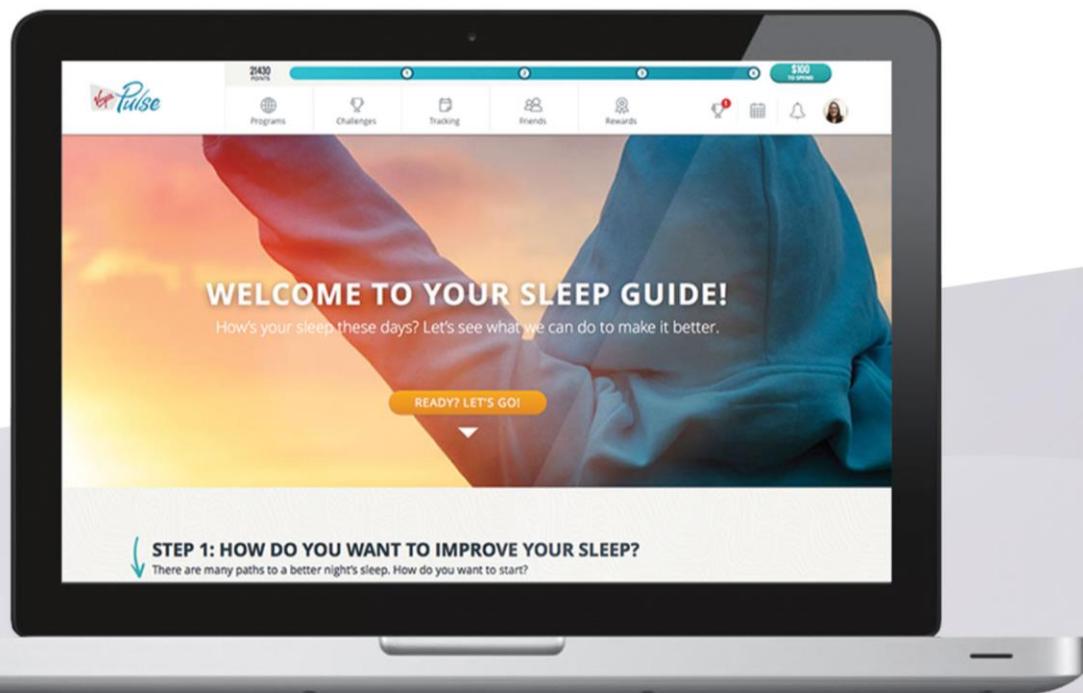




Healthy Emory Connect

SLEEP GUIDE



OVERVIEW AND TUTORIAL

For Healthy Emory Connect Sleep Guide



START SLEEPING BETTER

WITH **HEALTHY EMORY CONNECT.**

Say hello to **Healthy Emory Connect Sleep Guide**, a comprehensive program tailored specifically to address your sleep needs. We make it easy to improve your sleep with simple, actionable lifestyle changes.

Want to sleep longer and better? Need a better sleep routine or help quieting the mind before bedtime? Maybe your sleep environment is the culprit! Whatever it is, we'll help you improve it. And even if you're sleeping well now, read on to learn better ways to fall asleep and stay asleep with Healthy Emory Connect Sleep Guide.

GETTING STARTED.

Follow these 4 easy steps to personalize your sleep plan.

STEP 1:

Choose how you'd like to improve your sleep.

We created 6 comprehensive action plans to improve sleep. You just need to choose one that best fits your need. Can't pinpoint just one? No problem! You can switch focus anytime you're ready. Just click 'Change My Profile', at the top right of the sleep results graph.

STEP 2:

Choose sleep habits to work on.

We recommend 3 sleep habits to work on with each action plan. Use the sleep trackers every day to help turn behaviors into habits. These trackers can be turned off, but we hope you'll use them to help pave the way to better restful sleep.

STEP 3:

Set your sleep goal.

Research recommends 7 to 9 hours of sleep per day. If you fall short, set achievable goals in 30-minute increments at a time, to help improve your chances of success. Avoid big increases like moving from 5 to 8 hours. These aspirational goals frequently fail because they require unrealistic changes to your lifestyle. Be patient – habits take time to form. To set goals, just click and move the goal setting button along the time scale.

STEP 4:

Choose a tracking method.

