User Guide

Before You Start

- If your phone is at or below Android version 12 or iOS version 15.5, update it to the latest version.
- Make sure your sleep device (for example, a ring or watch) is charged: a device with a low battery may not be able to complete a full sleep session. It should be charged to at least 60% battery to successfully record a full night of sleep.
- Make sure you have at least 32 MB of storage on your phone. Your sleep recording will not start if you do not have enough storage.
- We recommend you plug in your phone. Bluetooth connectivity and data transfer can rapidly use your battery power. Your sleep recording will not complete if your phone shuts down.
- Keep the device within 15 feet of your phone throughout the recording.
- The app automatically stops recording if you reach the 12-hour maximum session time.

Download and Open the App

Go to the iOS App Store/Google Play Store and download the Celeste app.

- The first time you open the app you must read and accept the terms and conditions.
- If asked, allow Bluetooth connections in the phone system settings to link the app to your sleep device.

Connect to a Device

If you previously connected a sleep device and set up your profile, the app automatically attempts to connect so you can start recording (see *Start Recording*). You must connect to a sleep device.

1. Tap Scan. The app scans for and displays nearby sleep devices.
2. Tap the desired device.
3. Tap Connect. The app will show that it is connecting to the device.

As the app connects it stores the serial number of the device so your doctor can match the device to your recording.

Enter Your Profile

Next, enter the setup code and your personal information.

1. Enter the setup code – **900-650-011 (enter without dashes).** It is code from your provider to associate your sleep test with the clinic.
2. Enter your first name, last name, date of birth, and phone number. Double check for accuracy.
3. Tap Continue.
4. Enter your sex, height, and weight.
5. Tap Finish.

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sleep center

Start Recording

1. Put on the device when you are ready to go to sleep.
.2. If the display screen is blank on the watch before starting recording, push the side button on the watch for display screen to show prior to pushing on your phone "start recording"
3. In the app tap Start Recording.

If the. signal strength or storage space is too low, the app indicates it cannot perform the recording. The app displays an estimate of how many hours it can record before the battery is too low. It also indicates if the sleep device disconnected. If the sleep device disconnects the app automatically attempts to reconnect until it reaches the maximum recording session time (12 hours).

End Recording

When you are ready to stop the study, tap End Recording.
The recording is saved on your phone. The app automatically uploads your sleep recording for analysis, and a list of your previous sleep sessions appear. If your recording is less than 10 minutes will not upload since it is too short to analyze.

Note: If the app cannot upload the recording for some reason, it attempts to upload in the background while you are using your phone, as long as the app is left open in the background.

Troubleshooting

App will not reconnect during recording: After removing your device and putting it back on, you may find that the sleep device screen or app screen indicate your sleep device is not communicating. The sleep device may show the Bluetooth symbol and phone symbol with dots between them, or the app may indicate the device is removed. If they remain in this state for more than 60 seconds while you are wearing the sleep device, remove it then press and hold the power button until it powers off. Let it remain powered off for 30 seconds then turn it on. Allow the app several seconds to reconnect automatically. If it does not, you will need to restart the recording.
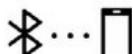
Study too short: After your test, you may see a message under Previous Studies that your recording was too short, or a similar message. If this is the case, the sleep recording will not be analyzed or passed to the physician so you will need to test again the next night. Please contact the office prior to returning the device to determine if a repeat test is possible.

Signal strength: The app may display the message "Waiting for Signal." Please make sure your phone is within 5 feet of the sensor or remove obstructions and wait several seconds for it to reconnect.