Testing Instructions for the NiteWatch



Welcome to NiteWatch

Dear Patient,

Your physician has prescribed a Home Sleep Apnea Test for evaluation of Obstructive Sleep Apnea. This was determined based on medical information given during your recent office visit. Please complete the enclosed paperwork and return with your device.

If you have any questions, please call Customer Service, 855-478-8663.

What is Obstructive Sleep Apnea?

Obstructive Sleep Apnea (OSA) is not just snoring. OSA is a condition where breathing is disrupted during sleep. When left untreated, OSA can lead to excessive daytime sleepiness and fatigue. It can also lead to serious health problems such as high blood pressure, heart disease, diabetes, and stroke. You may have sleep apnea and be unaware of this condition. If you test positive, treatment options will be discussed with you by your physician.

What is a Home Sleep Apnea Test?

A Home Sleep Apnea Test, HSAT is a simple diagnostic procedure performed in the comfort of your home. While you sleep, the HSAT device monitors your breathing and records pauses in your breathing referred to as apneas. The device also monitors your oxygen level, heart rate and air flow. The information gathered is scored and then interpreted by a board-certified sleep physician. These results are then returned to your ordering physician.

Please begin this test within 2 days of receiving the device

The HIPAA Notice of Privacy Practices can be obtained by visiting PivotalHealth.com or a hard copy can be requested by calling Customer Service, 855-478-8663.

Follow the Patient Instructions as outlined to activate the Home Sleep Apnea Testing Device. Wear the device for two consecutive nights, if possible. For additional device directions, including video instruction, visit the home sleep testing page of our website: PivotalHealth.com/patients/home-sleep-apnea-test OR Scan the QR code to the right:

For device or testing questions, please call the 24-hour support line, 877-249-8331.

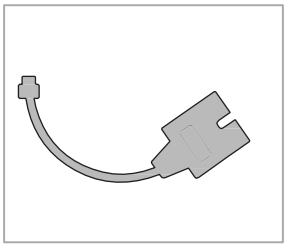
Please remember to complete the Post Test Questionnaire upon completion of testing. Be sure to return this document with your device. Please fill out the Satisfaction Survey section and include as much information as possible.

The NiteWatch Kit

The kit contains the NiteWatch wrist device and a finger sensor cable.



NiteWatch



Finger Sensor Cable

Getting Started

Download the App. Find the Celeste App in the Google Play or Apple App store.



Celeste + 17+
Record home sleep tests
EnsoData, Inc.
Designed for iPhone
4.3 • 6 Ratings
Free

Scan the QR code for a shortcut to the store

for Apple App Store

Download on the App Store

for Google Play Store

GET IT ON Google Play

Assemble the Watch



1. Attach the Finger Sensor Cable to the Watch. The arrow on the Finger Sensor Cable should be facing up.

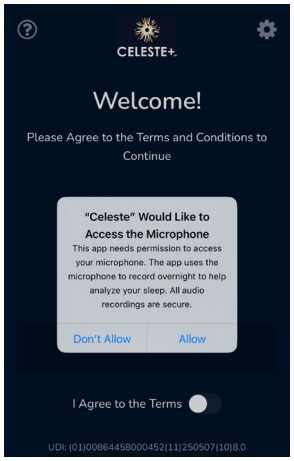
2. Fasten the Watch securely around your wrist. Slip the Finger Sensor ring around your thumb. If it is too tight, place the Sensor Ring around the most comfortable finger (not too tight, not too loose). A red light in the Finger Sensor will illuminate when the Sensor is properly fitted.

3. Press and hold the power button for 1 second to turn the NiteWatch on.

The NiteWatch will arrive fully charged and with sufficient battery to last throughout your test. There is no need to charge the NiteWatch.

