SleepImage Patient Study Tips

These tips are intended to assist patients performing a SleepImage sleep study. For testing instructions and examples, please refer to the Mobile App Instructions page, available on SleepImage.com.

Setting Up:

- The three items required to perform a sleep study with the SleepImage System are:
    - A mobile device with Internet and Bluetooth capability that can download the SleepImage Mobile App from the App Store (iOS) or Play Store (Android),
    - A SleepImage Ring, and
    - A SleepImage Patient ID, which should be given to you by your healthcare provider.

  <u>If you are missing one or more of these items, please contact your healthcare provider.</u>

- The SleepImage Mobile App does not require an internet connection while recording, only when signing in to the app or uploading a completed study. Bluetooth will need to be enabled throughout the study for data collection.

- Please make sure to accept all permissions in order to perform your study.
    - On Android phones, the 'Location' permission needs to be enabled to allow local Bluetooth connections. This needs to be enabled both for the SleepImage Mobile App, and for the phone in general. These can be found under Settings/ Location, and Settings/ Apps/ SleepImage.

- For patients testing multiple nights we strongly encourage charging the ring in between uses.

- The ring should be snug but not tight. For best results, we suggest the left thumb, index, or pinkie fingers, although it can be worn on other fingers. Make sure the ring is worn on the base of the thumb/finger. Patients testing for multiple nights should use the same finger each night for consistency.

- We strongly recommend that you perform a quick test on your phone when you receive the ring to confirm that the ring and the app on your phone are communicating. If you see the same values on the ring display and in the app, you can stop the test knowing that it will work when you are ready to start your sleep study.

- Each ring has a serial number written on the inside, underneath the display screen. This can be used to identify your ring when pairing – PO2 is an Adult Ring, and PO4 is a Pediatric Ring.

Performing the Study:
- Before starting a study, please make sure you are signed in with the correct Patient ID. This is especially important if you are sharing a phone with another Patient.
- All other apps and Bluetooth connections should be off while recording. If you will be using your phone before bed, please wait to start the recording until you are ready to go to sleep.
- Phones should be left on and charging near your bed during the sleep study.
- For pediatric patients, caregivers may want to consider using athletic wrap or similar products to hold the ring in place overnight.
- Do not stop the recording until you intend to wake up for the day. If you need to get up during the night, the ring can be removed and replaced when you return, but stopping the recording will end the study early and you may need to retest.
- While a recording is in progress, the SleepImage App will display the same metrics as you will see on the Ring display. If you get up during the night, it should be used to check the connection before going back to sleep.

Submitting a Study:
- The 'History' tab of the app will display all studies performed on the phone, and the 'Upload Status' of each. If each study states 'Upload Status: Completed', then your study files have all been uploaded.
- If the 'Upload Status' of your study is not 'Completed', then please check your internet connection. You may need to switch between WiFi and Cellular Data to connect your device to the Internet.
    - The app will retry the upload every few minutes while open, but you can prompt it to retry the upload immediately by force-closing and reopening the app.
- We strongly recommend that you contact your healthcare provider and confirm that a report is available before returning the ring, in case you need to retest.

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