Patient Instructions
for Using the NightOwl Home Sleep Test
Advanced Sleep Medicine Services

Using your smartphone, look for the email from our software provider, Virtuox.

1. After we receive the referral from your doctor, we'll send you an email. The subject line is "NightOwl sleep test setup instructions" and the sender is our software provider, Virtuox.

2. Open the email using your smartphone.

3. The email includes a button to download the application. The button reads "Take Me To The App". Click on the button and download the app to your smartphone.

4. Open the App. The activation code should load automatically from the email. If needed, click "I have an Activation Code" and manually enter the activation code from your email.

NightOwl Companion
The NightOwl companion app   **OPEN**
★★★☆☆ 48

5. Read and accept all the terms and conditions and fill out the required information.

Pairing the device:

6. To pair the NightOwl device with your cell phone, press and hold the button on the bottom of the device until a red light begins to flash.

7. Click "Start Connecting" in the NightOwl App to finish pairing the device, then click "next".

Wearing the Device: 2 Nights of Testing

8. Remove the adhesive cover from one of the finger straps. Place the white side of the NightOwl device at the corner of the finger strap. Position the device so the sensor light (blue side) is touching the skin of your finger.

9. Wrap the adhesive strap around your finger. Do not wrap it too tightly, but make sure it's snug so that it doesn't move.

10. Once you are ready for bed, press "start recording" in the app. In the morning, press "wake up" to upload the recording and to stop the test.

Note: The test is for TWO NIGHTS OF TESTING to help ensure the test is accurate and complete. Please use the Night Owl device on 2 consecutive nights.

Note: Do not dispose of the NightOwl after the testing in case a re-test is needed. If a re-test is needed for any reason, you will utilize the same NightOwl device.

Note: If you need to leave your bed and your phone, you can do so. Just make sure your phone is within a range from the sensor when you get back to bed. You must be in bed for at least 4 hours to ensure a successful night recording.

Note: If you use a CPAP device, do not use the CPAP device the night of the testing (unless your doctor tells you otherwise). We want to measure your sleep without the CPAP.

For after-hours support, contact us at (954) 686-7200 or email us at support@hsatpro.com
During business hours, please contact us at (877) 775-3377 or customerservice@sleepdr.com