WatchPAT™ 200 Unified Study Checklist

1 Charging

- Charge the WatchPAT device.
  1. Gently slide the WatchPAT out of the wrist strap cradle until the USB port is exposed.
  2. Connect the USB port of the WatchPAT either to the USB port of a computer using the USB cable or to the USB charger provided.
- While charging, the LCD blinks slowly.
- When charging is complete, the LCD will stop blinking and display “charging complete”.

2 Initialize Device

- Connect the USB port of the WatchPAT to the USB port of a computer using the USB cable.
- Launch "zzzPAT" utility.
- Default Login and Password:
  Login: 111
  Password: 111
- Select "File > New Study" or select icon.
- Fill in patient details.
- Save data to WatchPAT.
- Insert the WatchPAT back into the wrist strap by gently sliding it into the cradle until a click is heard.
WatchPAT™ 200 Unified Study Checklist (cont.)

3 uPAT Probe

- Replace the uPAT probe - Connect a new one.
- Make sure you are using ONLY uPAT probes (light blue color, same color as the connector on the uPAT cable).
- To protect probe connector cable, it is recommended to clean and store the device with a new probe attached.

4 Integrated Snoring + BP Sensor

(Optional - if you don't use the sensor, skip to step 5)

- Attach the adhesive sticker to the blue side of the sensor.
- Make sure the sensor is connected to the WatchPAT device.

5 Testing WatchPAT Device Before Study

- Press the button (center button) for 2 seconds, till the Itamar medical logo appears on the LCD screen.
- Wait for the logo to disappear and then press UP + DOWN hidden buttons simultaneously for 1 second (see picture below).
Testing WatchPAT Device Before Study

- Select the Device Test by pressing on the `button.
- A "TEST PASSED" indicates that the device is ready for the night study.

"TEST FAILED,". Review error message and correct WatchPAT device accordingly.

Ending the Device test:
1. Click the BACK hidden button.
2. Click the DOWN hidden button to scroll down to "end testing".
3. Click the Central button to end the test.
WatchPAT™ 200 Unified
Patient Instruction Form

Do not turn on device during training. Patient should NOT insert finger into probe.

1 Patient Training Video
   • Show patient training video.
   • Go to: www.itamar-medical.com > patient > sleep health > how to use WatchPAT

2 Conditions
   • Designated test finger (If your index finger is too large for the probe, you can choose the pinkie finger).
   • Remove jewelry (Watch, rings etc.)
   • Trim fingernails.
   • Trim acrylic nails, avoid nail polish.
   • Avoid hand cream.

3 When to Apply
   • Only when ready to go to sleep.
   • Avoid contact with water.
   • Keep device away from children.

4 Guide
   • Show Step-by-Step Guide.
5 Device

- Take device out of case.

6 Integrated Snoring and BP Sensor [Optional]

- Attach the Snore & Body Position sensor to the chest right under the sternal notch. The sternal notch is the little U shape where the collar bones meet at the top of the breast bone.
- Secure it with medical tape.

7 Probe

- Apply on index finger (if too large - use pinky).
  - DO NOT remove tab before inserting finger.
  - Show TOP tab placement.
  - DO NOT twist or remove probe after placing it on finger.
  - DO NOT forget to remove tab, before starting the test.
- Detach and pull the tab while pressing the tip of the probe against a hard surface (WatchPAT case, table, etc.) until the tab is completely removed from the probe.
- Patient might feel slight pressure on finger - NORMAL.
### Power ON
- Turn ON device immediately after applying it.
- Wait for "Good Night" message on LCD.
- If "Test Aborted" message appears, call Itamar Help Desk.

### In The Morning
- Device CAN NOT be turned OFF.
- Remove sensors.
- Remove device.
- Place back in WatchPAT case along with the Step-by-Step Guide.

