

WATCHPAT 300 CHECKLIST

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

PREPARE

- The clinic will initialize your WatchPAT® 300 device and review the technology with you before you use it.
- Make sure there is a AAA battery placed in the device upon completion of the initialization process.
- 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® 300 video <https://www.youtube.com/watch?v=3tD2HJ-TQaM&feature=youtu>. Various languages options are available on our website at www.itamar-medical.com (select Patients > WatchPAT® > WatchPAT300 Step by Step Instructions and the corresponding language).

READY FOR BED?

- Open the WatchPAT 300 case.
- 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.
- Feed the chest sensor up the sleeve of a shirt or pajama top and place the sensor just below the sternal notch on the chest (**place band-aid or medical tape over the top of the probe to reinforce, or shave chest hair if necessary**)
- Place the wrist strap around your non-dominant wrist so it fits snug.
- Put your finger in the fingertip probe all the way to the tip, and while pushing down on a hard surface remove the plastic strip by pulling up.
- Once you are ready for bed, firmly press down on the power button until the display lights up, at this point your WatchPAT® will begin recording. If you receive an error message, please contact Customer Service at the number listed below.
- 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!

- Simply remove the chest sensor, wristwatch, and fingertip probe and place them back into the case and return to where you received the device from for study download (**There is no off button to push**).
- If you have any questions, please contact Customer Service at 1-888-748-2627 and do not close the app. Thank you.