



NiteWatch



Home Sleep Testing
Made Easy



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If you would like a written copy, please call (877) 996-5553.



COMMITMENT TO EXCELLENCE

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ESPAÑOL

Encuentra Esta Guía en Español
PivotalHealth.com/NiteWatch

Welcome To NiteWatch

Home Sleep Testing Made Easy

Your doctor has prescribed a home sleep test with the Pivotal Health NiteWatch to determine if you have obstructive sleep apnea. Sleep apnea is a potentially serious condition that can stress the heart and deprive the body of oxygen. Fortunately, treatment can quickly improve your health and reduce risks.

Please follow the instructions to begin your test as soon as you receive the device. Be sure to return NiteWatch to Pivotal Health at the end of your study.

Wear the device for two nights. When your testing is complete, repack the Watch in the box it came in, seal it, and place it in a USPS mailbox. Your doctor will review the results of this study.

Thank you for choosing the NiteWatch Sleep Test; we aim to deliver your results promptly.

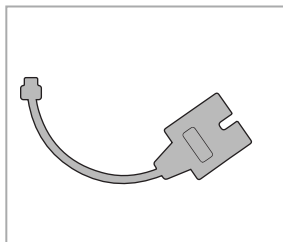
**If you have questions after reviewing this guide,
call our Patient Support during service hours:**

Monday-Friday 8am-2am and
Sat-Sun 8am-2pm and 8pm-2am
at 877-753-3776

NiteWatch Kit Contents



NiteWatch



Finger Sensor Cable

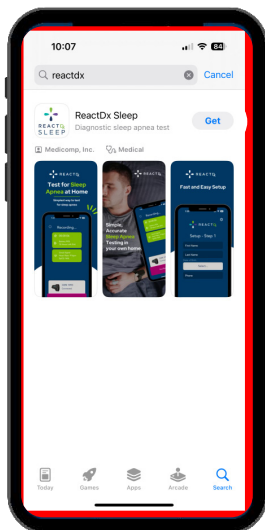
The NiteWatch will arrive fully charged and with sufficient battery to last throughout your test. There is no need to charge the NiteWatch and a charging cable will not be included.

Download the App



1 The ReactDx Sleep App is available on the Apple App Store and the Google Play store.

To begin your test, use the camera on your smartphone to scan the QR code. Download the ReactDx Sleep App or visit ReactDx.com/Patients/SleepApp



Assemble the Watch

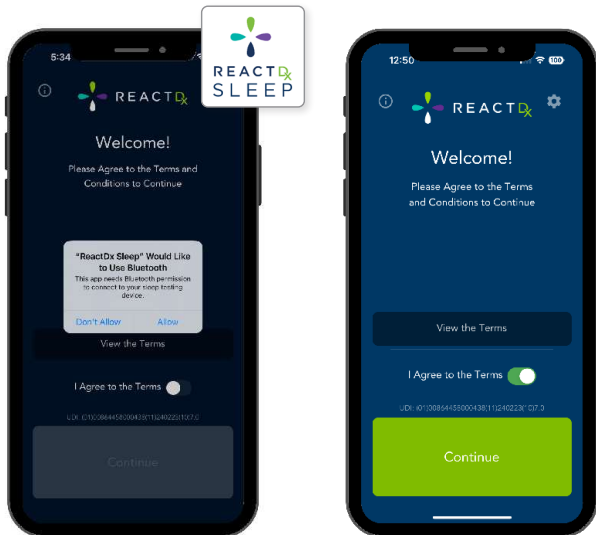
Wear the Finger Sensor on the most comfortable finger (not too tight, not too loose).



Power Button

- 1** Attach the Finger Sensor Cable to the Watch. The arrow on the Finger Sensor Cable should be facing up.
 - 2** Fasten the Watch securely around your wrist. Slip the Finger Sensor ring around your thumb. If it is too tight, place the Sensor Ring around the most comfortable finger (not too tight, not too loose). A red light in the Finger Sensor will illuminate when the Sensor is properly fitted.
 - 3** Press and hold the power button for 1 second to turn the NiteWatch on.
- !** The screen will turn off after a few moments but the watch is still on.

Starting Your Study



1 Open the ReactDx Sleep App.

Click "Allow" to grant access to Bluetooth.

Click "Allow" to grant access to the microphone

The App does not track your location.

2 Toggle the Switch to Agree to the Terms and Press Confirm.

1:36

REACT Dx

Setup - Step 1

First Name

Last Name

Date of Birth

Select...

Phone

Continue

3 Fill in your Name, Date of Birth, and Phone Number.

Click Continue.

2:52

REACT Dx

Setup - Step 2

Male Female

Or Enter:

Gender

Male

Height - Feet

6

Inches

2

Weight (lb)

250

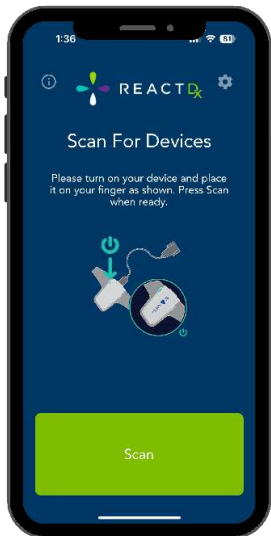
Back

Finish

4 Select your gender. Type in your height and weight.

Click Finish.

