

GETTING STARTED WITH VivoScore



Welcome to VivoScore!

This is your first step to finding out how well you're actually sleeping at night. Because an estimated 80% of those with obstructive sleep apnea are undiagnosed, this small but powerful ring will help you determine whether your sleep issues could be a sign of an underlying problem.



With 98% accuracy compared to a traditional in-lab sleep test (PSG), VivoScore provides precise results without compromising your comfort. Affordable and easy to use, the ring is the only FDA-cleared sleep test on the market that can be used on asymptomatic patients to evaluate sleep disorders. Plus, it's cleared for use on both children and adults!



TIPS FOR ACCURATE HOME SLEEP TESTS

Follow these guidelines to ensure your test is as accurate as possible!

✓ DOs

- DO** charge the ring and your phone completely before starting the test.
- DO** wear the ring on your left hand (on your index finger or thumb is best).
- DO** turn your phone's Bluetooth on.
- DO** bring your phone with you if you need to get out of bed for any reason.
- DO** check your history tab by clicking on the clipboard icon in the app to make sure the upload status says "Completed."

✗ DON'Ts

- DON'T** leave any other Bluetooth devices on while pairing or taking the test.
- DON'T** submerge the ring in water (it isn't waterproof).
- DON'T** remove the ring from your finger after beginning your sleep test.

