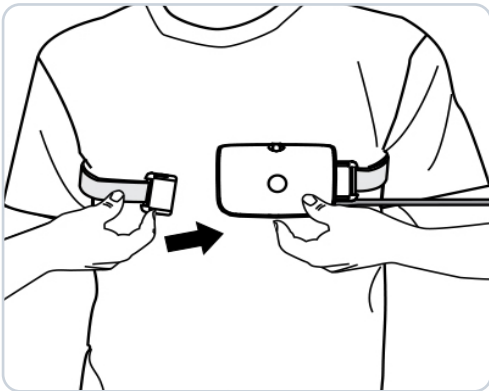
- Please DO NOT power the device on until you are ready for bed.
- Test as soon as possible! Excessive delays may result in test failure.
- Please stick to your normal bedtime routine! To ensure we get an accurate picture of your sleep patterns, stick to your regular sleep habits.

Home Sleep Test Instructions:

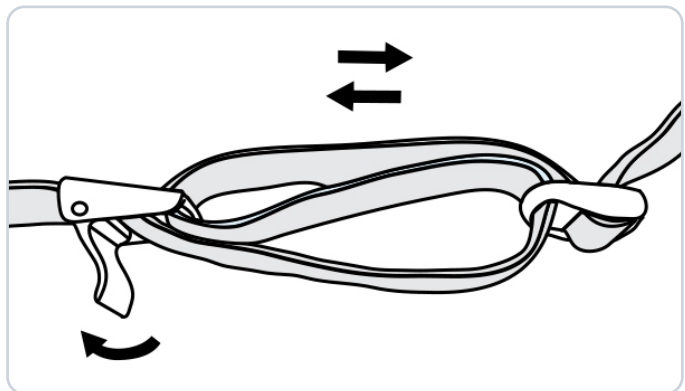
Please read these instructions carefully and follow the directions.

Step 1: Buckle the Alice NightOne around your chest

- One side of the belt will come assembled into the Alice NightOne Device. Wrap the belt around the chest and buckle the other side to secure device just below the nipple line.
- Once the belt is properly attached, a solid green belt icon will appear on the top of device.
- Alice NightOne device will automatically power on once the chest belt is securely fastened.
- Please wait while the device takes a moment to start up.



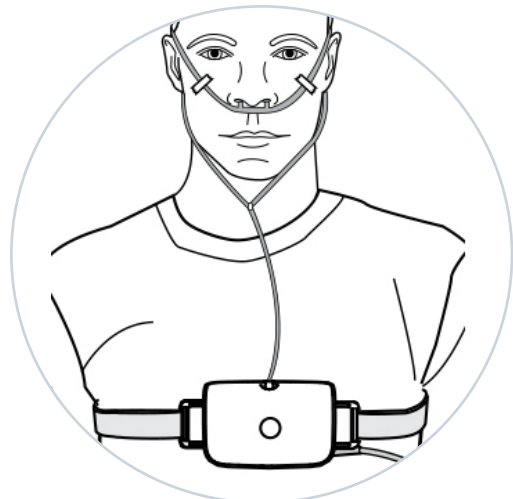
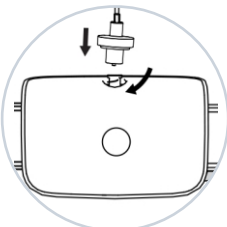
Effort belt connection



Effort belt adjustment

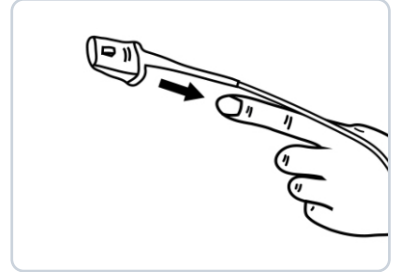
Step 2: Apply the nasal cannula

- Remove the plastic wrap from the nasal cannula
- Place the prongs into your nose facing downward, with one in each nostril.
- Wrap the tubes behind your ears
- Adjust the slider so that the tubing fits securely



Step 3: Apply the finger probe

- Slide your index finger all the way into the finger probe.



SpO₂ finger probe connection

Important! Please remove any nail polish from the finger on which the probe will be connected.

- Once all of the sensors have been applied, the lights will turn to solid green.

