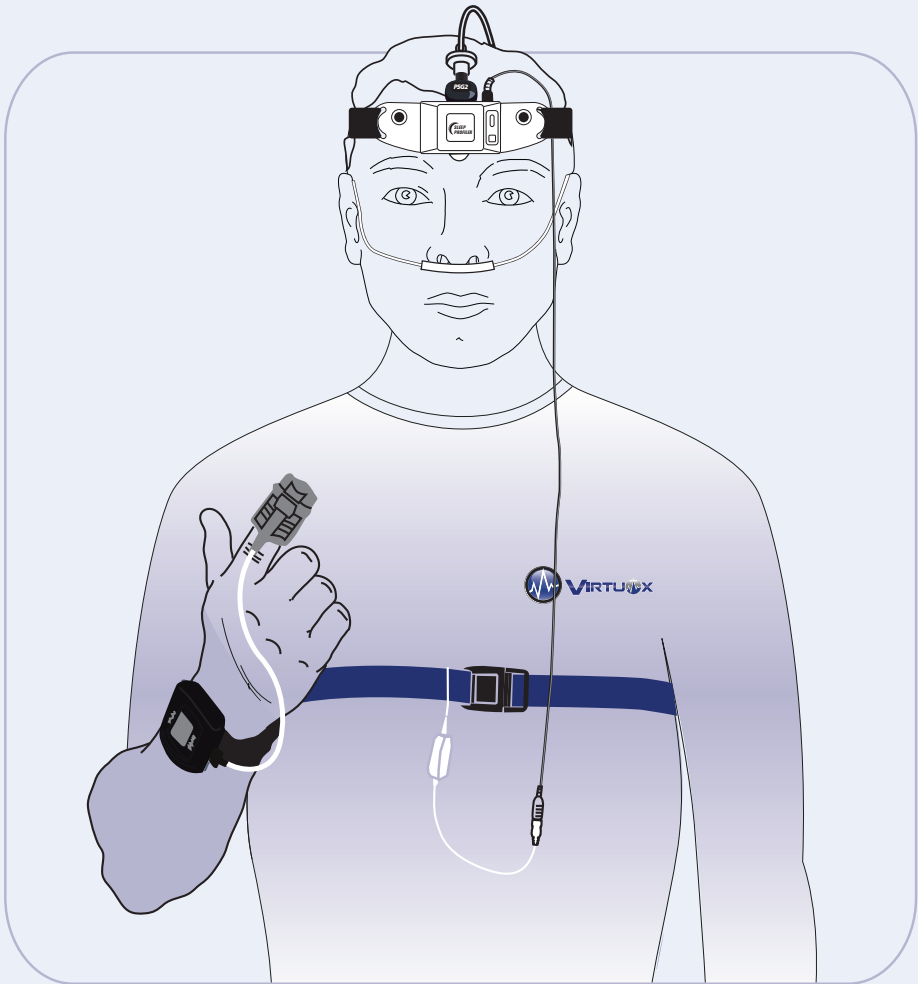


Sleep Profiler PSG2

Home Sleep Stage Testing

PATIENT INSTRUCTIONS



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



! IMPORTANT!!!

Your forehead device was charged prior to shipment. It is **EXTREMELY IMPORTANT** that you begin testing immediately. The battery life on the forehead device has been programmed to your specific requirements. If for some reason you need to charge the forehead device, you **MUST** use the charging equipment we have provided in your package. **DO NOT** use any other charging equipment as it could damage the device and require retesting. The forehead device should **ONLY** be charged if the device will not power on or if the device notifies you the battery level is low.

See instructions below:

- Disconnect effort belt connector from the forehead device.



- Plug the large end of the USB cable into the wall charger that was provided in your package. **Remember you MUST use the provided charging equipment.**

- Plug the small end of the USB cable into the forehead device where the effort belt was connected. You will hear a voice message “Device has been powered on, warning device is charging” and the green indicator light will flash twice per second.



- When forehead device is fully charged, you will hear a voice message “Charging completed” and the green indicator light will flash once every other second.



Remove the charging cable from the forehead device and re-connect the effort belt.

What's in the kit?

