**English**

SLEEPIZ ONE+ CONNECT

Sleepiz

Sleepiz One+ Connect is intended for sleep apnea screening and monitoring of respiration rate, pulse rate, and blood oxygen saturation of adults at rest or during sleep. Sleepiz One+ Connect can be used by healthcare professionals in a clinical setting, or by individuals or their carers in a home environment.

Please follow the instructions step by step.

Please place the Sleepiz One+ next to your side of the bed if you sleep with a partner.

Sleepiz wishes you a good night of sleep!
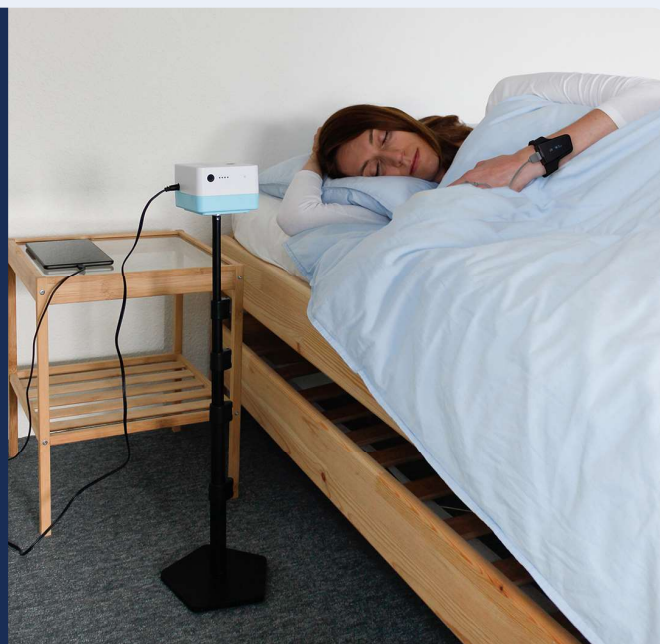
This is what you will find in the packaging:

Sleepiz One+

Tablet with Charger

Stand

Sleepiz One+ Charger

SpO2 Sensor

⚠️ Do not use Sleepiz One+ with active electronic implants (e.g. pacemaker)

⚠️ Do not use Sleepiz One+ near life support equipment as its electromagnetic field can interfere with the operation of this equipment

⚠️ The minimum operating distance between Sleepiz One+ and the human body is 6.5 cm / 2.6 in.

⚠️ Sleepiz One+ is not intended to be used as vital signs monitor in situations when the variations of the measured parameters could result in immediate danger to the patient.

💡 Switch on the light before getting out of bed to avoid tripping over the Sleepiz One+

📖 This document is only an assembly instruction. Please be sure to read the detailed instructions of the Sleepiz One+ and the SpO2 sensor thoroughly before use

1

Plug the tablet into a power supply in your bedroom (i.e. the same room where you are using the Sleepiz One+). The tablet connects all devices and makes sure the data is transmitted.
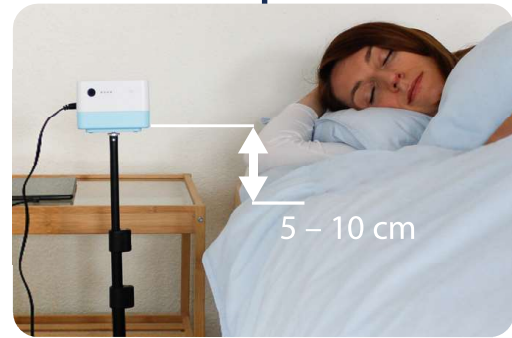
2

Turn on the tablet by pressing the power button on the right side for **3 seconds**. To boot and establish an internet connection it can take up to **3 minutes**. Please always keep the tablet plugged to the power.

3

a) Screw the monopod onto the base plate.
b) Use the ruler at the top of this page and adjust the height according to step 4.
c) Screw the device on top of the monopod.

4

5 – 10 cm

The bottom of the Sleepiz One+ should be **5 – 10 cm** above the mattress. (To position the device on the right height you can also use a chair or books as an aid.)

5

40 – 50 cm

Use the ruler at the top of this page to position the Sleepiz One+ around **40 – 50 cm** from your body, pointing to the lower part of your chest.

6

Plug the power cable and connect the Sleepiz One+ to the power supply. Adjust the top **arrow** to point to the lower part of your chest.

7

Turn the Sleepiz One+ on by pressing the power button shortly. The indicator light on the left hand side of the Sleepiz One+ turns **BLUE**.

8

After **30 seconds**, the indicator light on the left hand side of the Sleepiz One+ will change from blue to **GREEN**.

9

Put on the SpO2 sensor on your wrist and a finger where the ring sensor fits tight but comfortably.
Turn the SpO2 sensor on by pressing the button on its side for **2 seconds**.

10

Check the battery status on the display and charge the SpO2 sensor if required (see (8) on the next pages).
After around a minute, you can see your pulse rate and oxygen saturation.

8 Step Checklist!

1. Is the tablet on and connected to power?

2. Is the Sleepiz One+ connected to power and the indicator light on the left-hand side **GREEN**?

3. Does the arrow on the Sleepiz One+ point towards the lower part of your chest?

4. Use the ruler and check if the Sleepiz One+ is **5-10 cm above the mattress** and **40-50 cm away from your lower chest**.

