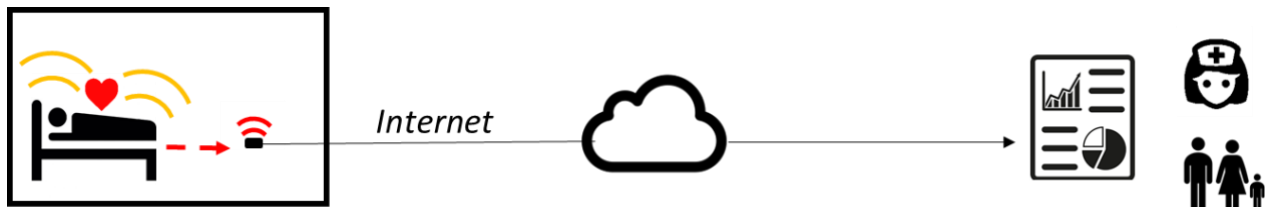# NIGHTWATCH PORTAL (BETA VERSION)

LivAssured

The NightWatch can be connected to the internet so that you can print out the wearer's recorded heart rate and movement data via the portal2.nightwatch.nl website.

This gives an 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 epileptic seizures with the portal and compare these seizures to one another. It can be very useful to share the data with your neurologist, particularly in the event of changes to medication, for example.

There are different ways to connect your NightWatch to the internet. These are described below:

WAYS TO CONNECT THE NIGHTWATCH TO THE INTERNET

- VIA CABLE
    - o Insert an internet cable into the NightWatch base station and connect the other end of the cable to your router. If there is no router in the vicinity of the base station, you can use a WI-FI repeater with LAN port connection.
    - o You can also use a so-called powerline adapter to bridge any gap between the NightWatch and the router. A powerline adapter uses the mains to transmit the internet signal. You can find an example of a good 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. We can supply a router with a data sim card that connects the NightWatch to the internet directly without having to connect to your own network. You can easily move this portable router system to other locations and use the public 4G network, just like mobile telephones.

DATA TRAFFIC AND PROTECTION OF PERSONAL DATA

Once connected to the internet, the NightWatch automatically sends its measurement data to the NightWatch portal. This data contains information about the heart rate measured, movements, and any NightWatch notifications. The data is completely anonymous and contains no sensitive personal information about the wearer. The unique number on the back of the NightWatch base station enables you to view the measurement data online after you have accepted the conditions. LivAssured does not save these unique numbers on its system.

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

CREATING AN ACCOUNT

An account is automatically created for you as soon as your NightWatch sends its first message to the portal. Data recording starts when the base station is connected to the internet and the armband is removed from the charger. The recorded data is sent to the portal and converted into a graph every 5 minutes. Data recording stops as soon as you connect the armband to the charger again. It can take 15 minutes before you can log in.

LOGGING IN

The recorded data is saved indefinitely and is available to you when you log in via the portal's website: https://portal2.nightwatch.nl/ (Google Chrome recommended as browser, not mandatory).

An account name and password is required for this.

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 your email address for password recovery, 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.

HOW THE NIGHTWATCH PORTAL WORKS

The NightWatch Portal is still in the test phase. This means functioning of the portal cannot be guaranteed. In addition, the portal is only available in the English language at present.

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

RECORDINGS PAGE

You can view graphs of recordings on this page. If a recording has been made, it will be visible in the left column. You can see the date/time a recording was started and when it finished. You can also see whether an alarm was activated and what the maximum heart rate and movements were. Click on the recording you wish to view. You can use the arrows above the left column to navigate back to different months.

The graph that is displayed shows how the heart rate changes by the second. You see this when you hover over the graph with your mouse. You can also zoom in on sections of the graph. To do that, select a section of the graph with your cursor (keep the mouse button depressed and highlight the section of the graph in blue by dragging).

NightWatch alarm notifications are represented by red alarm bells on the heart rate graph. There are six algorithms that could activate an alarm:

1. Tachycardia = Heart rate was very high
2. Bradycardia = Heart rate was very low
3. Heart rate increase = Heart rate increased very rapidly
4. Motion 1 = Jerking/rhythmic movements that resemble epileptic activity detected.
5. Motion 2 = Jerking/rhythmic movements that resemble epileptic activity detected.
6. Motion 3 = Jerking/rhythmic movements that resemble epileptic activity detected.

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.

SEIZURE 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 observe the effect of medication changes within specific periods, for example. You can also add a note to each alarm.

The left column on this page shows all seizures registered within this period. Each of these seizures can be clicked and opened, after which the whole recording for that day can be seen.

SETTINGS PAGE

You can view and amend your details on this page. You can also set your time zone if you are going overseas, for example. You can also amend your account password here.

ICT

Every 5 minutes, the data collected by the NightWatch is sent to the following IP address in JSON format:

- IP: 136.144.231.83
- Port: 443

The NightWatch only sends data to the server and not vice a versa. The NightWatch only collects data when the armband is removed from the charger.

LivAssured does not store any client MAC addresses in its CRM database. The data on the portal's server is therefore impossible to trace to an individual.

FINALLY

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