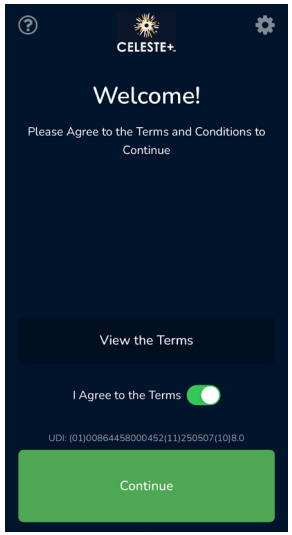
Start the Study

1



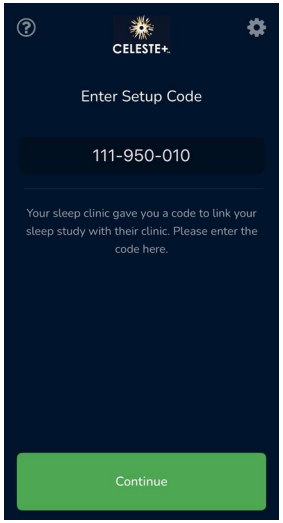
Open the App. Click "Allow" to grant access to Microphone and Bluetooth. The App does not track your location

2



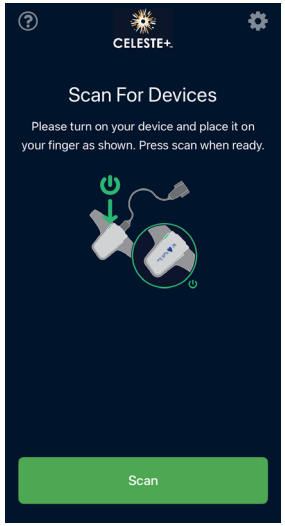
Agree to the Terms and Conditions. Press Confirm

3



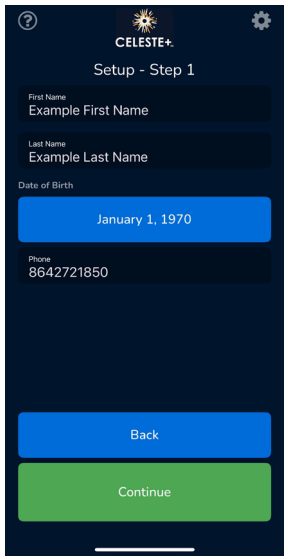
Enter the **Setup Code** that appears on the first page of this packet.

4



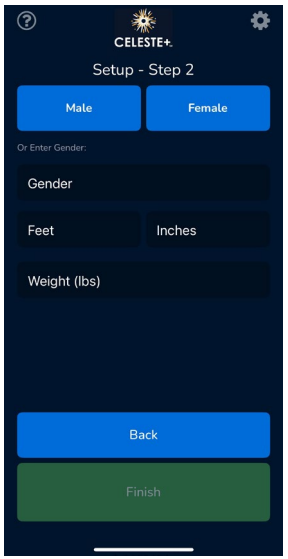
Select your device

5



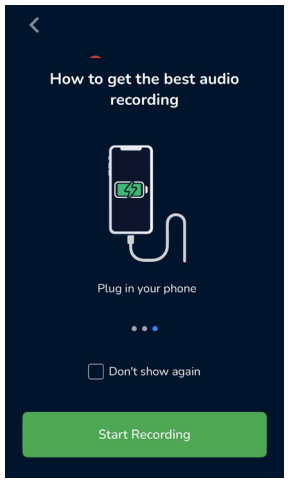
Fill in your name, Date of Birth and Phone number

