

WatchPAT⁺™ ONE

brought to you by



lunella[™]

Sleep Better. Live Longer.

Step-by-Step Instructions

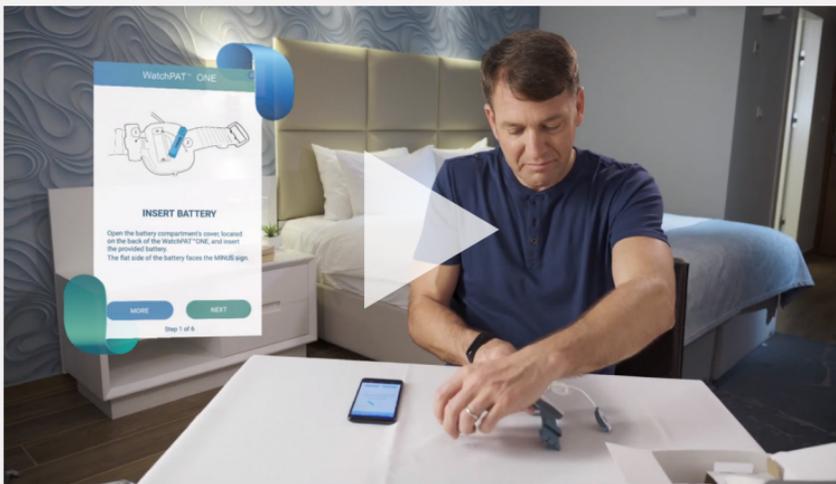
A man with a mustache is sleeping peacefully in a bed. He is wearing a blue t-shirt and a blue WatchPAT ONE device on his left wrist. A white sensor is attached to his left index finger. The room is dimly lit, with a lamp on a bedside table casting a warm glow. A framed picture hangs on the wall above the bed.

Welcome to your very own sleep lab in a box!

Thanks for choosing WatchPAT™ ONE brought to you by Lunella! Not only is this sleep test highly accurate, but it's easy to use. In fact, you're already on your way to getting *a better night's sleep.*

A quick note

In addition to these written instructions, we also have a short how-to video at [lunellasupport.com](https://www.lunellasupport.com).



[lunellasupport.com](https://www.lunellasupport.com)

Tips to achieve the most accurate results



**PLEASE AVOID USING
HAND CREAM
AND REMOVE
FINGERNAIL POLISH**



**REMOVE ALL
JEWELRY AND
ACCESSORIES**



**TRIM THE NAIL ON YOUR
DESIGNATED PROBE
FINGER (ANY FINGER BUT
THE THUMB)**



**TRIM CHEST HAIR
WHERE THE CHEST
SENSOR WILL BE
APPLIED (USE TAPE
IF NEEDED)**



**DO NOT WEAR ANY
TIGHT CLOTHING**

What is needed for the WatchPAT™ ONE study



**WatchPAT™
ONE**



SMARTPHONE

WatchPAT™ ONE APP SHOULD
BE INSTALLED FROM THE APPLE
APP STORE OR GOOGLE PLAY



**INTERNET
ACCESS**



**PIN
NUMBER**

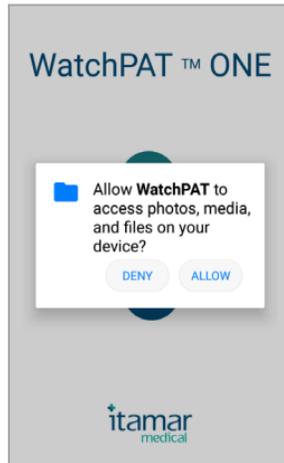
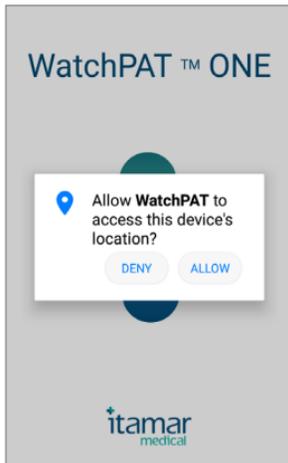
SEE PAGE 10
FOR PIN NUMBER
INSTRUCTIONS



1

Download the app and accept access requests

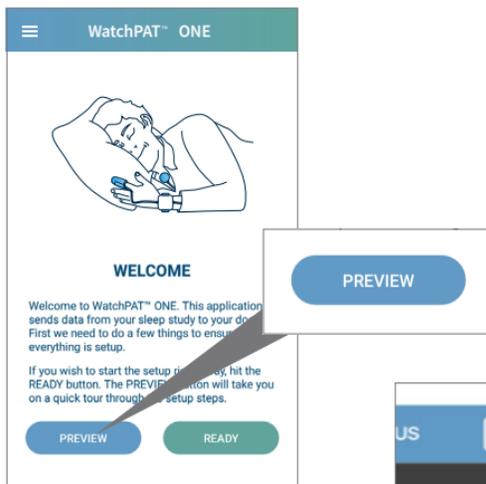
Like other apps, WatchPAT™ ONE requires access to your location and the files on your smartphone. The app can be deleted only after you receive your sleep study results.



