



Home Sleep Testing... Patient Instructions




VirtuOx Patient Support:

1-877-337-7111

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.

Your prescriber has ordered a home sleep test (HST) to evaluate if you have a life threatening disorder called Sleep Apnea. Sleep Apnea is characterized by interruptions in your sleep in which your body stops breathing or does not breathe in enough oxygen.

Symptoms of Sleep Apnea can include snoring, daytime sleepiness, depression and poor concentration. But most people with Sleep Apnea do not know they have it. This is why testing is so important.

If Sleep Apnea is left untreated it can cause other serious health issues including hypertension, diabetes, heart failure, stroke and possibly even death. The good news is that Sleep Apnea is treatable, usually without any drugs or surgery.

Congratulations on choosing to better your health and well-being!

Sincerely,
VirtuOx, Inc.

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:

Inside the box, you will find the home sleep test device with the elastic chest belt, nasal cannula, and finger probe attached to the device for you. The device contains a set of batteries. Plus we included an extra set of batteries inside the box.



Important!

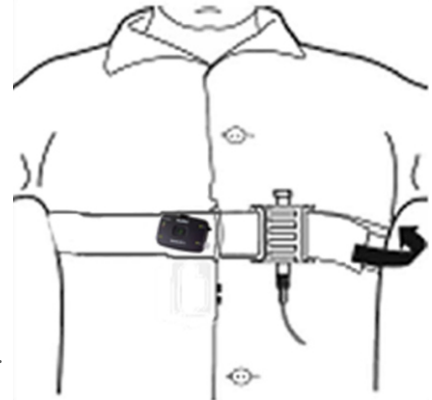
- Begin testing the day you receive the kit to avoid delays in processing.
- Do NOT turn the device on until you are ready to get into bed to sleep through the night.
- Stick to your bedtime routine as normal so we can capture an accurate picture of your nightly sleep patterns.

Home Sleep Test Instructions:

Please read these instructions carefully and follow the directions.

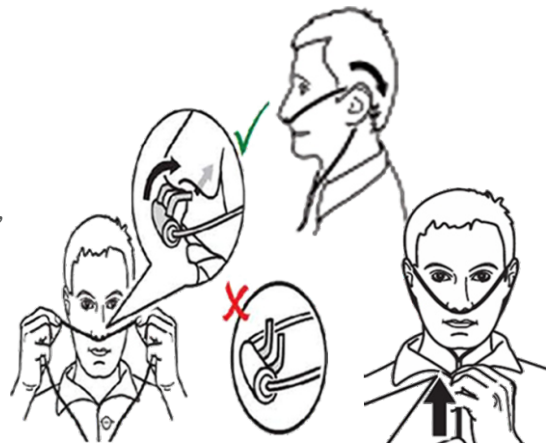
Step 1: Apply the elastic chest belt

- Wrap the elastic chest belt around your chest and over any clothing you wear during sleep.
- Place the device facing front
- Make sure the elastic chest belt fits snug, but not too tight.



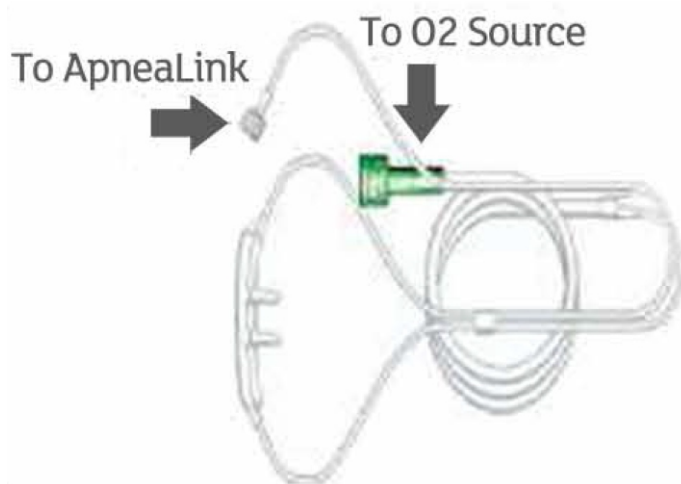
Step 2: Apply the nasal cannula

- 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



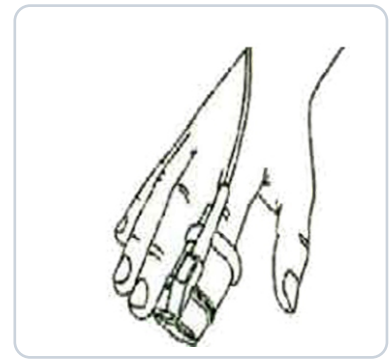
Testing on Oxygen:

- Your prescriber has ordered your home sleep test with oxygen.
- We provided you with a special nasal cannula for you to wear during your home sleep test.
- Make sure to connect the nasal cannula to both your oxygen source and the home sleep test device.



