# Nitelog®

## User Manual

For use with the Z1 Auto® and Z2 Auto CPAP Systems

**BREAS**

# Thank you for choosing the *Z1 Auto® or Z2 Auto™ CPAP System* from Breas Medical.

This *Nitelog User Manual* provides information as to how to use the proprietary mobile app, *Nitelog*, to enhance your use of the *Z1 Auto* or *Z2 Auto* through its range of functionality from device remote control to data viewing available via its embedded Bluetooth capability. Please note all *Z1/Z2* functions can be controlled without the use of this mobile app directly through the machine. *Nitelog* is compatible with both the Z1 and Z2 Auto CPAP systems from Breas Medical.

This *Nitelog User Manual* is meant to supplement the information in the *Z1 Auto User Guide* or *Z2 Auto User Guide* that was provided with the purchase of the *Z1 or Z2 Auto CPAP*. It is **not** intended to replace the *User Guide*. As such, the owner/user of the *Z1 or Z2 Auto System* is responsible for reading and understanding the *User Guide*. The user is responsible for any injury or damage that results from:

- Operation of the *Z1 or Z2* other than in accordance with the operating instructions contained in the *User Guide* supplied.

- Unauthorized maintenance or modifications to the device or attached accessories.

**Medical Information**

**Indications for Use**

Your *Z1 or Z2 Auto CPAP System* is a single patient, reusable device that provides continuous positive airway pressure (CPAP) to support treatment of adults weighing over 66 lbs (30 kg) with obstructive sleep apnea (OSA).

Please see the *Z1/Z2 Auto User Guides* for Contraindications and Adverse Effects that may occur during the use of this medical device.

**<span style="color:red">WARNINGS:</span>**

- US Federal law restricts this device to sale by or on the order of a physician.

- Use your *Z1 or Z2* and its accessories only for their intended use as described in the *User Guide* supplied with the *Z1 or Z2 Auto CPAP* and as directed by your physician, clinician or healthcare provider.

**Data**

All data generated through *Nitelog* will be stored solely on your iOS device.  Breas will not receive, store or back-up any of your data and is not responsible for any loss of your data.  Please review the privacy policy on Breas' website before using *Nitelog*.

Because access to your data and the ability to control your *Z1 or Z2 Auto* are protected by the password that you create using the *Nitelog* app and the passwords that secure your iOS device generally, we highly recommend that you do not share your passwords with other people.  In addition, because the password on your *Z1 or Z2 Auto* may be reset by any person in physical possession of your *Z1 or Z2 Auto*, we highly recommend that you maintain physical security over your *Z1* or *Z2 Auto* device to avoid unauthorized access to and control of the settings and data.

# Quick Start

1. Make sure that **Bluetooth** is enabled in your phone settings and the Z1/ Z2.

2. To **connect to a Z1/Z2**, click the '**+**' button in Nitelog, open *Device List,* and select your device.

3. Set your password (see page 2).

4. Once connected, the Nitelog main screen (*Classic View* (see page 3)) will light up and **display live information** as it updates.

5. Use the up, down, and start/stop button on Classic View just as you would on the Z1/ Z2.

6. View and edit **Z1/Z2 Device Settings** by swiping left on the Classic View.

7. **View your data** with *Chart View* (see page 4) by clicking the top middle icon on the main screen.

8. To **update your sleep data**, use the green sync button located at the bottom of Chart View.

9. **Share data or generate compliance reports** by clicking the action menu on the bottom left of Chart View.

10. View **more options** by clicking the gear icon in the top right corner of the Classic View.

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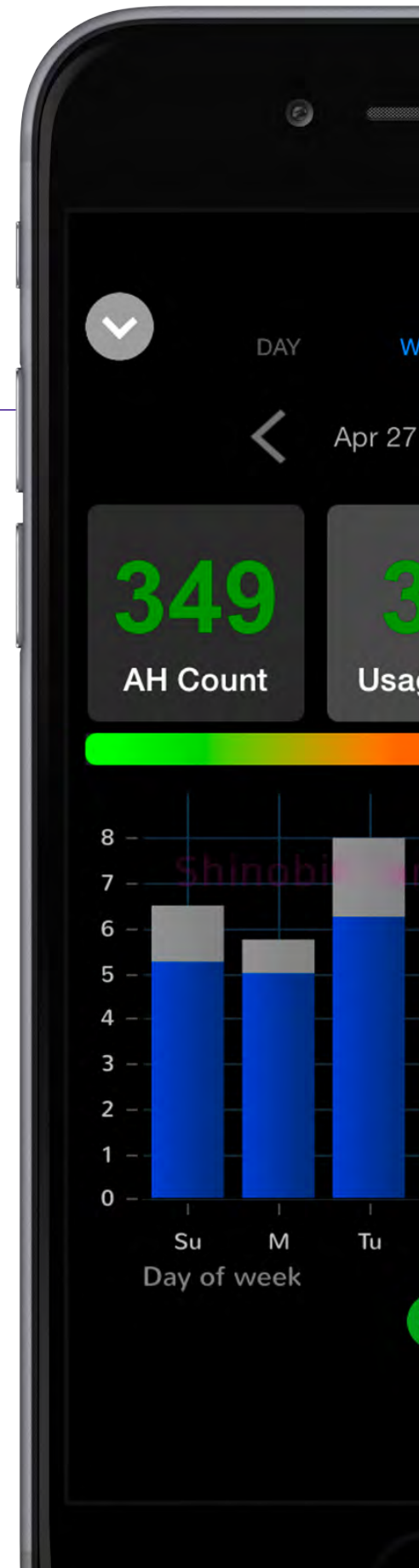
# Set Password

