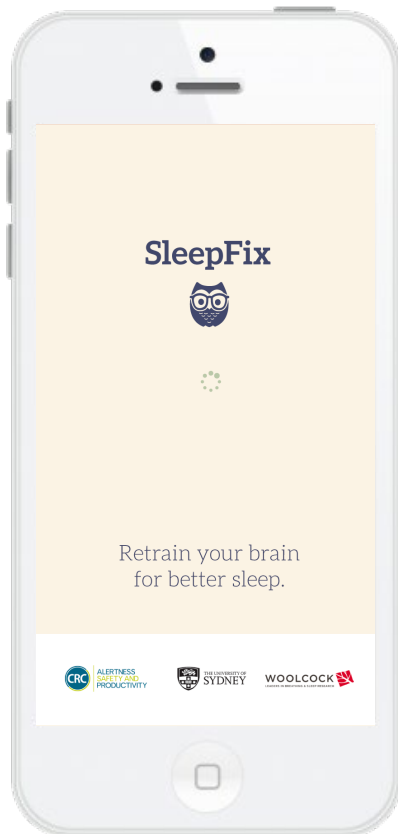# SleepFix

Retrain your brain
for better sleep.

User Manual

Version 1.0

Downloading & Setting up SleepFix

Welcome to SleepFix, the mobile application that aims to improve your sleep. This manual will help you get started with the program.

1. Open the Google Play Store (Android) or Apple App Store (iOS) on your mobile phone.
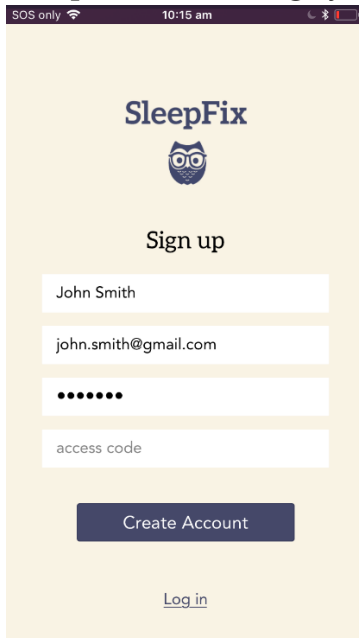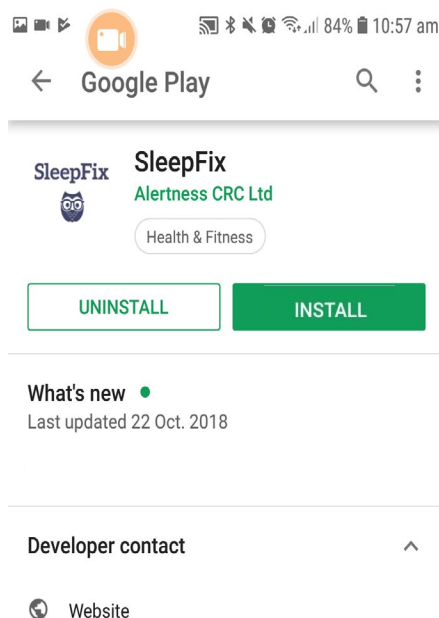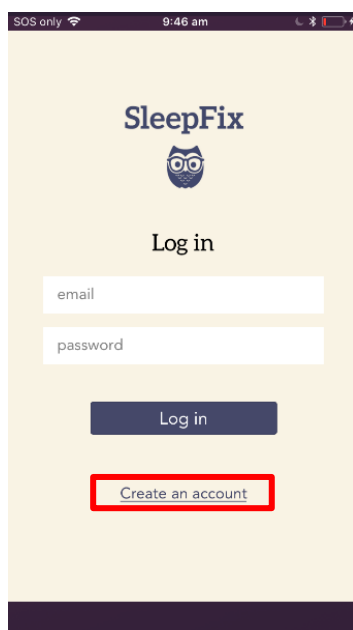

2. Search for 'SleepFix' and select install

3. Once you have installed SleepFix, open the app and select 'Create an account'.

4. You will need to enter your personal details followed by your access code. This access code was emailed to you following registration. If you haven't received this email, please check your junk folder.

   If it is not there, please contact the SleepFix team on 02 9114 0481 or Sleepfix.woolcock@sydney.edu.au

5. Once you have created an account, click 'Start the program' and follow the prompts for SleepFix to calculate your sleep window.
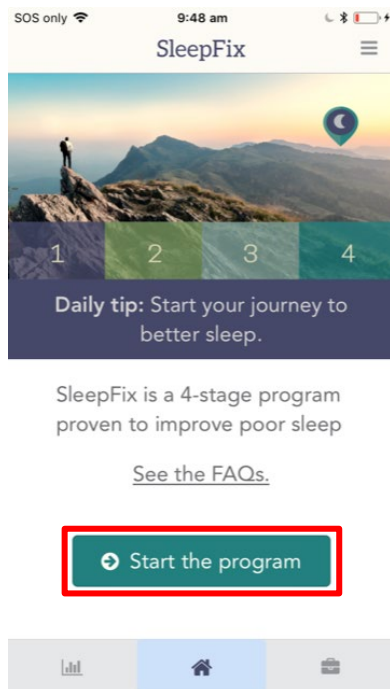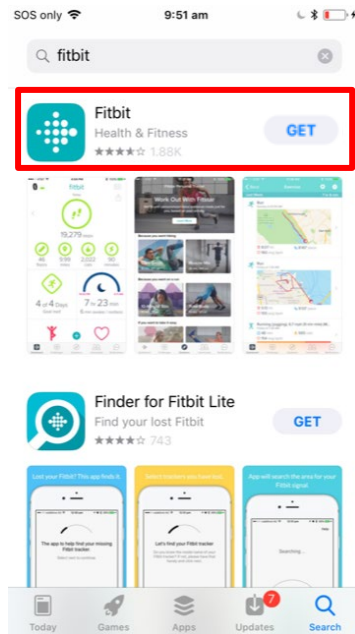

