WatchPAT™ Step by Step Guide

Watch Over Your Sleep

This reference guide will help you use the WatchPAT device in the comfort of your own home.

Do not attempt to connect or disconnect any part of the unit.

Do not put on the device or activate it before retiring for the night.

Do not try to introduce any foreign object into the unit.

The WatchPAT should not cause any discomfort or pain. If you experience wrist or arm discomfort, loosen the strap. If the discomfort is not alleviated immediately, call the help desk.

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

Step 1 (Optional) Applying the Snoring and Body Position Sensor

Attach the Snoring and Body Position sensor through the sensor's sticker. The sensor should be applied to the right hand. It is a quick reference guide to be used after your practitioner has demonstrated how to wear and operate the device.

If needed trim or shave chest hair.

Note: It is best to apply the Snoring and Body Position sensor with the aid of a mirror.

Step 2 - Applying the WatchPAT

The WatchPAT is a biometric device that monitors and records the following body parameters: snoring, blood pressure, heart rate, body position.

Please press on the button the LCD will light up for one minute. Note: The LCD will turn off after one minute. Anytime you press the blue button it will light up for one minute. If you press the blue button for a second time the LCD will turn off automatically after one minute. Verify that cable with the red and white snaps is well connected to the WP case.

Insert the index finger into the probe along with the other parts.

Take off the device and call the help desk. In case you forgot to connect the bracelet and already pressed on the button the LCD will light up for one minute, any time you press the blue button for a second time the LCD will turn off automatically after one minute. Verify that cable with the red and white snaps is well connected to the WP case.

In case there is a problem TEST ABORTED will appear.

Testing... You are now ready for sleep.

Time elapsed: hours: minutes

Remove nail polish and artificial nails. Make sure fingernail of an index finger is short.

Press the blue button firmly until the "Itamar Medical" logo appears on the display. At the end of a short testing you will see: GOOD NIGHT!!!

If no errors occur, the LCD will display the following message: "Connect Bracelet", "TEST ABORTED". The WatchPAT will turn off automatically after recording 10 minutes. In case you forgot to connect the bracelet and already pressed on the button the LCD will light up for one minute, any time you press the blue button for a second time the LCD will turn off automatically after one minute. Verify that cable with the red and white snaps is well connected to the WP case.

Note: Images in the demonstrated guide are for the left hand; similar process can be applied to the right hand.

For an instructional video go to: http://www.itamar-medical.com/patientvideounified

Step 3 (Optional) Connecting the Tamper Proof Bracelet

If you want to monitor your sleep position use the Tamper Proof Bracelet. It will monitor your sleep position and alert the support center. You need to place the bracelet on your non-dominant hand. The support center will call the number on your WatchPAT device if you need help during the night.

Note: The bracelet should have been already placed on your hand by an authorized technician, if not please contact customer support.

Attach the Tamper-Proof Bracelet (optional)

- ON Button
- Tamper-Proof Bracelet (optional)
- Cable for Tamper-Proof Bracelet (optional)

Step 4 - Applying the uPAT

The uPAT is a biometric device that monitors heart rate, blood pressure, ECG and movement. The U-PAT can be used alone or with the WatchPAT. The uPAT probe should be applied to the right hand.

Note: Federal law restricts this device to sale by or on the order of a physician.

Step 5 - Removing the uPAT

- Press the button on the uPAT.
- Disconnect the bracelet from the cables that connect it to the WatchPAT.
- Cut the bracelet along the dotted line using small scissors and insert it into the WP case.

Step 6 - Next Morning

If the night was uneventful you will receive a message: "GOOD NIGHT!!!".

If the night was eventful or any error occurred you will receive a message: "TEST ABORTED".

If you forgot to connect the bracelet and already pressed on the button the LCD will light up for one minute, any time you press the blue button for a second time the LCD will turn off automatically after one minute. Verify that cable with the red and white snaps is well connected to the WP case.

If you encounter any unbearable discomfort, remove the device and call the help desk.

Note: Images in the demonstrated guide are for the left hand; similar process can be applied to the right hand.

www.itamar-medical.com info@itamar-medical.com Tel 1 888 748 2627 Tel + 972 4 617 7000 Tel/Fax: +44 1923859810