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NightOwl Sleep monitor usage

- Open App on your phone and press "Begin Setup"
- Hold button on monitor until the red light starts blinking
- Use 1 piece of adhesive tape to hold monitor on finger with blue side facing your finger
- Make sure phone is connected to wifi
- Make sure phone is plugged in and charging throughout the entire night
- If you get up to get a drink or go to the bathroom, bring your phone with you so the signal doesn't get disengaged
- When you wake up in the morning, the app will ask you a few questions to finish the sleep test. Answer the questions, remove the monitor and shut both