

SleepioRx[™] Study Participant Sign-Up Guide

Instructions for signing up to SleepioRx

- 1. Go to 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
- 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 <u>hello@sleepio.com</u>.

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Visual Guide



Step 1: Go to <u>sleepio.com/queens</u> 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 3: Once downloaded, open the SleepioRx app and click "Get Started" on the Welcome Screen

Step 4: Enter the access code: 48350

Step 2: Download SleepioRx when prompted.

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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.

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Visual Guide (cont.)

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



Step 9: Enter your study ID





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

Getting started

Welcome to Sleepio!

We recommend using Sleepio daily for 6 weeks. Here's how:

Track your sleep. Log your sleep diary every day to gain insights, see your progress, and tailor your program

Learn new strategies. Follow the step-by-step program designed by sleep experts to help you re-shape your sleep habits and re-build your relationship with sleep

Practice every day. Use the daytime

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colkit to set yourself up for success and he nighttime toolkit for in-the-moment

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



Step 10: Start your first level of SleepioRx!

