

Step by step

How to Perform Sleep Screening at Home

i. Preparation, use of the oximeter ring and how to complete your exam



1. You will receive the Oximeter in your hands. It will analyze your oxygenation and heart rate during your sleep.

100%



2. Make sure the oximeter battery is 100% charged to ensure that it does not turn off during the reading.



3. The correct position of the ring is on the index finger or thumb. After placing it on your finger, sleep with it throughout the night*.



4. To finish the exam, when you wake up, simply remove the ring from your finger. He will count 10 seconds and end his exam.

* The minimum usage time to generate reports is 4 hours. We recommend sleeping with it for at least 6 hours.

ii. Installing the app, activating your account and accessing the Sleep Screening session



Activation Code



5. Now, download the SleepUp app from the Apple Store or Google Play Store, and open it.

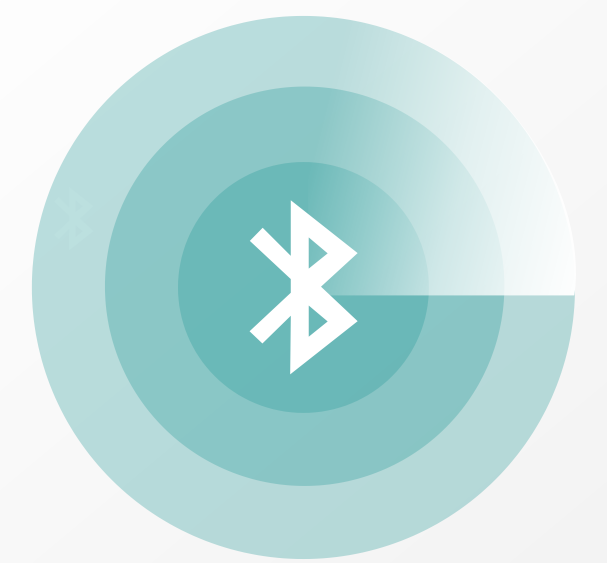
6. Then click on "Sign in with Partner", select the "Activation Code" option, enter the code provided by your doctor and follow the steps to activate your account.



Sleep Screening

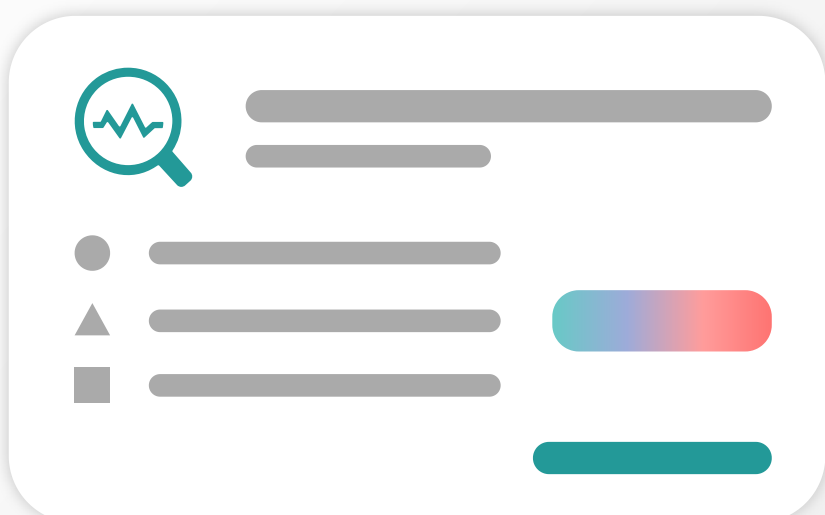


7. With your account activated, when viewing the home screen, click on the "Sleep Screening" item and answer the questions to continue.



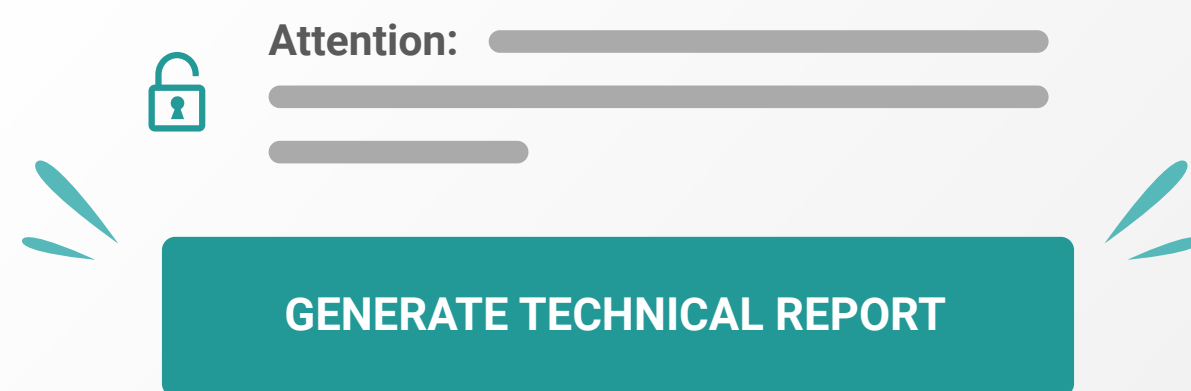
8. Then, put the ring on your finger again to turn it on and connect it to the app via Bluetooth.

iii. Downloading your exams in the application and generating your reports



9. To download your exam, simply click on the "Download Oximetry Tests" button and wait for it to load.

After the readings are loaded, select which one you want to generate your report.



10. To generate your report of the selected reading, click on the "Generate Technical Report" button.

Then complete the form with post-exam questions.



11. Wait a few seconds and that's it! Your report will be generated successfully!

Note: in some cases, the report will only be available after the responsible doctor signs it internally.