**1.** To change or set your password, press "Update Password" on the initial password screen. After choosing "Update Password", the screen below will appear. You may "Select Another Device", "Update Password", or "Cancel". Choose "Update Password".

**2.** The Z1/Z2 device that you are connected to will display its device ID (the last 4 digits of the serial number) at the top of the screen. Type in your new password in the first field and then type in your new password a second time in the "Verify Password" field.

**3.** Press and hold the power button on the Z1/Z2 for two seconds to confirm the password change. You will have 20 seconds to confirm.

**4.** If your password has been saved successfully, the below picture will be displayed.

**5.** The password may fail for the following reasons:
 - User cancels the change
 - Z1/Z2 has timed out
 - Z1/Z2 is not in *Standby Mode*

To reset password, check that your Z1/Z2 is in Standby mode, close the failure screen, and repeat steps 1 - 4.

Open Options to Set Password/Visit Website. Press "Set Password" to set a new password.



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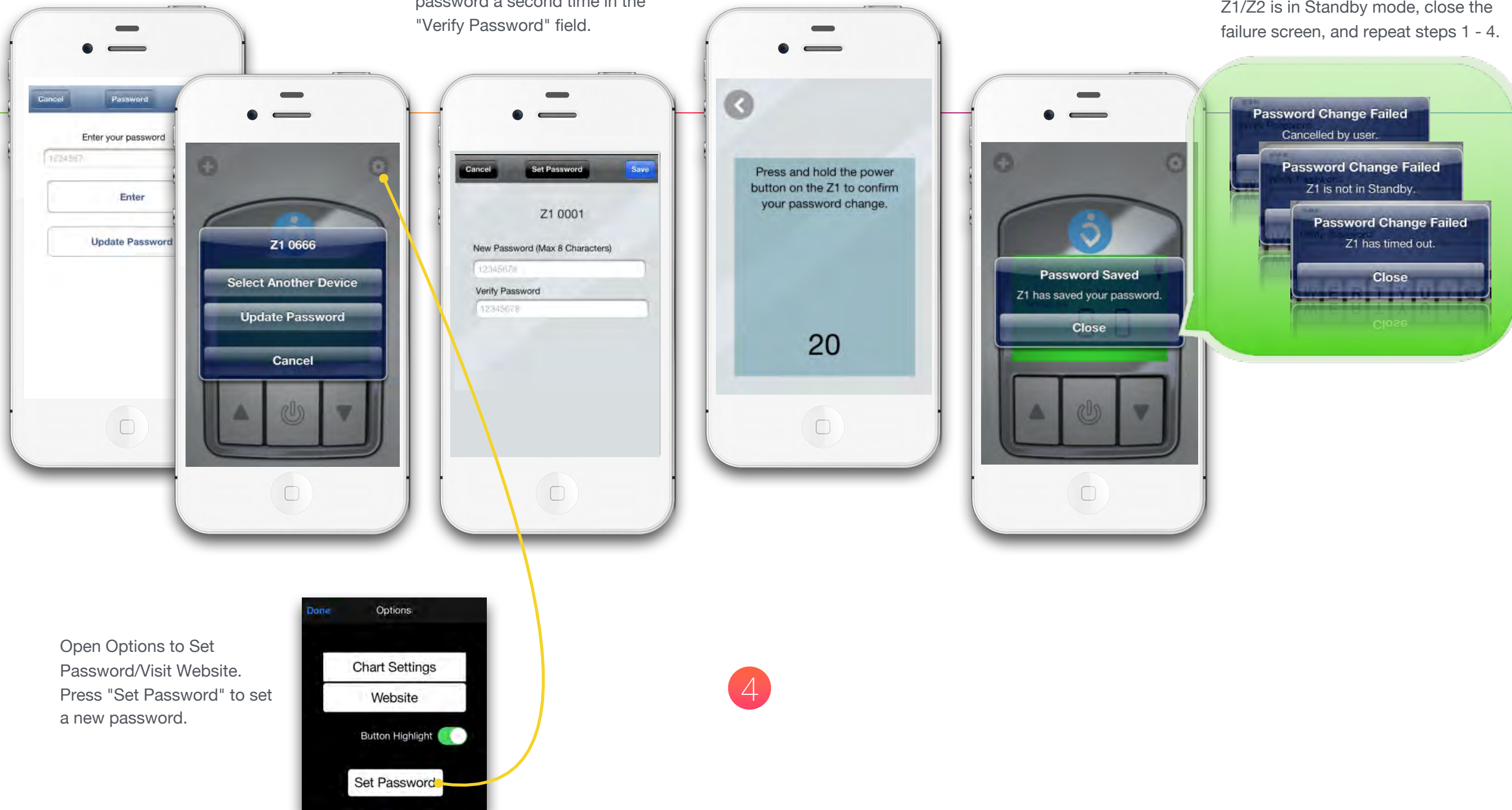
# Classic View