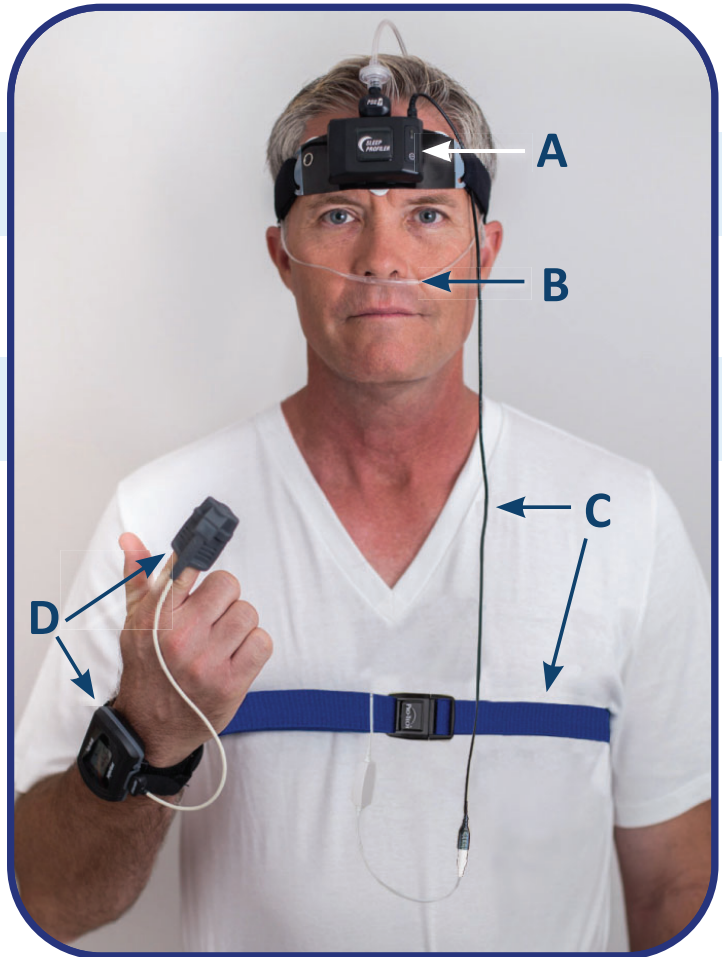
Please take a moment to familiarize yourself with what is included in the kit:

A. Forehead Device

B. Nasal Cannula

C. Effort Belt and Cable

D. Wrist Device with Finger Sensor



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!

Begin 15 minutes prior to going to bed

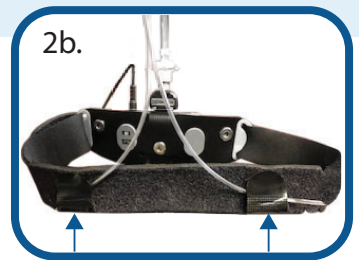
Please read these instructions carefully and follow the directions.

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.

Step 1: Apply the device and attachments

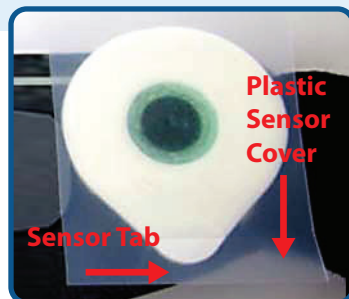
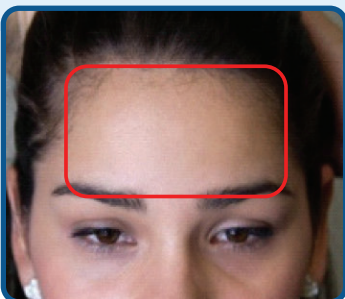
A. Attach Cannula

1. Remove the cannula from the plastic bag and connect it to the forehead device.
2. Open the tabs on the back of the head band (2a) and attach the cannula tubing (2b).

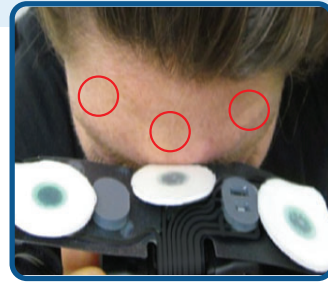
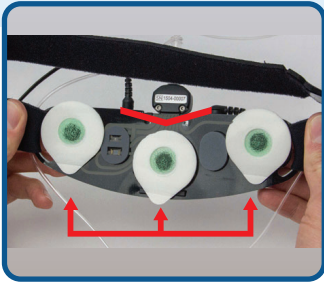


B. Forehead Device

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 sensors.



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



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



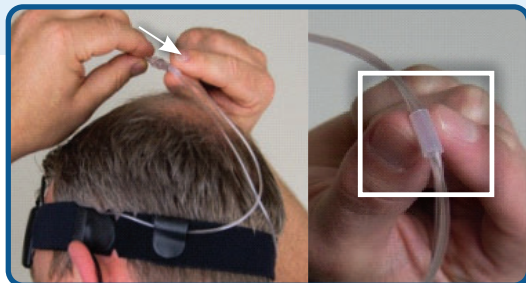
Important! Voice alerts will sound during the night if the cannula comes out of your nose.

C. Nasal Cannula

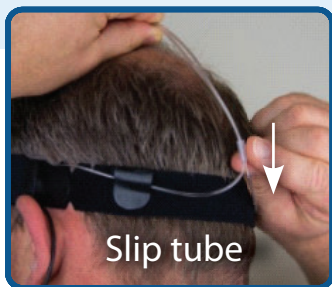
- Pull the cannula back over your head and insert the cannula tips into your nose. It is very important that the nasal cannula be placed in the nostrils with the probes resting down.



2. Hold the cannula tube above your head, grasp the slip tube with your other hand, and slide the slip tube down toward the back of your head.



