



Sleep Cycle Center – WatchPAT ONE Home Instructions

The **serial number** of the WatchPAT ONE is put into our patient’s record in the HIPAA-compliant CloudPAT system, along with a pre-assigned 4-digit PIN that is provided to the patient by their provider.

DO NOT INSERT THE AAA BATTERY INTO THE WATCHPAT ONE UNTIL YOU ARE GOING TO SLEEP

Patient Education:

- **Begin by viewing the WatchPAT ONE Youtube Patient Video:** https://youtu.be/BCce_vbiwxE
 - **Also, we recommend finding a comfortable fit for the Pulse-Ox (finger lead) on different fingers before pulling the plastic off.**
1. WatchPAT ONE is syncs with your iPhone or Android phone via app that is downloaded from Apple App Store or Google Play Store. The app will request access to Bluetooth and will be automatically turned on if it is off.

What’s this code thing?

USING YOUR SMARTPHONE, OPEN YOUR CAMERA AND LOOK THROUGH YOUR SCREEN AT THE QR CODE. FOCUS ON IT, AND A HYPERLINK WILL APPEAR ON YOUR SCREEN. CLICK THE HYPERLINK TO DOWNLOAD THE WATCHPAT ONE APP.



YOUR
PREASSIGNED
PIN:
1234

2. WatchPAT ONE is initiated for the sleep study by using the application.
3. The phone must remain within **15 feet** to receive data from the WatchPAT ONE device.
4. Your smartphone will be in use for the duration of the test and, as such, *must remain* plugged into the wall for the entire night. You’re able to leave the room (15 feet) with WatchPAT ONE (Toilet use) but should not move the phone. If the device meanwhile also runs of power– the residual data will not be accessible. The buffer on the device holds up to 6 hours of data, and therefore if disconnection is longer than that, the tail end of the recording maybe lost.
5. Data collected during the study by WatchPAT ONE is sent to a HIPAA-Compliant server through the mobile application. As soon as the study is completed, clinicians can review both the raw data and the automated study results.
6. When it is time to insert your finger in to the Pulse Ox (Finger lead) best practices have been to lay the Pulse-Ox on its side, parallel to a flat surface, and insert your finger to the near end of the lead. Inserting too far can cause discomfort throughout the night, as will having the lead on a thicker finger. If you feel too much pressure, try a smaller finger before removing the plastic. *If you have an acrylic nail on whichever finger you choose, you will need to remove the nail.*

Frequently Asked Questions:

1. “What happens if I receive a call or text during the study?”

The patient can accept the call or respond to the text without disrupting the study. The app syncs automatically and keeps receiving the study data.

2. “How much data can be stored on the WatchPAT ONE in the event of a power outage?”

Approximately 6 hours of data can be stored on the WatchPAT ONE device. When communication is resumed, the data transfer will continue.

3. “What should I do if this is the second time I am taking home a WatchPAT ONE?”

We advise patients to erase the WatchPAT app from your mobile device *after* you complete your first test. If this is your 2nd test, or your follow up test, delete the WatchPAT ONE app from your phone and reinstall it. (This will clear any residual data from the first test.)

Patient Selection confirmation

Smart phone with 36.01 MB storage available, and Wi-Fi connection access.