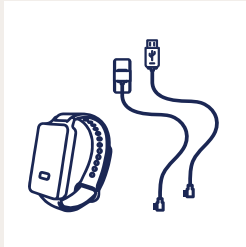


# GoodSleepco™

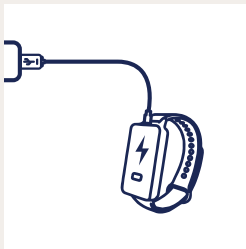
## How to use Good Sleep Test - Step by Step



### Step 1

#### → Unbox the device

Open the box and take out all parts of the device - the Wristband, Sensor & Wristband Charger.

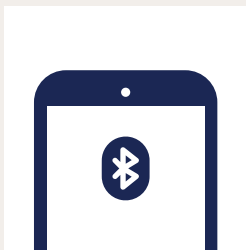


### Step 2

#### → Charge Wristband

Plug the supplied USB charging cable into the Wristband and connect to a power supply.

The Wristband will show an orange light while charging. Once the light turns green the device is fully charged and ready to use (approx. 2 hours).

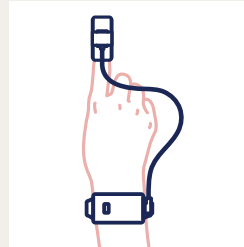


### Step 3

#### → Pair Wristband

Connect the Wristband to your phone or tablet using Bluetooth.

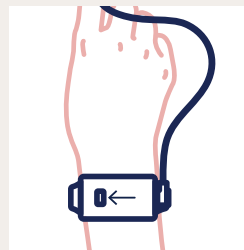
You will be prompted to do this when starting the test.



### Step 6

#### → Attach cable

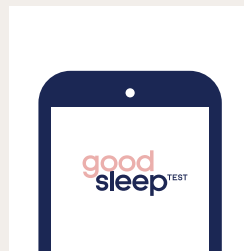
Attach the Sensor cable to the base of the Wristband.



### Step 7

#### → Turn on

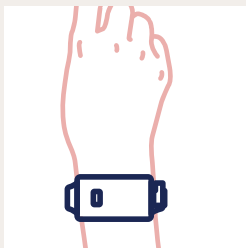
Turn the device on using the on/off button on the Wristband.



### Step 8

#### → Initiate test

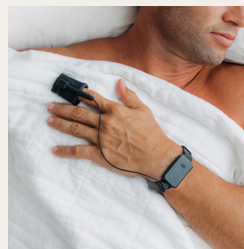
Open the Good Sleep Test function in your SleepCare App. Initiate your test.



### Step 4

#### → Wear the Wristband

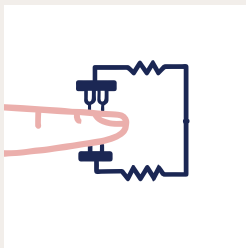
Put the Wristband snugly on either wrist using the strap (firm but not too tight).



### Step 9

#### → Sleep

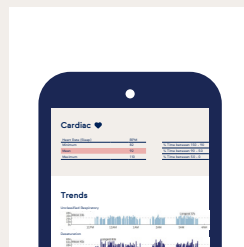
Leave the Good Sleep Test device on for the entire time you're sleeping. Data will upload to the SleepCare App while you sleep, so please keep the App open.



### Step 5

#### → Fit Sensor to finger

Place the Sensor over the top of your index finger on the same hand as the Wristband. (Note that the light emitting from the Sensor must be directly irradiated to the side of your fingernail. Please remove any nail polish or fake nails from the finger.)



### Step 10

#### → Get results

When you wake, take the Wristband off. Stop the test via the SleepCare App. Results from your sleep will be uploaded. Your Specialist Sleep Report will be available via the SleepCare App or via your clinician.



If you would like more information, please contact us:

[hello@goodsleepco.health](mailto:hello@goodsleepco.health)