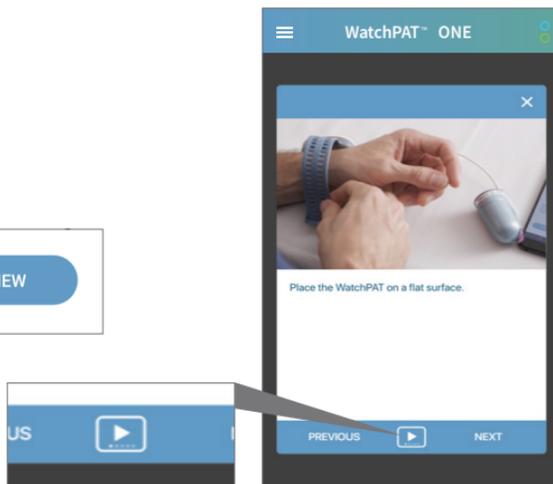
2 Take a tour

The Preview button allows you to review the step-by-step instructions prior to preparing the device and initiating the study. Also, the video button allows you to watch a step-by-step video of the set-up process.

PREVIEW

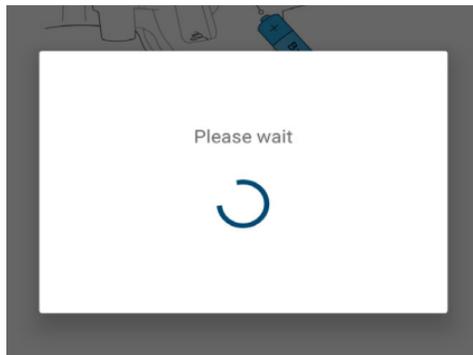
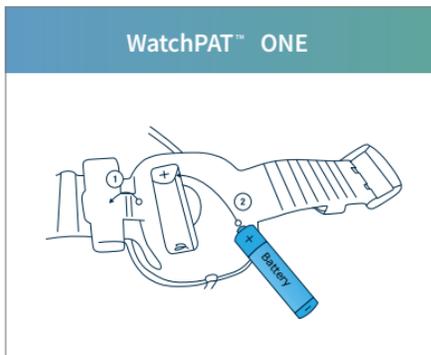


VIDEO PREVIEW



3 Insert the battery

Insert the battery provided by Lunella into the WatchPAT™ ONE unit, which will then locate your Phone via Bluetooth.



INSERT BATTERY

Open the battery door on the bottom side of the WatchPAT™ ONE and insert the provided battery. The flat side of the battery goes to where the MINUS sign is depicted.



4 Remove jewelry and clip nail on probe finger



PREPARATIONS

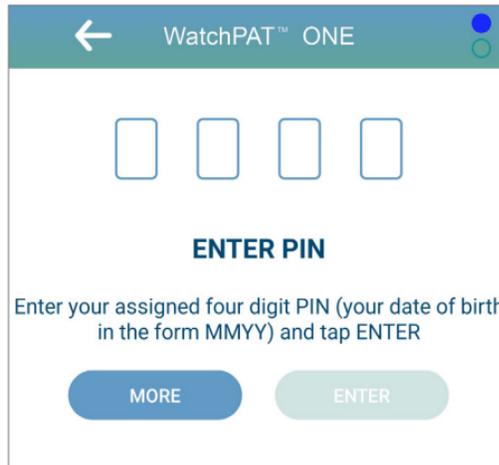
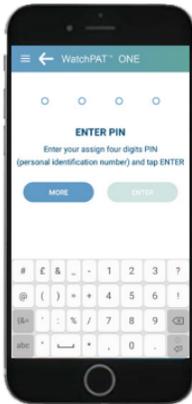
Remove tight clothes, watches and jewelry. Ensure that the fingernail is trimmed. Remove artificial nail or colored nail polish from the monitored finger.

Use the **MORE** button to see more details.

5

Enter 4 digit pre-assigned PIN

The app will ask you for a 4-digit PIN number. This is the month and year of your birth. For example, if you were born in March of 1968, your PIN would be 0368.



