ensodata

CELESTE
User Guide

Before You Start

- If your phone is at or below Android version 12 or iOS version 15.5, update it to the latest version.
- Make sure your sleep device (for example, a ring or watch) is charged: a device with a low battery may not be able to complete a full sleep session. It should be charged to at least 60% battery to successfully record a full night of sleep.
- Make sure you have at least 32 MB of storage on your phone. Your sleep recording will not start if you do not have enough storage.
- We recommend you plug in your phone. Bluetooth connectivity and data transfer can rapidly use your battery power. Your sleep recording will not complete if your phone shuts down.
- Keep the device within 15 feet of your phone throughout the recording.
- The app automatically stops recording if you reach the 12-hour maximum session time.

Download and Open the App

Go to the iOS App Store/Google Play Store and download the Celeste app.
- The first time you open the app you must read and accept the terms and conditions.
- If asked, allow Bluetooth connections in the phone system settings to link the app to your sleep device.

Connect to a Device

If you previously connected a sleep device and set up your profile, the app automatically attempts to connect so you can start recording (see *Start Recording*).
You must connect to a sleep device.
1. Tap Scan. The app scans for and displays nearby sleep devices.
2. Tap the desired device.
3. Tap Connect. The app will show that it is connecting to the device.
As the app connects it stores the serial number of the device so your doctor can match the device to your recording.

Enter Your Profile

Next, enter the setup code and your personal information.
1. Enter the setup code. It is a 5 to 12-digit code from your provider to associate your sleep test with the clinic.
2. If instructed, enter your first name, last name, date of birth, and phone number. Double check for accuracy.
3. Tap Continue.
4. Enter your sex, height, and weight.
5. Tap Finish.
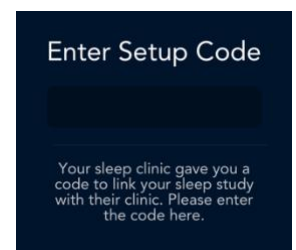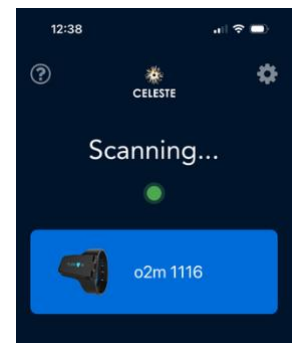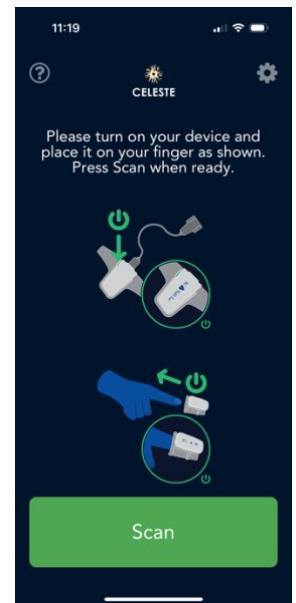
Start Recording

1. Put on the device when you are ready to go to sleep.
2. In the app tap Start Recording.
3. If the signal strength or storage space is too low, the app indicates it cannot perform the recording. The app displays an estimate of how many hours it can record before the battery is too low. It also indicates if the sleep device disconnected. If the sleep device disconnects the app automatically attempts to reconnect until it reaches the maximum recording session time (12 hours).

End Recording

1. Before concluding the study, ensure that the minimum recording time has been met. The recording timecard turns green when you meet the minimum recording time.
2. When you are ready to stop the study, tap End Recording.
3. Keep the app open while your study is processed. A message appears that your test was successfully processed or you need to record another study.
4. Tap Back to Home to record another study and see a list of your previous sleep sessions. Successfully processed studies are sent to your clinic for analysis.
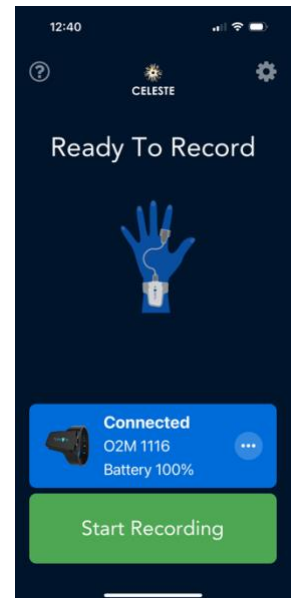
Disconnect or Change the Device

1. Tap the arrow icon next to the sleep device name.
2. Tap Disconnect Device. If the app was automatically connecting to it, it will no longer auto-connect.
3. To connect another device, tap the sleep device that you want to connect.
4. Follow the instructions under **Connect to a Device**.

View Recording Sessions

If you already have recorded sleep sessions, when you open the app, the latest session appears. You can view the past sessions by tapping Past Sessions.

Clear All Data

You can reset the app and clear all your data. This removes recording sessions, devices, and your information from the app. Tap the settings icon then tap **Reset All Data.**

Frequently Asked Questions

You can access troubleshooting tips in the app by clicking the (?) icon in the upper left corner of the app.
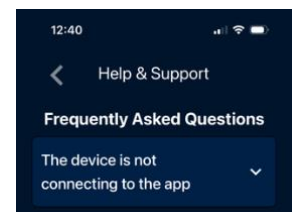
Revision History

Version	Publication Date	Description
IFU0018-A	2024-04	Original issuance.
IFU0018-B	2024-07	Update to add 5-digit organization setup code when entering your profile.
IFU0018-C	2024-09	Updated end recording section for minimum recording time.
IFU0018-D	2024-12	Update to remove trouble shooting tips, update images, add 5-9 digit set up code change.
IFU0018-E	2025-01	Study status UI updates