

## INTRODUCTION

Celeste+™ collects sleep data and helps you manage your sleep studies. It transfers recordings from third-party sleep devices and recordings from your microphone to your clinic. Please read this document carefully before recording a sleep study.

## BEFORE YOU START

- Make sure your sleep device battery is charged to at least 60% to record a full night of sleep.
- If you are recording audio with the microphone, give Celeste+ permission to use your microphone and keep your phone 1-2 feet from your head. If you are recording without the microphone, keep your phone within 15 feet of your head.

## DOWNLOAD AND OPEN CELESTE+

Download Celeste+ from the iOS App Store or the Google Play Store.

- The first time you open Celeste+ you must read and accept the terms and conditions.
- Allow Bluetooth connections in the phone system settings to link Celeste+ to your sleep device.
- Enter Your Profile
  - 1) Enter the setup code from your provider to link your sleep test with the clinic.
  - 2) If prompted, enter your personal information. Double check it for accuracy.
  - 3) Tap Finish.

FOR APPLE



FOR GOOGLE



## CONNECT TO A DEVICE

If you already connected a sleep device and set up your profile, Celeste+ automatically connects so you can start recording (if so, go to Recording). When the device connects Celeste+ stores the serial number so the clinic can match the device to your recording. Your clinic may ask you to use more than one device. Celeste+ displays all the devices that are part of your sleep order.

- 1) Put on the recording device per the manufacturer's instructions.
- 2) Tap Scan. Celeste+ displays nearby sleep devices.
- 3) Tap the desired device.
- 4) Tap Connect.
- 5) Repeat steps 1-4 for each device in your order.
- 6) Choose if you want to record audio.

Clinics cannot listen to the voices and noises recorded, they can only see the audio signal (like a heartbeat signal) and breathing events.

If you allow audio recording, to get the best recording:

- Put the phone (mobile device) near the bed with microphone facing you (1-2 feet away),
- Remove noise and distractions (it is best if you sleep alone and turn off things that make noise), and
- Make sure to charge your phone while recording (audio recording may use a lot of power).

## DISCONNECT OR CHANGE THE DEVICE

- 1) Tap the arrow icon next to the sleep device name.
- 2) Tap Disconnect Device. Celeste+ will no longer auto-connect.

## RECORDING

To Start Recording

- 1) Put on the device(s) when you are ready to go to sleep.
- 2) If necessary, reconnect the device(s).
- 3) In the Celeste+ tap Record Now.

**IMPORTANT:** If you are recording audio, do not hard quit (force close) Celeste+ because the audio recording will not restart when you re-open Celeste+.

## END RECORDING

- 1) Before you stop the study, make sure you recorded at least the minimum amount of time. The recording timecard turns green when you meet the minimum.
- 2) To stop the study, tap End Recording.
- 3) Keep Celeste+ open while your study is sent for analysis. Celeste+ displays errors if there is a problem.
- 4) Tap Back to Home to record another night and see a list of successful nights.

## VIEW NIGHTS REQUIRED

Celeste+ displays the number of nights you must record. If your clinic asks you to record more than one night, you may see the number of nights to record and an end date when you need to finish. Celeste+ displays a list of your recordings. If you have reached the end date and do not have the required number of nights, contact your clinic.

## CLEAR ALL DATA

You can reset Celeste+ and clear all your data on your mobile device. This removes your recordings, devices, and personal data. Tap the settings icon then tap Reset All Data. Recordings already sent to the clinic are not deleted from the clinic system.

## WATCH USER VIDEO

If you would like to watch a video on the setup and detailed instructions, please launch the QR code below:

### USER VIDEO



**CELESTE+™** by  **ensodata™**