

**SOMNERA**  
SYSTEM

**SleepBridge**



# **SleepBridge™**

**App User Manual**

## About SleepBridge app

SleepBridge is a mobile app designed to help Obstructive Sleep Apnea (OSA) patients enhance their sleep therapy experience. This easy-to-use app syncs up with your Somnera™ System Airbox to display your sleep data, which can help you stay on track throughout your sleep apnea treatment.

**Note:** Read your entire Somnera™ Airbox user guide and this guide before using your machine with the SleepBridge app.

## SleepBridge app system requirements

The SleepBridge app is available for download on Apple® or Android® phones. For Apple phones, iOS operating system version 11 (minimum) is required. For Android phones, Android operating system version 7.1 (minimum) is required. The following smartphone devices have been tested with the SleepBridge App: iPhone 6, iPhone 8, iPhone 11, Samsung Galaxy S8, Samsung Galaxy 10 S10e.

## Compatible machines

The SleepBridge app is compatible with the Somnera Airbox.

## Security

Keeping current with software and firmware updates help to safeguard your privacy, protect your smart device and ensure optimal performance.

## Security features

The Somnera Airbox and the SleepBridge app use security features to help protect your privacy and prevent unauthorized access to your data. These include:

- The option of a quick response (QR) code to establish trust between the Somnera Airbox and the SleepBridge app
- Application-level encryption for the transmission of data, in addition to Bluetooth® security
- Encryption of data stored within the SleepBridge app

Somnera recommends the following to protect your smart device against malware and help keep your personal information and sleep data safe and secure:

- Enable personal identification number (PIN) or fingerprint security on your smart device. Refer to your smart device user instructions for information on enabling either feature.
- Avoid unsafe modification of the smart device's operating system.
- Consider enabling remote data wipe on your smart device. Remote data wipe is a function available on your smart device for remotely erasing personal data if your device is lost or stolen. Refer to your smart device user instructions for information on enabling this feature.
- Keep your operating system up to date with security patches.

## Software updates

To ensure optimal performance, Somnera recommends that you always install the latest software and firmware versions. Once a firmware update becomes available for a Somnera Airbox, a message will appear on your smart device when you access the SleepBridge app to view sleep data. (To update your firmware please refer to the SleepBridge Cloud manual for instructions.)

In most cases after a firmware update, a SleepBridge app software update is required on your smartphone. A message on your smart device will indicate that you need to update the app.

**Note:** You must install required software updates to continue using the SleepBridge app.

## To initially install the SleepBridge app:

1. To initially install the SleepBridge app on your smart device, go to the App Store or Google Play and follow the on-screen prompts to install and register your app.

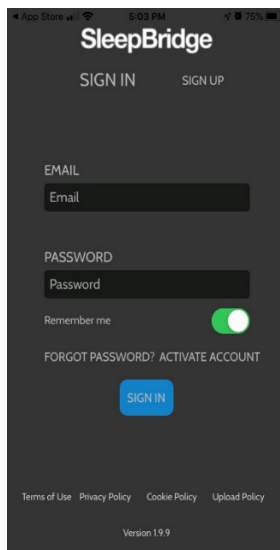


SleepBridge app

2. You will be prompted to read and accept one SleepBridge agreement and four policies.
3. On the next screen, tap "Sign Up". Complete all fields then tap "Register".

A screenshot of the SleepBridge registration form on a smartphone. The form is titled "SleepBridge" and has a dark background with white text. It contains the following fields: "FIRST NAME" with a text input field containing "First Name"; "LAST NAME" with a text input field containing "Last Name"; "EMAIL" with a text input field containing "Email"; "MOBILE PHONE" with a text input field containing "+1 (xxx)xxx-xxxx"; "DATE OF BIRTH" with a text input field containing "2020-08-25"; "PASSWORD" with a text input field containing "Password"; and "CONFIRM PASSWORD" with a text input field containing "Confirm Password". At the bottom of the form, there are two buttons: "Cancel" and "Register".

