

Using the SleepImage® Application and Device

1 Download the SleepImage Application

In preparation for your test, **côte Santé** via SleepImage will send you an email with your **patient ID** as well as **links to download the SleepImage application** from the Apple App Store or Google Play Store. Click the installation button to download the application.

Please note that your patient ID may also have been provided to you during your appointment at **côte Santé**.

If you cannot find the email, check your junk mail or spam folders.



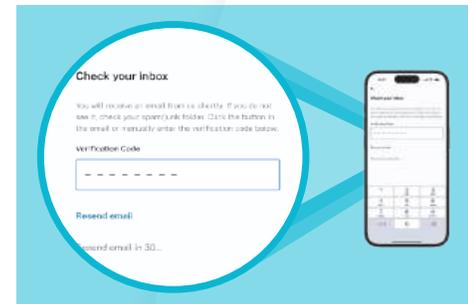
2 Preparing your SleepImage Device

Before using it, ensure the SleepImage device is fully **charged using the cable provided for this purpose**. Approximately **90 minutes** are required for a full charge.



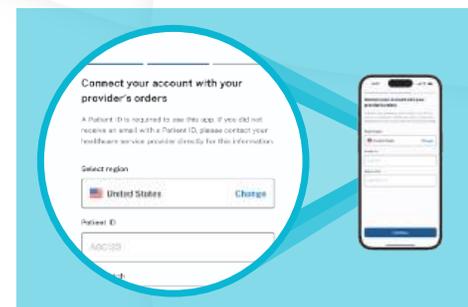
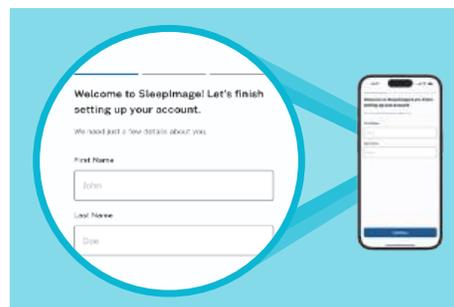
3 Device Configuration using the App

Once installed, launch the SleepImage app, accept the End User License Agreement (EULA), and begin by **setting up your patient account**. You can choose to sign in with an email address, or with a Google or Apple account. If you sign in with an email address, SleepImage will send you a **6-digit verification code**. Enter this code in the app to complete the registration process.

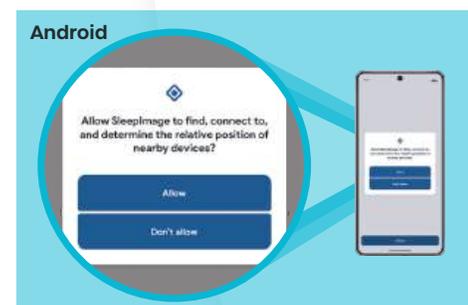
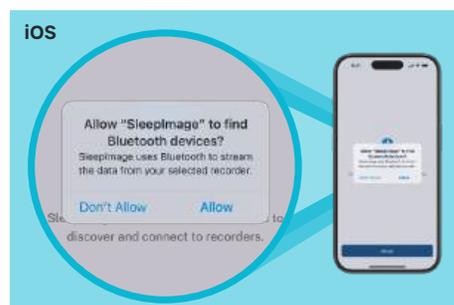


Once registered, **you will be asked to enter your name, patient ID, and date of birth (DOB)**.

Your date of birth is only **used for identity verification purposes** and is not stored in the app.

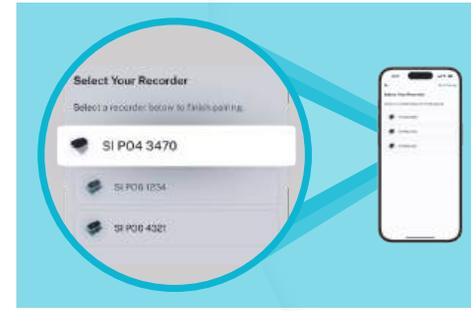


The device will ask you to allow the app to scan for nearby Bluetooth devices. This permission is required to connect to a SleepImage-compatible recording device.





