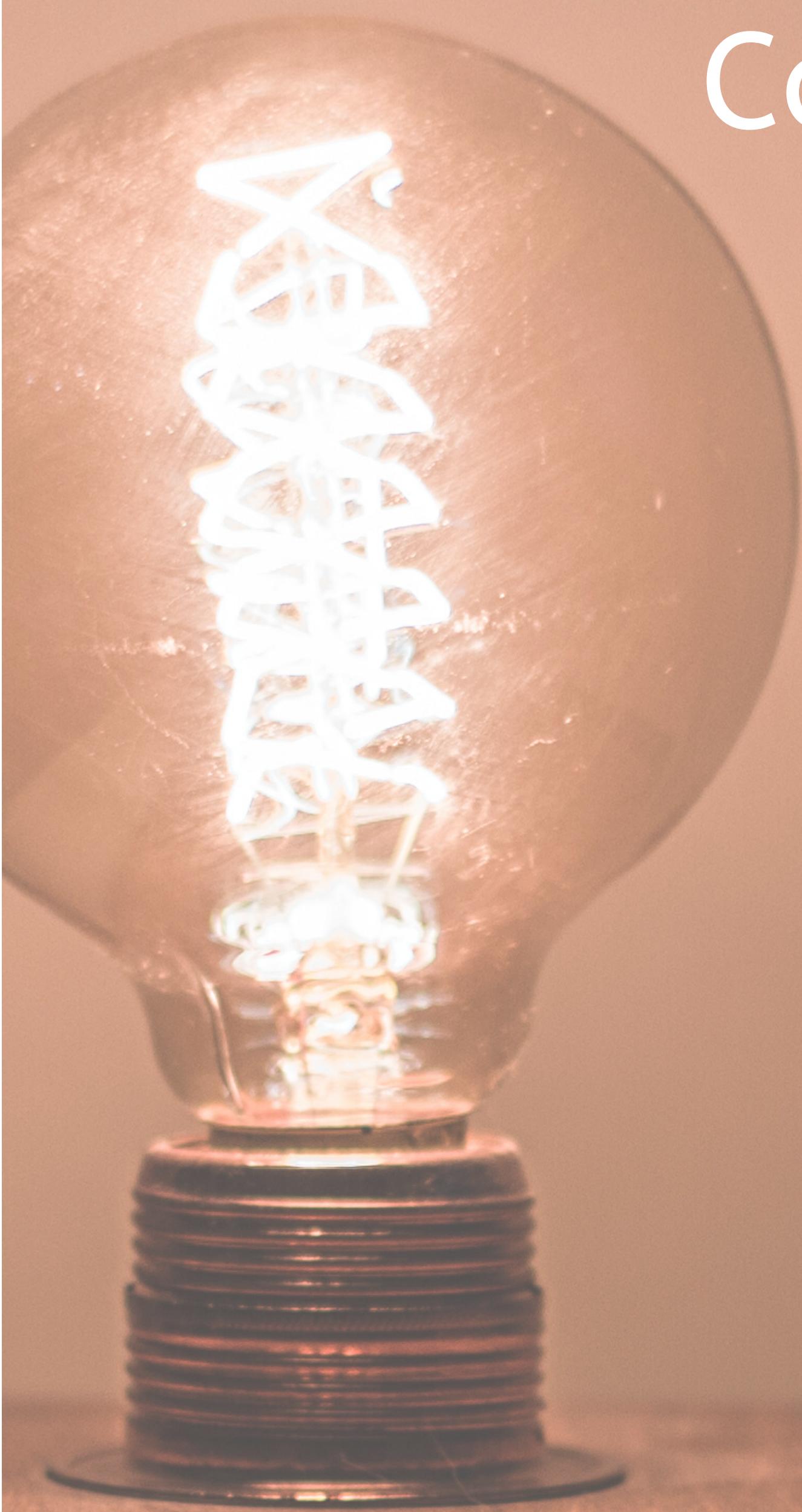


Understanding Your EverSleep Coaching & Results



Support@GetEverSleep.com

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Eversleep is not an FDA 510(k) cleared medical device and does not claim to diagnose, treat, or cure any disease. Always talk to your physician before starting a sleep improvement or any other health program.

