



TipTraQ Home Sleep Test

Setup Guide

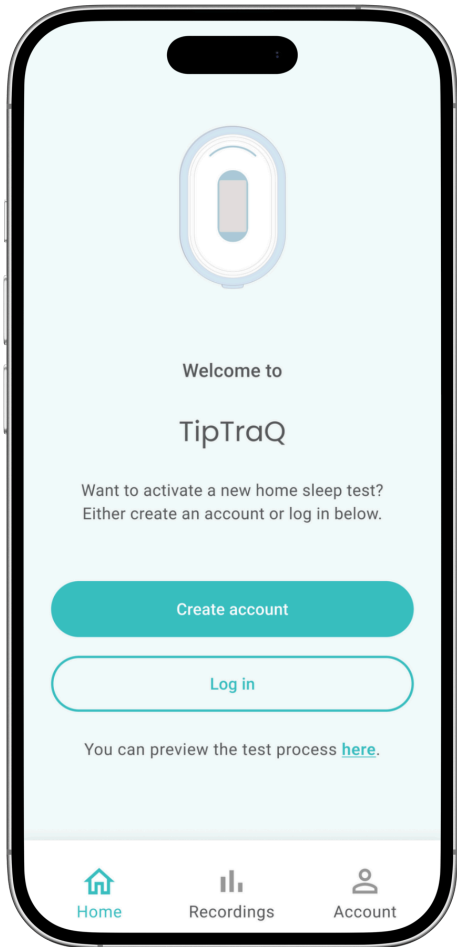


Scope

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1. Account Setup & Sleep Test Activation



Step 1: Log In or Create an Account

To begin, open the TipTraQ Companion app.

On the welcome screen, you'll see two options:

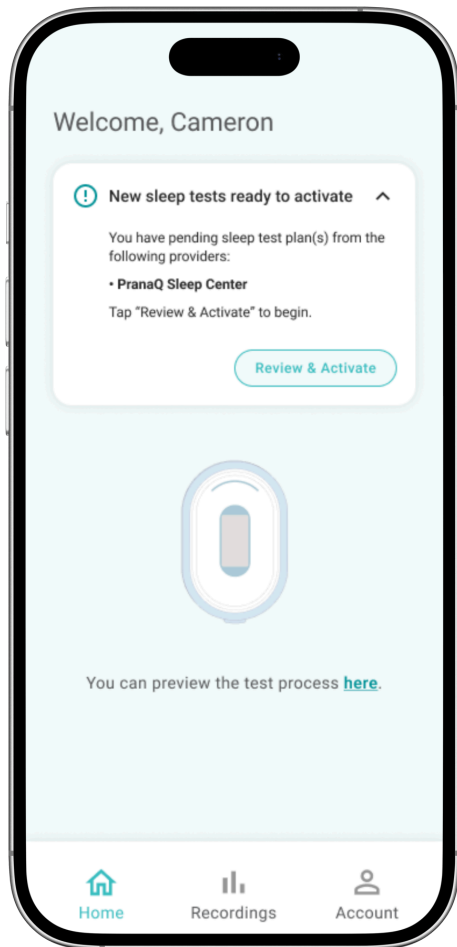
- **Log in** to your existing account, or
- **Create a new account**

👋 First time here?

