

Sleepifi Home Sleep Testing Patient Instructions

Smartphone Required: This sleep test requires you to have an Apple or Android smartphone with an internet connection, a Bluetooth connection, and your login and password to your email account.

Install Application: Download and install the Sleepifi application from text message, email link sent from Sleepifi, or at redriversleep.com (Home Sleep Testing Guides). Alternatively, you may scan the appropriate QR code below or search “Sleepifi” in the Apple App store or Google Play store. Sleepifi logo pictured below with blue coloring.

You MUST allow Bluetooth connections when prompted in the app by: tapping “OK” or “While using this app”



Scan for iPhone



Scan for Android

WARNING: DO NOT Power on the device until prompted by the Sleepifi application. Make sure Power Save and Airplane mode are turned OFF.

6-hour recording required.


- 1** Do not turn on the Sleepifi Test Device until prompted by the Sleepifi App. Apply the Watch on the left wrist, and Ring on the base of thumb. If the Ring is too tight on the thumb, move it to the base of a different finger.
- 2** Open the Sleepifi application on your phone and **Allow Bluetooth permissions**. Accept terms. Tap Continue.
- 3** **Enter your information:** Enter your First and Last Name, DOB, Cell phone, Gender, Height/Weight, and Tap finish.
- 4** **SCAN FOR DEVICES SCREEN:** The Sleepifi app will prompt you to **POWER ON THE DEVICE**. To power on the device, press the power button for two seconds on the wrist device as shown on the image to the right of these instructions. The display on the device will turn on, and a red light will turn on in the finger sensor ring.
- 5** **Tap SCAN:** The app scans for and displays finger sensors nearby. Tap the desired device listed. Tapping the power button once will display the last 4 digits of the Serial Number. Use these numbers to identify the correct device.



(Continue to step 6 on next page)

Sleepifi Home Sleep Testing Patient Instructions

WARNING: Keep your phone plugged in and charging and placed within 5 feet with no obstructions to ensure a successful test. The Sleepifi App **MUST STAY OPEN DURING TESTING. DO NOT CLOSE THE APP.**

- 6  **Tap CONNECT:** The Sleepifi app shows that it is connecting to the sleep device. Confirm the Bluetooth symbol is visible on the Device display, typically shown just above “SPO2”. The phone can be locked during testing, but **DO NOT CLOSE THE APP.**

- 7 The app will only record for 12 hours per session, so it is important start the app only when you are ready for bed and no sooner to ensure a successful test. **Six or more hours are required for a successful test.**
Start Recording: TAP “Start Recording” on Sleepifi app.
 - If the screen doesn’t indicate any errors, it’s time to go to sleep! Get at least 6-7 hours of recording.
 - Keep your phone on its charger within 5 feet of the Sleepifi device.
 - If you go to the restroom, it is best to try to keep the sensor on your finger and take the phone with you. When washing hands, be careful not to get the device or watch wet.
 - If you do remove the sensor, check the Sleepifi app and make sure it reconnects when you place it back on your finger.
 - The App will indicate in red if the finger sensor disconnects or is not on your finger. It will attempt to automatically reconnect, HOWEVER, please see troubleshooting below if it doesn’t reconnect after 60 seconds of placing device back on your finger.

- 8 **End Recording:** When you wake up for the day, open the Sleepifi app and Tap “End Recording”.
 - The recording is saved on your phone. The Sleepifi app uploads your sleep recording for analysis through your internet connection.
 - DO NOT remove the Ring or Watch, and DON’T CLOSE THE APP until the screen says, “Transmission Completed”. If you do not see Transmission Complete after five minutes, please call Sleepifi Support.

- 9 **Return the device:** When you have completed your sleep testing, you must return the device to Red River Sleep Center as instructed.

Troubleshooting Sleep Testing Problems

For assistance with Sleepifi App or Device, call Sleepifi Support (855) 472-8776



- A. **APP WILL NOT RECONNECT DURING RECORDING:** After removing your sensor and putting it back on, the sensor screen and app screen look like the images above. If they remain in this state with your finger in for longer than 60 seconds, remove your finger from the sensor, then press and hold the power button until it powers OFF. Let it remain powered off for 30 seconds. Insert your finger back into the sensor again and Tap the power on button. Allow the app 60 seconds to try to reconnect automatically. If it does not, you will need to restart your test entirely.

Sleepifi Home Sleep Testing Patient Instructions

- B. STUDY TOO SHORT:** After your test, you may see a message under previous studies that your recording was too short, or recording under 2 hours, or similar message. If this is the case, contact Sleepifi Support (855) 472-8776 to confirm if they can help resolve the issue. If they cannot, then contact Red River Sleep Center for assistance during normal business hours 8-5pm M-F (318) 443-1684 to return the device and reschedule the sleep testing appointment.
- C. SIGNAL STRENGTH:** You may get a message on-screen in the app “Waiting for Signal” or “Waiting for Good Signal”. Please make sure you get your phone within 3-5 feet of the sensor or remove any physical obstructions between your phone and the Sleepifi device.
- D. SLEEPIFI APP DOWNLOAD 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 the letter “i”.
 - When you type in “Sleepifi”, some devices may autocorrect the spelling to Sleepify (with a “y”). Make sure you decline to that autocorrect spelling 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.
- E. BLUETOOTH 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 IPHONE 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”.
 - Wait at least 1-2 minutes after Taping the search button, with the recorder powered on.
 - Restart both the phone and the Sleepifi device.
- F. DEVICE TAKES A LONG TIME TO CONNECT:**
- Ensure the phone's Bluetooth is on.
 - Ensure the Sleepifi device is turned on and in range of the phone, within 3-5 feet.
 - Quit the app (force close) and re-open it to try again.
- G. 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 Wi-Fi to Cellular or vice-versa.