You can track sleep on multiple devices or use manual entry. Choose a default tracking method and we'll show your results from that option first. If you use more than one sleep tracking method, simply use the device selection icon in the lower right corner of the results graph to toggle and display results from different tracking methods.

STEP 1: HOW DO YOU WANT TO IMPROVE YOUR SLEEP?

- SETTING THE MOOD**
I want to create a peaceful atmosphere that helps me fall asleep and stay asleep.
- GETTING TO BED**
I want to make getting a good night's sleep a bigger priority in my life.
- PREPARING TO SLEEP**
I want to develop a regular routine before bed that helps me relax my body and quiet my mind.
- QUIETING MY MIND**
I want to work on ways to settle my mind when thoughts and worries keep me from sleeping.
- SLEEPING & SHIFT WORK**
I want to get better sleep, working my unique sleep schedule as a shift worker.
- KEEPING IT GOING**
I'm a sleeping rock star! Mr. Sandman and I are best buds and I want to keep it that way.

STEP 2: WHICH SLEEP HABITS DO YOU WANT TO WORK ON?

Turning these three behaviors into habits can pave the way to a better night's rest. Do these work for you?

STEP 2: WHICH SLEEP HABITS DO YOU WANT TO WORK ON?

Turning these three behaviors into habits can pave the way to a better night's rest. Do these work for you?

YOUR HEALTHY HABITS

Mr. Sandman isn't always singing our tune, but he can help his song come in handy when you're trying to make research-based habits customized for you. Take the first step towards lasting change and a more rested you!

- MIND SWEEPER**
Did you take time to relax your mind before bed?
- CHANGE OF SCENERY**
Did you leave bed if you lay awake for 15 minutes?
- JOURNAL IT OUT**
Did you journal before bed?

SAVE CHANGES

STEP 3: HOW MUCH SLEEP DO YOU WANT TO GET?

How many hours of sleep do you want to shoot for in a night?

YOUR SLEEP GOAL

Research recommends 7 to 9 hours of sleep each day, but many of us aren't even close. Set an achievable goal, and you can work towards getting the amount of sleep to your night at a time, and build from there.

Set an achievable sleep goal, ultimately aiming for 7 to 9 hours.

My goal is to sleep **7** hours a night

SAVE CHANGES

STEP 4: HOW WILL YOU TRACK YOUR SLEEP?

Which sleep tracking device do you want to use while you snooze?

KEEPING AN EYE ON YOUR ZS

From your wrist to your phone, we offer you lots of ways to track your sleep. You may even already have a sleep-tracking device you're using for sleep tracking. Let us help you find out how much sleep you're really getting.

You can track your sleep on multiple devices. Select the tracker you'll use most often and we'll show you that first.

Do you want to track sleep with a different device? Connect it here.

YOUR DEVICES & APPS	MORE OPTIONS
<input type="checkbox"/> Virgin Pulse Max <input type="checkbox"/> Anomie Sleep Time <input checked="" type="checkbox"/> Fitbit <input type="checkbox"/> Manual Tracking	<input type="checkbox"/> Jawbone UP <input type="checkbox"/> Mifit Wearables <input type="checkbox"/> Connect

START MY GUIDE

SLEEP GUIDE REWARDS

NOW YOU'RE READY TO START. JUST CLICK THE 'START MY GUIDE' BUTTON.

HOW IT WORKS

You get a personalized sleep plan with actionable sleep tips and healthy trackers to help you develop good sleep habits.

Track your sleep each day with a compatible device: Max, Fitbit, Misfit Shine or the Sleep Time app. Don't have a device, or forgot to wear one? You can make manual entries too. Your data will appear in the results graph once you upload, sync, or make a manual entry.

Review and analyze your results in daily, weekly, and monthly views to look for trends that impact your sleep quality. See your total time asleep, stirring, and awake for each day's sleep cycle. Get to know your average sleep time, average bedtime, average sleep score, as well as the best night of sleep by weekly and monthly views. We'll also help you find correlations between your sleep and activity in the monthly view. Studies show that a good night's sleep leads to more activity the following day. Is that true for you?

Journal your pre-bedtime activities each day to uncover triggers that may affect the quality of your sleep. How does caffeine, alcohol, food, screen time, and exercise in the hours leading up to sleep affect the quality and quantity of your sleep? Find out, and take corrective action to improve your sleep health.