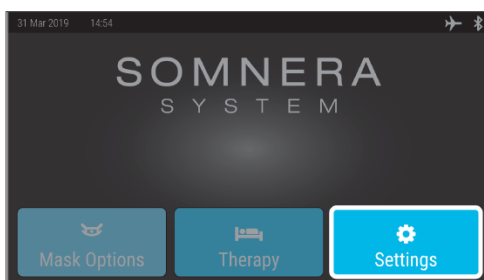
- Next, you should receive an email that contains an Activation Code.  
**NOTE:** If you do not see this email in our inbox, check your junk or spam folders.
- Enter the activation code in the “Enter Code” box, then tap “Register”.  
**NOTE:** Enter the activation code as soon as you receive it. The activation code will expire a short time after receipt.
- On the next screen, enter your email and password, tap “Remember me” to change the circle from white to green, then tap “Sign in” at the bottom of the screen.



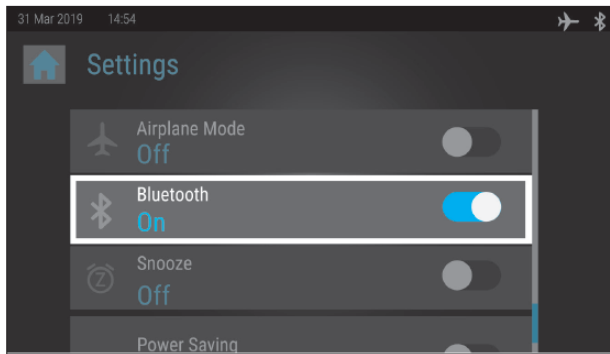
- On the next screen, tap “Ok” to enable camera access by the app.

## Pairing your app and Airbox:

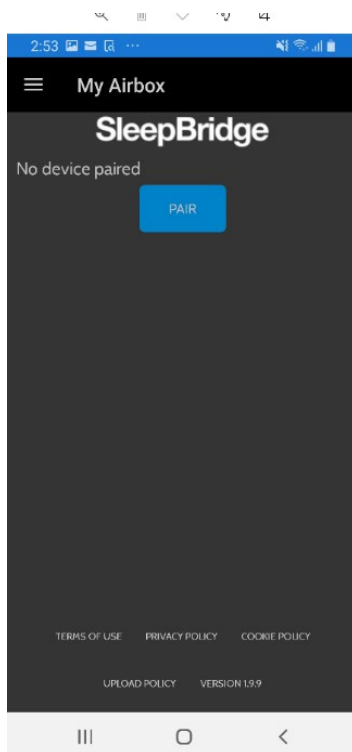
- Turn on your Airbox to access the Home Screen, then tap “Settings”.



2. Scroll down and make sure “Airplane Mode” is turned OFF and Bluetooth is turned “ON”.

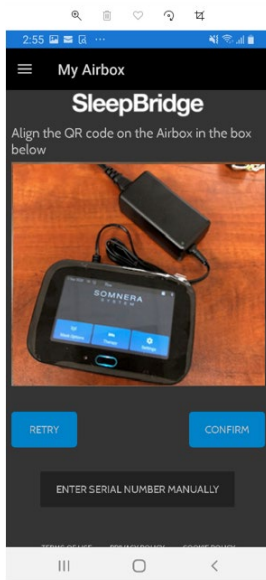


3. Make sure Bluetooth is turned “ON” on your smart device and your smart device is within 5 feet of the Airbox.
4. Open the SleepBridge app on your device and select the “Menu” option, select “My Airbox” and then tap “Pair”.



5. Follow the Airbox screen prompts to align and scan the QR code on the bottom of the Airbox.

6. If you choose not to pair by scanning the QR code, tap “Enter Serial Number Manually” and follow the screen prompts. The device serial number is 16 digits and located on the bottom of the Airbox.



7. Confirm that the screen displays the correct serial number.

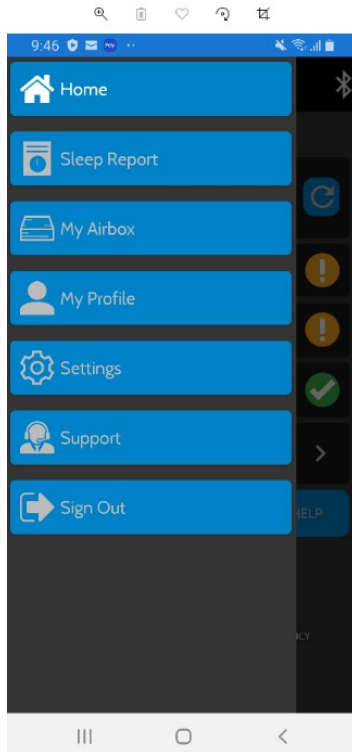
## To install a software update for the app:

Your smartphone may automatically be set to update the app when a new version is available, or you may select to update your app manually. To Update the app, you may be redirected to the App Store<sup>SM</sup> or Google Play to download the app software update. Follow any additional on-screen prompts to complete the update process.