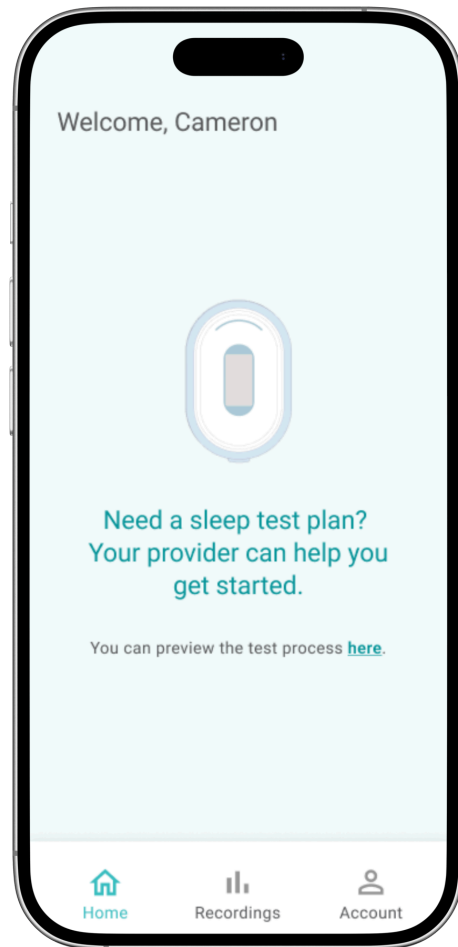
1. Tap **"Create account."**
2. Enter the 6-digit code we send to your email to verify.

✅ Already have an account?

- Just tap **"Log in."**



Pending test prescription



No test prescription

Step 2: Review and Activate Your Sleep Test Prescription

After logging in, the app will check if your healthcare provider has issued you a sleep test.

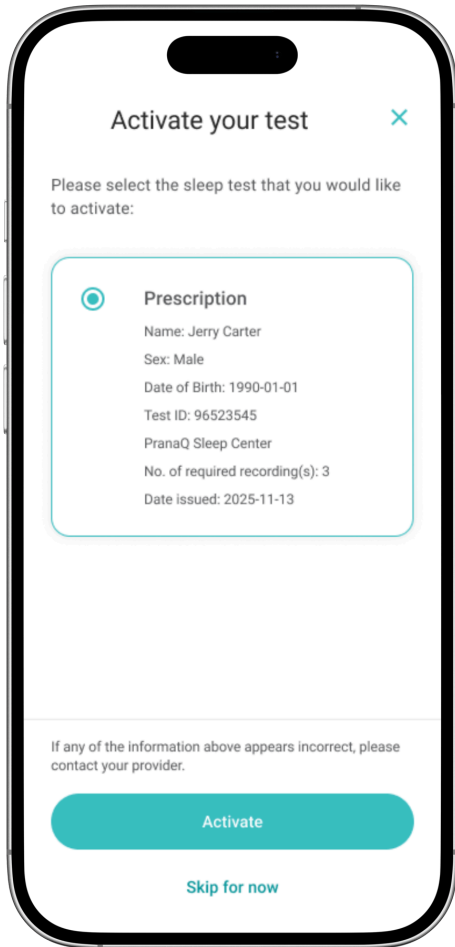
✓ If you have a test:

1. You'll see a **pending test prescription** under your account.
2. Tap "**Review and Activate**" to continue.

⚠ If you don't see a test, it could be:

- Your provider hasn't issued one yet.
- It was issued to a different email.
- You logged in with the wrong email.

👉 **Tip:** Contact your provider to confirm the correct details.



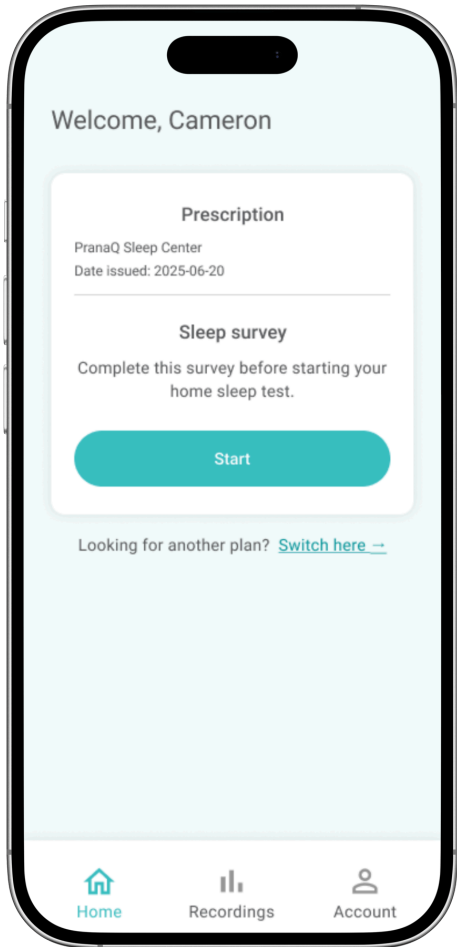
Step 3: Activate Your Test

After tapping “**Review and Activate**”, you will see a list of test prescriptions issued to your account.