5. Is the SpO2 sensor turned on and charged sufficiently?

6. Is the cloud symbol on the tablet **GREEN** indicating internet connection?

7. Is the Sleepiz One+ symbol on the tablet **GREEN** indicating connection with the tablet?

8. Is the SpO2 sensor symbol on the tablet **GREEN** when wearing the sensor?
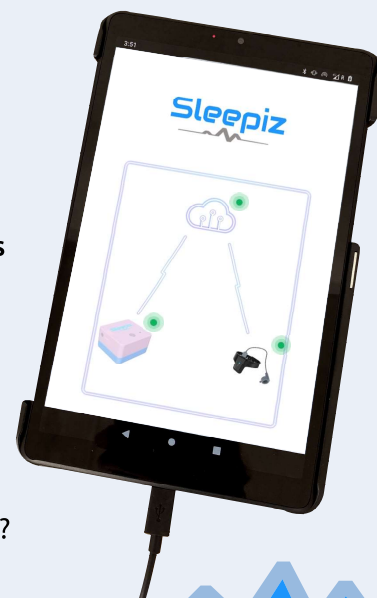
IN CASE OF TECHNICAL PROBLEMS

1. Cloud symbol on the tablet is RED

If the cloud symbol on the tablet is RED, please restart the tablet as described in (7) on the next page. If possible, move it closer to a window or to a place where you have better cellular coverage on your mobile phone. In case the problem persists, you may have a network issue in your area. Do not worry, the Sleepiz device stores the data internally and will synchronize the data whenever the internet connection is established. So you can still go ahead with the recording.

2. Sleepiz device symbol on the tablet is RED

If the Sleepiz One+ symbol on the tablet remains RED 5 minutes after you have turned it on, please restart it again. Please switch the Sleepiz One+ off first, by pressing the power button on top of the device for 1 second. The logo will illuminate orange before switching off. Please wait for 1 minute before switching it back on by pressing the power button again as described in (6) on the next page. Also make sure to restart the tablet as described in (7) on the next page.

3. SpO2 sensor symbol on the tablet is RED

If the SpO2 sensor symbol on the tablet is RED, please check if the SpO2 sensor is switched on and fully charged. To see the battery status, press the button of the SpO2 sensor shortly.
If necessary, charge the sensor as described in (8) on the next page and/or turn it on as explained in step 10 of the setup procedure on the previous page.
If the sensor is charged and running, but the symbol is still RED, please wait for 2 minutes and restart the tablet as described in (7) on the next page.

4. Tablet screen remains BLACK or WHITE

If the tablet screen remains BLACK or WHITE, please restart the device as described in (7) on the next page.

## 5. Sleepiz One+ indicator light is not green

If the Sleepiz device indicator is BLUE, please wait for at least 2 minutes as it might still be booting.
If the device indicator is PURPLE, there is an update in progress. Wait up to 10 minutes until it turns green.
If the device indicator remains BLUE or shows a RED indicator, please press the power button on top for 10 seconds.
Then wait for 3 minutes before restarting the device as described in (6) on the next page . Please also restart the tablet as described in (7) on the next page.
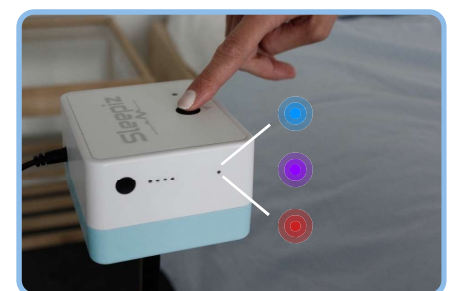
FURTHER INSTRUCTIONS AND SUPPORT

6. Restarting the Sleepiz One+

To restart the Sleepiz One+, please switch it off first, by pressing the power button on top of the device for **1 second**. The logo will illuminate orange before switching off. Please wait for **1 minute** before switching it back on by pressing the power button again. Also make sure to restart the tablet as described in (7) below.

7. Restarting the tablet

To restart the tablet, please press the power button on the right-hand side for **3 seconds**. Then press **"Power off"** on the display for the tablet to shut down.
Please wait for **1 minute** before switching it back on by pressing the power button again. Wait for additional **3 minutes** during which the tablet boots and establishes an internet connection, then check again if all symbols are **GREEN**.

8. Charging the SpO2 sensor

If the SpO2 sensor does not turn on when pressing the button or if the battery indicator shows low battery levels, please recharge the SpO2 sensor using the **WHITE** charging cable and the power adapter of the tablet charger.
The charging duration is roughly **3 hours** for a full charge. **1 hour** of charging is sufficient for a full night measurement. Make sure to exchange the charging cable with the ring sensor cable after charging. Also make sure to plug the ring sensor cable back to the sensor device correctly!

9. Stopping the recording

To stop the recording please switch off the Sleepiz One+ by pressing the power button on top of the device for **1 second**. The logo will illuminate orange before switching off.
To turn off the tablet, please press the power button on the right-hand side for **3 seconds**. Then press **"Power off"** on the display for the tablet to shut down.

If these instructions did not resolve your problem you can find further instructions and videos online!

Visit www.sleepiz.com/support
or scan the QR-Code
or contact the support team

support@sleepiz.com or +41 44 586 08 88

SCAN ME

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SCAN ME

Sleepiz One+ Connect

Sleepiz

TOUCHING LIVES WITHOUT TOUCHING

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