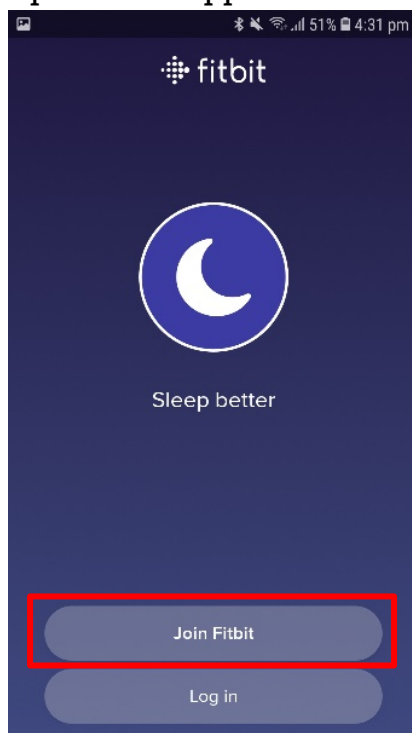*If you don't have a Fitbit, you have completed the set up!*

Setting up Fitbit

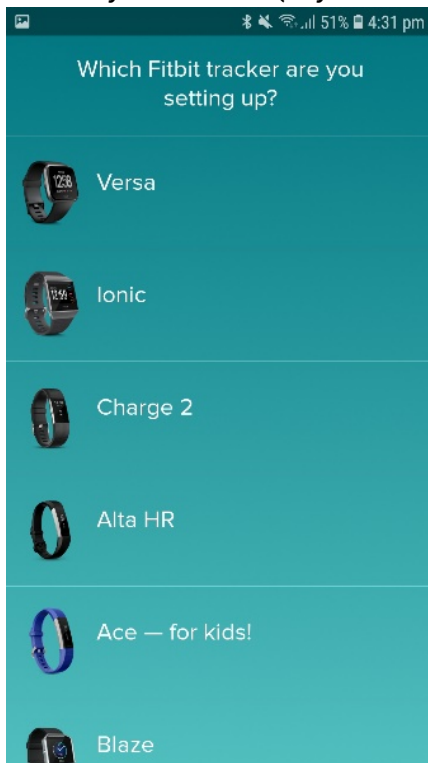*If you have a Fitbit, there are a few more steps.*

1. You will need to set up your Fitbit device. You do this by downloading the Fitbit app on your phone for [iOS](#) on the App Store or [Android](#) on the Google Play store.
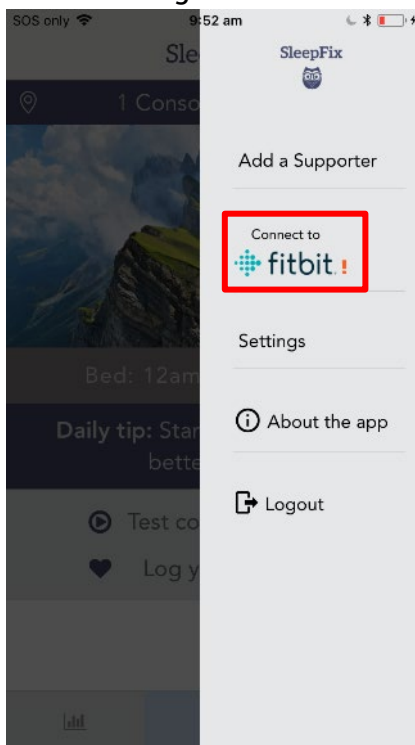
2. Open Fitbit app and select 'Join Fitbit'.

3. Select your Fitbit (if you have received a Fitbit from us, select Charge 2).

4. Select 'Set Up Your Fitbit Charge 2' and follow the prompts.

5. Once Fitbit has synced your device with your account, go back to the SleepFix app.

6. Click the right-hand menu button ≡ and select 'Connect to Fitbit'.

7. Log into your Fitbit account on the browser and allow SleepFix access to all data.
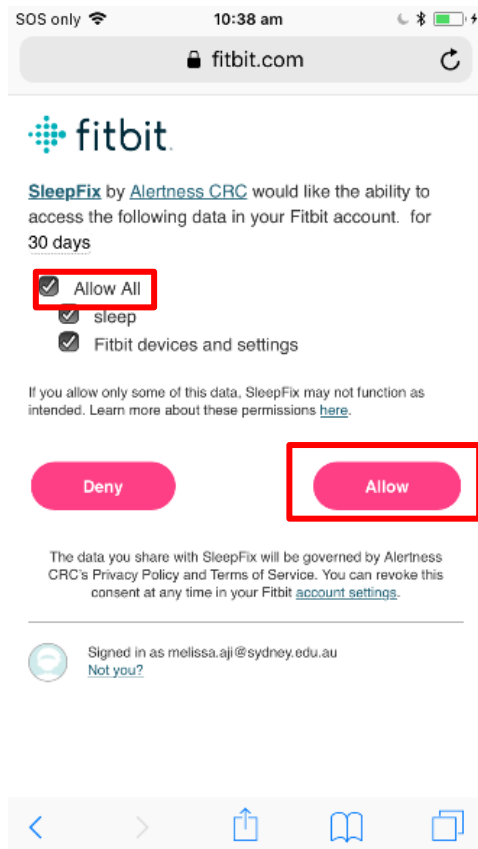
8. You have now connected your Fitbit and completed the setup! Remember to wear your Fitbit to bed each night.