**Device Connection**

**Chart View**

**More Options**

## Settings

| | | |
|---|---|---|
| 🔒 Mode | CPAP | › |
| Z-Breathe | 2 | › |
| 🔒 APAP Pressure | 4.0 - 10.0 | › |
| 🔒 CPAP Pressure | 8.0 | › |
| Ramp Start Pressure | 14.0 | › |
| Ramp Time | 15 | › |
| Time | 10-22-14 09:41 | › |

**Z1/Z2 Display**

Ramp
CPAP - 2
0 Minutes
PRESSURE
cmH20
**8.0**

Swipe left

This view allows you to change *Z1/Z2 device settings*.

**Buttons**

Allows you to operate your Z1/Z2 from your iPhone

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🔒 You may access only your Z-Breathe®, Ramp Start Pressure, Ramp Time and Device Date + Time settings.
For Mode, CPAP Pressure and APAP Pressure settings please contact your Healthcare Provider if changes are desired.

# Chart View

**Navigation**
Navigate your data using the calendar, arrows, or by swiping, pinching or zooming.

Press these three buttons to select which chart to display below (AH Count, Usage Hrs, or AH Index/Pressure). The selected button is highlighted.

**Pressure / AH Index Toggle**

**Q-Bar** ™

Goal

100% Usage

| 20% Good | 30% Ok | 50% Bad | |

**Chart**
View charts in portrait or landscape by rotating your device.
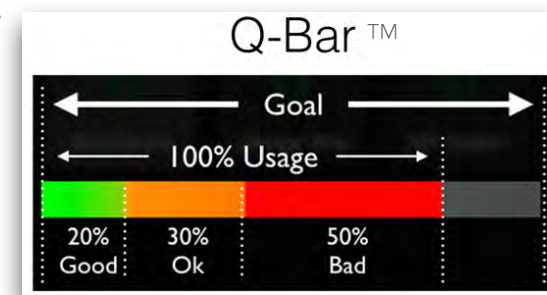
**Sync**
Use sync to get sleep data from your Z1/Z2.

**Action Menu**
This menu gives you options for sharing your data and generating reports.

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DAY   WEEK   MONTH

Thu Jan, 01

**96** AH Count   **10** Usage Hrs   **7** Pressure

20
15
10
5
0
6  7  8  9  10  11  12  1  2  3  4
Time of day

# Share Your Data

## Sending

1. Press the action menu. ☰

2. Select the share option.

3. A new email draft will be created that includes your data.

4. "Screenshot" will save a chart snapshot to Photos which can be sent via text message or email.

