

# Getting Started with Sleep Profiler Portal

Welcome to Sleep Profiler!

To get started, use the pictures below to identify the Sleep Profiler model that you have. Click the link for your Sleep Profiler model:

## X8 Sleep Profiler



## X8 Sleep Profiler PSG2/PM3



## X4 Sleep Profiler



# X8 Sleep Profiler

Use the links below to view/download the X8 Sleep Profiler Technical Manuals, Videos, and Patient Instructions. The subsequent two pages outline the steps to complete an X8 Sleep Profiler Study.

X8 Hardware  
Technical Manual  
Sleep Profiler



## [X8 Sleep Profiler Hardware Technical Manual](#)

## [X8 Sleep Profiler Portal Software Technical Manual](#)



## [Sleep Profiler Videos: Patient Instructions & Editing of Sleep Profiler Staging](#)

(Note: when the Videos page opens, locate and click on the video you wish to view.)



## [X8 Sleep Profiler Patient Instructions](#)

## [X8 Sleep Profiler Patient Instructions - SPANISH](#)

## [X8 Sleep Profiler EMG Patient Instructions – Photo Guide](#)

## [Sleep Profiler Questionnaire](#)



## [Sleep Profiler Questionnaire - SPANISH](#)

## [Sleep Profiler Questionnaire - ITALIAN](#)

## [Sleep Profiler Questionnaire - KOREAN](#)



## [Sleep Profiler Sleep Diary](#)

## [Sleep Profiler Sleep Diary - SPANISH](#)

## [Sleep Profiler Sleep Diary - ITALIAN](#)



## [EMG Patient Instructions](#)

## [ECG Patient Instructions](#)

# X8 Sleep Profiler

## Steps to Complete a Study

**This table outlines the steps to complete an X8 Sleep Profiler study. The X8 Sleep Profiler Hardware and X8 Sleep Profiler Portal Software technical manuals should be used as a reference.**

- 1. Identify system components:** View the hardware manual to familiarize yourself with the device and supplies that were provided.

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- 2. Charge the Device:** Remove the Sleep Profiler from the case and plug one end of the USB cable into a computer and the other end into the device's microUSB port to charge. Note: the microUSB port must be used for all data transfers.

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- 3. Login to the Portal:** Open a web browser and navigate to the Sleep Profiler Portal [www.SleepProfiler.com](http://www.SleepProfiler.com) (Java is required to access the portal). Enter your username and password to log in.

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- 4. Manage the Device Settings:** Ensure the device is recognized by the portal software and click the [Device Management](#) link to open the device manager window which allows you to format, set the optional channel, and assign patient information to the device (see details below).

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- 5. Format the Device:** From the Device Management window click the [Format Device](#) button and follow the on-screen instructions to complete the formatting process. The device will need to be powered off while still plugged in to complete the device formatting.

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- 6. Set Optional Channel:** If you wish to use an optional channel (i.e. EMG or ECG), click the [Device Setup](#) button from the Device Management window and select the desired channel. Attach the EMG/ECG cable to the device and attach the sensors onto the cable. Make sure to print a copy of the EMG or ECG Patient Instructions for the patient.

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- 7. Assign Patient Information to the Device:** From the Device Management window click the [Edit Patient Info](#) button and enter patient information on the [Patient](#) tab. Enter the name of the ordering physician on the [Physician](#) tab. When done, click the [Transfer to Device](#) button.

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- 8. Prepare Patient Documents:** Gather the following documents and place with the device into the black case:
  - Sleep Profiler Patient Instructions
  - Questionnaire
  - Sleep Diary
  - EMG or ECG Patient Instructions (Optional)

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- 9. Dispense Device to Patient:** Review the patient video and patient instructions with the patient. The video is available at <https://cportal.b-alert.com/sleep-profiler/videohelp>, when the page opens, click the Patient Instructions Video.

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- 10. Receive Device from Patient after Study:** When the device is returned, remove and discard the disposable components, then clean the device. The device cleaning video is available at <https://cportal.b-alert.com/sleep-profiler/videohelp>, when the page opens, click the Preparing for Reuse Video.

- 11. Transfer Study Data from the Device:** Log into the portal and plug the device into the computer. Click [Device Management](#). Click the [Upload Study from Device](#) button. Wait for the study to upload. Once upload is complete, a message will appear saying “Upload successfully finished!”

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- 12. Format the Device:** During the upload, a window will pop-up asking you to format the device; click Yes to this pop-up. Follow the on-screen instructions to turn the device off by pushing the button. This will erase the old data from the device to prepare the device for the next patient.

