



Home Sleep Study Ring Instructions

- 1) Download "SLEEPIMAGE" APP from Google play store or equivalent onto your Smart Phone.
- 2) Open the "SLEEPIMAGE" APP and enter "Patient ID"+ date of birth. Patient ID will come to your main EMAIL account or be given over the counter when device is picked up.
- 3) PUT RING ON YOUR THUMB or appropriately sized finger and press "connect" button on the phone screen.
- 4) A prompt will ask you to make sure "low power mode" and other parameters are met. Make sure all Bluetooth devices are disconnected from the smart phone being used.
- 5) As a test (as if you were going to sleep) Press the green(play) Triangle and the Ring will Bluetooth connect to your phone/tablet/computer and reflect your heartrate and oxygenation percentage shown on rings screen. Now press the Red Square to stop the recording (because you are not sleeping yet)
- 6) Please keep Ring within 15 feet of the smart phone so that it will remain connected. Please turn off all other competing or nearby Bluetooth devices to ensure an uninterrupted recording.
- 7) You're now ready to go to sleep.
- 8) Always leave the Ring recording on even if you use the bathroom, walk your dog at midnight, etc...
- 9) Press the red square stop button when you get up in the morning or have decided you will no longer attempt to sleep.