### Patient Practice
- Have patient go through the above steps.
- Correct patient when necessary.
WatchPAT™ 200 Unified
Loading the night study data into zzzPAT software

1 Turning off the device
- Connect the WatchPAT to the computer with the WatchPAT USB cable.

2 Loading and Analyzing study
- Launch zzzPAT:
  - Login: 111
  - Password: 111
- Select "load study and analyze"

3 Sleep report
- Select "Sleep report"

Exclusion Criteria
- Use of one of the following medications: alpha blockers, short acting nitrates (less than 3 hours before the study).
- Permanent pacemaker: atrial pacing or VVI without sinus rhythm.
- Sustained* non-sinus cardiac arrhythmias.
- The WP200U is not indicated for children who weigh less than 65 lbs.

*In cases of patient having accumulative time of regular R-R intervals of less than 1.5 hours, the WatchPAT system will not have sufficient valid PAT signal as required to generate a sleep report.
WatchPAT™ 200 Unified
Sending Studies to Itamar

1  Option 1: Sending a study from zzzPAT database:

- Patient information will not be transferred with the sleep study.
  - Display the study you want to send on zzzPAT screen.
  - Select Help> Prepare and Send Study to Itamar Medical.
  - Fill in all the required information.
- Make sure to fill in all site information and the reason for sending the file.
  - Select "Send current open study".
  - Select "Send".
  - Select "Save" if the computer is not connected to the internet.

2  Sending a study from WatchPAT device

- Connect the USB port of the WatchPAT to the computer.
- Select Help> Prepare and send Study to Itamar Medical.
- Fill in all the required information.
- Make sure to fill in the reason for sending the file.
  - Select "Send study from WatchPAT".
  - Select "Send" if the computer is connected to the internet.
WatchPAT™ 200 Unified
Cleaning Instructions

1 WatchPAT device
   • Clean with lint free cloth lightly moistened with 70% ethyl alcohol or isopropyl alcohol (IPA).
   • Clean the WatchPAT™ device only with the uPAT probe attached. (To protect UPAT cable connectors).

2 Casing and Wrist Strap
   • Clean with lint free cloth lightly moistened with 70% ethyl alcohol or isopropyl alcohol (IPA).

3 Integrated Snoring and BP sensor
   • Clean using 70% ethyl alcohol, thoroughly clean both sensor and cable.

Select "Save" if the computer is not connected to the internet.
If the computer is not connected to the internet, call Itamar support to coordinate the file transfer.
## Itamar Toll Free Numbers

<table>
<thead>
<tr>
<th>Country</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia</td>
<td>1800256948</td>
</tr>
<tr>
<td>France</td>
<td>800902142</td>
</tr>
<tr>
<td>Norway</td>
<td>80010023</td>
</tr>
<tr>
<td>Austria</td>
<td>800295881</td>
</tr>
<tr>
<td>Georgia</td>
<td>995706777331</td>
</tr>
<tr>
<td>Romania</td>
<td>40376300025</td>
</tr>
<tr>
<td>Belgium</td>
<td>80073034</td>
</tr>
<tr>
<td>Germany</td>
<td>8001825392</td>
</tr>
<tr>
<td>Sweden</td>
<td>20795399</td>
</tr>
<tr>
<td>Canada</td>
<td>18662562506</td>
</tr>
<tr>
<td>Italy</td>
<td>800782332</td>
</tr>
<tr>
<td>Spain</td>
<td>900949784</td>
</tr>
<tr>
<td>Chile</td>
<td>56448900315</td>
</tr>
<tr>
<td>Lithuania</td>
<td>880030467</td>
</tr>
<tr>
<td>UK</td>
<td>8009175110</td>
</tr>
<tr>
<td>China</td>
<td>4001203107</td>
</tr>
<tr>
<td>Mexico</td>
<td>018006819544</td>
</tr>
<tr>
<td>Denmark</td>
<td>80887119</td>
</tr>
<tr>
<td>Netherlands</td>
<td>8000229588</td>
</tr>
</tbody>
</table>

---

USA:  
**Itamar Medical Inc.**  
3290 Cumberland Club Drive,  
Suite 100  
Atlanta, Georgia 30339, USA  
Tel 1 888 748 2627

Worldwide:  
**Itamar Medical Ltd.**  
9 Halamish St., P.O.Box 3579  
Caesarea Ind. Park  
3088900, Israel  
Tel + 972 4 617 7000  
Fax + 972 4 6275598