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- 13. Charge the Device and Apply Disposables for the Next Patient:** Leave device plugged in (to either computer or wall) until voice message indicates device is fully charged. Once fully charged, unplug device. Attach new disposable components and pack everything back into the black case.

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- 14. Enter Questionnaire Information:** In the software, from the Sleep Profiler home page, select [Actions & Reports](#) → [New Questionnaire](#). Enter Questionnaire responses and click [Save](#).


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- 15. Enter Sleep Diary Information:** From the Sleep Profiler home page, select [Actions & Reports](#) → [New Sleep Diary](#). Enter Sleep Diary responses and click [Save](#).

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- 16. View and Edit the Study:** From the Sleep Profiler home page, open the study in the study editor by clicking [Edit Study](#) and selecting the file. The study editor will open in a new window and can be edited as necessary. In addition to the Sleep Profiler Software Manual, the [Sleep Profiler: Application and Editing of Sleep Staging video](#) should be used as a reference.

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- 17. View Reports:** Once all editing is complete, click Save and close the study editor. Refresh the Sleep Profiler home page by clicking the  refresh button on the left side of the page. The edit will appear in the [Edit Study](#) list. A new report will appear in the [Actions & Reports](#) → [Sleep Profiler Report](#) list, select the desired study report.

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- 18. Generate a Final Report:** Once all edits are complete, generate a final report with physician signature by selecting the [Save Final](#) button in the Study Editor.

## [X8 Sleep Profiler PSG2/PM3](#)

Use the links below to view/download the X8 Sleep Profiler PSG2/PM3 Technical Manuals, Videos, and Patient Instructions. The subsequent two pages outline the steps to complete an X8 Sleep Profiler PSG2/PM3 Study.



[X8 Sleep Profiler PSG2 Hardware Technical Manual](#)

[X8 Sleep Profiler PSG2 Portal Software Technical Manual](#)



[Sleep Profiler Videos: Patient Instructions & Editing of Sleep Profiler Staging & Sleep Disordered Breathing](#)

(Note: when the Videos page opens, locate and click on the video you wish to view.)

**Patient Instructions (Select instructions for your configuration below):**

[X8 Sleep Profiler](#)

[X8 Sleep Profiler - SPANISH](#)

[X8 Sleep Profiler PM3](#)



[X8 Sleep Profiler PSG2 RIP \(No Optional Channel\)](#)

[X8 Sleep Profiler PSG2 RIP \(No Optional Channel\) Photo Guide](#)

[X8 Sleep Profiler PSG2 RIP \(EMG\)](#)

[X8 Sleep Profiler PSG2 RIP \(EMG\) Photo Guide](#)

[X8 Sleep Profiler PSG2 RIP \(ECG\)](#)

[X8 Sleep Profiler PSG2 Piezo \(No Optional Channel\)](#)

[X8 Sleep Profiler PSG2 Piezo \(EMG\)](#)

[X8 Sleep Profiler PSG2 Piezo \(EMG\) Photo Guide](#)

[X8 Sleep Profiler PSG2 Piezo \(ECG\)](#)



[X8 Sleep Profiler PSG2 Setup Guide \(RIP\)](#)

[X8 Sleep Profiler PSG2 Setup Guide \(Piezo\)](#)



[Sleep Profiler Questionnaire](#)

[Sleep Profiler Questionnaire - SPANISH](#)

[Sleep Profiler Questionnaire - ITALIAN](#)

[Sleep Profiler Questionnaire - KOREAN](#)



[Sleep Profiler Sleep Diary](#)

[Sleep Profiler Sleep Diary - SPANISH](#)

[Sleep Profiler Sleep Diary - ITALIAN](#)

## X8 Sleep Profiler PSG2/PM3

### Steps to Complete a Study

**This table outlines the steps to complete an X8 Sleep Profiler PSG2/PM3 study. The X8 Sleep Profiler PSG2/PM3 Hardware and X8 Sleep Profiler PSG2/PM3 Portal Software technical manuals should be used as a reference.**

- 1. Identify system components:** View the hardware manual to familiarize yourself with the device and supplies that were provided.

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- 2. Charge the Device:** Remove the Sleep Profiler from the case and plug one end of the USB cable into a computer and the other end into the device's microUSB port to charge. Note: the microUSB port must be used for all data transfers.

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- 3. Login to the Portal:** Open a web browser and navigate to the Sleep Profiler Portal [www.SleepProfiler.com](http://www.SleepProfiler.com) (Java is required to access the portal). Enter your username and password to log in.

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- 4. Manage the Device Settings:** Ensure the device is recognized by the portal software and click the [Device Management](#) link to open the device manager window which allows you to format, set the optional channel, and assign patient information to the device (see details below).