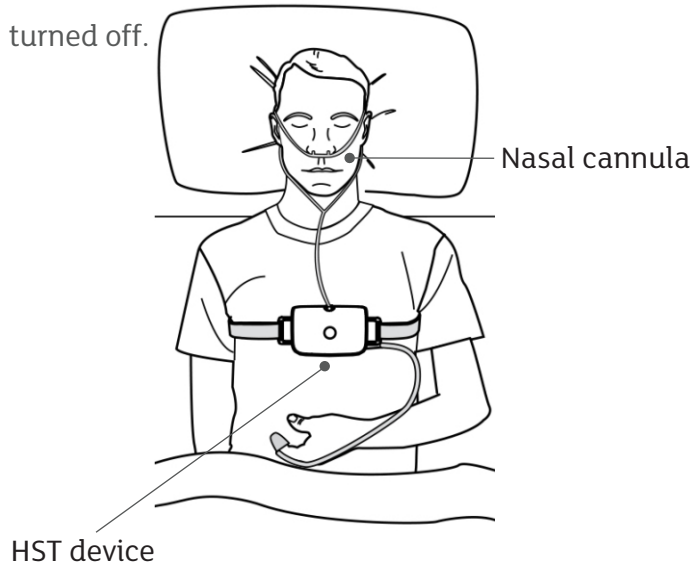


- Over the next few minutes all the lights will turn off gradually one by one.



Step 4: You are now free to go to sleep

- Assure that all indicators have turned off.
- You are now ready for sleep.



Troubleshooting!

If any indicator lights flash yellow, remove the accessory associated with the indicator light and readjust the item. The light should then turn green after a few seconds. If this issues should continue, please call Patient Support at (877) 897-0063.

Step 5: Remove the device

- When you wake up and are finished testing for the night, remove the device and all the sensors.
- There is no need to power the device off. The device will automatically power down.

When you are done sleeping and out of bed, remove the sensors and the device.



*Note: Check that the test complete indicator light is lit and green. This means the test is complete. If the test indicator light is red, repeat the test tomorrow night. Please refer to next page about Good Study Indicator!

Important! We still need one additional night of testing. Please replace the batteries and repeat the test one additional night.

Step 6: Second night of testing

- Press clip down and pull forward.
- Replace the batteries with new batteries provided.



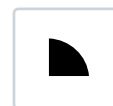
Good Study Indicator

The Good Study Indicator displays how much good quality data the device has gathered for an amount of time set by your provider. To view the Good Study Indicator at the end of a study, first check that the device has stopped recording. Look inside the SpO₂ sensor. If the red light is on, the Alice NightOne is still in recording mode. To exit recording mode and end the study, press and hold the User Button until the Good Study Indicator flashes. Once the device has exited recording mode, wait at least 1 minute. Then, briefly press (less than 5 seconds) and release the User Button again and the Good Study Indicator will be displayed.

Important! The Good Study Indicator can only be checked at the end of a study. Pressing and holding the User Button while a study is in progress will end the study and turn the device off.

Good Study Indicator status

- The device has gathered **25%** of the good quality data requested by your provider.
- The device has gathered **50%** of the good quality data requested by your provider.
- The device has gathered **75%** of the good quality data requested by your provider.
- The device has gathered **100%** of the good quality data requested by your provider.



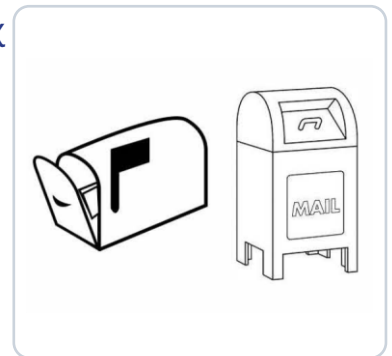
Step 7: Complete all included paperwork

- Fill out all paperwork that was included in your home sleep testing packet.
- The test is not considered complete until you have completed and returned all paperwork.



Step 8: Pack the device and send to VirtuOx

- Replace the device, including all attachments and paperwork into the provided box.
- Place the new postage paid label on the box.
- Place the package in your mailbox for pickup OR drop into any outgoing US Postal Service mailbox.



Important! Please send the device back to VirtuOx the day after you have completed testing! This will prevent any delays in getting the test results to your prescriber.



Home Sleep Testing Frequently Asked Questions

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

A **NO!** You should not power off the device until you are sure you have tested for at least 4 continuous hours.

? What should I do if the green light does not come on?

A The batteries may need to be replaced. Change out the batteries and if the green light still does not come on call VirtuOx Patient Support at **(877) 897-0063**.

? What should I do if any indicator lights turn yellow?

A Make sure all sensors are attached correctly. If this does not solve the problem, call Patient Support at **(877) 897-0063**.

? What can I do if the finger probe will not stay in place?

A You may secure the probe in place with medical tape.

? What can I do if the nasal cannula will not stay in place?

A You may secure the nasal cannula with medical tape.

? What if the probe becomes uncomfortable during the night?

A You may switch the probe to another finger.

**If you have any Home Sleep Test questions please call
VirtuOx Patient Support at (877) 897-0063.**