If you see more than one:

1. Choose the one you’d like to proceed with.
2. Tap “**Activate**” to confirm.

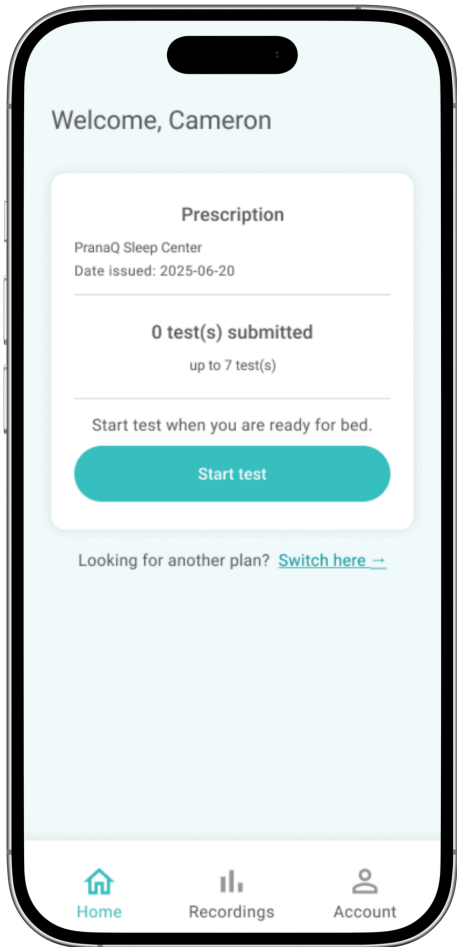
Once activated, the test will appear on the Home screen.



Step 4: Finish Your Sleep Survey(s)

Before starting your sleep test, you need to complete a short **sleep survey** and any additional surveys your provider may have assigned.

Make sure to complete all assigned surveys.

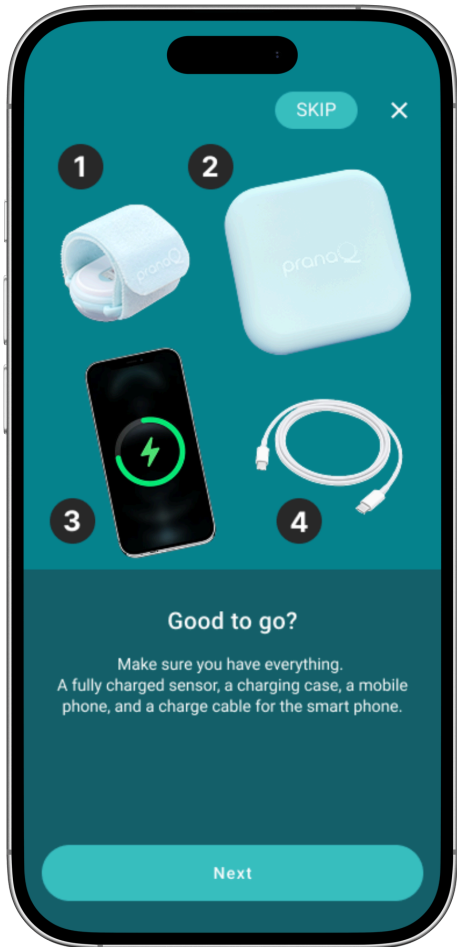


Step 5: Start Your Sleep Test

Once all surveys are completed, you're ready to begin your home sleep test.