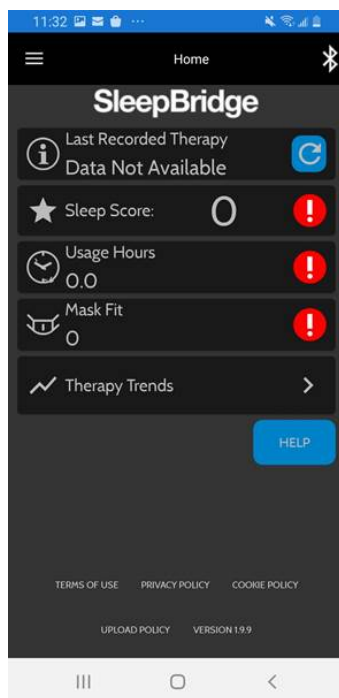
## Viewing your therapy data

### To manually refresh your therapy data

1. Tap the Home icon on your app



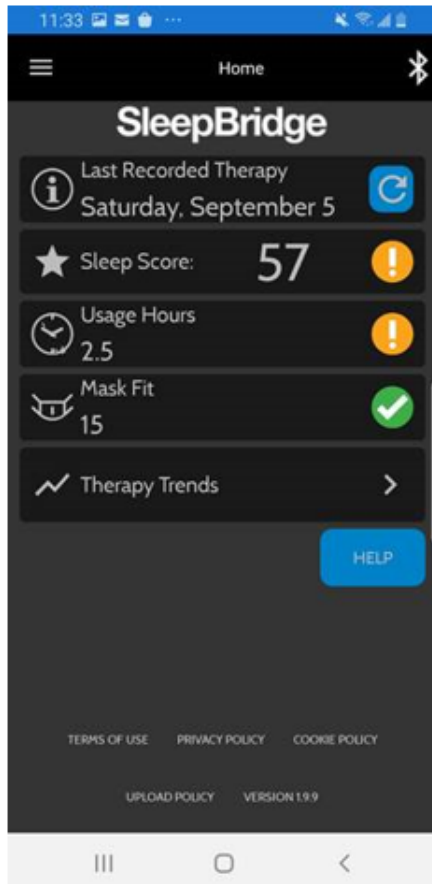
2. While on the Home Screen, wait 2 minutes then tap the blue button with the arrow (this is the “refresh” button).



3. The Bluetooth icon will change color as the therapy data is synchronized. (NOTE: This may take several minutes.)

## Sleep Therapy Snapshot

The **Home Screen** provides you with a snapshot of your therapy data.



Your **sleep score** is based on your usage hours plus a good mask fit. The highest possible score is 100.

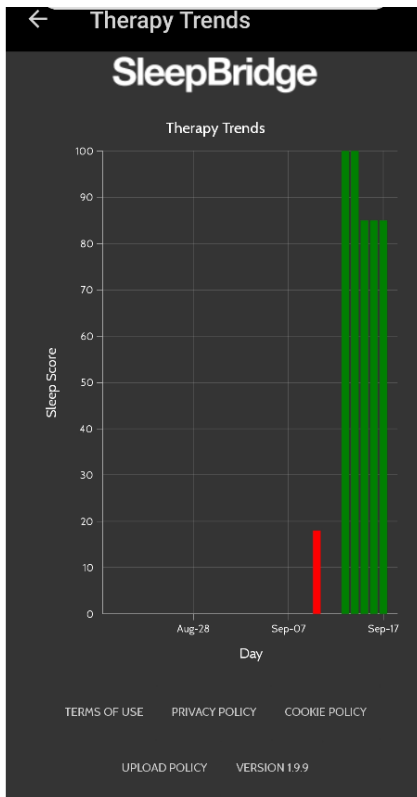
**Usage Hours:** As you get use to the device, the goal is to work up to using the device for most or all of your sleep night.

