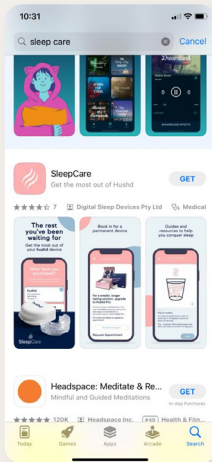# sleep image

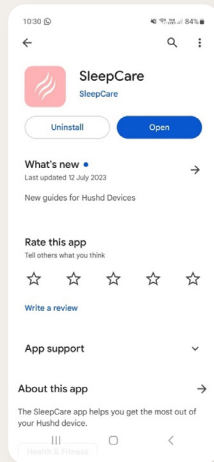## Monitoring using Sleep Image ring

→ **Download SleepCare App**

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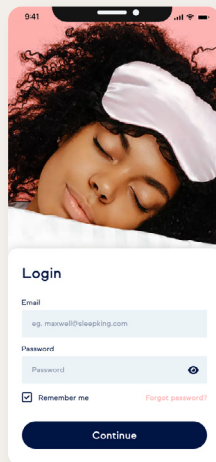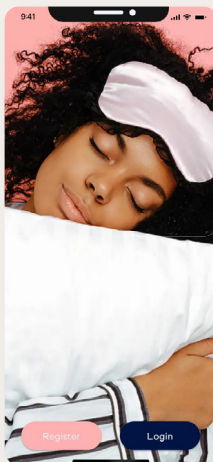or use this link - SleepCare – Good Sleep Co

### Apple

### Android

Download on the App Store

GET IT ON Google Play

→ **Log in to your SleepCare account**
Create an account or log in if you already have one.

## SleepCare
### APP

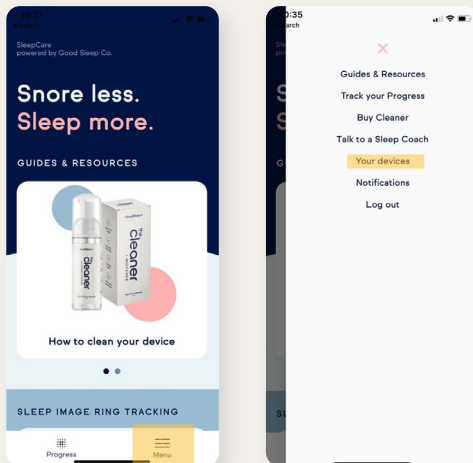### If you would like more information, please contact us:
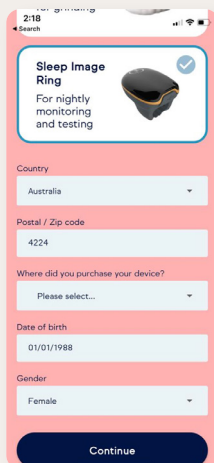
hello@goodsleepco.health

**Good Sleepco.**

## → Navigate to 'Your Devices'

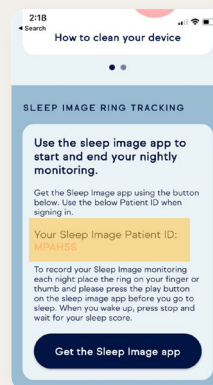Once you are logged in, click Menu at the bottom of the screen, then click Your devices.



## → Select Sleep Image ring

Select Sleep Image ring and fill in the information at the bottom of the screen, then click continue.



## → SleepImage ID number assigned

On your homepage you will now have a Sleep Image patient ID number:



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If you would like more information, please contact us:

hello@goodsleepco.health

**→ Download SleepImage App**

Download the SleepImage App.

[Download on the App Store]   [GET IT ON Google Play]
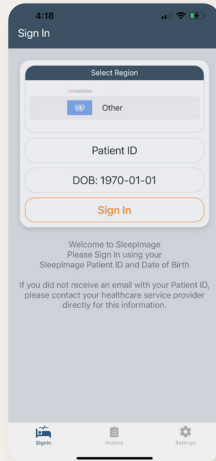
**SleepImage**
Sleep Analytics

**→ Sign in to Sleep Image**

To sign in, select your region (for Australia choose 'other').
The patient ID is the number from the Sleep Care app. Ensure your date of birth matches what was entered into Sleep Care, then select Sign in.



**→ Start monitoring**

When you are ready to start your monitoring, click the green button.
In the morning, click the red to stop monitoring.
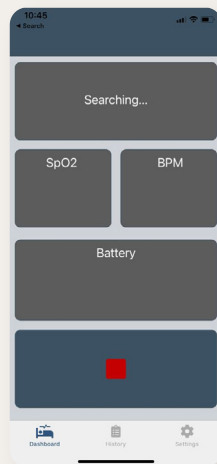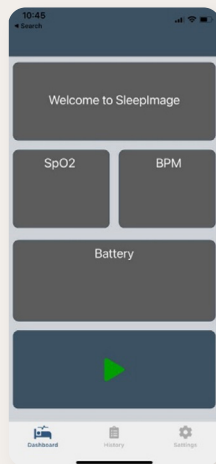


## Good Sleep co.

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

hello@goodsleepco.health

## → In the morning

In the morning, keep the ring and phone near each other for a few minutes to let them sync, then you can log back into the SleepCare app to see your results.

## → Sleep info

The information you will receive about your sleep is:

- An overall sleep score out of 100 (the higher the better)

- Your SPO2 (ideal 97% +)

- Your AHI
  (< 5 is normal, 5-15 mild OSA, 15-30 moderate OSA, Severe OSA 30)

## → Troubleshooting Tips

- Ensure there are no other Bluetooth devices in the room while doing the test

- Verify that you have a good internet connection by navigating
  to any webpage in your browser, for example:

- If you are on Wifi, try switching to cellular (or vice-versa)

- If you have a VPN configured on your phone, that may cause issues.
  If you can disable it, try that.

- If you have another mobile device in the household, such as a family members'
  phone or a tablet, try that and see if you are successful there.

## → Questions?

Email us at **hello@goodsleepco.health** and we can help you out!