

# WATCHPAT ONE CHECKLIST

This is your home sleep apnea test (HSAT) please make sure to follow the checklist below.



## PREPARE

- You will need a smart device (Phone or Tablet)
- Download the WatchPAT ONE app from the Apple Store (iPhone/iPad) or the Play Store (Android phone or tablet)
- Make sure the doctor office or sleep center gave you a 4-digit PIN \_\_\_\_ \_
- Make sure there is a AAA battery included in the box, if not please get a brand-new AAA battery  
---- DO NOT PUT THE AAA BATTERY IN THE WATCHPAT UNTIL YOU ARE READY TO GO TO BED----
- You may use any finger for the test but the thumb. Trim the nail on your test finger, remove any nail polish, acrylic, or dip on that finger before taking the test to ensure a valid study.
- Please watch the WatchPAT ONE video located [www.watchpatone-howtouse.com](http://www.watchpatone-howtouse.com) various languages options.

## READY FOR BED?

- Open the WatchPAT ONE box
- Turn off all other transmitting devices in the room such as smart watches, other smart phones and headphones as it could interfere with the test.
- Open the APP on your device  
*Allow WatchPAT to access photos, media, and files on your device? Allow*  
*Allow WatchPAT to access this device's location? Allow*
- Click PREVIEW to review the steps that need to be taken
- Once you have reviewed the steps hit READY this will walk you step by step on how to put on and start your home sleep test.
- Make sure you keep your phone plugged in and powered for the entire night.
- You will still be able to make and receive calls and look at other apps on your phone, but please remember to not close the WPONE app.
- Follow the step by step instructions in the app to start the test
- Ideally, you should wear the device for at least 6 hours
- Do not remove the finger probe once you have removed the plastic tab
- Questions? Please call the help desk 24/7 Customer Service assistance number: 1-888-748-2627
- Have a good night!

## GOOD MORNING!

- Push 'END RECORDING' (this button will be active only if the test has been on for a minimum of 6 hours)
- Wait for it to successfully upload the data by keeping the phone and the WatchPAT ONE close. This should take no more than 10 minutes; it will display a screen asking you to allow more time if needed. If it is taking longer please contact 1-888-748-2627 and do not close the app. Sometime turning OFF your Wi-Fi and then turn it back ON helps if it is taking a long time. You make close the app after you see the "Thank You" message.
- DO NOT throw away your watch or delete the app yet! Please make sure the prescribing doctor has received your sleep test and it is valid. (This could take up to 24 hours)