Step 3: Apply the finger probe

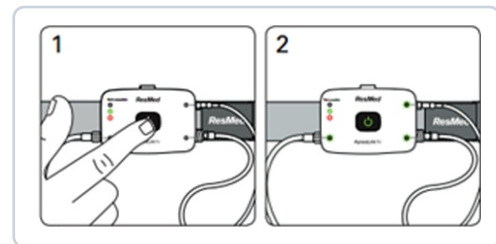
- Slide your finger into the probe with the wire running along the top of your hand as shown here.
- Your finger should not stick out at the end of the probe.



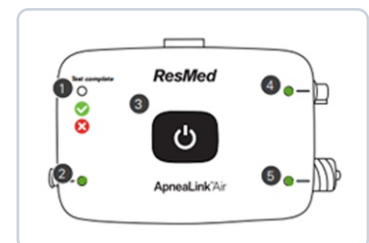
Important: Please remove any nail polish from your finger in which you'll put on the probe.

Step 4: Turn the device on and go to sleep

- When the setup is complete, your device should look like the picture to the right.
- When the setup is complete and you are ready to go to sleep, press and hold the power button located in the center of the device for about 3 seconds or until the green light turns on.



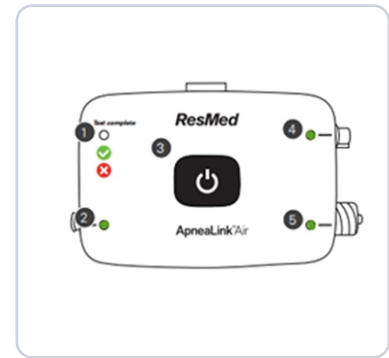
- Ensure that all lights next to the accessories plugged in are solid green.



Do not touch the power button again. The lights on the device will dim after 10 minutes.

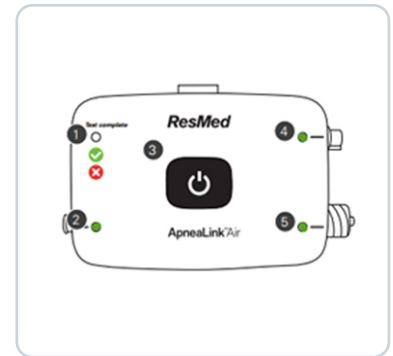
Important!

If any of the lights blink red, the accessory connected to that light is not attached properly. Simply adjust the accessory associated with that light to ensure you attach it properly. The light should then turn green. This may take a few moments. If the red light persists after you adjusted the accessory, call VirtuOx patient support at 1-877-337-7111.



Step 5: Turn off the device

- When you wake up in the morning and are finished sleeping, then press and hold the power button for about 3 seconds.
- Check the test complete indicator light. If the indicator is green, the test is complete.



If the indicator is red, the test is not complete and you'll need to repeat the test for a second night.

Step 6: Second night of testing

- Open the battery door located on the back of the device by sliding it up.
- Replace the batteries with the additional set in the box.

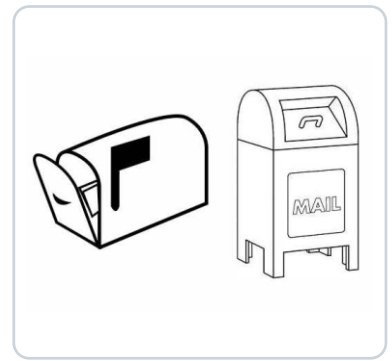
Step 7: Filling out the paperwork

- Please fill out all paperwork that was included in your home sleep test kit.
- The test is not considered complete until you have filled out and returned all the paperwork.



Step 8: Shipping the kit back to VirtuOx

- Place the device including all accessories and paperwork back into the box.
- Place the prepaid shipping label on the box.
- Place the box in your mailbox for pick up or drop the box off at any US Postal Service location or mailbox.



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



Home Sleep Testing Frequently Asked Questions

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

A **NO!** You should not shut off the device until you are sure you have tested for four 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 **1-877-337-7111**.

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

A You may secure the probe in place with tape or a band-aid.

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

A You may secure the nasal cannula with tape or bandaids.

? 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 1-877-337-7111.**