Tap **Start Test** to continue and follow the on-screen steps.

2. Setting up the sensor

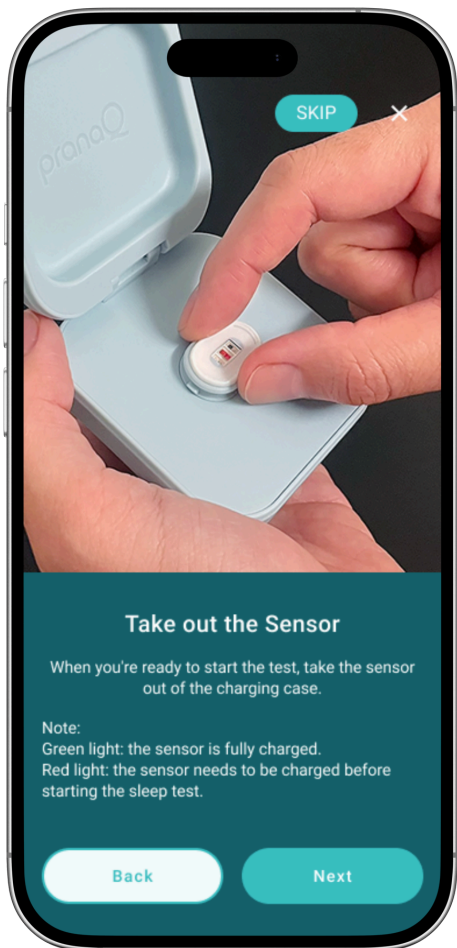


Step 6: Review the Checklist

Before you begin, make sure you have the following items ready:

- The TipTraQ device
- The charging case
- Your smartphone
- The charging cable for your smartphone

Ensure your **sensor has been charged** before proceeding (see next page).



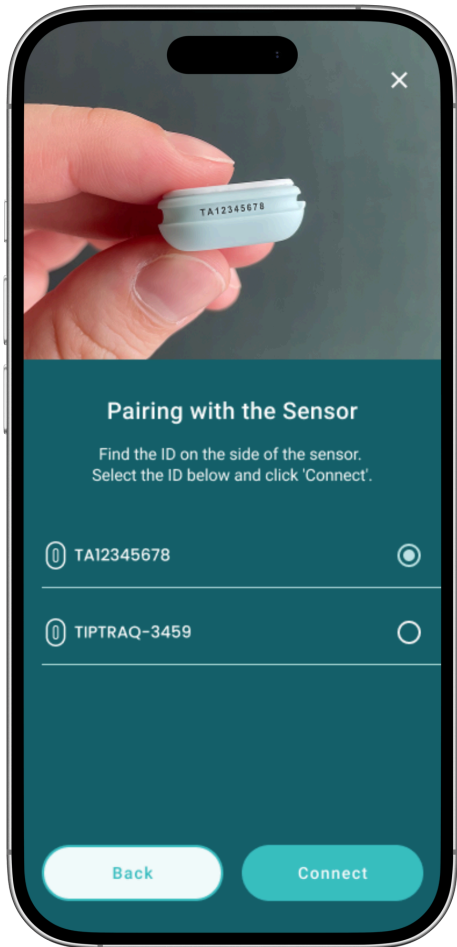
Step 7: Take Out the Sensor and Check the Indicator Light

Take the TipTraQ® sensor out of the charging case. The indicator light will show the current status of the sensor:

- **Green Light:** Sufficient battery. Ready to use.
- **Red Light:** Low battery. Charge for **at least 2 hours** before starting your sleep test.