## Receiving

1. A Nitelog user can click and hold the attached file from their phone to open in the app.

2. Non - Nitelog users can view a screenshot of data.

Press and hold to open in App
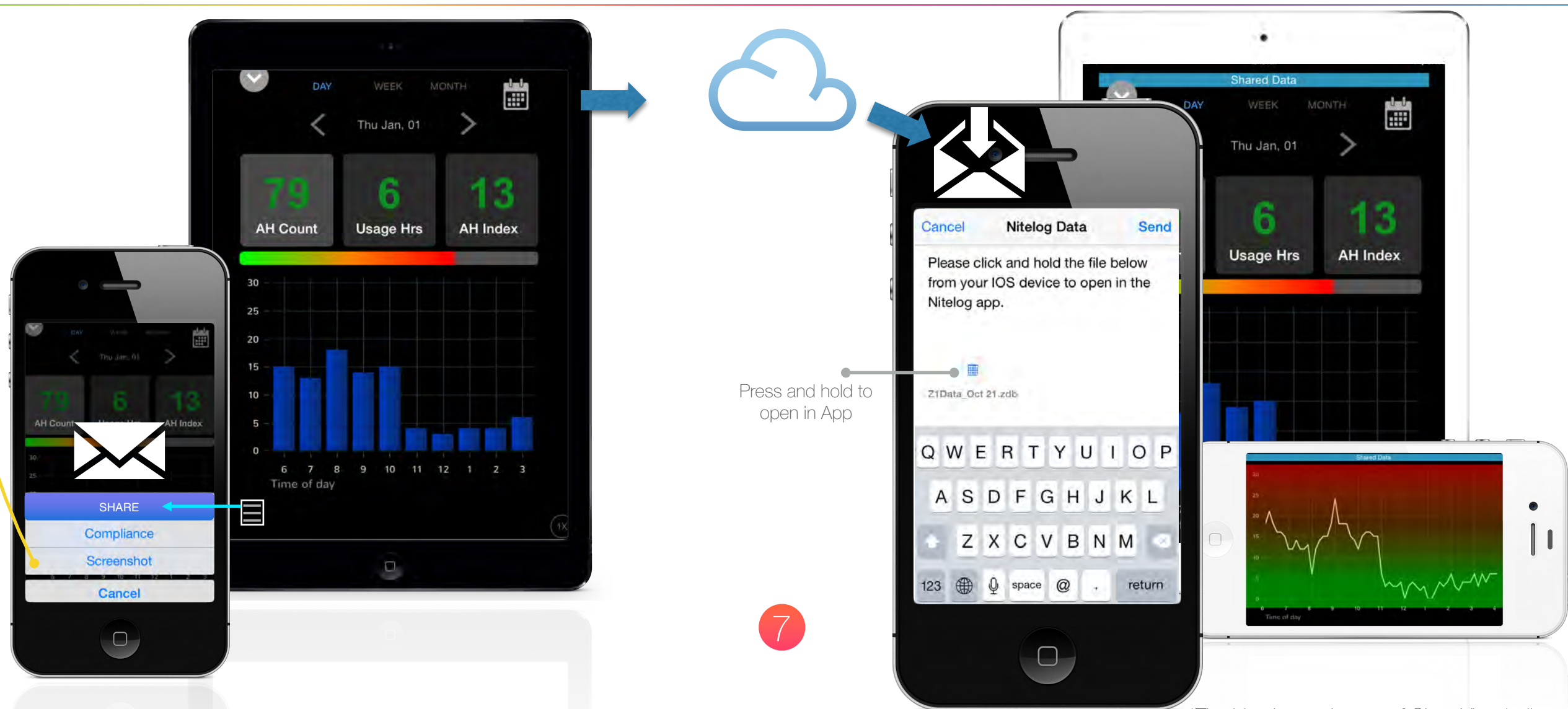
*The blue bar at the top of Chart View indicates that shared data is being viewed.

To exit this mode, close Chart View and click the option to *stop viewing shared data* when prompted.

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# Generate Compliance Reports