WHY DO I NEED TO INTERPRET MY EVERSLEEP RESULTS?

Great question - actually, you don't!

You can find detailed reporting data on the EverSleep App and review it whenever you want. But you don't need to try and interpret this data or even look at it if you don't want to, EverSleep in-app Coaching does it for you!

EverSleep measures a wide array of data every night, from pulse rate spikes to small movements. It will track then display this information for each night's duration for your use.

The EverSleep App features **patent-pending Smart Sleep Coaching** that helps you understand your sleep data – it's one of the great features that sets EverSleep apart from the competition!

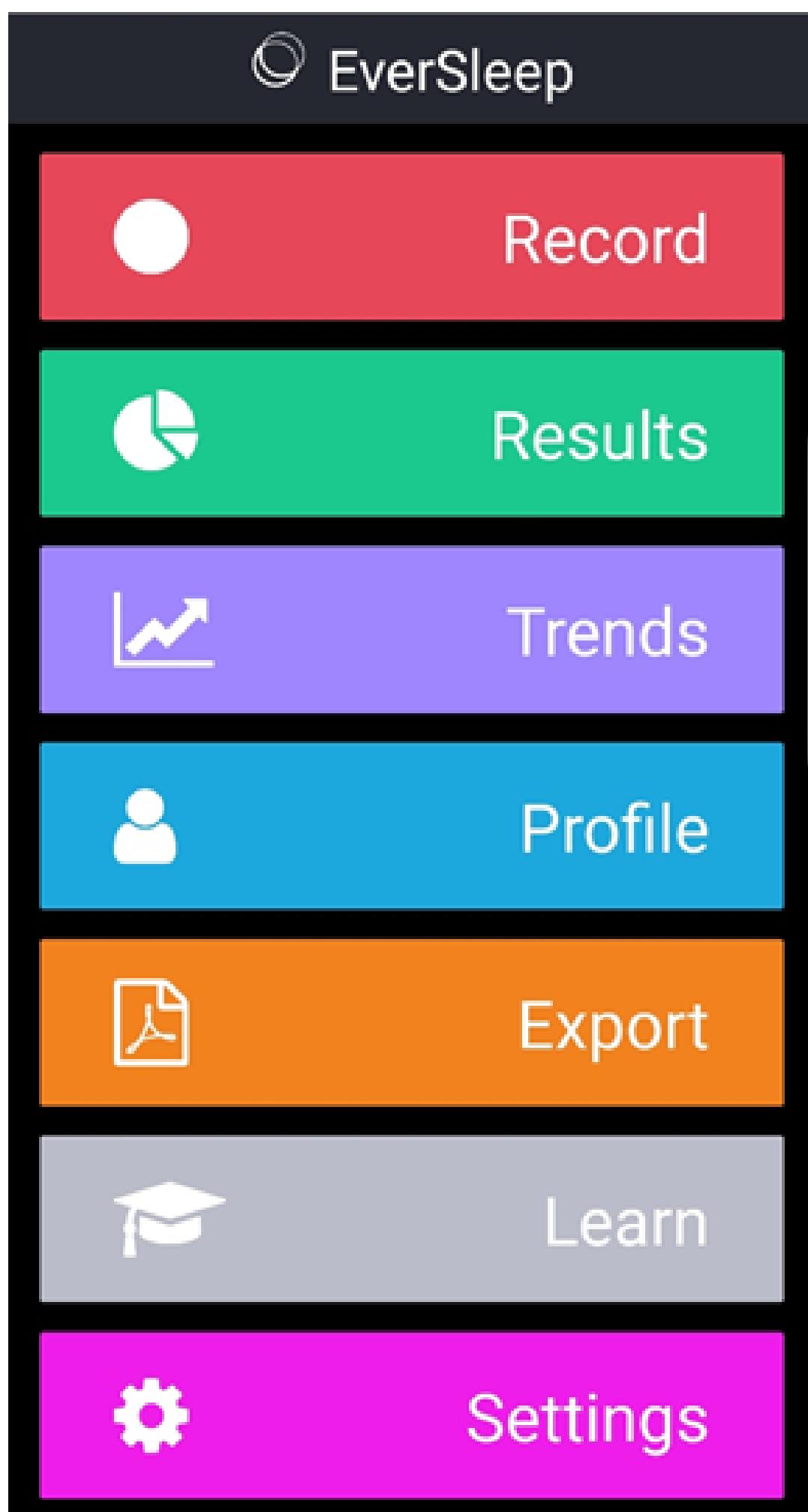
This book is intended to help you navigate the EverSleep App, as well as help those interested in the details behind their sleep data.