TipTraQ® Sensor Light Guide

Light status		What it means
	No lights	Sensor is out of battery . Charge for at least 2 hours .
	Flashing green	Sensor is on and ready to connect to the TipTraQ Companion app.
	Flashing red	Battery is too low . Charge for at least 2 hours .
	Both green & red are ON	Sensor is successfully connected to the TipTraQ Companion app



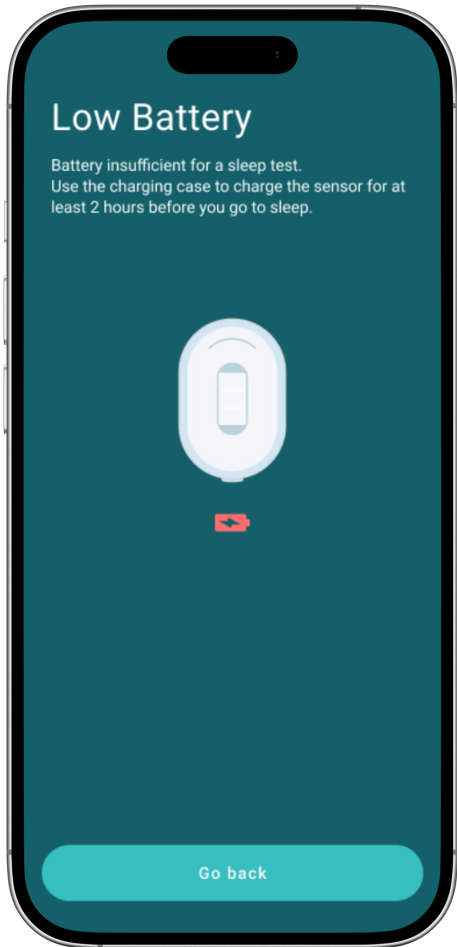
Step 8: Pair the Sensor

To pair your sensor with the app:

1. Tap your **Sensor ID** on the screen.
2. Hit "**Connect.**"

Seeing multiple IDs?

- There is more than one sensor nearby.
- Check the side of your sensor and pick the one that matches.



Low Battery Warning

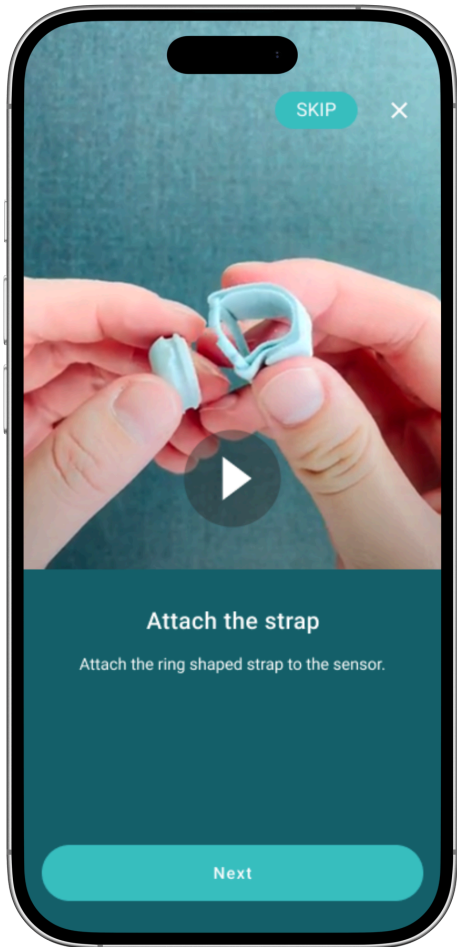
If your sensor doesn't have enough battery, you'll see this screen.

What to do:

1. Put the sensor into the charging case (make sure the two charging points on the sensor align with those in the case).
2. Plug the case into a power source using the charging cable.

⚠ Charge for at least 2 hours before starting your sleep test.

Once charged, reopen the app and continue setup.