1. To generate a compliance report, select the compliance option from the action menu.

2. Modify how a report is generated using Compliance Settings. (see page 9)

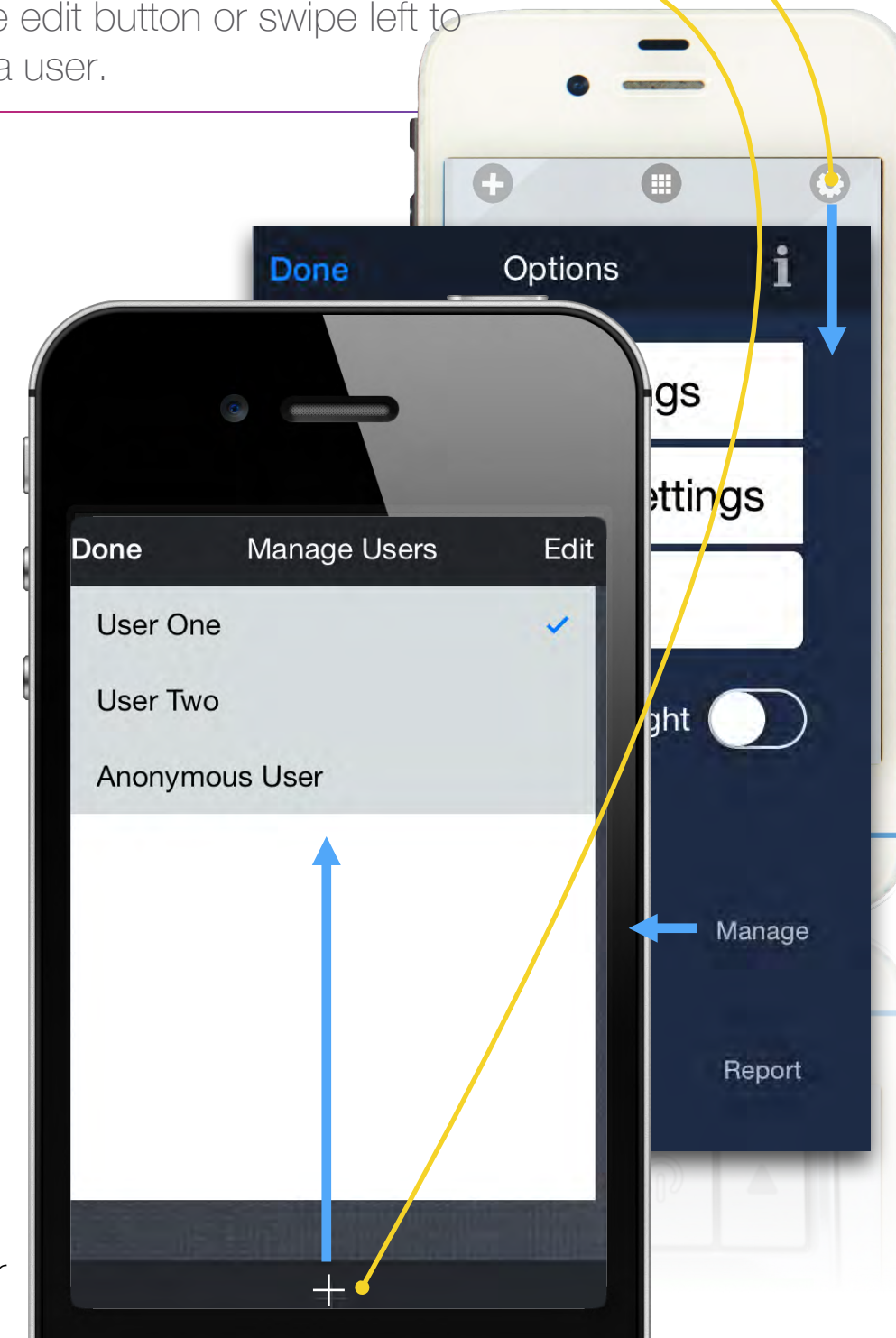

Share
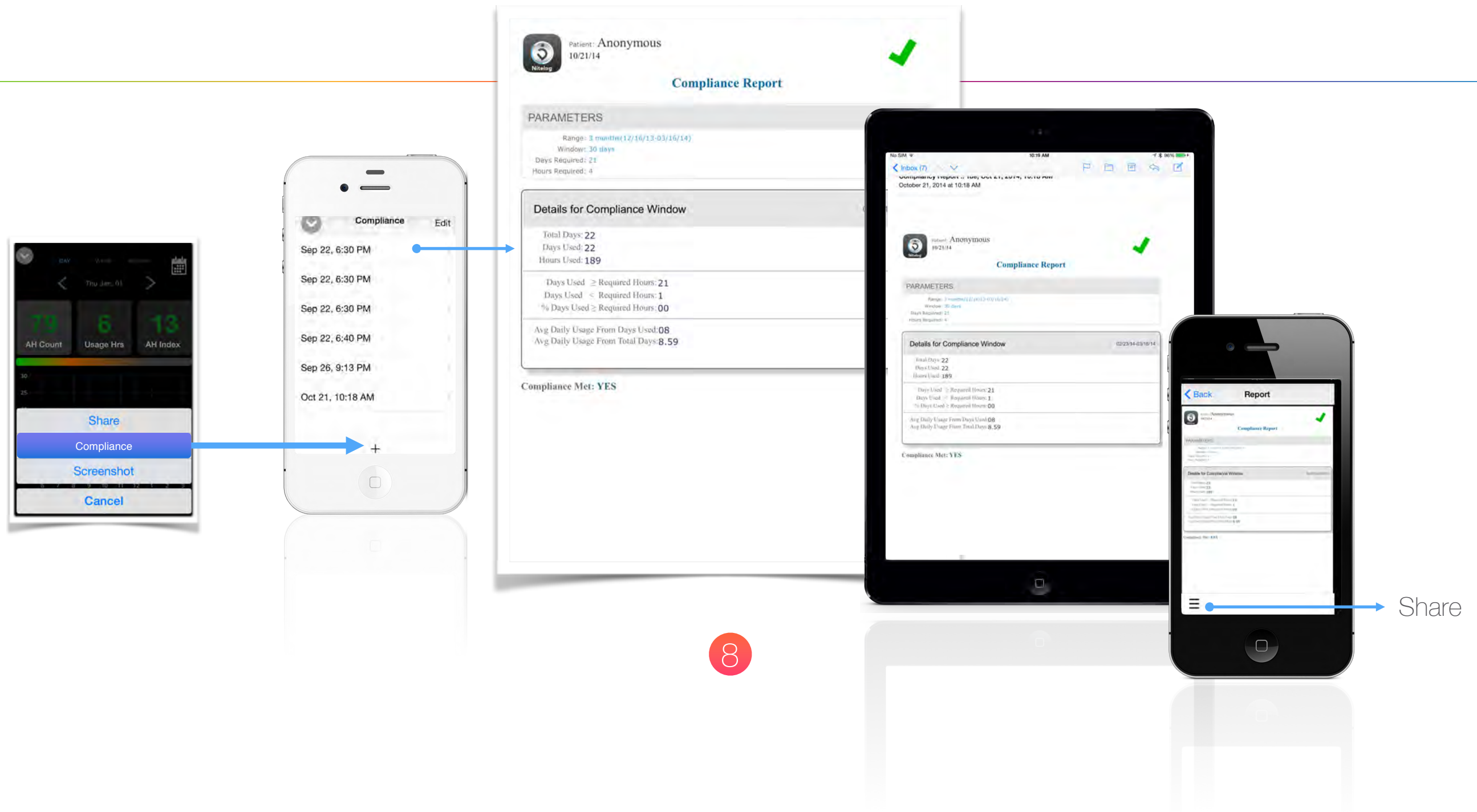
# Manage Users and Devices

## Devices

1. Make sure that Bluetooth is enabled in your phone settings and the Z1/Z2.

2. Connect to a device by selecting from the list.

3. Disconnect from devices using the Disconnect button.