Click on "Scan for Recorders" to begin searching for your recording device. The four digits you see in the app must match the last four digits of the serial number located on the side of your Sleepmage device. Tap the corresponding entry in the app to connect your device.

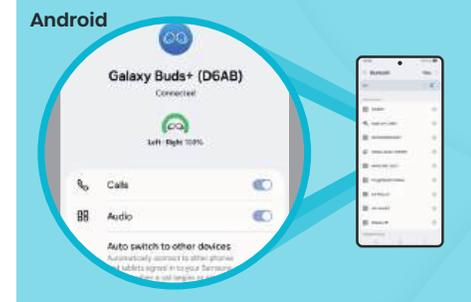


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Starting your sleep study

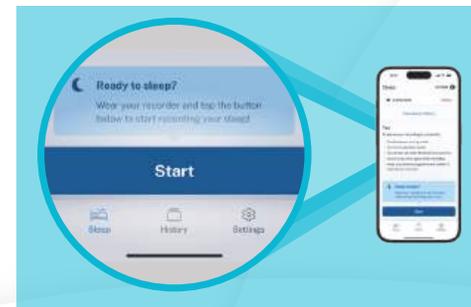
When you are ready to sleep, place the Sleepmage ring on the thumb or index finger of your left hand, as illustrated to the right. If you are using the Fingertip device, wear it on the index finger of your left hand, making sure to remove any nail polish before starting your sleep study.

Important Connection Note: If other Bluetooth devices are connected to your phone, please disconnect them before starting the study to optimize connection stability.



Open the Sleepmage app and press the **"Start"** button to begin the sleep study. Your mobile device must be placed nearby, for example on a bedside table. You are now ready to sleep.

If you need to get up during the night (e.g., to go to the bathroom), you may temporarily remove the Sleepmage device from your finger, but do not stop your sleep study in the app.



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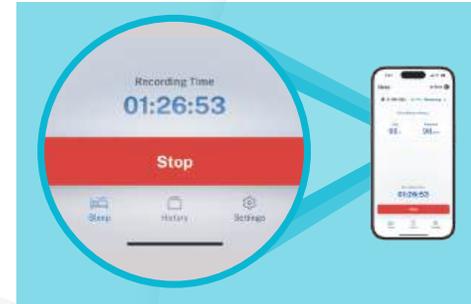
Ending the sleep study

Upon waking, open the app and press **"Stop"** to end the sleep study. The app will then upload the study and send it to your clinician.

Do not remove the device from your finger until you have stopped your sleep study.

You can check the upload status in the **"History"** tab of the app. When the status "Uploaded" appears under your most recent study, you can close the app.

Uploading your study requires an Internet connection. Please ensure that Wi-Fi or cellular data is enabled.



If you have the **Fingertip**



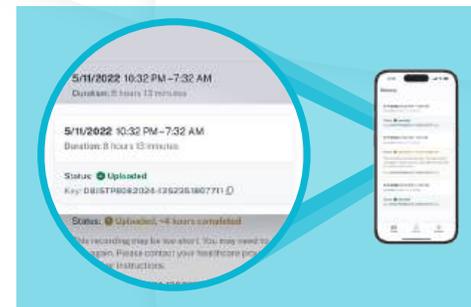
Store it carefully according to the manufacturer's recommendations (included in the monitor box) for future use.



If you have the **Ring**:



Return it to the branch within the timeframe specified in your contract (including the case and charging cable as provided by Côté Santé).



Gatineau • 355, boul. Gréber (coin la Gappe) Qc J8T 6H8
Gatineau (secteur du Plateau) • 195, rue de l'Atmosphère, suite 106 Qc J9A 0A3
Mont-Laurier • 506, Rue Carillon Qc J9L 1P9
Maniwaki • 179, Boulevard Desjardins, #103 Qc J9E 2C9
 T 819.246.9393 • cotesante.ca • info@cotesante.ca

Remember that your sleep habits are unique to you and naturally evolve throughout your life. Your healthcare team is here to help you achieve the best possible sleep quality.

Thank you for choosing us to accompany you on your journey to improve your sleep. Sleep better with Sleepmage!