



## Sleep Image Instructions & Information for Android

### In the box:

- Sleep Image Sleep Screening Ring
- Charging cable
- Your ID code on a post-it note (In case the app logs you out, you will re-enter the ID and DOB)

### Instructions:

- Charge the sleep ring during the day before you begin to use it at night. You can leave the ring charging all day, if needed. If the sleep ring is not fully charged, it may not collect the full night sleep data.
- With an Android phone, download a separate app called “**Keep Screen On**”. Before you start, open this app and click on the lightbulb to turn it on.
  - o When you turn the lightbulb on, this allows for the screen to stay on during the night. If the light bulb is not turned on, the screen will turn off and the sleep ring will not be able to collect data.
  - o Do not click the lock button on the side of your phone.
- Put the sleep ring on a finger where it fits *comfortably*, or it may not collect data.
  - o If it's too loose it may get pulled by a blanket or moved during your sleep.
  - o If it's too tight it will be uncomfortable to wear overnight.
- The ring will automatically turn on when placed on a finger.
- Keep your cell phone charged the whole night in the same room.
- Once you're ready to start (and sleep) you will open the Sleep Image app and click the green arrow.
- Go to sleep as normal.
- When you wake up the next morning click on the red stop button.
- You may now take off the sleep ring and it will turn off automatically. Leave it charging so that it's ready to be used for the 2<sup>nd</sup> night.

\*If you have any additional questions, please call our office at 805-543-5321 or text us at 805-225-9356.