Home Sleep Staging 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 staging test and congratulations on taking charge of your health and well-being. Your physician has ordered an overnight sleep staging test to evaluate if you have a serious disorder causing you to have an abnormal sleep pattern throughout the night.

Symptoms of poor sleep may include daytime sleepiness, depression, and poor concentration. If left untreated, poor sleep may cause mood disorders, injuries and car accidents due to sleepiness, and decreased quality of overall daily living. The good news is that there are treatment options available for patients diagnosed with poor sleep.

Thank You,

VirtuOx Home Sleep Testing Team

What is poor sleep?

Poor sleep is the inability to obtain an adequate amount or quality of sleep.

Why is it important to diagnose and treat:

1) Sleep is important for mental and physical restoration.
2) People with poor sleep do not start their day off feeling refreshed after lacking a good night’s sleep.
3) Poor sleep can cause serious health disorders such as depression and can also damage relationships.
4) Poor sleep can enhance anxiety about falling asleep, which in turn creates a vicious cycle of decreased amount of sleep paired with anxiety, leading to a decreased quality of daily living.

What are symptoms associated with poor sleep?

- Excessive daytime sleepiness
- Difficulty falling asleep
- Difficulty staying asleep or going back to sleep after waking
- Restless / unsatisfying interrupted sleep
- Frequent naps throughout the day due to exhaustion
- Short-term memory loss
- Depression
Home Sleep Stage Test device:
In the package, you will find the test device fully assembled and charged, along with an external wall charger to charge device between testing.

Important!
• Please, DO NOT turn 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 Staging Test Instructions:
Please read these instructions carefully and follow the directions.

**Step 1: Remove plastic backing from sticky tabs on sensors.**
- Ensure all tabs on sensors are pointing downward.

**Step 2: Center middle sensor just above eyebrows and apply device to forehead.**
- The middle sensor tab should be aligned with the nose.

**Step 3: Apply headband**
- Pull the black headband over the back of your head and adjust it so that it is straight across the side of the head and above the ears.
Step 4: Turn device on and go to sleep

- Firmly press the On/Off button for 1 second and release.
- Lie on back and wait for voice message to notify you if any sensors need adjusting.
- If the test fails, then press firmly against the outer edges of the circles (area indicated by the blue circles). A voice message will indicate when a second sensor test begins.
- When the sensor test passes, you will be instructed to go to sleep.

Step 5: Turn off device in the morning after testing

- Press On/Off button for 1 second and release to power device off.
- Lift black headband forward over head.
- Grasp sensor tabs and slowly lift the device away from forehead, one sensor at a time.
- Unsnap and discard the 3 used sensors from the device.
Step 6: Preparing for night 2

- Replace the used sensors with 3 new sensors and snap them on the device with tabs pointing downward.

- Plug wall charger into forehead device.

- Voice message will confirm “device is charging” and will automatically turn off once complete.

- Once charging is complete, remove wall charger from forehead device and you are now ready for 2nd night testing.

Step 7: Complete all included paperwork

- Fill out all paperwork that was included in your home sleep staging 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 FedEx prepaid label on the box.

- Take the package to the nearest FedEx pickup location.

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 physician.
Home Sleep Staging Testing Frequently Asked Questions

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

NO! You should not power off the device until you are sure you have tested for at least 5 continuous hours.

What should I do if the unit does not come on?

Please plug the Sleep Profiler into the wall using the provided USB charger for at least 4 hours. If unit still does not come on call VirtuOx Patient Support at: (877) 897-0063.

Are the electrodes reusable?

You should NOT use the same electrodes for the 2nd time as they will not stick to your skin properly. Please use the additional electrodes included in the package.

If I also have a home sleep apnea test, can I wear simultaneously?

You may wear both devices at the same time.

How can I get my results?

You may follow up with your prescriber 5-7 days after you ship your device back.

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