Use the convenient sleep calculator to calculate your bedtime based on when you want to wake up and how many hours of sleep you want.

Let's not forget, you can get rewarded for all the healthy things you do to improve your sleep. Take advantage of the various ways to earn!

UNDERSTAND TRIGGERS That May Affect Your Sleep

Track your pre-bedtime activities and see how exercising, alcohol, caffeine, eating, or screen time can impact your sleep quality. Over time, uncover patterns and risky behaviors to avoid.

You can only record pre-bedtime activities after you sync your sleep data. But tracking is easy. Simply drag and drop an activity icon onto the sleep chart to log when it occurred. As you monitor these activities on a regular basis, you'll be able to pinpoint how each activity may affect your sleep quality.



VIGOROUS EXERCISE. While daily exercise can help you sleep better, an intense workout in the two hours before bedtime can disrupt your sleep.



ALCOHOL. Too much alcohol (2 or more glasses) 2 hours before bedtime may lead to poor quality of sleep. While a little alcohol may help some people sleep, it's generally recommended that you avoid consuming alcohol before bedtime.



CAFFEINE. Caffeinated beverages can make it hard to fall asleep, even hours later. Some people sleep best at night by avoiding caffeine after 3 pm or as early as noon.



HEAVY OR SPICY FOODS. Eating heavy or spicy foods 2 hours before bedtime can keep you from sleeping soundly.



SCREEN TIME. Research recommends avoiding screen time 2-3 hours before bedtime. This includes all blue-light emitting screens, such as TVs, tablets, computers, and smart phones.

UNDERSTANDING YOUR SLEEP JOURNAL

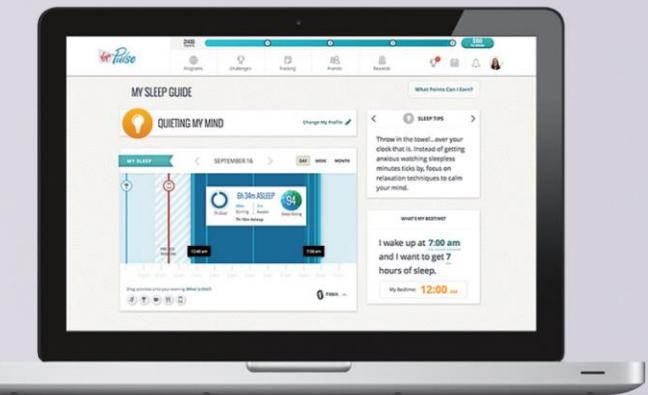
Toggle between day, week, and month to see your progress against your sleep goal.

DAY IN REVIEW

The daily chart displays the total time asleep, restless and awake minutes during your sleep cycle (recorded by a validated device), and any pre-bedtime activities that you recorded. Sleep data (including overnight results) is displayed on the day you wake.

Dark color bands indicate sound sleep while lighter bands show minutes of restless sleep and time awake. Your sleep score is based on three considerations:

- Did you get at least 7 hours of sleep?
- Did you meet your sleep goal?
- How much were you awake during your sleep cycle?



WEEK IN REVIEW

This weekly chart shows daily tracking data over a 7-day period. Blue and red bands correspond to pre-bedtime activities you logged. To help you spot trends, blue bands are safe but red bands may impact your sleep quality. Hover your mouse over each of the color bands to see which activities they represent. Don't forget to check out your average results for the week.



MONTH IN REVIEW

Research shows that a good night's sleep makes you more likely to exercise, eat better, and feel less stressed. This monthly chart helps you understand how your sleep quantity and quality might affect your activity levels and your overall well-being. Aim to get a good night's rest consistently to keep your activity and overall health at optimal levels.



EARN REWARDS FOR SLEEP TRACKING

HEALTHY EMORY CONNECT
OFFERS REWARD POINTS
FOR SLEEP TRACKING.

Check your Sleep Guide to learn more about all the ways to earn. Here are some easy ways people are earning points:

- Choose a sleep profile/action plan
- Daily sleep tracking with or without devices
- Tracking sleep 10x a month
- Tracking sleep 20x a month
- Tracking 7+ hours of sleep 10x a month