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- 5. Format the Device:** From the Device Management window click the [Format Device](#) button and follow the on-screen instructions to complete the formatting process. The device will need to be powered off while still plugged in to complete the device formatting.

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- 6. Set Optional Channel:** If you wish to use an optional channel (i.e. EMG or ECG), click the [Device Setup](#) button from the Device Management window and select the desired channel. Attach the EMG/ECG cable to the device and attach the sensors onto the cable. Make sure to print a copy of the Patient Instructions for the patient.

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- 7. Assign Patient Information to the Device:** From the Device Management window click the [Edit Patient Info](#) button and enter patient information on the [Patient](#) tab. Enter the name of the ordering physician on the [Physician](#) tab. When done, click the [Transfer to Device](#) button.

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- 8. Prepare Patient Documents:** Gather the following documents, depending on the device configuration, and place with the device into the black case:
  - X8 Sleep Profiler Patient Instructions (PM3, PSG2 with EMG, PSG2 with ECG, PSG2 with no optional channel)
  - Questionnaire
  - Sleep Diary

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- 9. Dispense Device to Patient:** Review the patient video and patient instructions with the patient. The video is available at <https://cportal.b-alert.com/sleep-profiler/videohelp>, when the page opens, click the Patient Instructions Video.

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- 10. Receive Device from Patient after Study:** When device is returned, remove and dispose the disposable components, then clean the device. The device cleaning video is available at <https://cportal.b-alert.com/sleep-profiler/videohelp>, when the page opens click the Preparing for Reuse Video.

- 11. Transfer Study Data from the Device:** Log into the portal and plug the device into the computer. Click [Device Management](#). Click the [Upload Study from Device](#) button. Wait for the study to upload. Once upload is complete, a message will appear saying “Upload successfully finished!”

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- 12. Format the Device:** During the upload, a window will pop-up asking you to format the device; click Yes to this pop-up. Follow the on-screen instructions to turn the device off by pushing the button. This will erase the old data from the device to prepare the device for the next patient.

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- 13. Charge the Device and Apply Disposables for the Next Patient:** Leave device plugged in (to either computer or wall) until voice message indicates device is fully charged. Once fully charged, unplug device. Replace the batteries in the Nonin Wrist Oximeter. Attach new disposable components and pack everything back into the black case.

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- 14. Enter Questionnaire Information:** In the software, from the Sleep Profiler home page, select [Actions & Reports](#) → [New Questionnaire](#). Enter Questionnaire responses and click [Save](#).


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- 15. Enter Sleep Diary Information:** From the Sleep Profiler home page, select [Actions & Reports](#) → [New Sleep Diary](#). Enter Sleep Diary responses and click [Save](#).

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- 16. View and Edit the Study:** From the Sleep Profiler home page, open the study in the study editor by clicking [Edit Study](#) and selecting the file. The study editor will open in a new window and can be edited as necessary. In addition to the Sleep Profiler Software Manual, the [Assessment of Sleep and Sleep Disordered Breathing with PSG2 video](#) should be used as a reference.

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- 17. View Reports:** Once all editing is complete, click Save and close the study editor. Refresh the Sleep Profiler home page by clicking the  refresh button on the left side of the page. The edit will appear in the [Edit Study](#) list. A new report will appear in the [Actions & Reports](#) → [Sleep Profiler Report](#) list, select the desired study report.

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- 18. Generate a Final Report:** Once all edits are complete, generate a final report with physician signature by selecting the [Save Final](#) button in the Study Editor.



# X4 Sleep Profiler

Use the links below to view/download the X4 Sleep Profiler Technical Manuals, Videos, and Patient Instructions.



[X4 Sleep Profiler Hardware Technical Manual](#)



[X4 Sleep Profiler Portal Software Technical Manual](#)



[Sleep Profiler Videos: Patient Instructions & Editing of Sleep Profiler Staging](#)

(Note: when the Videos page opens, locate and click on the video you wish to view.)



[X4 Sleep Profiler Patient Instructions](#)

[Sleep Profiler Questionnaire](#)



[Sleep Profiler Questionnaire - SPANISH](#)

[Sleep Profiler Questionnaire - ITALIAN](#)

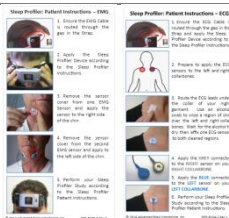
[Sleep Profiler Questionnaire - KOREAN](#)

[Sleep Profiler Sleep Diary](#)



[Sleep Profiler Sleep Diary - SPANISH](#)

[Sleep Profiler Sleep Diary - ITALIAN](#)



[EMG Patient Instructions](#)

[ECG Patient Instructions](#)