

# GoodSleep<sup>co</sup>

## Sleep Image Directions

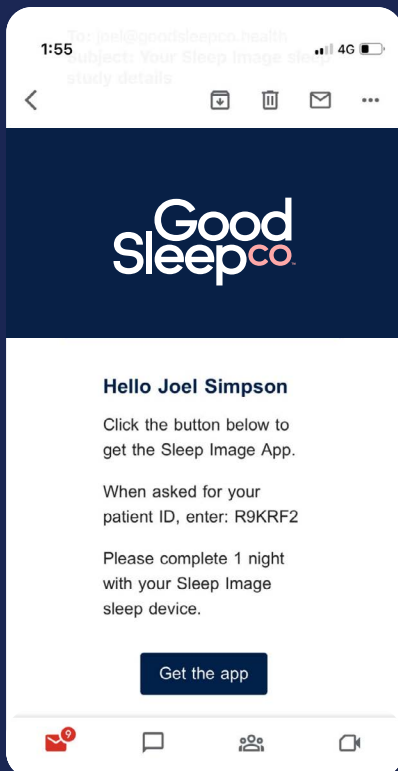


## Getting started with the Sleep Image device for monitoring your sleep

### You'll receive this email

#### → Your provider will initiate a test

Your provider will initiate a test for you, and you will receive an email with details on downloading the Sleep Image app



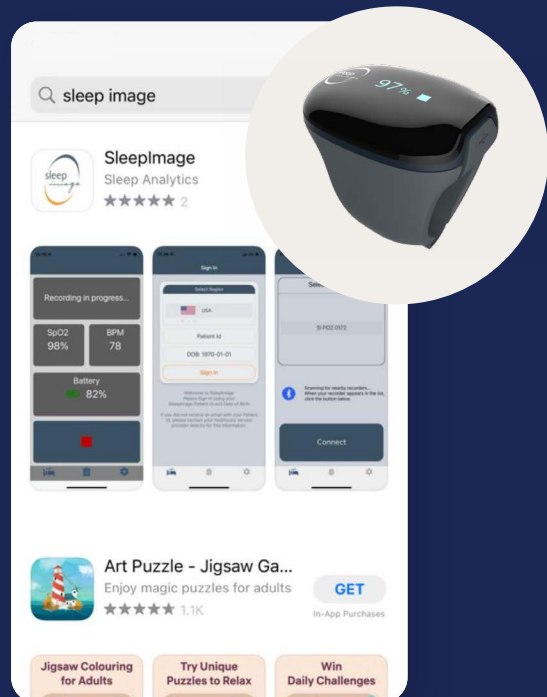
### Ring & App setup

#### → Provider will give you a ring device

Before you leave your consultation, you'll receive a Sleep Image ring from your provider

#### → Download the Sleep Image app

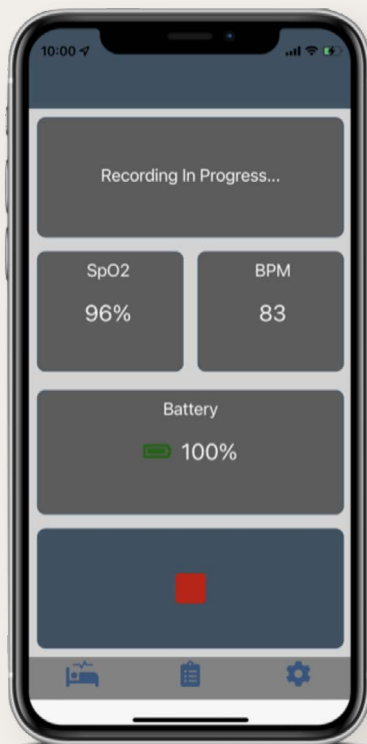
Download from your app store



### Monitoring your first night

#### → Start the test

When you go to bed, put on the ring and start the test through the app



#### → End test in morning

End the test and take off the ring

#### → Results delivered via doctor

Your doctor will have the results the very next day or for a specialist report, within 2 weeks

### 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.
- **If the recording time or quality is low once test results are received, please contact us [hello@goodsleepco.health](mailto:hello@goodsleepco.health)**