3. Tighten so cannula tube lays over the headband.

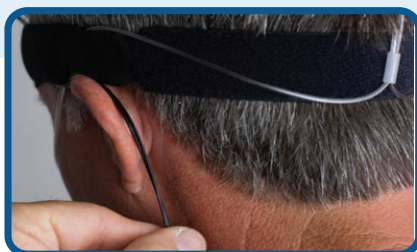


4. Grasp the cannula tips on either side of your nose. Gently pull out on the cannula. If the cannula tips can be pulled away from your nose more than 1/4 inch, then tighten the slip tube.

Important! Voice alerts will sound during the night if the cannula comes out of your nose.

D. Effort Belt and Cable

Note: For comfort, route the effort belt cable behind your left ear and allow it to drop toward your chest.

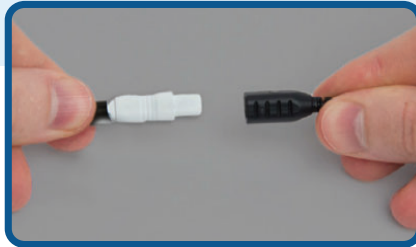


1. CHEST BELT: Apply the belt to your upper chest. The white cable should be on the top edge of the belt.



Note: You may wish to tuck the excess cable under the effort belt.

2. Insert the connector from the chest belt into the end of the effort cable.



E. Wrist Device with a Finger Sensor

1. Slip on the wrist device so you can read the label and then tighten the wrist strap.



2. Place your finger fully into the gray sensor with the cable facing up. The wrist device will turn on automatically.



Step 2: To begin testing

Power ON the Forehead Device

1. Firmly press the ON/OFF button for 1 second and release to turn on the device.



2. Sit down or lie on your back and wait for the voice messages to notify you if anything needs to be adjusted.
3. If any adjustments are required, refer to the appropriate section in these instructions to respond to the voice message, and then you're ready for bed.



Responding to Alerts During the Night

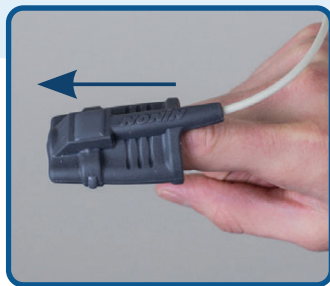
- The **NASAL CANNULA/AIRFLOW ALERT** will sound if the cannula tips fall out of your nose. To stop the alert, replace the cannula tips in your nose and tighten the slip tube, if necessary.
- The **WRIST DEVICE/FINGER SENSOR ALERT** will sound if the gray sensor falls off your finger. To stop the alert, return the gray sensor over your finger.

Step 3: In the morning

1. Firmly press the ON/OFF button for 1 second and release to turn off the device.



2. Remove the gray sensor from your finger and slip off the wrist device.



Note: The wrist device will automatically turn off after about 1 minute.

3. Disconnect the black connector from the effort belt cable and remove the effort belt.
4. Loosen the slip tube and pull the cannula away from your nose.

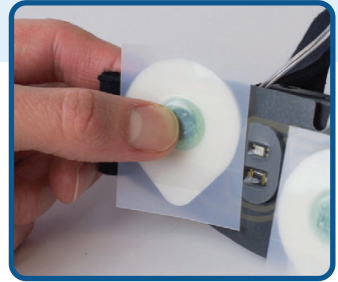


5. Lift the headband up and toward the front of your head. Slowly lift away the forehead device by grasping one sensor at a time. Unsnap the three used sensors from the device and discard.

! DO NOT wear the device while charging.

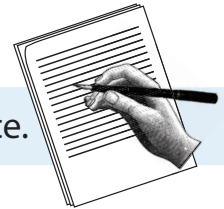
Step 4: Preparing for your second night

1. Replace sensors
 - Ensure used sensors have been removed from the device and discarded.
 - Snap three new sensors onto the device.
2. Replace batteries
 - Replace the two AAA batteries in the wrist device between each sleep study.

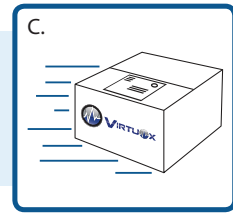
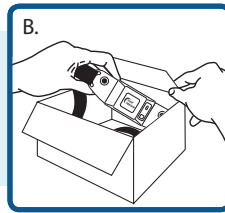
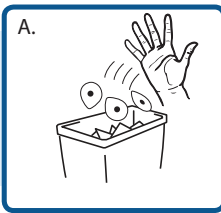


Step 5: Complete all paperwork

1. Complete paperwork and return it with your device.



Step 6: Package the device and return to VirtuOx



- A. Unsnap and discard all used sensors.
- 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.

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 forehead device and/or the wrist device was off. What do I need to do?

A Please turn the device back on and continue testing.

Q The wrist device will not power on.

A Please replace the batteries. If the wrist device still does not power on, please contact VirtuOx Patient Support at (877) 897-0063.

Q The forehead device will not power on.

A Please follow the instructions on page 1 for charging the forehead device.

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 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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