Step 9: Attach the Strap (If Needed)

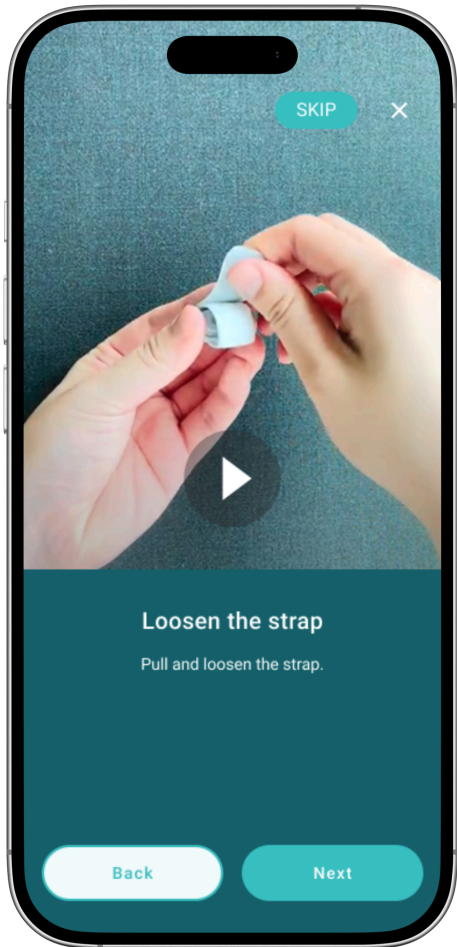
Note: Skip this step if the strap is already attached.

Using a brand-new device?

Follow the steps in the video to attach the strap correctly.

☞ Align the groove on the strap ring with the protrusion on the side of the sensor.



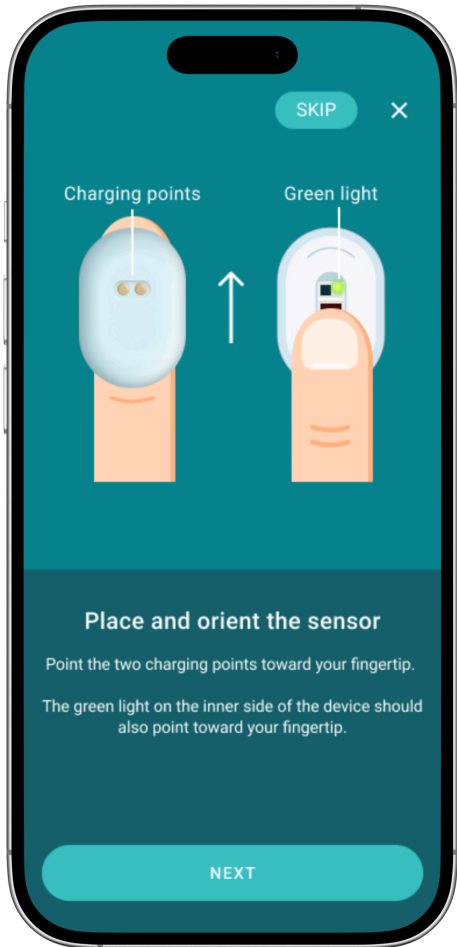


Step 10: Loosen the Strap

Before you put the sensor on your finger, please make sure the strap is loose enough to slide on comfortably.