**Mask Fit:** The highest possible score is 15, and indicates you are wearing the mask correctly so that there are few to no mask leaks.

Your **Sleep Score** is based on your usage hours plus your mask fit. The more usage hours and the better the mask fit, the higher the score. You can score up to 85 points for device usage and 15 points for a good mask fit.

Press the arrow to the right of **Therapy Trends** to display your sleep scores for up to the last 30 days.





## Sleep Report

To access the Sleep Report screen, tap “Sleep Report” on the app menu.

The Sleep Report screen provides the following information about your therapy with your Airbox device:

- User programmable Time Range: 7days, 30 days, 3 months, 6 months, 1 year
- Total Days Used within the Time Range selected
- Total Days 4Hrs+ the device was used within the Time Range selected
- Average Daily Usage within the Time Range Selected
- User can tap Average Daily Usage to view this data in a graph
- Average Leak within the Time Range Selected
- User can tap Average Daily Usage to view this data in a graph
- Total Hours Used within the Time Range Selected

## My Airbox

To access the My Airbox screen, tap “My Airbox” on the app menu.

The My Airbox screen provides the following information about your Airbox device:

- Serial Number for the Airbox device
- Firmware version– the current firmware version installed on your Airbox
- The date your firmware was last updated

- Last synced– the date your SleepBridge App was last synchronized with your Airbox

## My Profile

To access the My Profile screen, tap “My Profile” on the app menu.

The My Profile screen lists the name, email and phone number associated with your profile. This screen allows you to update this information or to change your password.

## Settings

To access the Settings screen, tap Settings on the app menu.

The Settings screen provides a summary of the programmed settings on your Airbox device.

## Support

To access the Support screen, tap Support on the app menu.

The Support screen provides links to the user guides, the SleepBridge Portal and the Somnera™ System website.

## Troubleshooting

If you experience any problems, try the following suggestions. Also check your Somnera Airbox user guide. If you are not able to fix the problem, contact your local Somnera dealer or Somnera Customer Service at: [Info@Somnera.com](mailto:Info@Somnera.com). If you experience problems with the Airbox, do not attempt to open it as it will void your warranty.

Problem/possible cause	Solution
<p><b>I cannot establish a Bluetooth connection.</b></p> <p>Bluetooth may be disabled.</p> <p>Your Bluetooth connection may be poor.</p>	<p>Check your smart device to determine whether Bluetooth is enabled. Check your Somnera Airbox to determine whether Bluetooth is enabled. When the Bluetooth indicator light is present on the upper toolbar of your Airbox display screen, the machine is ready for pairing. Reconnect and pair your Somnera Airbox and smart device. Refer to “Connecting Your Airbox and Smart Device” instructions for more information. If these solutions do not resolve the issue, try restarting your smart device and your Airbox.</p> <p>Ensure that your Somnera Airbox and smart device are placed away from potential sources of interference such as</p>

<p>Your machine may be in airplane mode.</p>	<p>microwaves, wireless local area network (WLAN) routers or cordless phones.</p> <p>If an airplane icon shows on the top toolbar of your Somnera Airbox display screen, your machine is in airplane mode. Refer to the manual for the Airbox to turn off airplane mode.</p> <p>Once airplane mode has been disabled, you will need to enable the Bluetooth on your Somnera Airbox. When the Bluetooth icon is displayed on the Home Screen, Bluetooth is enabled, and the machine is ready for pairing.</p>
<p><b>My therapy data has not been transmitted.</b> Bluetooth may be disabled.</p> <p>Your smart device may be in airplane mode.</p>	<p>Ensure that Bluetooth is enabled on your smart device. Ensure that Bluetooth is enabled on your Somnera Airbox. The Bluetooth icon should appear on the top toolbar of the display screen of your Somnera Airbox. Reconnect and pair your Somnera Airbox and smart device. Refer to “Connecting Your Machine and Smart Device” instructions for more information.</p> <p>If these solutions do not resolve the issue, try restarting your smart device.</p> <p>Turn off airplane mode on your smart device.</p>