6 Attach three points of contact



WEAR DEVICE

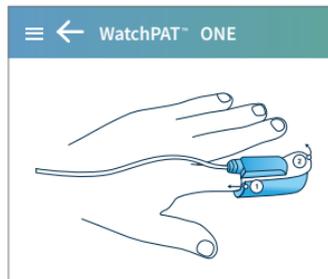
Wear the WatchPAT™ ONE on your non-dominant hand.

Secure the WatchPAT™ ONE to your wrist ensuring it is snug but not too tight.



ATTACH CHEST SENSOR

If you wear a shirt at night, feed the chest sensor through your sleeve and up to the neck opening. Peel the white paper from the back of the sensor. Attach the sensor to the center of your upper chest bone, just under the sternal notch.



MOUNT FINGER PROBE

Insert any finger, except your thumb, all the way into the probe.

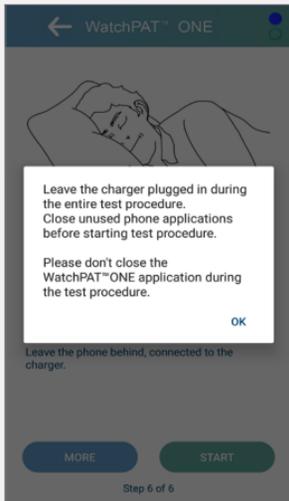
The sticker marked TOP should be on the top of your finger.

Hold the probe against a hard surface (like a table) and pull the TOP tab toward you to remove it from the probe.

Potential notifications during set-up

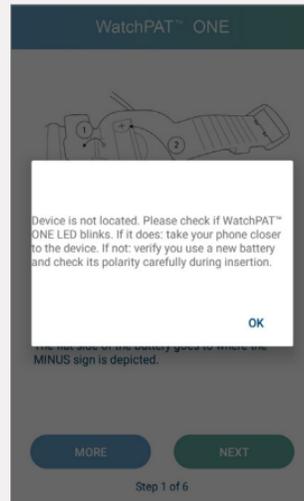
NOT CONNECTED TO THE CHARGER

(only if phone is not connected to charger after start button pressed)

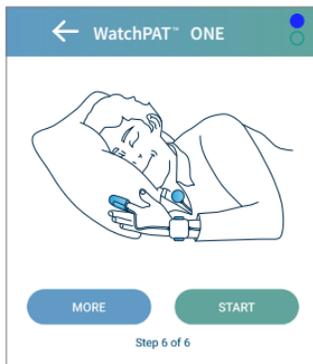


NOT WITHIN 15FT OR 5M

(only if the phone and WatchPAT™ ONE is outside of 15ft / 5m while inserting the battery)



7 Start recording

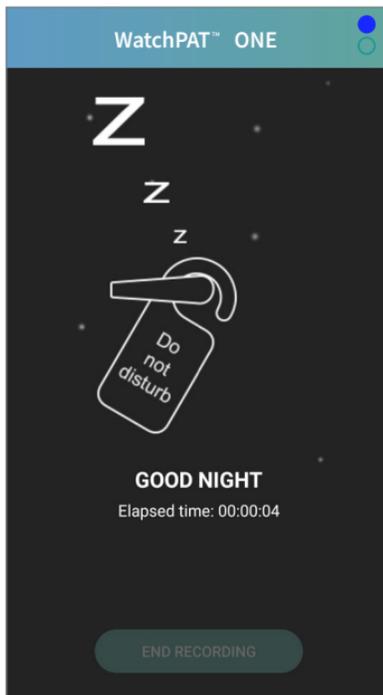


PRESS "START"

Once the WatchPAT™ ONE has been properly put on, it is ready to begin recording. Press the **START** button and have a good night sleep.

If you need to get up during the night, do not remove the device or sensors.

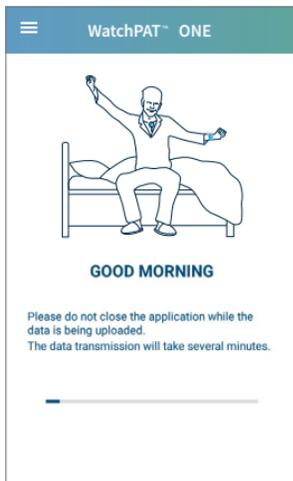
Leave the phone behind, connected to the charger.



8

In the morning

Press the **END RECORDING** button in the app. End recording button will only appear after 6 hours of recording. Once you have ended the recording, the app will finish uploading the data.



What's next?

With Lunella, your results will be interpreted by a board-certified sleep physician and you'll get diagnostic results in less than one week. If the interpreting physician believes you would benefit from treatment, you will also receive a prescription for a CPAP or other appropriate therapy, so you can begin treatment right away.

For any questions, please contact Lunella's customer care at 1-833-586-3552 or customercare@lunella.com.

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CUSTOMER CARE

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