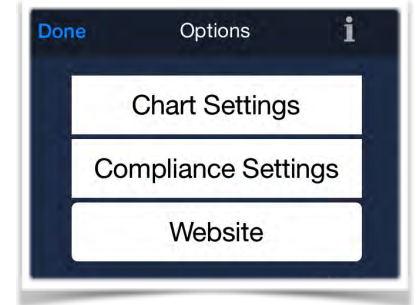
## Users

1. Make sure that Bluetooth is enabled in your phone settings and the Z1/Z2.

2. Click the Option button.

3. Click the '+' button to add a user.

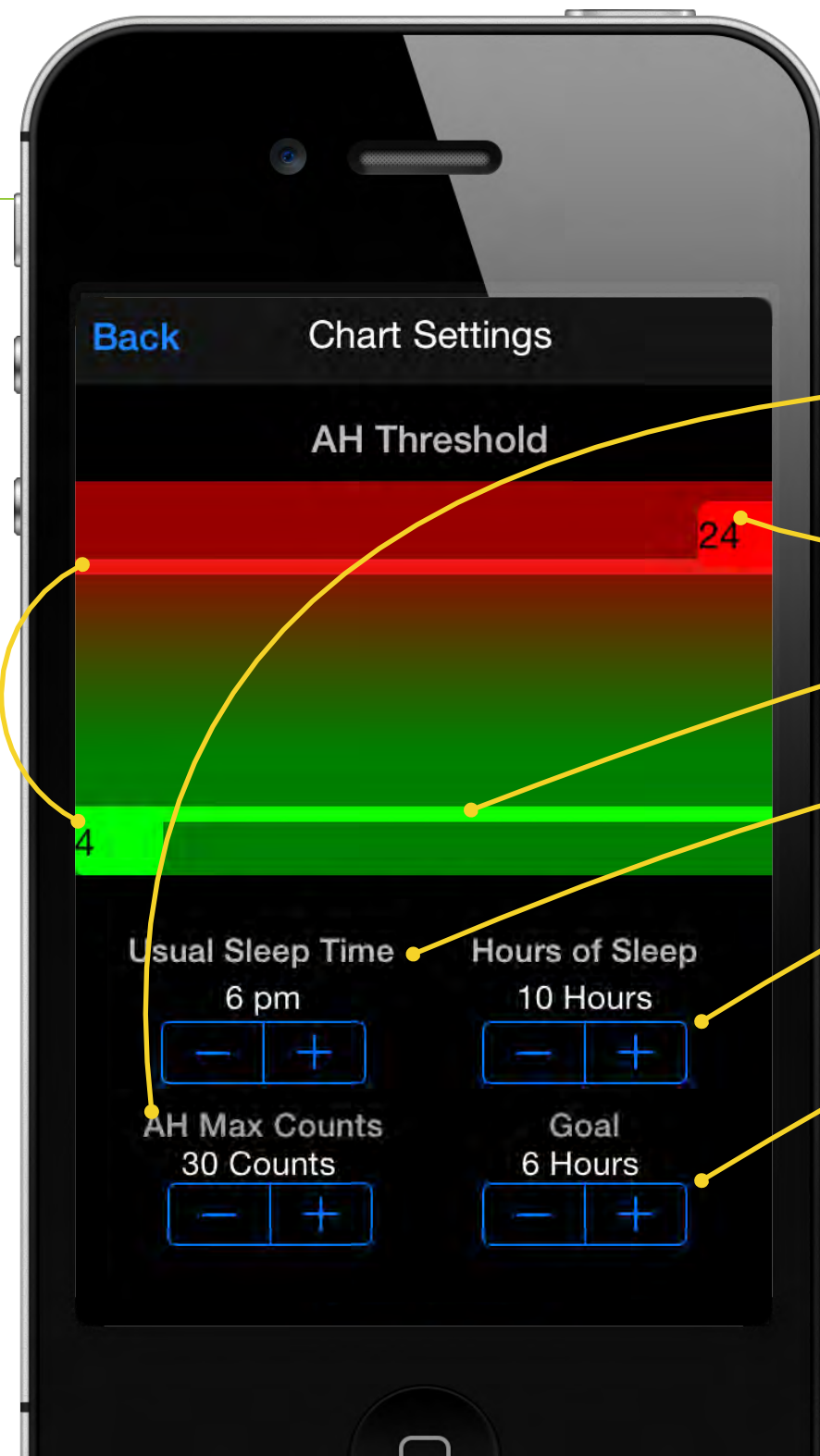4. Use the edit button or swipe left to delete a user.

Z1

Disconnect

Z1

Z1 0325

Z1 1701

Z1 4359

Done    Options    i

Done    Manage Users    Edit

User One    ✓

User Two

Anonymous User

Manage

Report

Add a user

