

# Watch PAT 300



The WatchPat-300 device will be returned the day after your study, and before **12 noon.**

**UNMH Sleep Center Number  
505-272-6108**

**WatchPat Help Desk Number 1-888-748-2627**

## Step by Step Instructional Guide

Website:

[www.watchpat-howtouse.com](http://www.watchpat-howtouse.com)

### Quick Instructions:

1. WatchPat-300: Remove the sticker from the snore/position sensor, and place the sticky side down on the chest under the sternal notch. Run the cable down the sleeve of the night shirt to the wrist of non dominant hand.
2. Attach the WatchPat to your non-dominant wrist and secure the watch.
3. Insert your finger into the finger probe until you feel the bottom of probe, then lift the purple sticker tab. Peel the sticker up and pull it out of the finger probe.
4. Then, when you're ready to go to sleep, turn the device on by pressing the power button. You will then see a "Good Night" message on the screen.
5. In the morning, the WatchPat device will turn off automatically. Return the equipment to carrying case.

If you get up at night, or go to the bathroom, leave the WatchPat attached.  
**(DO NOT LET THE WATCHPAT-300 GET WET).**

Please note dark nail polish and possibly an acrylic nail may need to be removed for an accurate Watch Pat 300 study.

**In-depth instructions on next page**

Take the WatchPat- 300 device out of the carrying case and lay out all the equipment.

1. Find the snore/ body position sensor, and peel off the white sticker from sensor. Then attach the sensor to underneath the sternal notch on the chest, with the sticky side of sensor down on skin.  
**(the sternal notch is the little u shaped space where the collar bones meet above the sternum).**

If using tape strips, put the sensor's smooth side down, and place the tape across the back of sensor onto skin. **(picture of a heart is the back side of the sensor).**

2. Once the snore/position sensor is attached, you can run the cable from the snore/position sensor through the sleeve of night shirt towards the wrist of your non dominant hand, the hand you do not write with.

3. Attach the WatchPat device by using the wrist strap **(like a watchband)**. Use the light grey cable from the top of the watch, with it facing towards your fingers. Make sure the strap is tightened to where it fits securely, but not too tight that it is uncomfortable.

4. Slide the selected finger into the finger probe **(we recommend using your index finger or pinky finger)**. Gently tap the finger probe on a hard surface, so the finger is secure and you can feel the bottom of probe.

5. Once the selected finger is in the probe, gently pull the purple sticker. It says "top" and "pull". Then lift the sticker up and back, towards the back of the probe. You will then pull out the clear plastic from the probe. This will inflate the probe on your finger and keep it in place.

6. Once the equipment has been placed, push the little power button on and hold it down until the screen of the WatchPat turns on **(white button with dark grey power sign on the front of the WatchPat- 300 device)**

7. A "GOOD NIGHT!!!" message will appear on the screen after a few seconds have gone by, it is letting you know that WatchPat study has started.



Keep the device on if you get up during the study or go to the bathroom at night. **DO NOT LET THE DEVICE GET WET.**

**When you wake up:**

The device will automatically turn off on its own.

Remove the equipment. The finger probe, snore/body position sensor, and the watch.

