How to Use the SleepImage® App and Device

1 Download the SleepImage App

SleepImage will send you an email with your **Patient ID** and **links to download the SleepImage App** from either the Apple App Store or the Google Play Store. Click on the install button to download the application.

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

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



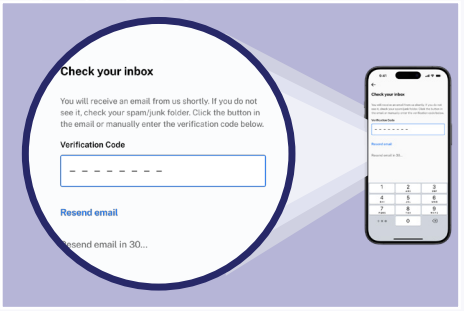
2 Prepare your SleepImage Device

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



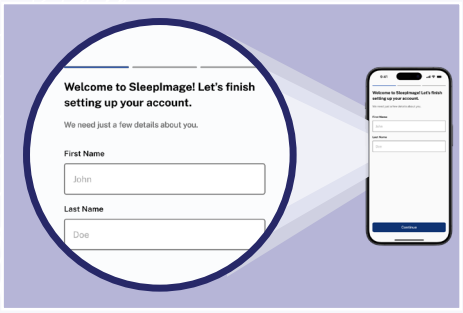
3 Set Your Device Up With the App

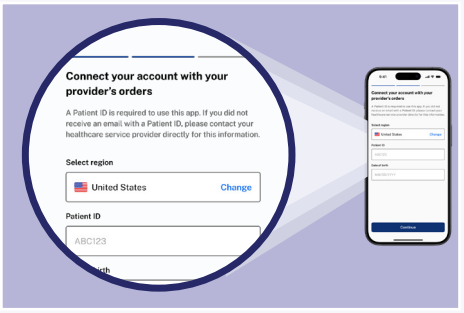
Once you have it installed, launch the SleepImage App, accept the End User License Agreement (EULA), and begin by setting up your patient account. You may choose to sign in using email, Google, or Apple. For the email option, SleepImage will send you a 6-digit verification code. Enter this code in the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



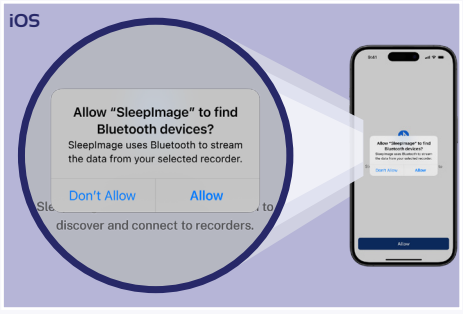
Once you have signed up, you will be asked to enter your name, Patient ID, and Date of Birth (DOB).

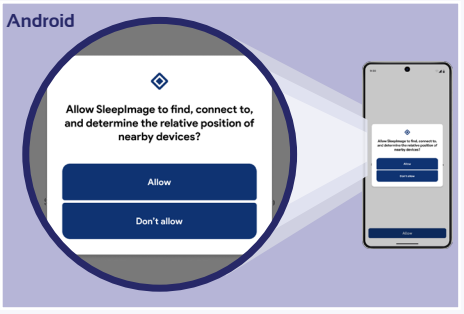
Your DOB is only used for identity verification and is not stored in the App.



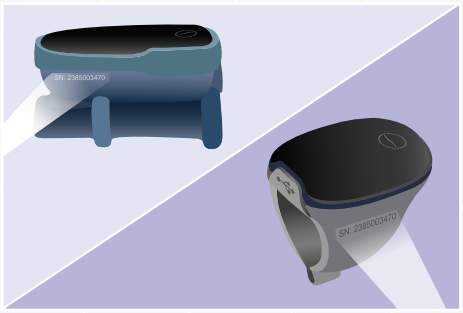


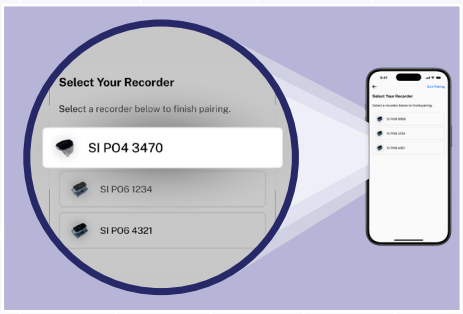
You will be prompted to provide the App permission to find nearby Bluetooth devices. This permission is needed to connect to a SleepImage-compatible recording device.





Click “Search for Recorders” to begin searching for your 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 SleepImage device. Tap the corresponding entry in the App to connect your device.





4 Start Your Sleep Study

When you are ready to go to sleep, wear the SleepImage Ring on either the thumb or index finger on your left hand as shown on the right. If you are using the Fingertip device, wear it on your left index finger and remove nail polish before starting your sleep study.

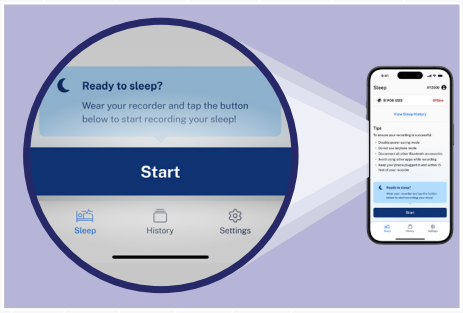




If you have other Bluetooth devices connected to your phone, please disconnect them before starting the study to maximize connection stability.

Open the SleepImage App and tap the “**Start**” button to start your sleep study. Keep your mobile device nearby, such as on a bedside table. Now you are ready to go to sleep.

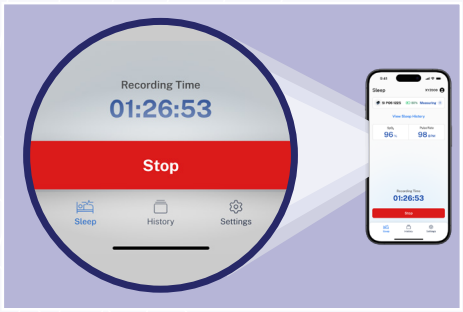
If you need to get up during the night (for example, to use the restroom), you may temporarily remove your SleepImage device from your finger, but do not stop your sleep study in the App.



5 Complete Your Sleep Study

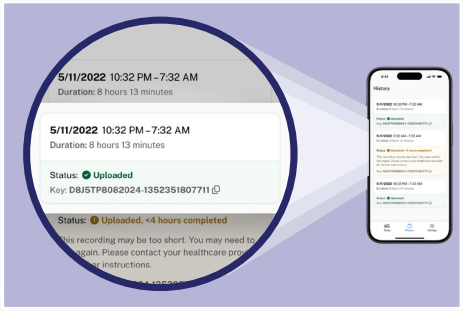
When you wake up, open the App and tap the “**Stop**” button to stop your sleep study. The App will then upload and send your study to your clinician.

Do not remove the device from your finger until you have stopped your 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 recent study entry, you may close the App.

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



Next Steps

Your healthcare provider will review your results with you and explain what they mean for your overall health. If any areas for improvement are found, they’ll work with you to develop a personalized plan to help you achieve better sleep. Many sleep concerns are common and have simple, effective solutions.

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

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