Feel free to use it as an App guide or a sleep data reference, it is intended to be used for both!

If you have any questions along the way we are here to help!
Reach us at Support@GetEverSleep.com



USING THIS GUIDE

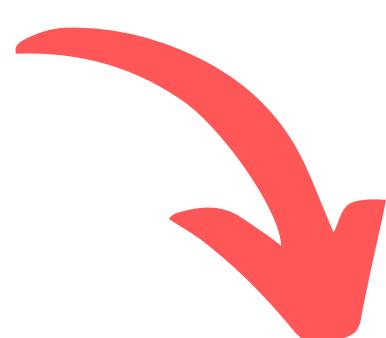


This is the Home screen of the EverSleep App.

From here you can access EverSleep's various functions.

It will act as a reference throughout this book.

There will be a reference tile on the bottom right of each page to indicate the current chapter.



RECORD

To set the EverSleep to gather data, you must start every night by entering the ‘Record’ mode. Follow these steps:

1. Press the record button



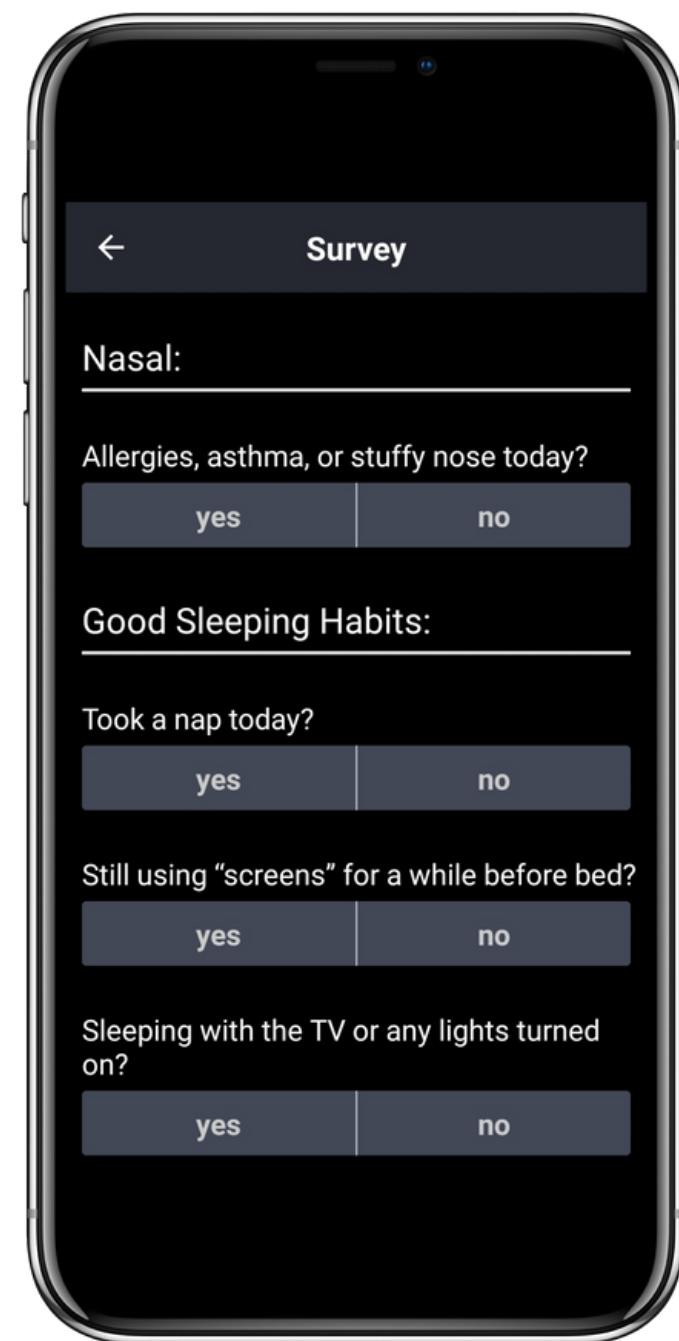
2. Answer nightly questions

