

sun✱rise

Your Quick Start Guide



Hello there ✱

You've just taken an important step in participating in a sleep study with the Sunrise device.

This guide helps you set up the device and complete your sleep study. You can also scan the QR code inside the box for a video tutorial.



What's in the box?

Before we start, let's confirm what you've received:



1 Sunrise sensor
(usable for up to 3 sleep studies)



5 Small double-sided adhesives
(1 per sleep study + spares)



5 Large single-sided adhesives
(1 per sleep study + spares)



1 Stamped return envelope

Simple steps to get started

 When you receive the device

1. Download the app

Install the **Sunrise.sleep** app on your smartphone.



Sunrise.sleep



Please enable Bluetooth, Wi-Fi or cellular data, and provide the app with access to your camera.

2. Connect your device

Go through the introductory screens. When asked, click 'I have a sensor'. Scan the **QR code inside your box** to identify your device. If your practitioner has assigned you a PIN code, you will be asked the code.

3. Enter your details

If your practitioner required it, you will need to answer a few questions about your health.

Beginning your sleep study

🌙 Right before falling asleep

1. Prep your chin

Ensure your chin is clean and free of any lotion. If your chin has facial hair, it's recommended to shave it for reliable sensor contact.

2. Turn on the sensor

Firmly press the '+' sign on your device. A green light will blink three times. The red light on the back will indicate activation.



Device activated

3. Position the sensor

Follow the app instructions to use the small adhesive and place the sensor to the middle of your chin **1**. Then, secure your device by applying a large adhesive over it **2**.



4. Start your recording

Tap 'Start recording' on the app and drift to sleep. You can close the app or shut your phone; it won't affect the study.

Concluding your sleep study

☀ Once you have finished sleeping

1. End your recording

On your phone, tap 'Stop recording' in the app.

2. Take off the sensor

Gently remove the adhesives and the sensor from your chin. Take off the adhesives from the sensor and throw them away.

3. Transfer your data

Firmly press the '+' sign to reactivate your sensor. Follow the instructions in your app to transfer your night's data. Well done, your **sleep study is complete!**

What now? ✱

Your practitioner will be notified once your study is ready for review. If you have more studies scheduled, keep your device safe in its box.

If this is the end of your Sunrise journey, **please return the sensor** in the prepaid envelope.

We'll recycle the components and bring a smile to Mother Nature!

Need a hand?

We're here to help. You can reach us at:

support@hellosunrise.com

833-378-6747 (toll free number)

us.hellosunrise.com

sun*rise

