

WatchPAT® Tip Sheet

Below are some tips for your WatchPAT® home sleep apnea test device.

- **Call the WatchPAT® help desk at (888) 748-2627 if you have questions about the test or any equipment issues.**
- Call 911 if you have a medical emergency during the test.

Tips to Use the Device:

- Read the Itamar Medical device instructions that you got.
- Watch the YouTube video “WatchPAT 300 Step by Step How to Use Instructional Video” by Itamar Medical. You can get to the video by:
 - Search for the video on YouTube.
 - Type in this link: youtube.com/watch?v=3tD2HJ-TQaM
 - Scan the QR code.



To scan the QR code:

1. Open the camera on your smartphone.
2. Place the QR directly in the center of the camera and the link should appear on the screen.
3. This link will take you to the video.

- **Keep anything that uses Bluetooth at least 15 feet away from your bed when you use this device.** They can interfere with the sleep study. Some examples are:
 - Smartphones
 - Smart watches
 - Fitbits or other fitness trackers
 - Computers
 - Headphones
- Trim the nail that will have the finger probe on it. Remove any nail polish from that finger.
 - It’s best to use a finger on your non-dominant hand.
- You can only use the finger probe 1 time. It cannot be taken off and put back on.
 - When you put the probe on, position it so that the sticker marked “top” will be on the top of your finger. The cable should be on top of your hand.
 - Put your finger in the probe until you feel the top.
 - It may feel snug or tight. It should not hurt.
 - Press the tip of the probe against a hard surface (like a table) and pull the “top” tab to remove it.
- Use tape to secure the sensor to your chest. You will get tape with the device.
- You can go to the bathroom while you use the device. Do not take the device off or stop the study.
- Sleep as long as you can. We would like at least 7 hours of sleep data.

Pick-Up and Return the Device:

1. Go to the facility you are scheduled to pick-up or drop off your device.
2. Walk in to the sleep clinic desk. Let the Customer Service Representative know you are there to pick up or drop off a sleep device.

Columbus Sleep Center

39450 W. 12 Mile Rd.
Novi, MI 48377
(248) 344-2460
3rd Floor Sleep Desk

Cottage Sleep Center

159 Kercheval
Grosse Pointe Farms, MI 48236
(313) 640-2371
1st Floor Sleep Desk

Garfield Road Sleep Center

43650 Garfield Rd.
Clinton Township, MI 48038
(586) 203-1030
1st Floor Sleep Desk

Once you pick up your sleep device, you will have a questionnaire to fill out in MyChart. Please complete this as soon as you are able.

