



SPT Connect Quick Manual

Windows installation NightBalance SPT Connect

NB-SPT-PX



Windows XP+

View your sleep data online with SPT Connect

With the NightBalance monitoring system, you can look at your sleep data and see your progress with your own eyes. The NightBalance SPT also uses an online web application on the NightBalance website to gather and visualize your sleep data.

While you sleep the NightBalance SPT continuously collects sleep data: when you turn, your sleep position, when you receive vibrational feedback and your reaction to this feedback. By connecting the device to your personal computer using the USB-cable provided, you can synchronise your data with the online web application through the SPT Connect software. You and your physician can look at your sleep data gathered on your personal website within a secure online environment.



Sleep data and personal data will be encrypted before being sent and collected on the Internet. Only if you give permission will your sleep data be shared with your physician.

Contents

View your sleep data online with SPT Connect	2
Important information	4
1. Use of the user manual	4
2. System requirements	5
Install SPT Connect software	6
3. Download 'SPT Connect software for Windows' via the Internet	6
4. Start the SPT Connect software installation process	8
5. Installing the software using the SPT Connect Installation Wizard	9
6. Connect the SPT to your computer for the first time	12
First use of the SPT Connect software	13
7. Start the SPT Connect software	13
8. Connecting the Sleep Position Trainer with your computer	15
9. Create and register a user account	16
Use of the SPT Connect software and web application	19
10. Synchronizing data using the SPT Connect Software	19
11. Logging into your personal webpage	20
12. Using the SPT Connect web application	21
New updates for the SPT and SPT Connect software	23
13. Installing new firmware on the Sleep Position Trainer	23
14. SPT Connect software updates	24
Glossary	25
Appendix	27
A. Check on Firewalls	27

Important information

1. Use of the user manual

This manual gives a short instruction for the installation of the NightBalance SPT Connect software on your computer.

The grey bar at the bottom of the page offers additional instructions and/or warnings, to answer as many of your questions.

Visualizations shown in this manual can differ from the images and/or dialog boxes presented to you on your computer. This depends on the version and language of the Windows operating system.

If you are unable to install the software using this manual, please go to the 'Questions and Answers' section on the NightBalance website.

<http://www.nightbalance.com/support>

-  Do not connect the SPT to your computer until this is indicated in the manual.
-  Do not disconnect the device from the computer when it shows a purple indicatorlight. Wait a few minutes until the indicator light changes colour. The device is installing new firmware.

The SPT software is currently only available for Microsoft Windows XP+ (XP, nt, 2000, Vista, 7) operating system!

The website is currently unavailable in English. For this reason some images in this manual will appear in Dutch.

2. System requirements

For proper operation of SPT Connect software and to read out sleep data from the SPT the minimum requirements for your computer are:

Hardware:

- 1 GigaHertz (GHz) processor
- 1 GigaByte (GB) RAM memory
- 20 MegaByte (MB) available disk space

USB Connection



USB 2.0 Port

Software:

Operating system

- Microsoft Windows XP or higher

Internet browser

- Microsoft Internet Explorer
- Mozilla Firefox
- Google Chrome
- Safari
- Opera

Internet connection

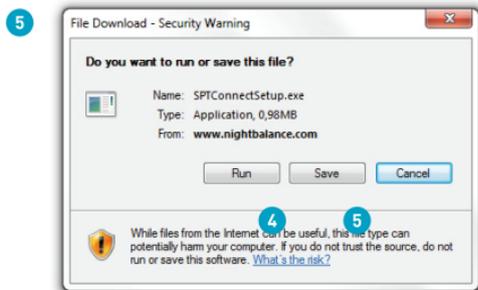
An internet connection is required to send sleep data to the online database.

Installation rights

To be able to install new programs on your computer it is necessary to have installation rights. In some cases (eg. (public) computers in companies or hospitals) the installation rights can be disabled, disallowing you to install the software.

Depending on the browser (internet browser) you are using, you can either save **4** or run **5** the file immediately.

- 4** Click **<save as>** to save the installation file to your hard disk and to start the installation process manually.
- 5** Some browsers provide the option to immediately run the installation file. Click on **<run>** to immediately start the installation when the download is finished.



Visualizations shown in this manual can differ from the images and/or dialog boxes visible on your computer. This depends on the version and language of the Windows operating system.

4. Start the SPT Connect software installation process

- A** If you have chosen <save as>, the installation file was saved on the chosen location (on your computer).
Double-click on the file 'SPTConnectSetup' to start the installation.
- B** If you have chosen <run> the installation will start automatically.