3. Wearing the sensor



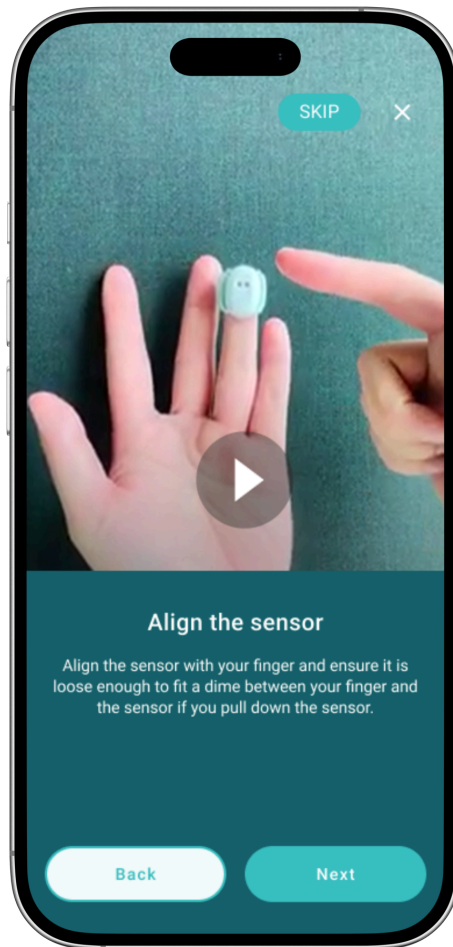
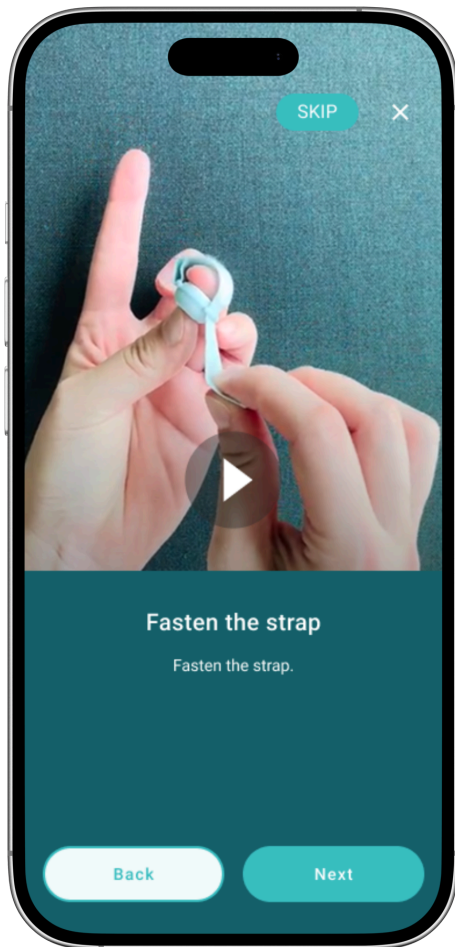
Step 11: Place and Orient the Sensor

Wear the sensor on the ring finger of your **non-dominant hand** for optimal comfort and accuracy.

Make sure it's facing the right way:

- The two metal charging points on the outer side should face toward your fingertip.
- The green light on the inner side (the side that touches your finger) should also point toward your fingertip.

Get the orientation right before moving to the next step.



Step 12: Fasten the Strap & Align the Sensor

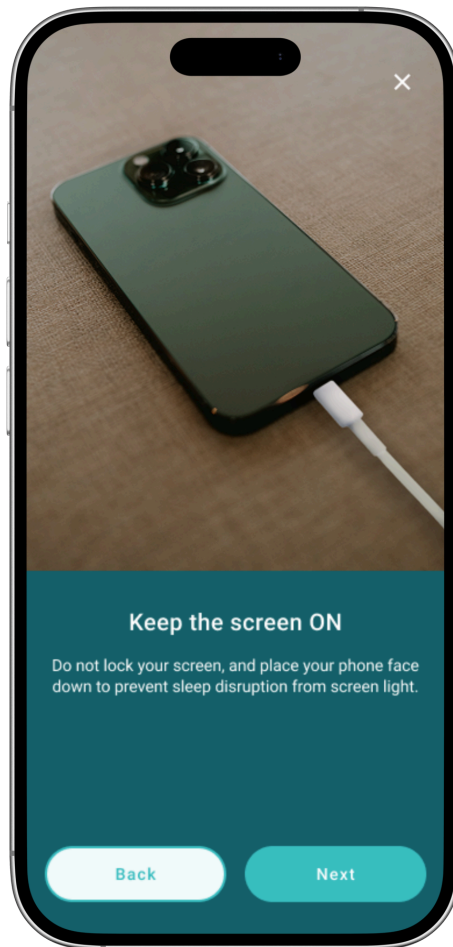
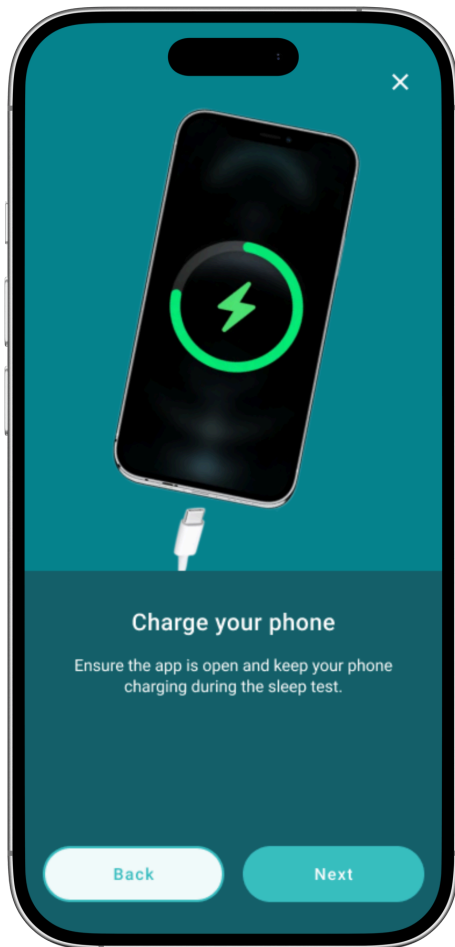
Fasten the strap so it's snug but not too tight.

