## HOW DOES IT WORK?

Whenever your NightWatch is connected to the internet during use, your recorded heart rate and movement data along with NightWatch notifications will be sent to NightWatch Portal. You can view this data at a later date via the portal.nightwatchepilepsy.com website.

This provides insight into how the night went for the armband wearer and you learn to better understand why the NightWatch may give certain notifications. You can also map and compare the possibly measured epileptic seizures with NightWatch Portal. It can be very useful to share the data with your neurologist, particularly in the event of changes to medication, for example.
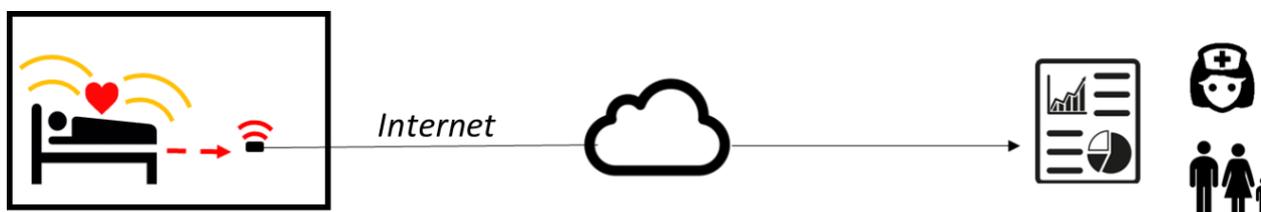
Your NightWatch base station does not store any data internally. The base station can only send data to NightWatch Portal when it is connected to the internet.

HOW DO I CONNECT MY NIGHTWATCH TO THE INTERNET?

VIA CABLE

- o   Insert an internet cable into the back of the NightWatch **base station** and connect the other end of the cable to your internet router.
- o   If there is no router in the vicinity of **the base station**, you can use a WI-FI booster with a LAN port connection (internet cable).
- o   Another simple solution to bridge any gap between the NightWatch and the router indoors is to make use of a powerline adapter. A powerline adapter uses your electrical network to transmit the internet signal. You can find an example of a simple powerline adapter that we recommend here: TP-Link TL-PA4010P

4G ROUTER WITH DATA SIM CARD

- o   If the NightWatch cannot or may not be connected to an existing network, or if the existing network does not permit sending of NightWatch data externally, a mobile data connection can be used. There exist 4G routers that use a data sim card to establish an internet connection. Such a 4G router needs to be able to provide internet to the NightWatch via an internet cable (LAN port connection). You can easily move a 4G router to other locations and use the public 4G network, just like mobile telephones do.

WHAT ABOUT PRIVACY?

If your NightWatch remains connected to the internet during use, it automatically sends measurement data to NightWatch Portal. This data contains information about the heart rate measured, movements, and any NightWatch notifications. The data contains no information about the identity of the wearer and is stored anonymously. The unique number on the bottom of the NightWatch base station enables you to view the measurement data online.

NightWatch Portal does not process any data about the identity of the person wearing the NightWatch.

HOW TO CREATE AN ACCOUNT?

An account is automatically created for you as soon as your NightWatch is connected to the internet and sends its first data to NightWatch Portal. The data recording starts when the base station is connected to the internet and the bracelet is removed from the charger. Every 5 minutes the recorded data is sent to the portal and processed into a graph. The data recording is completed as soon as you put the bracelet back on the charger.

HOW DO I LOG IN?

The recorded data is saved indefinitely and is available to you when you log in via the NightWatch Portal website: https://portal.nightwatchepilepsy.com/. We recommend using Google Chrome or Firefox as your browser and logging in using a laptop or PC .

This website asks for an account name and a password. The account name consists of the last 4 numbers/letters of the base station's MAC address. This MAC address can be found on the sticker underneath the base station. The first time you log in, these 4 numbers/letters will also be your password. You will then be asked to change your password, provide an email address for password recovery, set your timezone and accept the general terms and conditions.

Username: (last 4 numbers/letters of the MAC address, see sticker underneath base station)

Password: (the 1st time you log in: the last 4 numbers/letters of the MAC address)

Contact our helpdesk on +31 (0)85 060 1252 if you have any questions or experience any problems. The NightWatch Portal is still in the development phase. Consequently, the accessibility and functionality of the NightWatch Portal may vary. In addition, the portal is only available in the English language at present.

Version 3.0

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WHAT IS THERE TO VIEW?

Once you have logged in, you will find yourself in your own environment on the 'Reports' page. In addition to this page, you can also navigate to the 'Alarms overview' and 'Settings' pages. We will explain these pages below.

'REPORTS' PAGE

On this page you can view the graph of your recording. When a recording has been made, it will be visible in the left column 'Reports'. You can see on which day/time a recording started and when it was stopped. You can also see whether an alarm has occurred in that recording and what the maximum measured heart rate and movement has been. Click on the recording you would like to view. Above this column you can go back to previous months.

The graph that is displayed shows how the measured heart rate changes per second. You can see this when you move your mouse over the graph. You can also zoom in on the graph. To do this, select a part of the graph with your cursor. Do this by click and holding the mouse button and drag a part of the graph blue.

In the heart rate graph, the NightWatch alarms are displayed as red alarm bells if there were any. There are six algorithms that individually can trigger an alarm:

1. Rhythmic-Movements = Rhythmic movements that resemble epilepsy-related movements have been detected.
2. Vibrating-Movements = Vibratory/shaking/muscular tension movements that resemble epilepsy-related movements have been detected.
3. Shaking-Movements = Severe jerking/shaking movements that resemble epileptic-related movements have been detected.
4. Heart-Rate-Increase = The measured heart rate rose suspiciously compared to moments before and remained high.
5. High-Heart-Rate = The measured heart rate is suspiciously high compared to moments before
6. Low-Heart-Rate = The measured heart rate is suspiciously low

You can make notes for each report under 'Notes'. You do this by clicking the 'pen icon' on the recording line. The notes are saved with the rest of the measurement data. To protect the privacy of the armband wearer, we advise against including privacy-sensitive information such as the identity of the NightWatch wearer in these notes.

PLEASE NOTE: The data in the NightWatch Portal is for information purposes only. The measured movement and heart rate data may differ from reality.

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'ALARMS OVERVIEW' PAGE

On this page, you can view a summary of all alarms registered during a period you have selected. You can select the period at the top left where it says 'Show alarms from … till'. This summary can be used to compare different periods.

The left column shows all alarms registered within the selected period. These alarms can be clicked, after which the graph for that day can be seen.

'SETTINGS' PAGE

You can view and change your details on this page. You can also set your time zone if you are going overseas, for example. You can also change your account password here. Your username is unique and cannot be changed.

FINALLY

The portal is still under development. If you encounter faults, or have any tips for the portal, please let us know via the 'Feedback' button in the portal!

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