



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

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

1. After we receive the referral from your doctor, we'll send you an email. The subject line is "MESSAGE FROM YOUR PHYSICIAN" and the sender is our software provider, Sleepifi.
2. Open the email using your smartphone.
3. The email includes a button to download the application. The button reads "Android users click here" or "Apple users click here". Click and download the app to your smartphone.
4. Open the App.



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

Pairing the device:

6. Android users MUST click "While using this app" to grant access to Bluetooth. Apple users MUST click "OK" to grant access to Bluetooth.

Wearing the Device: 2 Nights of Testing

7. At bedtime, plug your phone into a power source and open the Sleepifi app.
8. Please the Dream device on your wrist and the gray sensor on your finger, then power on the device.
9. Press Scan and tap on the picture of the Dream device to connect it to the app.
10. Enter your name and other fields, then Click the Start Recording button.

Note: The test is for TWO NIGHTS OF TESTING to help ensure the test is accurate and complete. Use the Dream device on 2 consecutive nights.

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

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.

Note: After the 2nd night of testing, mail the Dream device back to us in the prepaid return envelope.



VIDEO INSTRUCTIONS
Dream Home Sleep Test

For after-hours support, contact us at (855) 472-8776 or email us at support@sleepifi.com
During business hours, please contact us at (877) 775-3377 or customerservice@sleepdr.com