



Dear patient,

This test was ordered by your physician to evaluate for a condition known as sleep apnea, where you stop breathing or have shallow breathing during your sleep. This simple to use test will record several parameters while you sleep to help confirm this diagnosis.

The Sleepifi DREAM device requires an Apple or Android smartphone or tablet with internet access. You must install the Sleepifi app on your device to complete testing. The smartphone collects the recording, then uploads the study automatically to the Sleepifi website.

The Sleepifi App does not store information on the user's identity or location, and all data in the app is de-identified for privacy purposes.

If you have any medical questions about your sleep study, please contact your sleep test provider. For technical questions about the Dream device or Sleepifi app, contact Sleepifi at (855) 472-8776.

Test Details:

Sleepifi ID: 90437

Provider Name: DEMO NIGHTOWL TRIALS

Test Condition: On Room Air

Test Condition Note:

Number of Nights to Test: 2

1. Install the Sleepifi app on your smartphone or tablet

Scan one of the QR codes below (Apple on left or Android on right), or search in the App Store® or Google Play™ for the free “Sleepifi” app with the logo shown below.



Scan for iPhone



Scan for Android

APP PERMISSIONS

1. Apple Users You MUST click OK to grant access to Bluetooth.
2. Android Users You MUST click "While using this app" to grant access to Bluetooth.

2. Preparing for your test

Check that the battery has sufficient charge (75% or more). For best results, use the included micro-usb cable to charge the device until bedtime, if possible.

3. Bedtime

1. Open the Sleepifi app on your smartphone or tablet.
2. Agree to the Terms and Conditions.
3. Place the device on your wrist and the gray sensor on your finger, then power on the device.
4. Press Scan in the app and tap on the picture of the Dream device to connect it.
5. Enter your First and Last Name, DOB, Cell phone, Gender, Height/Weight, and click finish.
6. Click the Start Recording button.

4. Good morning sunshine

1. Click on the End Recording button.
2. Data will be transmitted from the Dream device through the app and to the Sleepifi server, where your testing provider will review the results.



Troubleshooting Guide

Download Sleepifi App Issues

- If the **Sleepifi** app does not appear in the Apple App Store or Google Play store on your device, make sure to search for “Sleepifi” with an “i”.
- When you type in “Sleepifi”, it will try to autocorrect the spelling to Sleepify (with a “y”). Make sure you say no to that change.
- There is a link in the email that was sent to you from Sleepifi that will take you directly to the app in either the Android or Apple store (depending on which link you click)
- If it still doesn’t appear, you may need to update your IOS or Android OS.

Pairing Issues

- If you paired the recorder in Bluetooth settings on the phone settings, unpair it first. Then, try the pairing process in the Sleepifi App again.
- On IOS, go to Settings->Sleepifi and enable the Bluetooth permission. On Android, go to Settings->Apps->Permissions>Location and select “Allow while using the app”.
- Allow more time after pressing the search button, with the recorder powered on, wait at least 60 seconds.
- Restart both the phone/tablet, try that one to rule out that there is an issue with the recorder.

Device is taking a long time to connect:

- Ensure the phone's bluetooth is on
- Ensure the Dream device is turned on and in range of the phone
- Quit the app (force close) and re-open it to try again

Upload Issues

- Force-close the Sleepifi App. Make sure the phone is connected to the internet, then reopen the Sleepifi App. Wait and look out for notifications at the bottom of the screen indicating an upload attempt.
- Go to the History tab and wait until all entries in the list show “Upload Status” Completed”
- If you see error messages, try switching from WiFi to Cellular or vice-versa.