When starting the installation of the SPT Connect Software, Windows security can ask you whether you want to allow the installation.

- 1** Choose <run> or <next> to allow the installation of the SPTConnectSetup.

The installation-wizard gives you step-by-step guidance though the installation process.



If your computer has the newest security technology it might ask you whether the source of this file can be trusted. If you have downloaded the software from the NightBalance website, the source can be trusted and you can continue the installation process.

5. Installing the software using the SPT Connect Installation Wizard

The Installation-wizards gives you step-by-step guidance for the software installation.

All required files will be installed during this process and your computer will be prepared for connection with the SPT.

- 1 Click <next> to start the wizard.

This screen shows the terms and conditions for the use of the software.

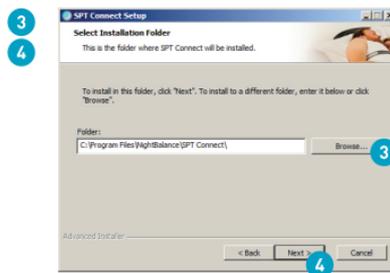
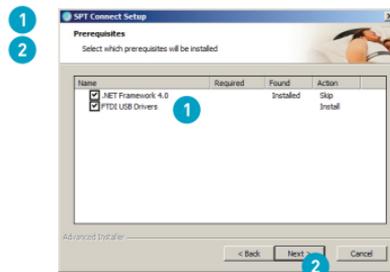
- 2 Select <I Accept the terms and conditions> to accept the terms and conditions and proceed with the installation.

- 3 Click <Next> to go to the next step.



5.1 Installation-wizard: files and location

- 1 An overview of all software components and supporting files is shown. These files need to be installed before the SPT Connect software can be installed.
- 2 Click **<next>** to go to the next step.
- 3 Select a file path for the installation. The wizard automatically chooses a location for you. The location can be changed by clicking on **<browse>**, and selecting a new location.
- 4 Select a location and click **<next>** to proceed.



The SPT Connect software uses several supporting files or programs. These programs may already be installed on your computer. If not, these files are installed as part of the SPT Connect software installation process.

5.2 Installation-wizard: Finish installation

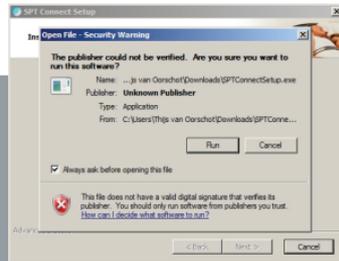
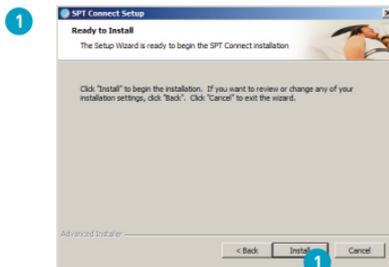
After completing all previous steps, you can install the SPT Connect software.

- 1 Click **<install>** to proceed. The installation-wizard shows the progress of the installation and the different actions that are executed.

When the installation has successfully finished, you can complete the installation.

- 2 Click **<finish>** to close the installation wizard.

A security warning may pop-up when you want to install the software. If you have downloaded the software from the NightBalance website, you can trust the software and you can click **<run>** to proceed.



6. Connect the SPT to your computer for the first time

- 1 Connect the SPT to your computer's USB-port using the USB-cable provided (for instructions see user manual chapter 9.4 'connect the device with your computer'). The SPT automatically switches on when it is connected to your computer.

Warning! When you connect your device for the first time it can take 20 to 60 seconds before Windows recognizes the SPT.



First use of the SPT Connect software

This section shows you how to start the software and how to create and register a user account.

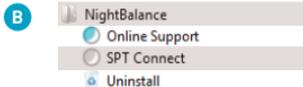
7. Start the SPT Connect software

There are two ways to start the SPT Connect software.

A Go to your windows **desktop** and double-click the 'SPT Connect' icon to start the program.



B Click  <start>, choose <all programs> and in the folder <NightBalance> choose the 'SPT Connect' icon.



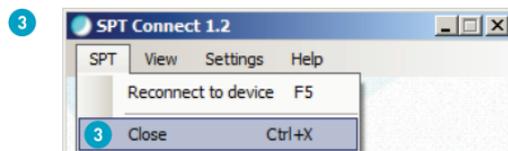
The menu

- 1 The menu, shown at the top of the program, can be used to change your software settings, to see the information from your SPT, or to view your online sleep data.



Close software

- 2 When closing the software, it will remain active in the background. The software shows an icon in the taskbar.
- 3 Right-click on the icon in the taskbar and choose <close> to shut down the software entirely.



