

# NightOwl<sup>®</sup> EZSLēP ZZZZZZZZZZZZ



## VIRTUOX READING ID:

Your prescriber ordered a Home Sleep Test from VirtuOx—a Joint Commission Accredited IDTF—to evaluate for Obstructive Sleep Apnea (OSA), a condition where you stop breathing or struggle to breathe many times per hour while you sleep.

Follow the instructions below to get started testing with the NightOwl device!

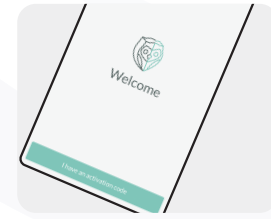
**1** Open the Apple Store or Google Play Store app.



**2** Search the app store for NightOwl Companion and install.



**3** Just before bed, open the NightOwl Companion App. Click, 'I have an Activation Code.'



**4** Enter the activation code you received in your email or see activation code below.

{ **Activation Code:** }

**5** Follow the in-app instructions to connect and wear the NightOwl device.

Test with the following conditions:

\*The app will display the number of nights to test.

**WHATS NEXT?** Your prescriber should receive the report in 2-3 business days after completion of the test.

There is no need to return the sensor to VirtuOx. **However, keep the sensor in a safe place** as your prescriber may request that you test again in the future. You may use this device for up to 10 nights, as needed.

\* If a night fails it will automatically extend the number of nights available for testing. If this is a test to evaluate your dentist provided oral appliance, the app may allow 8-10 nights to evaluate the treatment. In this case, test each night based your dentist or prescriber's instructions.

**Precautions:**

The Night Owl's performance could be adversely impacted by patients using drugs that alter the autonomic system such as alpha-blockers, for example: PRAZOSIN and TERAZOSIN. Additionally, long-acting nitrates (patch, tablets or paste) and vasodilators such as verapamil, diltiazem and amlodipine. If this applies to you, contact VirtuOx support for a substitution test device.

## Troubleshooting:

If you have issues connecting to the device or receive a test failure during the night or the next morning, follow these simple steps which will solve most issues:

1. Uninstall the NightOwl companion app. Restart your phone after removing the app.
2. Return to the app store, download, and install the app again. Make sure you give the app the permissions needed to complete the installation.
3. WAIT until you are ready for bed before connecting your phone to the charger and starting the app. You should ONLY power on the NightOwl when instructed, per the app. If you power on the device too early and you are still up and about, it is more likely to lose connection from your phone and fail before you go to bed.
4. Make sure your phone is within 5 feet of the NightOwl and is connected to the charger the entire time.



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Questions? Visit [ectosense.com/help](http://ectosense.com/help)

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