

# How to Use the SleepImage® App and Device for Children



## 1 Download the SleepImage App

SleepImage will send you an email with your child's **Patient ID** and **links to download the SleepImage App** from either the Apple App Store or the Google Play Store. You will need to install this application on a mobile device to facilitate your child's sleep test.

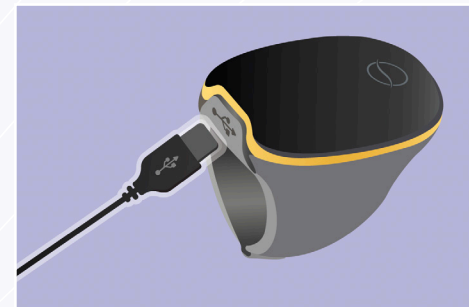
Note that you may also receive your child's Patient ID by text message or verbally from your child's provider.

If you cannot find the email, check your spam/junk folder.



## 2 Prepare your Child's SleepImage Device

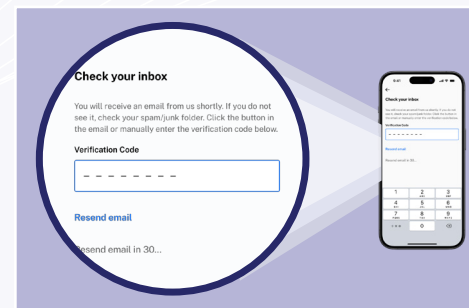
Ensure the SleepImage device is fully charged with the provided cable before use. A full charge will take about **90 minutes**.



## 3 Set the Device Up With the App

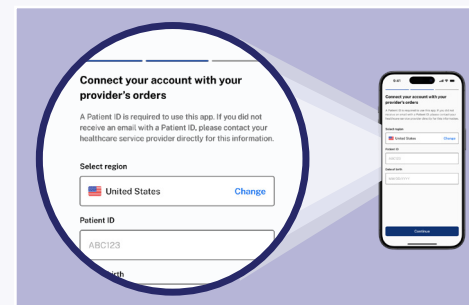
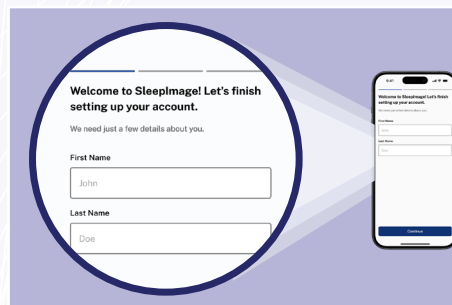
Launch the SleepImage App once it's installed, accept the End User License Agreement (EULA), and begin by setting up your child's patient account. You may choose to sign in using email, Google, or Apple. For the email option, SleepImage will send you a 6-digit verification code. Enter this code in the App to complete the sign-up process.

An email may only be used with one account. If you already have your own patient account, use a different email for your child's account.

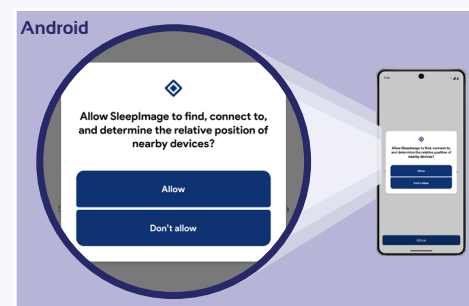
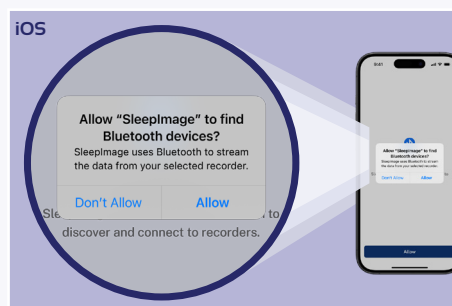


Once you have signed up, you will be asked to enter your child's name, Patient ID, and Date of Birth (DOB).

Your child's DOB is only used for identity verification and is not stored in the App.