The software will remain active in the background to check whether updates are available for the SPT or for the software. The SPT Connect software will also automatically start when you connect your SPT to your computer.

8. Connecting the Sleep Position Trainer with your computer

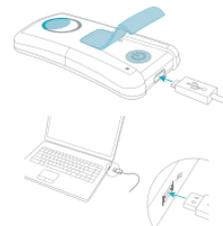
Connect your Sleep Position Trainer (SPT) to your computer to view your sleep data using the SPT Connect software.

Connect your SPT with the computer

- 1 When the device is not yet connected with your computer, the software will ask you to connect the device.



- 1
- 2



When you connect the SPT to your computer, the software will validate the device online. If a message appears indicating that you are not connected to the Internet, activate your Internet connection. If you have an active Internet connection, but still get a message, you need to check your firewall settings (see page 26)

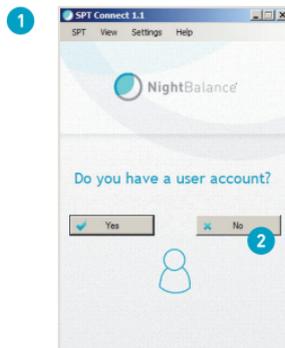
9. Create and register a user account

You need to have a user account to view your personal sleep data. This chapter explains how to create and register a user account.

- 1 When you start the software and the SPT is connected to your computer, the program will ask whether you already have a user account.
- 2 Choose **<no>** if you are using the software for the first time and/or you do not have a user account.

Creating a user account

- 3 Fill in a valid email address.
- 4 Fill in a username.
- 5 Fill in a password for your account.
Enter your password again for verification.
- 6 Click **<register>** to create your account.
You will receive an email to confirm the registration of your user account.



Why can't I register without a valid email address? You will receive an email to confirm your registration. You need to be able to access the email address to confirm the registration.

Choosing a password: Your password needs to be at least 8 characters with at least 1 letter.

Confirm the registration of your user account

To finish the registration of your user account you will receive an email.

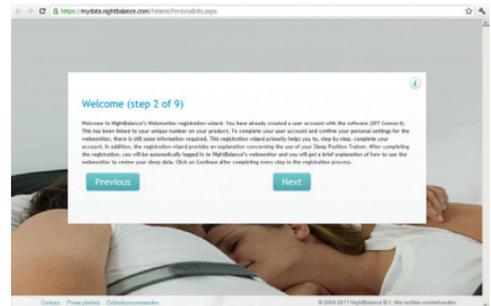
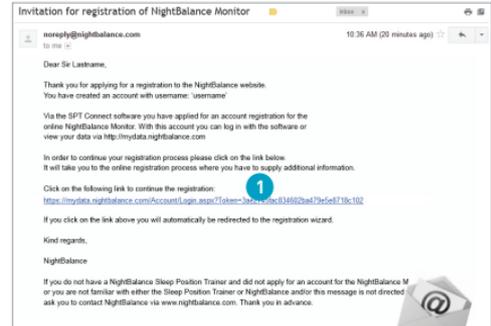
- 1 Click on the <link> in the email to confirm your registration. You will automatically be forwarded to the online registration process.

Finish the registration of your user account (1)

To finish the registration of your user account you need to complete some steps in your personal online user environment.

The first step is to watch an instruction video about using the SPT. Click <next> to go to the next step.

1

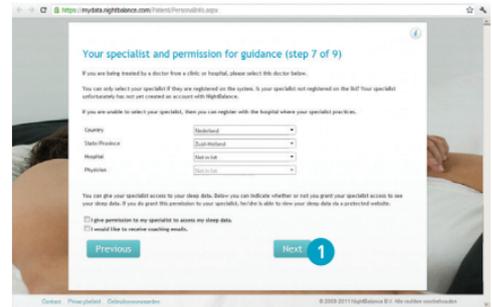


Finish the registration of your user account (2)

- 1 In the next steps you will be asked to fill in some personal details required to use the website. Here you can indicate whether you want to give your physician permission to look at your sleep data.
- 2 Having completed this step, the entire registration process is finished. By clicking <start> you will be logged in automatically onto your personal webpage.

The next chapters explain how to use the SPT Connect software and the accompanying web application. You are advised to read these chapters before using the SPT Connect software and web application.

1



2



Personal details like name, gender, date of birth, length and weight are used for personal advice and coaching in your Sleep Position Trainer training program.

Use of the SPT Connect software and web application

Your sleep data is stored in a secure online database. The SPT Connect software is used to send your data in a secured way (encrypted). Your sleep data can be viewed at your personal webpage using your user account.