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# Chart Settings ⚙

Chart Settings

Compliance Settings

Website

1. Locate Chart Settings in the option menu.

2. Use the sliders under AH Threshold to set the green and red zones in the AH Index chart and Q-Bar, representing good and bad sleep quality.

3. The Q-Bar shows total sleep time versus goal and the proportions of good, Ok and bad quality sleep.
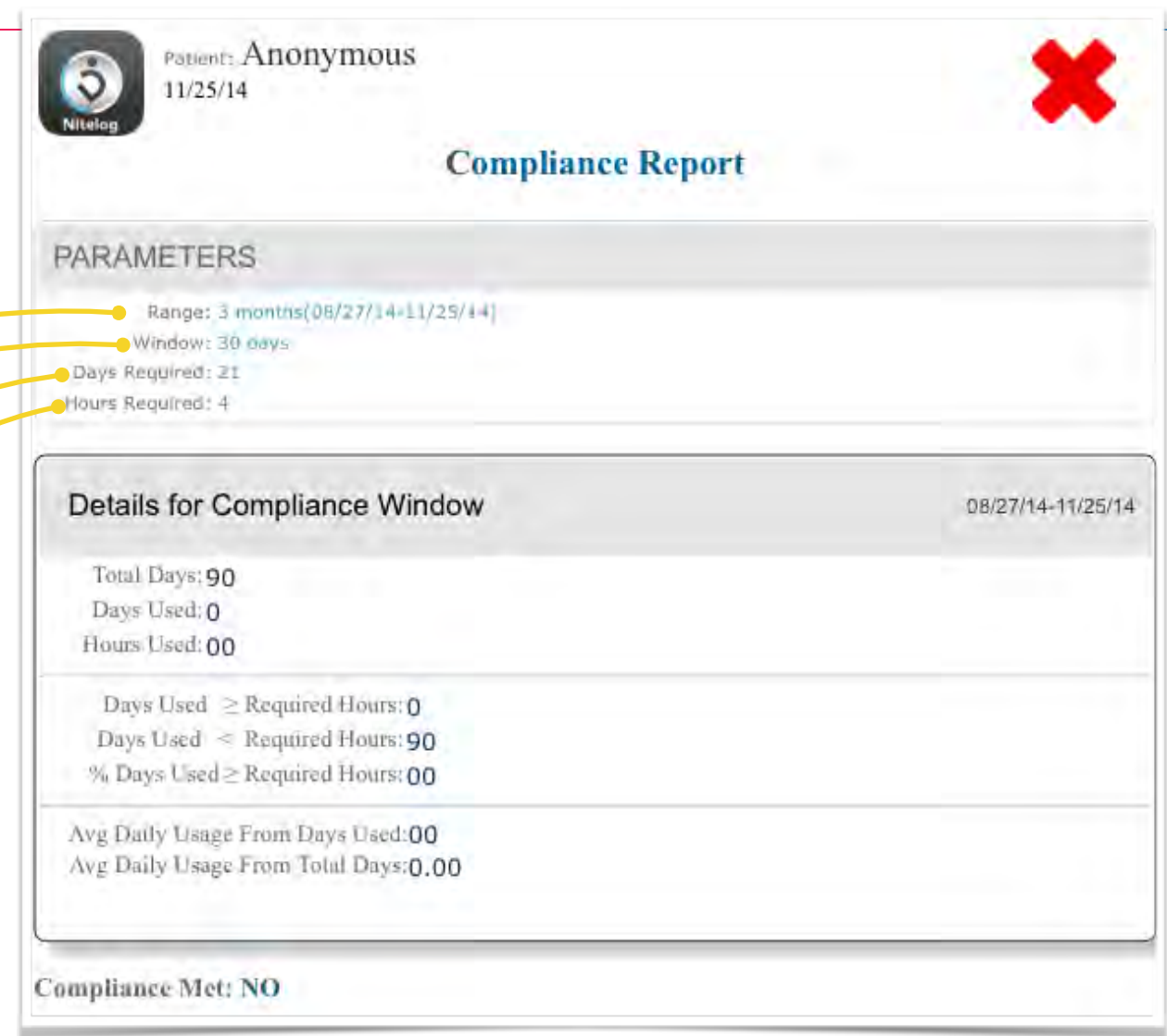
🟢 good → ideal / optimal
🟡 Ok → acceptable
🔴 bad → poor

