



## Sleep Image Instructions & Information for iPhone

### 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.
- In the settings app, scroll down and click **Display & Brightness**. Scroll down and click on Auto-lock and change to **Never**.
  - o Change it to **Never** so that the screen stays on as the sleep ring is used at night or it may not collect the full night sleep data.
  - o Do not click the lock button on the side of your phone.
- You will 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.