Position the sensor so it sits on your fingerprint area with the tip of your finger slightly sticking out.

- ✓ The fit should be:
- Secure but comfy
 - Loose enough to fit a dime between your finger and the sensor if you pull gently



4. Starting the sleep recording



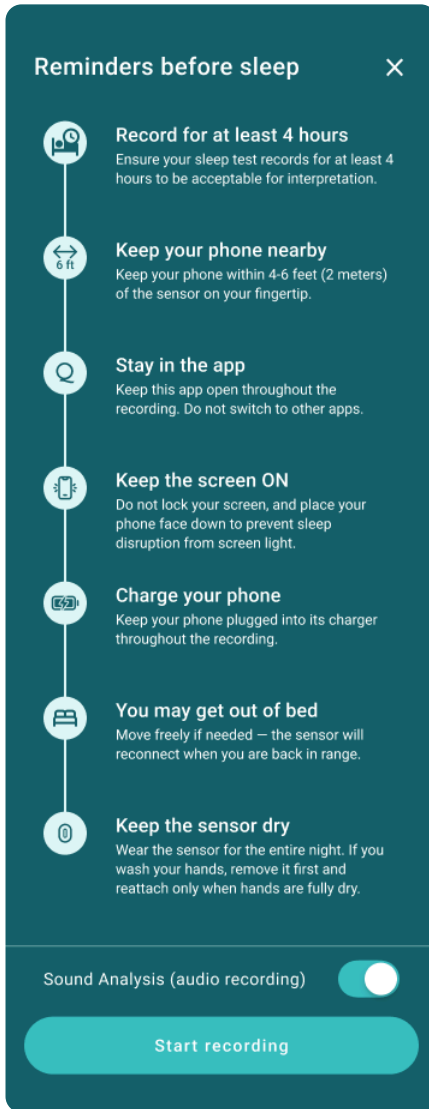
Step 13: Charge your Phone and Minimize Light Disturbance

🔌 **Plug in your phone** and **leave the app open** overnight.

📱 **Do NOT lock your screen.**

Place your phone face down to avoid sleep disruption from screen light.

Note: No need to change screen lock settings — the app handles it for you.



Step 14: Final Reminders

Before going to sleep, review all the reminders.

Want to **analyze your snoring**? Toggle Sound Analysis ON.

When ready, press **Start recording** to begin your sleep test.

👉 **Tip:** Avoid scrolling — go to sleep right after starting the test.



Download TipTraQ Companion app

Scan the QR code to download the app to your smartphone.

- App Store
- Google Play



Still Have Questions?

We're here for you. Feel free to reach out at:

customersuccess@pranaq.com