**Back    Chart Settings**

**AH Threshold**

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sliders

Usual Sleep Time          Hours of Sleep
6 pm                              10 Hours
−  +                              −  +

AH Max Counts                    Goal
30 Counts                        6 Hours
−  +                              −  +

⑩

0
AH Count

0.0
Usage Hrs

0
AH Index

30
25      red zone
20
15
10
5       green zone
0
6  7  8  9  10  11  12  1  2  3  4
Time of day

## Q-Bar

← Goal →

← 100% Usage →

20%      30%      50%
Good     Ok       Bad

# Compliance Settings ⚙

1. Compliance Settings are the parameters used to determine whether or not compliance has been achieved.

2. Open Compliance Settings from the option menu.

3. Generate a report by clicking the action button in Chart View.

## Compliance Settings (phone screen)

10:03 AM

**Back**    Compliance Settings

**Compliance Range In Months**

3   −   +

**Compliance Day Window**

30   −   +

**Required Days**

21   −   +

**Minimum Hours Usage Per Day**

4   −   +

## Compliance Report

Patient: Anonymous
11/25/14

**Compliance Report**

### PARAMETERS

Range: 3 months(08/27/14-11/25/14)
Window: 30 days
Days Required: 21
Hours Required: 4

**Details for Compliance Window**     08/27/14-11/25/14

Total Days: 90
Days Used: 0
Hours Used: 00

Days Used ≥ Required Hours: 0
Days Used < Required Hours: 90
% Days Used ≥ Required Hours: 00

Avg Daily Usage From Days Used: 00
Avg Daily Usage From Total Days: 0.00

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**Compliance Met: NO**

# Troubleshooting

- I don't see all of my data.
    1. Make sure the date and time matches on the device and in Z1/Z2 Settings.
    2. Check *Chart Settings* to make sure the sleep time and duration are within the viewable range.
    3. Click the *Sync* button.
    4. Verify that you have selected the correct date and day, week, or month range.

- I don't see my device in the Device List.
    1. Make sure that Bluetooth is enabled on your phone and the Z1/Z2.
    2. Unplug your Z1/Z2 for five seconds, plug it back in, and open Device Settings.

- I can't swipe to Device Settings.
    1. Make sure you are connected to your device.
    2. Make sure you are swiping left.

- I don't know my password.
    1. Try to connect to your device, then use the Update Password option.

- I have another issue.
    1. Try restarting the app by double clicking the home button, closing and re-opening Nitelog.
       * To close the app, double click the home button, then swipe up the Nightlog screenshot.
    2. For more troubleshooting tips and support, use the app and click the website button in the *Option View*.

# Nitelog®

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