

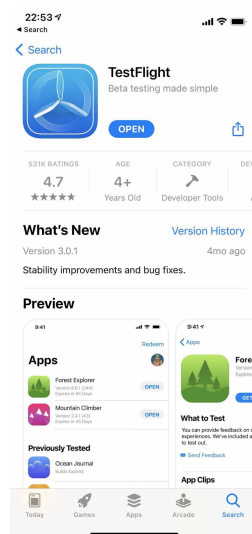
Welcome to Cerno Health! Now, you and your doctor can better understand how you're sleeping and guide your treatment. These directions will help you download Cerno onto your phone and watch and get you ready for tracking. It'll take around 20 minutes.

Create your Cerno Account

Check your iOS version. The Cerno Health App supports iOS version 14.0 and up. To find your current iOS, go to Settings > General, then tap "About". If your iOS is less than 14.0, please update your iOS system and then return to these directions.

Download Testflight. Testflight is Apple's beta testing platform, and how you'll access the Cerno App.

Download Test Flight from the Apple App store.



Pair your Apple Watch. Please follow Apple's instructions to pair your Apple watch [here](#). If you already have an Apple watch, skip this step. When you've paired, set a password of "1111" as prompted.

Download Cerno Health. Check your email – we've sent a link to the Cerno App (subject line: Welcome to Cerno). *Important: you must access this link on your phone.*

Open the link – this will activate the Testflight app to show the Cerno Health App. Then, click the Install button in Testflight next to the Cerno App.

Apps



Cerno Health App
Version 1.3 (12)
Expires in 20 days

INSTALL

Sign Up to Cerno. Once installed, click the “Open” button next to Cerno, in Testflight. Your Cerno App is now installed on your phone and your watch. Open the Cerno App on your phone, click on “Create an Account” and follow the steps to complete your account.

Apps

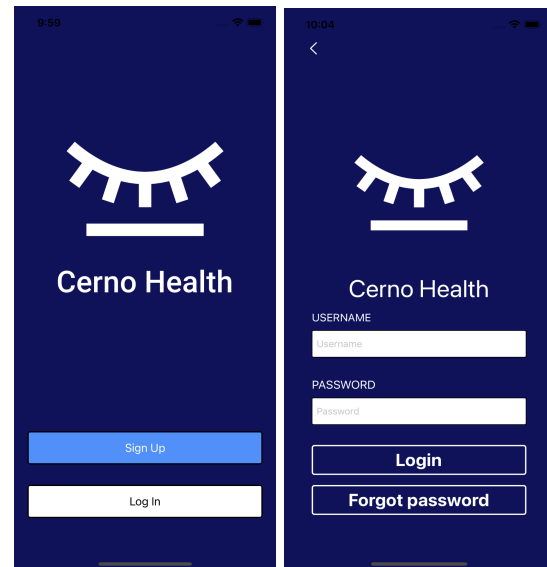


Cerno Health App

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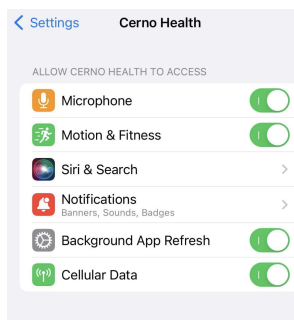
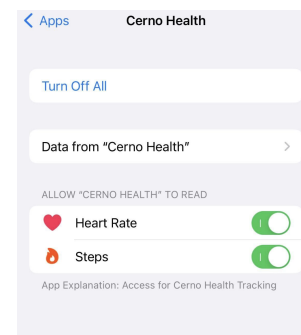
OPEN

Complete your Health Profile. After you’ve created your Cerno account, you’ll complete 4 medical information forms. These are crucial to build your Cerno sleep profile.



Set up your Apple Watch. The Cerno App icon should show up in your watch. If it’s not there, try re-pairing your watch following the directions here. Now you’ll need to correctly permission your watch. On your phone:

- **Check Heart Rate & Steps.** Open the Health App on your phone. Click on the profile icon on the top right. Click on Apps (under Privacy). Click on Cerno Health and make sure heart rate and steps are turned on.
- **Activity & Other Settings.** Open the Settings app on your phone, and scroll down to Cerno Health. Make sure the motion & fitness, background app refresh and cellular data are turned on.



Way to go! You've successfully created a Cerno account and ensured that your watch and phone are ready for tracking.

Record your Sleep

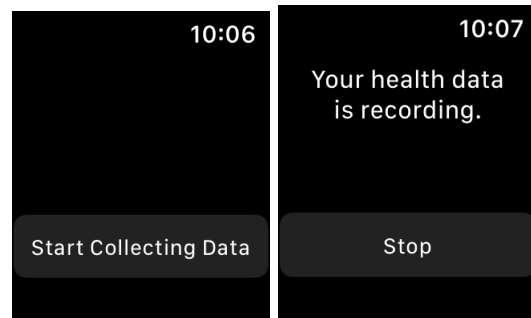
Your phone should always be in range of the watch, no more than five feet away. Ensure that both Wifi and Bluetooth are turned on for the watch and phone, and keep the Cerno App running on your phone for the entire 7 day period (do not quit it).

Your Daily Tracking Routine

- **Wake up and charge.** Approx. 1 hour after waking, stop recording and charge your watch for 1-3 hours.
- **Daytime tracking.** Put on watch and start recording. Keep your phone on/near you. Record for 20 hours per day.
- **Charge.** 3 hours before bed, stop recording and charge your watch.
- **Nighttime tracking.** Put on watch and start recording throughout the night. Keep your phone near your bed.

Here's how to start tracking:

- Press the digital crown on the apple watch to see the home screen. (If prompted, your watch password is "1111")
- Select the Cerno Health app
- Select "Start Collecting Data"
- Your screen should now say "Your health data is recording"
- To stop recording, select "Stop" and confirm "Yes" on the next screen.



When Your Study is Complete

At the end of your study, please erase your Apple Watch before returning the device.

On your Watch, tap Settings > General > Reset > Erase All Content and Settings. You may have to type your password if prompted. Then, tap Erase All to confirm. This resets your Watch to the factory settings.