Starting Your Study



- 5** Press Scan to connect the Watch to your phone.



- 6** Select your Watch.
Follow next steps for best audio recording



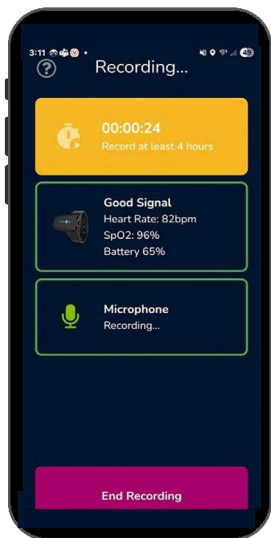
- 7** Click Start Recording when you are ready to go to sleep. Make sure the app continues to run in the background throughout the night.

- 8** Attach your phone to a charger.

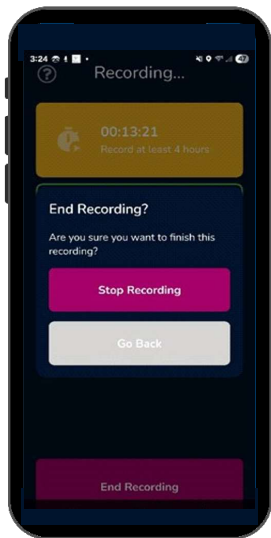
Click Start Recording again.

! To ensure the sleep test is not disrupted, keep the phone on a charger on a nightstand near your bed throughout the night. Do not close the App.

Ending Your Recording



9 Your study is now recording! The recording window will turn green when at least two hours of data has been collected for the sleep study.



10 Press "End Recording" in the morning after sleeping more than six hours to ensure your data is uploaded for review. If you were prescribed a multi-night study, press "End Recording" each morning when you wake.*

10 * It may take up to 1 hour for sleep data to transmit to ReactDx.

Do's and Don'ts

 **DO** wear the finger sensor on the most comfortable finger (not too tight, not too loose).

 **DO** charge the phone throughout the night.

 **DO** keep the phone on a nightstand near your bed.

 **DO** press “End Recording” in the morning after sleeping more than six hours to ensure your data is uploaded for review.

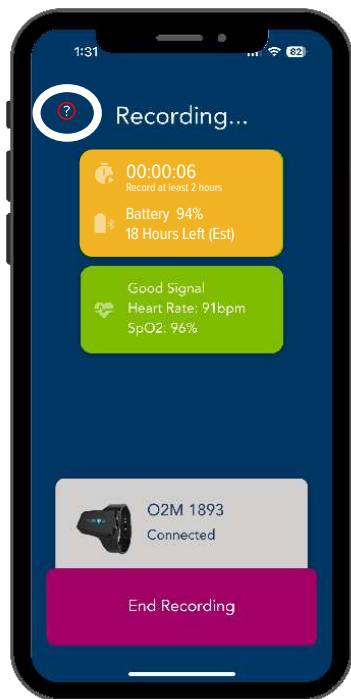
DON'T close the app during testing.

DON'T submerge the NiteWatch in water.

DON'T charge the NiteWatch. The NiteWatch will arrive fully charged, and has sufficient battery life to last through your prescribed test.

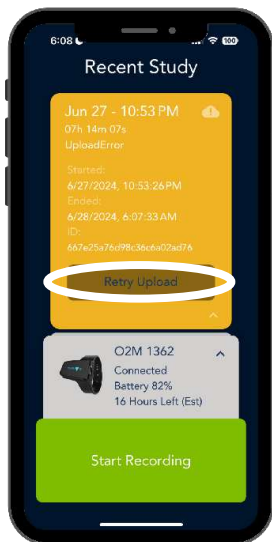
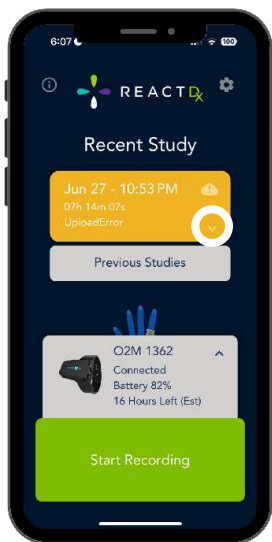
DON'T lose connection. If you get up during the night while testing, be sure to bring your phone with you to ensure you do not lose Bluetooth connection.

Troubleshooting



Need Help?

Press the question mark icon in the top left of your screen at any time to find a list of answers to common questions.



Upload Error:

1. Click the down arrow to expand the upload error box.
2. Ensure that you have good Wi-Fi or cellular connection and click the gray "Retry Upload" button to upload your data.

**Need More
Assistance?**

**Call Patient Support
1-877-753-3776**

Returning Your Kit

Return your Kit promptly when your test is complete.

Unreturned devices could slow delivery of the test results, and can also result in a bill of \$199 for the unreturned equipment.



Returning is easy! Simply repack your kit in the box it came in, seal it, and drop it in any USPS mailbox.



Please take a moment to fill out our patient survey at PivotalHealth.com/survey.

Need Help?

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