This chapter gives information about synchronizing (sending) your sleep data with the online database, logging in to your personal webpage and using the SPT Connect web application.

10. Synchronizing data using the SPT Connect Software

- 1 Start the software (see chapter 6 'start the SPT Connect software').
- 2 Connect your device with the computer and (if required) fill in your user account and password (see chapter 7 'Connecting the SPT with your computer').

The software automatically gathers the sleep data from your SPT and sends it to the secure online database.



11. Logging into your personal webpage

Logging in to your personal webpage can be done in 3 different ways:

Log in automatically using the SPT Connect software

- 1 After synchronizing your personal sleep data your Internet browser starts automatically and you will be logged in.

Log in manually using the SPT Connect software

- 2 Click in menu on <SPT> and <Online Data>. You will be logged in automatically.

Log in via the NightBalance website.

- 3 Go to <https://www.nightbalance.com/login>. Fill in your username and password to log in to your personal webpage. The https connection enables you to see your sleep data from every computer.

- 1
- 2
- 3



The image shows a login form with two input fields: 'Username' and 'Password'. Below the fields is a blue 'Login' button and a link that says 'Forgotten your password?'. The form is enclosed in a light gray border.

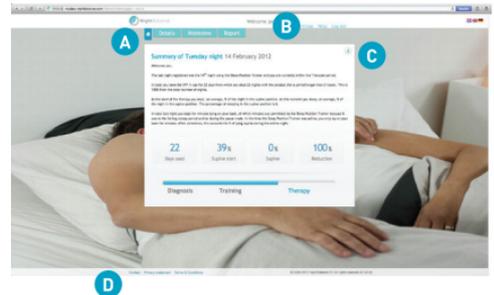
Log in automatically? Your login details are linked to your windows user account by the SPT Connect software. By logging in via the software it is possible to login automatically into your personal webpage. If you change your username or password, login details may be asked again.

12. Using the SPT Connect web application

The web application is used to view your personal sleep data.

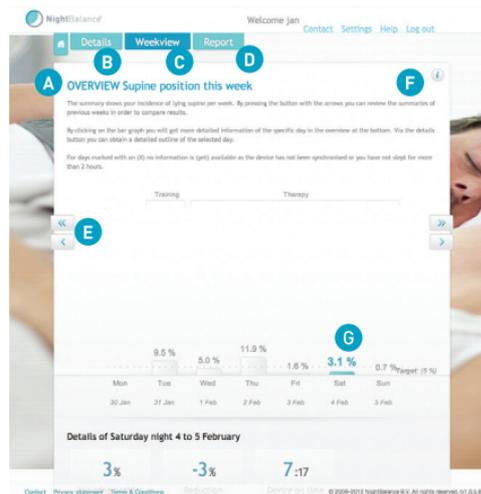
When you are logged in to your personal website you will arrive at the homepage. Here you can see several menus and an overview of your therapy with the SPT.

- A Main menu:** Choose how you want to view your sleep data
- B Account settings:** Change your settings or log out.
- C Information:** Shows the data selected in the main menu
- D Privacy policy and terms and conditions** can be read on our website.



12.1 Viewing your sleep data

- A** Overview: View your data of a [specific week](#).
- B** Details: View your data of a [specific day](#).
- C** Week overview: View your [therapy progress](#).
- D** Report: View [monthly reports](#) that have been send to you.
- E** Buttons:   View different periods in your training, e.g. one day back or the overview of your first week.
- F** Information:  [Instructions](#) on how to view your data.
- G** Bar charts: Click on the bar charts to see general [information of that specific night](#).



Ready to use the SPT Connect software!

You have successfully completed all steps of the software installation, the use of the software and web application. You are ready to use the SPT Connect software.

New updates for the SPT and SPT Connect software

13. Installing new firmware on the Sleep Position Trainer

In the future, the firmware (embedded software) can be expanded with new possibilities and settings.

Every time you connect the SPT to your computer, the software will check whether new settings are available. New settings are downloaded and installed automatically.

During this process the message 'Configure SPT' will be shown by the software and the progress will be shown. The indicator light of the SPT turns purple.

