

## What's in the box?

Sensor (up to 3 sleep studies)



Double-sided adhesives to attach sensor to chin (1 per sleep study + spares)



Additional adhesive bandages to secure sensor to chin (1 per sleep study + spares)



Tape to measure neck circumference



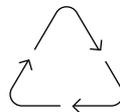
## Any question?

support@hellosunrise.com

833-378-6747 (toll free number)

hellosunrise.com

Please send back the sensor in the prepaid envelope when you have completed your sleep study(ies)! We will recycle the components and bring a smile to Mother Nature.



Sunrise

## Quick start guide.

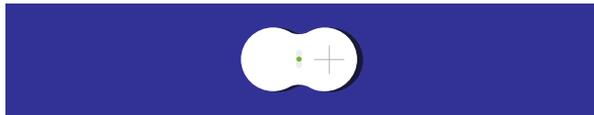


**STEP 1 - Before going to bed,** download the ‘Sunrise.sleep’ app and follow the instructions (your practitioner may require you to complete a medical questionnaire).



**STEP 2 - When you go to bed,** click on ‘I have a sensor’ and scan the QR code inside the packaging (if your practitioner has assigned you a PIN, you will be required to enter it at this time).

**STEP 3 -** Press the ‘+’ button on the sensor to power it on. A green light will blink 3 times.



**STEP 4 -** Apply the double-sided adhesive to the skin facing side of the sensor and place the sensor horizontally in the middle of your chin (if you have facial hair on your chin, please shave before placing sensor).

**STEP 5 -** Apply the additional adhesive bandage over the sensor (follow the instructions in the app).



**STEP 6 - When you are ready to fall asleep,** press the ‘start recording’ button in the app.

**STEP 7 - When you are finished sleeping,** press the ‘stop’ button in the app, remove the sensor from your chin and peel off the used adhesives.

**STEP 8 -** Press the ‘+’ button on the sensor and follow the instructions in the app.

**STEP 9 -** You can store the sensor in the box until your next sleep study (if applicable). Your practitioner will be notified your sleep study is completed and ready for review.

Early bird or night owl? ☀️ Answers will come at Sunrise.

