

WatchPAT Home Sleep Testing Made Simple

Powered by the PAT® technology



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Sleep Onset



a. Muscle Tone Decreasesb. Airway Collapses



Breathing Stops (Respiratory Event)



Fight or Flight Response



Sympathetic Activation



Blood Pressure



Heart Rate

Innovative Technology

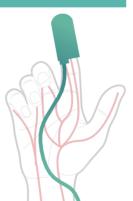
The PAT biosensor applies a uniform field of pressure around the fingertip

PAT Signal

Attenuation

WatchPAT

- Enables optimal signal quality
- Creates a precise measurement environment without any confounding influences (such as blood pooling)



Blood Vessel

Constriction

The Finger – Unique Physiology

- High vascular density
- Tremendous blood flow variability
- Only alpha adrenergic receptor pathways
- A surrogate of sympathetic nervous system activation
 Convenient site for measurement
- No facial interface



Sleep Stages with the WatchPAT

- Sleep Stages classification based on unique signatures in the PAT amplitude and heart rate
- Sleep/Wake differentiation uses data from the wrist Actigraph and additional WatchPAT channels

		PAT Amplitude	Variability	HR Variability	
	Light Sleep	High	High	High	
	Deep Sleep	High	Low	Low	
	REM	Low	Very High	Very High	









Simple, Accurate, Fast and Reliable

Clinically Validated

90% Correlation to In-Lab PSG*

Measures True Sleep Time and Complete Sleep Architecture