good sleep TEST

Monitoring using the Good Sleep Test
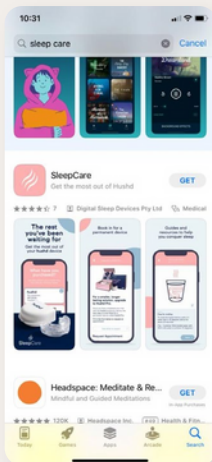
⟶ # 1. Download SleepCare App

Download the SleepCare App
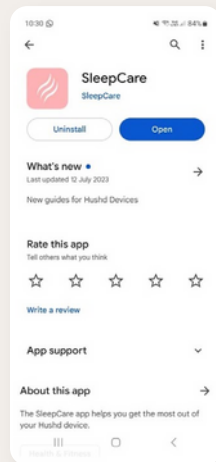**Tip – search 'SleepCare App' to find it**
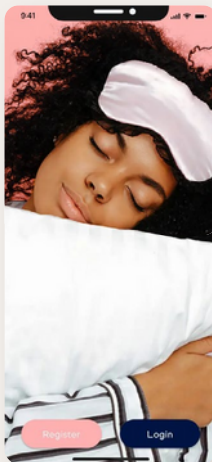**or use this link -** SleepCare – Good Sleep Co

Apple

Android

⟶ # 2. Create your SleepCare account

Register using the same credentials (email, phone number) you provided to your health provider.

SleepCare
APP

If you would like more information, please contact us:

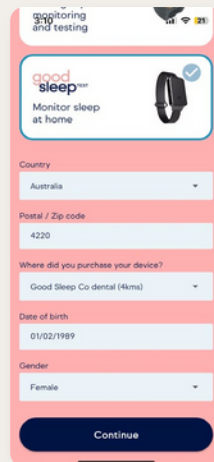hello@goodsleepco.health

Good Sleep co

→ 3. Select your devices

Select the device(s) you have purchased.
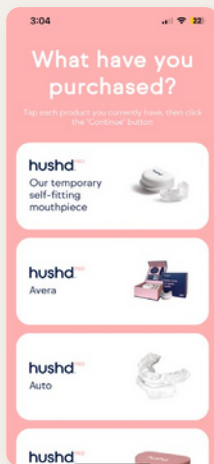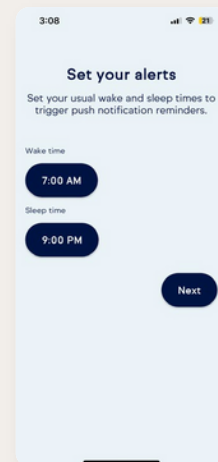

→ 4. Fill in details

Fill out the rest of the details needed by the App, Continue and click 'Next'.
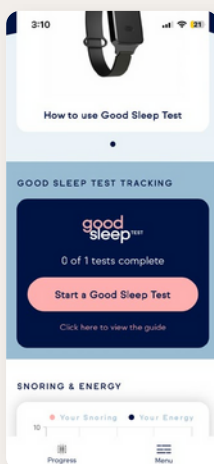

→ 5. Set alerts

Set your alerts.

→ 6. Start a Test

Go to 'Good Sleep Test Tracking'. Click to view the guide on how to wear the Good Sleep Device. Once ready, click 'Start a Good Sleep Test'
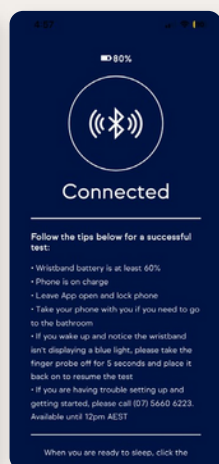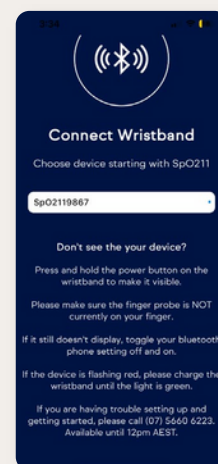

→ 7. Detect Device

Make sure your mobile Bluetooth is on. Press and hold the power button of the device (watch) until your phone detects the device.

Make sure your finger/thumb is at the center of the probe, and the line or chord of the probe is located at the top of your hand. Wrap the probe with the velcro strap.
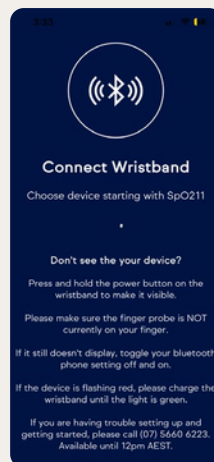
→ 8. Pair Bluetooth

Once device is visible, click the device and wait for it to be connected.

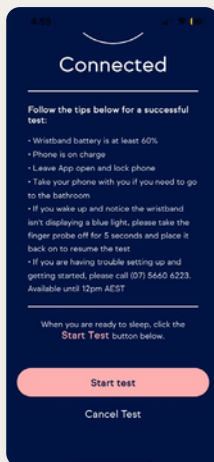**If you would like more information, please contact us:**

hello@goodsleepco.health

→ **9. Start Test**
Once it's connected scroll down click 'Start Test'.
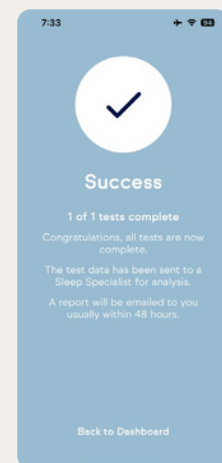

→ **10. Test in progress**
Once the recording has started, you can leave your phone beside you (ensure it is within one meter of the sleep device). Look below RECORDING for a moving line. This indicates your pulse is being detected and data is being recorded. Confirm the line is moving both before you go to sleep and when you finish the test the next day.
After waking up the next day, open your phone and click 'Finish Test'.
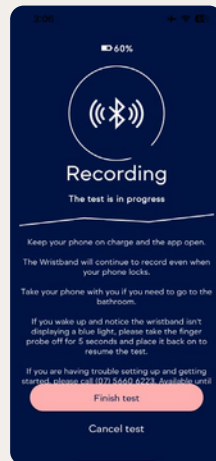
→ **11. Results emailed**
Once you have finished the test, results will be shared to your email, otherwise contact your physician.