 **Warning!** Do not disconnect the device from your computer when the SPT shows a purple indicator light.



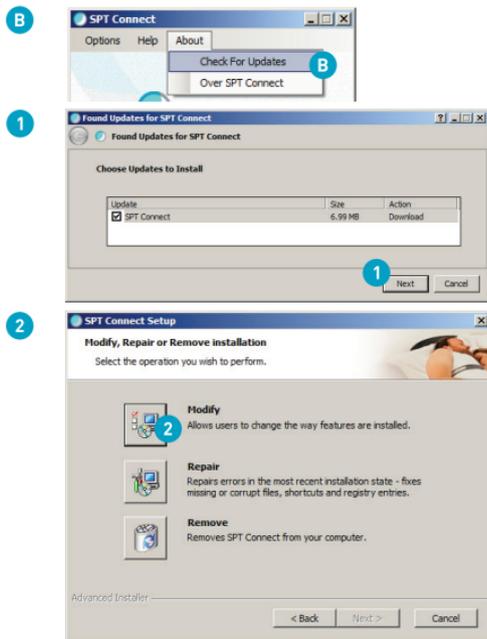
14. SPT Connect software updates

Automatic check

- A** The software checks automatically whether new updates are available (at least once a day). When a new update is available, installation will start automatically.

Manual check:

- B** Choose **<menu>** **<Check for updates>**. A new screen is opened to check for new updates. New updates will be shown in the overview (if available).
- 1** Click **<install>** to start the update process.
- 2** Choose **<modify>** to install the update.



Glossary

account – combination of user account and password to log in to a secure (web) environment.

application – a computer program for the end user.

browser – computer program to view websites. Also known as Internet browser.

configuration – settings of a program or device.

connection – connection that enables electrical devices to communicate over a data communication network.

data – collection of information also known as data collection.

database – storage space for the collection of data.

desktop – main screen of the operating system with icons to start programs.

diagnosis – first two days of your treatment, where sleep data is collected.

disk space – free memory on a hard disk.

download – (temporarily) save a file from the Internet onto your computer.

file location – a location on the hard disk of a computer to store files.

firewall – computer program that protects a network or computer against misuse from outside by checking incoming and outgoing connections.

firmware – embedded software in a device that determines the behavior of the device.

icon – small image on the desktop used to start a program or application.

installation – process to place required files of a program into the memory of the computer.

installation wizard – program used to provide the user step-by-step guidance in the installation process of a program.

internet browser – computer program used to view websites.

internet connection – connection between the computer of the user and the internet-network, using a wired or wireless connection.

link – connection or knob to go to another page or another location (on the Internet).

memory – location for storage of data

online – information in or on the Internet.

operating system – main program of a computer that is loaded after the computer is started such as, for example, Windows.

processor – central processing unit of the computer hardware, a chip that processes instructions sent to it by the computer and software programs.

physician – the attending doctor of the end user.

Glossary

settings – parameters that determine the behavior of a program or device, also known as configuration.

sleep data – data collected by the SPT device.

sleep position – position in which the user slept, defined as left, right, back (supine), belly.

software – a computer program for the end user.

SPT – the NightBalance Sleep Position Trainer aid. Also known as active sleep position sensor.

start menu – the menu of Microsoft Windows, which shows all programs installed. The button <start> can be used to reach this.

start-up – during the next 7 days, the SPT will gradually decrease the number of times which you can sleep on your back.

synchronizing – adding data to the database or modifying data in the database to make them equal to the data in the memory of the SPT.

system requirements – specifications of a computer required for correct use of the software.

task bar – navigation bar of Microsoft Windows that shows all active programs using icons.

therapy – period in which the SPT actively encourages the user not to sleep on the back and data is collected by the device.

turning moment – moment that the user changes sleep position.

update – new version of settings or new version of the software with improvements or adjustments.

USB (port) – standard input port from computers to connect external devices, like the SPT, using a cable with USB plug.

User account – combination of username and password to log into a protected/secure environment.

vibration moment – moment that the SPT provides you vibrational stimuli to indicate that you should change your sleeping position.

visualization – imaging or the visual display of data.

website – a collection of (web) pages where text or images are shown, available through the internet.

Appendix

A. Check on Firewalls

The SPT Connect program requires an active Internet connection. The program shows a message when it cannot connect to the online database.

You can check whether the Internet connection is active by starting your browser (internet program). Go to www.nightbalance.com.

Does the website load?

No, the Internet connection is not active: connect the computer with the Internet.

Yes, the Internet connection is active, but SPT Connect is blocked. Follow the instructions on the right to remove the firewall block.

Remove the firewall block for the SPT Connect

Go to Start > Control Panel > System and Security > Windows Firewall.



Choose 'Allow programs to communicate through Windows Firewall', 'Allow programs and features',
Check the option 'SPT Connect'

Did you install another firewall on your computer?

Go to 'help' in your own firewall program and search for 'Remove firewall block'.

www.nightbalance.com/software

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