

Privacy Statement

The purpose of this website is to provide users with information about sleep, sleep health and sleep disorders.

This privacy statement forms part of the Good Sleep Health website Terms of Use agreement. Your use of this website means that you have reviewed the relevant terms of use and this privacy statement and agree that we may collect, use and disclose your personal information in accordance with these documents. If you do not agree with these terms, you may choose not to use this website, and are requested not to provide any personal information through this website.

This privacy statement is in effect as of January 2019. Please be advised that this statement is subject to change from time to time. You should review this statement prior to entering in any new personal information.

The collection, use, and disclosure of information

In browsing the Internet, you will encounter a technology called "cookies" which can be used to provide you with specific information from a website. A "cookie" is an element of data that a website can send to your browser, which may then store it on your system. You can set your browser to notify you when you receive a cookie, giving you the chance to decide whether to accept it. You can also set your browser to block all cookies.

The Good Sleep Health website uses session cookies to track website usage. Session cookies track a user's progression through our website(s) in a single

visit. These cookies enable our web server to remember things as you progress from one page to another. Session cookies are deleted as soon as you close your browser. If you leave your browser open for a prolonged period, the cookies on our website are not set to erase themselves automatically after a short period of time. They will, however, be deleted when you shut down your browser.

Persistent cookies do not erase themselves, and they remain on your computer until you erase them using your browser settings. This website makes use of persistent cookies in limited circumstances. In particular, persistent cookies enable our web server to remember specific information related to an authorized user's access to their personal information stored on the site such as the sleep disorder questionnaire or the insomnia program. Because persistent cookies do not erase themselves, authorized users need not provide this specific information every time they access this information from the same computer.

A visitor to the Good Sleep Health website is not required to reveal any individually identifiable information, such as name, address, or telephone number. Nor is such information collected passively by electronic means.

Our web server tracks general information about visitors such as their IP address, domain name, time of visit and may ask for your medical specialty, occupation or other non-identifiable information. The Good Sleep Health website also collects and aggregates information regarding which pages are

being accessed. This information, only in aggregate form, is used internally to serve visitors better by helping us manage our site, diagnose any technical problems and improve the content of our website.

Please note that for security purposes and to ensure that the Good Sleep Health website remains available for use, Good Sleep Health employs software programs to monitor network traffic, to identify unauthorized attempts to upload or change information, and to prevent denial-of-service attacks or other attacks intended to cause damage.

Good Sleep Health Inc use of personal information is limited to the purpose of fulfilling the purpose of this website which is to provide the user with information about sleep health, and Good Sleep Health Inc does not sell, trade, barter or exchange for consideration any personal information it has obtained. Unless permitted or required by law, no personal information is collected without first obtaining the consent of the individual regarding the collection, use and dissemination of that information.

There may be circumstances where the use and/or disclosure of personal information by Good Sleep Health Inc may be justified or permitted or where the Good Sleep Health Inc is obliged to disclose information without consent. In such circumstances, Good Sleep Health Inc will not disclose more information than is required and only as required by law.

Good Sleep Health Inc may disclose personal information collected via this website to any individual or organization that it retains to assist in the provision

of service to users of this website (e.g., technical support). This will occur only if that individual or organization agrees to use such personal information solely for the purposes of performing tasks pursuant to instructions of Good Sleep Health Inc and, with respect to that information, to act in a manner consistent with the requirements of this statement.

Good Sleep Health Inc retains the right to use aggregated information that does not identify or permit the identification of an individual in any way that it determines appropriate.

Accuracy and retention

Good Sleep Health Inc endeavours to ensure that any personal information in its possession is as accurate, current and complete as necessary for the purposes for which the CMPA uses that data. Good Sleep Health Inc generally retains personal information as long as the Good Sleep Health Inc believes it is necessary to fulfil the purpose for which it was collected. Once this purpose has been fulfilled, the Good Sleep Health Inc destroys the information in a secure manner that protects the privacy of the individual to which the information relates.

Currently, the principal place in which we retain personal information held by Good Sleep Health Inc is in the city of .

Security

The CMPA endeavours to maintain adequate physical, procedural and technical security with respect to its offices and information storage facilities so

as to prevent any loss, misuse, unauthorized access, disclosure, or modification of personal information.

As part of those precautions, we restrict access to personal information to those we determine need to know that information in order that the Good Sleep Health Inc may provide its services. Good Sleep Health Inc has a policy under which employee misuse of personal information is treated as a serious offence for which disciplinary action may be taken.

Privacy officer

If you have any questions about access to your personal information, our collection, use, management or disclosure of personal information or Good Sleep Health Inc's Privacy Policy, please contact the Privacy Officer at info@goodsleephealth.ca.