

## SleepioRx™ Study Participant Sign-Up Guide

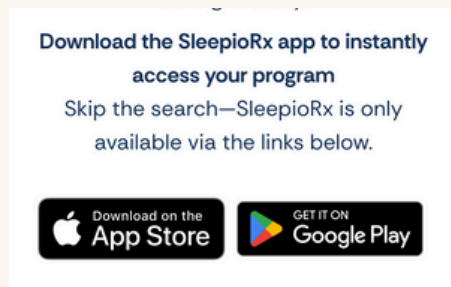
Instructions for signing up to SleepioRx

1. Go to [sleepio.com/queens](https://sleepio.com/queens) on a mobile browser\*
  - a. Note, SleepioRx is not searchable in the App Store – you can only download the App using the link above
2. Download SleepioRx when prompted
3. Once downloaded, open the SleepioRx app and click “Get Started” on the Welcome Screen
4. Enter the access code: **48350**
5. Create your account
6. Go to your email to verify your email address, then click “Continue” in the app
7. Open SleepioRx again and start the brief onboarding survey
8. On question 10 of the onboarding survey, indicate that you are a study participant
9. Enter your study ID
10. Start your first level of SleepioRx!

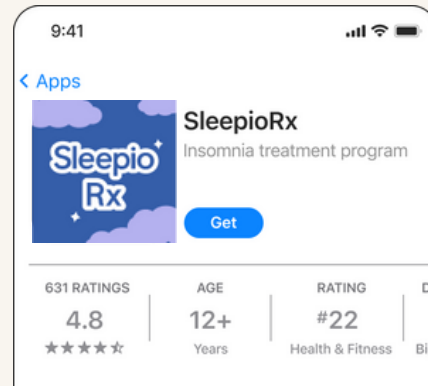
If you have any questions about SleepioRx or run into technical issues, please reach out to the SleepioRx Patient Support Team at [hello@sleepio.com](mailto:hello@sleepio.com).

# Visual Guide

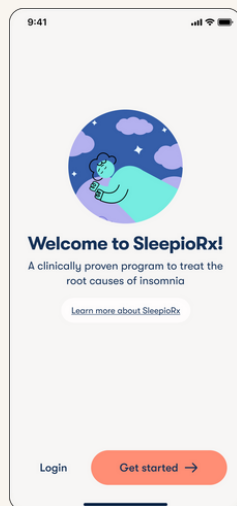
**Step 1:** Go to [sleepio.com/queens](https://sleepio.com/queens) on a mobile browser, this will take you to a landing page. Once there select the App store relevant for your device. \*Note, SleepioRx is not searchable in the App Store and you can only download the App download using this link.



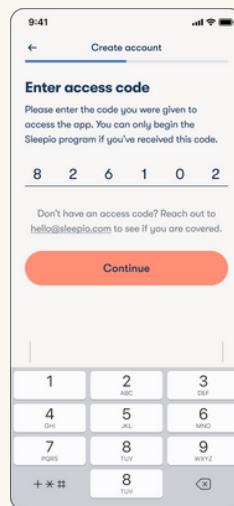
**Step 2:** Download SleepioRx when prompted.



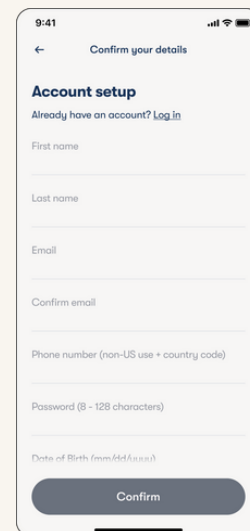
**Step 3:** Once downloaded, open the SleepioRx app and click “Get Started” on the Welcome Screen



**Step 4:** Enter the access code: **48350**



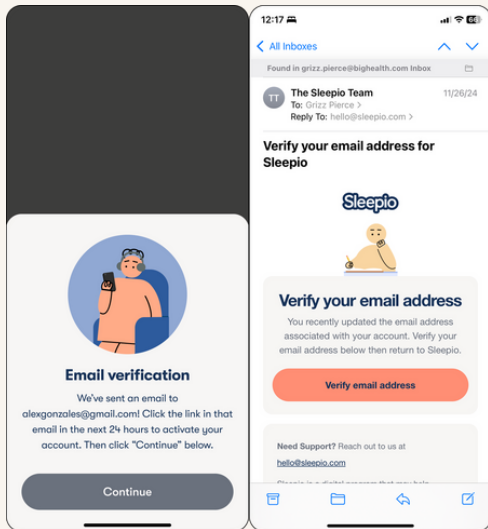
**Step 5:** Create your account



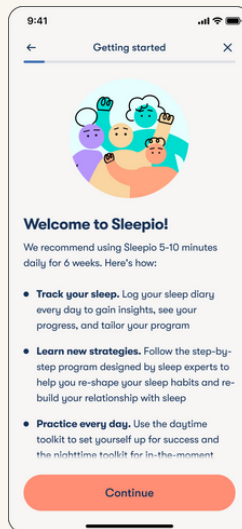
SleepioRx is a digital therapeutic intended for the treatment of chronic insomnia/insomnia disorder as an adjunct to usual care in patients aged 18 and older. SleepioRx is a prescription device delivering Cognitive Behavioral Therapy for Insomnia (CBT-I) and can be made available on the order of a licensed healthcare provider. Patients should read the instructions for use for full information.

## Visual Guide (cont.)

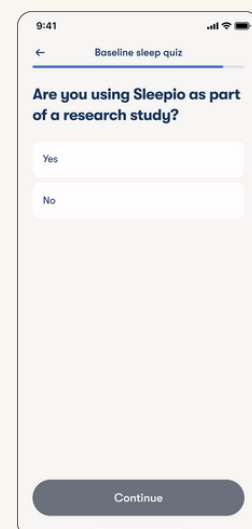
**Step 6:** Go to your email to verify your email address, then click “Continue” in the app



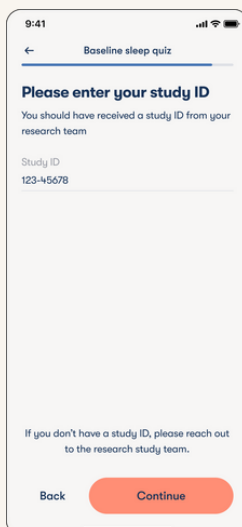
**Step 7:** Open SleepioRx again and start the brief onboarding survey



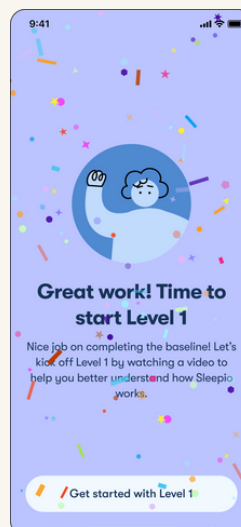
**Step 8:** On question 10 of onboarding, indicate that you are a study participant



**Step 9:** Enter your study ID



**Step 10:** Start your first level of SleepioRx!



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