

Initial Set-up and Recording

Welcome to Cerno Health! These directions will help you download Cerno onto your phone and watch and start recording.

Steps 1 - 4 will take around 20 minutes.

Step 1 of 4: Install Cerno Health app in Testflight, Apple's beta testing platform with this link:

<https://testflight.apple.com/join/IRD2Eyn4>

Important: you must access this link on your phone.

Open the link – this will ask you to follow a 2 step process:

1. **Download Testflight** from the App store
2. **Install** Cerno app

Or, the link will activate the Testflight app to show the Cerno Health App. Click on **Accept** and then **Open**.



Step 1 Get TestFlight

Help developers test beta versions of their apps and App Clips using the TestFlight app. Download TestFlight on the App Store for iPhone, iPad, Mac, and Apple TV.

[View in App Store ↗](#)

Step 2 Join the Beta

If you already have TestFlight installed on this device, you can start testing now.



[Start Testing](#)

TestFlight

[Done](#)



Cerno Health App

Version 1.3 (18)
Expires in 87 days

[ACCEPT](#)

What to Test

1.3.18

Terms of Service

When you use Cerno Health App, your crash logs, usage information and feedback will be sent to Apple and Srikanth Tummala and [more](#)

App Information

[App Details](#)



Step 2 of 4: Sign up and complete your health profile.

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.

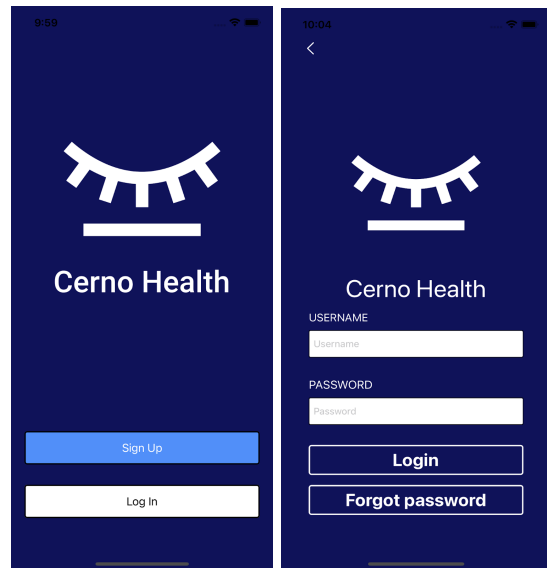
Complete your Health Profile: After you’ve created your Cerno account, you’ll complete multiple questionnaires. These are crucial to build your Cerno sleep profile.

Apps



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

OPEN



Step 3 of 4: Set up your Apple watch, including providing permissions

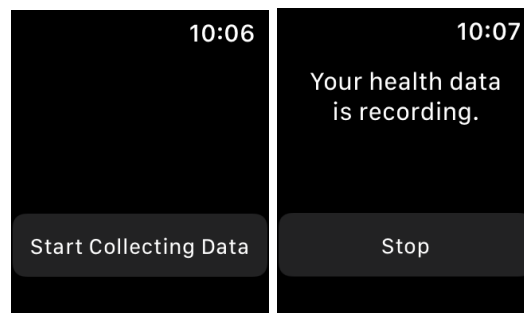
Set up your Apple Watch. The Cerno App icon should show up in your watch. If it's not there, please check in your Watch App of the iPhone to see if it's listed under "Available Apps". If you still do not see the Cerno App icon on your watch, please make sure your Watch is running at least WatchOS version 7.0.



Step 4 of 4: Record your sleep for 7 days and nights (at least 20 hours each day) and complete all questionnaires and pop-up questions

Here's how to start tracking:

- Press the digital crown on the apple watch to see the home screen.
- 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.



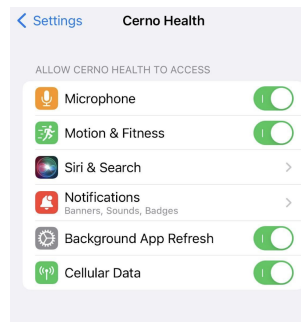
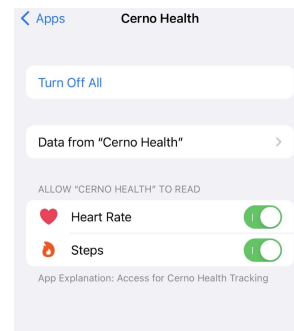
Your Daily Tracking Routine

- **Wake up and charge.**
- **Daytime tracking.** Put on watch and start recording. Keep your phone on/near you. Record for 20 hours per day for 7 days and nights
- **Charge before bedtime:** 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.

Watch Permissions

Please double check the permissions to make sure we are able to access your watch sensor data. 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.
- **Check 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.



Important:

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

Keep the Cerno App running on your phone for the entire 7 day period (do not quit it).

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

Upon 7 days of tracking, please schedule time with Cerno to review your data.

Calendly: <https://calendly.com/viddam/30min>

Troubleshooting:

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.

How to pair your watch. Please use the directions below to pair your Apple watch to the phone, if it is not already paired.

<https://support.apple.com/guide/watch/set-up-and-pair-your-apple-watch-with-iphone-a-pdde4d6f98e/watchos>