These will correspond with your answered profile questions – see the ‘Profile’ chapter for more info.

Enter any personal notes in ‘Diary’

Press ‘Next’ and follow the instructions to wear your EverSleep

The survey questions provide a frame of understanding that EverSleep uses to differentiate between different causes of sleep disorders. It’ll use this information to make coaching tips more accurate and suggest better sleep solutions – so be sure to answer these each night!



3. Hit ‘START’ to begin recording

START

Do NOT press the lock button on your phone after starting a recording, make sure the EverSleep app is left open on your screen when you go to sleep.



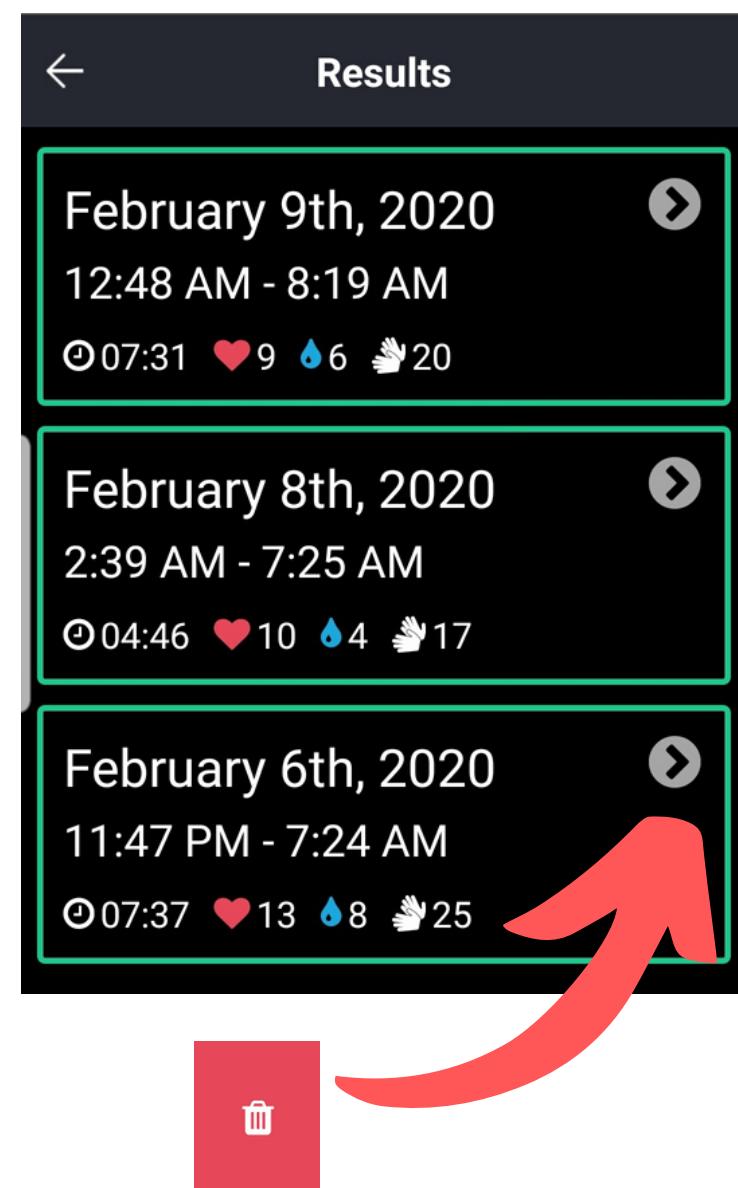
RESULTS: OVERVIEW

The Results button allows you to see all your data presented in different formats.