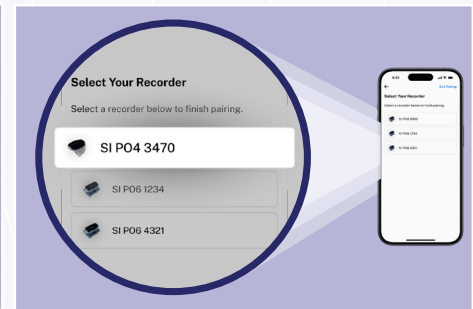


You will be prompted to provide the App permission to find nearby Bluetooth devices. This permission is needed to connect to a SleepImage-compatible recording device.





Click “Search for Recorders” to begin searching for your child’s recording device. Match the four digits that you see in the App with the last four digits of the serial number on the side of your child’s SleepImage device. Tap the corresponding entry in the App to connect your device.

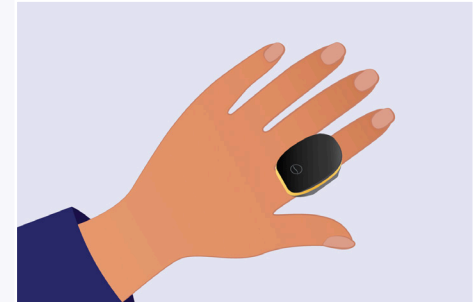


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## Wearing the SleepImage Ring

When your child is ready to go to bed, make sure to wash their hands before wearing the SleepImage Ring. This is essential for improving the accuracy of data collection.

Young children may unconsciously remove the device from their fingers during sleep. If your child is under the age of 12, **it is recommended to secure the ring on their finger using an adhesive bandage or flexible medical tape.** Ask your child’s provider to demonstrate how best to secure the device. Make sure not to secure the ring too tightly, as this may cause discomfort and affect the outcome of the study.

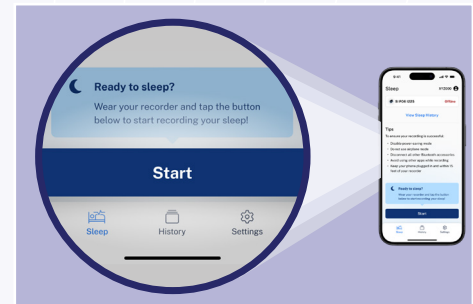


If you have other Bluetooth devices connected to your phone, please disconnect them before starting the study to maximize connection stability.

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## Starting the Sleep Study

Open the SleepImage App and tap the “Start” button to start the sleep study. You must keep your mobile device within the same room as the ring. Now your child may go to sleep.

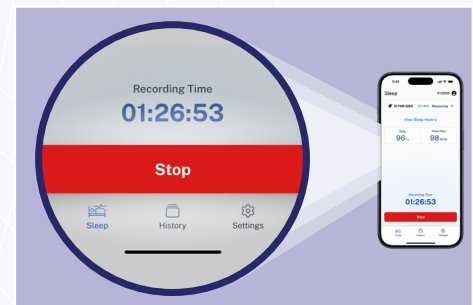


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## Completing the Sleep Study

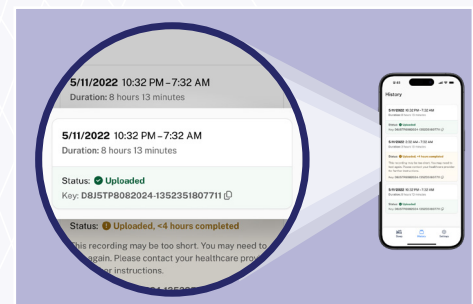
When your child has woken up, open the App and tap the “Stop” button to stop the sleep study. The App will then upload and send your study to your child’s provider.

Do not remove the device from your child’s finger until you have stopped the sleep study.



You may check the status of the upload on the History tab in the App. Once you see the “Uploaded” status underneath your most child’s recent study, you may close the App.

Uploading the study requires an Internet connection. Please ensure that Wi-Fi or cellular data is turned on.



## Next Steps

Your healthcare provider will review your child’s results with you and explain what they mean, and if needed, develop a plan for your child to achieve better sleep. Many sleep concerns are common and have simple, effective solutions.

Remember: Your sleep patterns are unique to each individual, and they naturally change throughout your life. Your healthcare team is here to help your child achieve your best possible sleep.

Thank you for making us a part of your sleep health journey. Sleep Better with SleepImage!