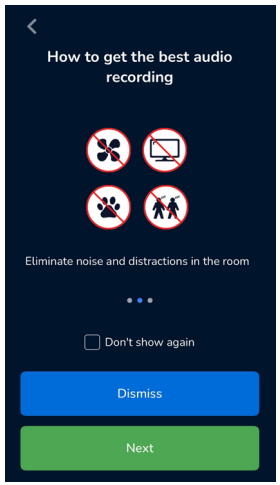
6

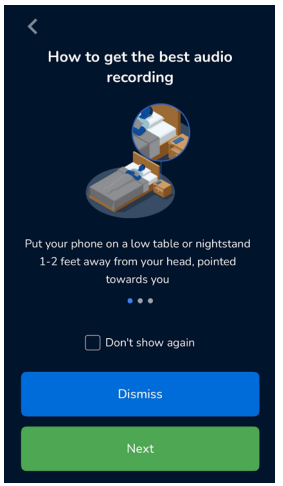


Select your gender, type in your height and weight **Click Finish**

7





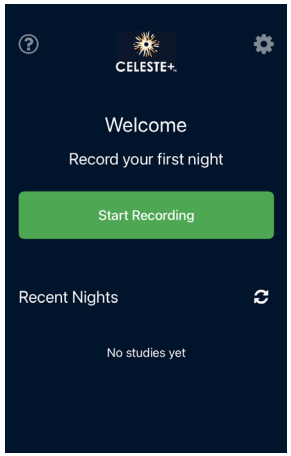


Follow steps for the best audio recording.

Start the Study

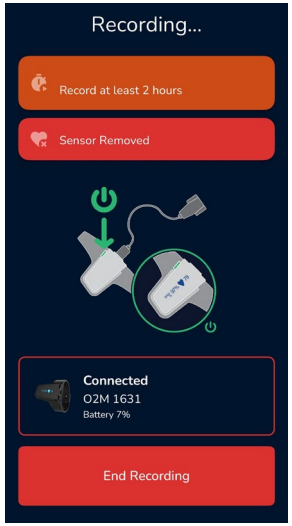
End the Study

8



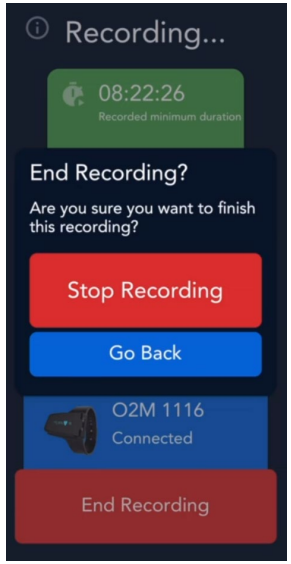
Click, **"Start Recording"** when you are ready to go to sleep. Make sure the app continues to run in the background throughout the night.

9



Your new 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.*

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.
* It make take up to 1 hour for sleep data to transmit to Celeste

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

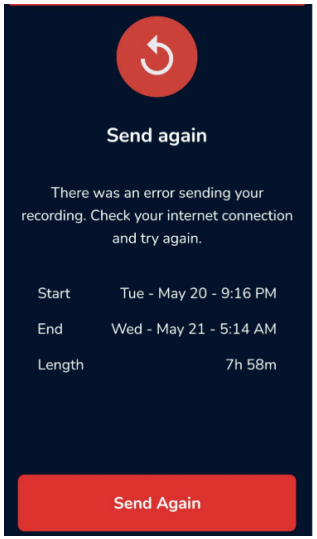
- ✗ **DON'T** close the app during testing
- ✗ **DON'T** submerge the NiteWatch in water
- ✗ **DON'T** charge the NiteWatch. The NiteWatch will arrive fully charged, and has sufficient battery life to last through your prescribed test.

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. Ensure that you have good Wi-Fi or cellular connection and click the red “Send Again” button to upload your data.

Need more help?
Please call the 24-hour support line, 877-249-8331.

Returning the Kit

Please follow the step-by-step instructions below to return all components and completed paperwork associated with the home sleep apnea testing device.

- After completing the test, ship the device back to us in the packaging provided.
- Place the device and ALL components and completed paperwork into the device case.
- Place the device case into the soft-pack packaging. Seal the package.
- Return the device by dropping at a UPS return drop box.

For additional information or help returning your device, please call Customer Service, 855-478-8663.