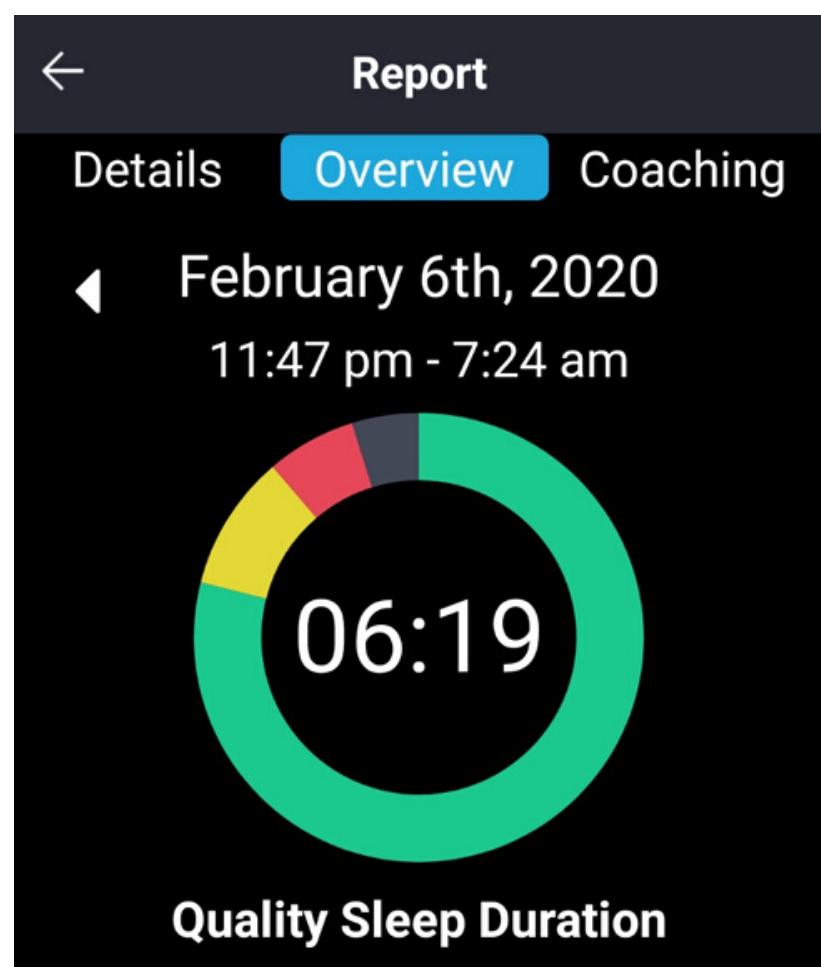
Tap this button to see the nights you've recorded, and choose one from the list.

Note: A 'Short' recording is a study less than 3 hours long. The AASM defines this as being an invalid study.

However, while EverSleep still calculates all of the numbers correctly & provides coaching, you can always delete a night by clicking the arrow and then touch the red trash icon.



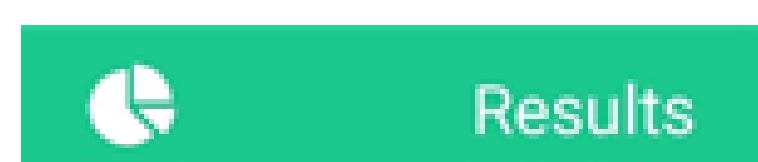
The boxes representing each day also show the time in bed, total time slept, and the average number of Pulse, Breathing, and Motion **events per hour** for that night.



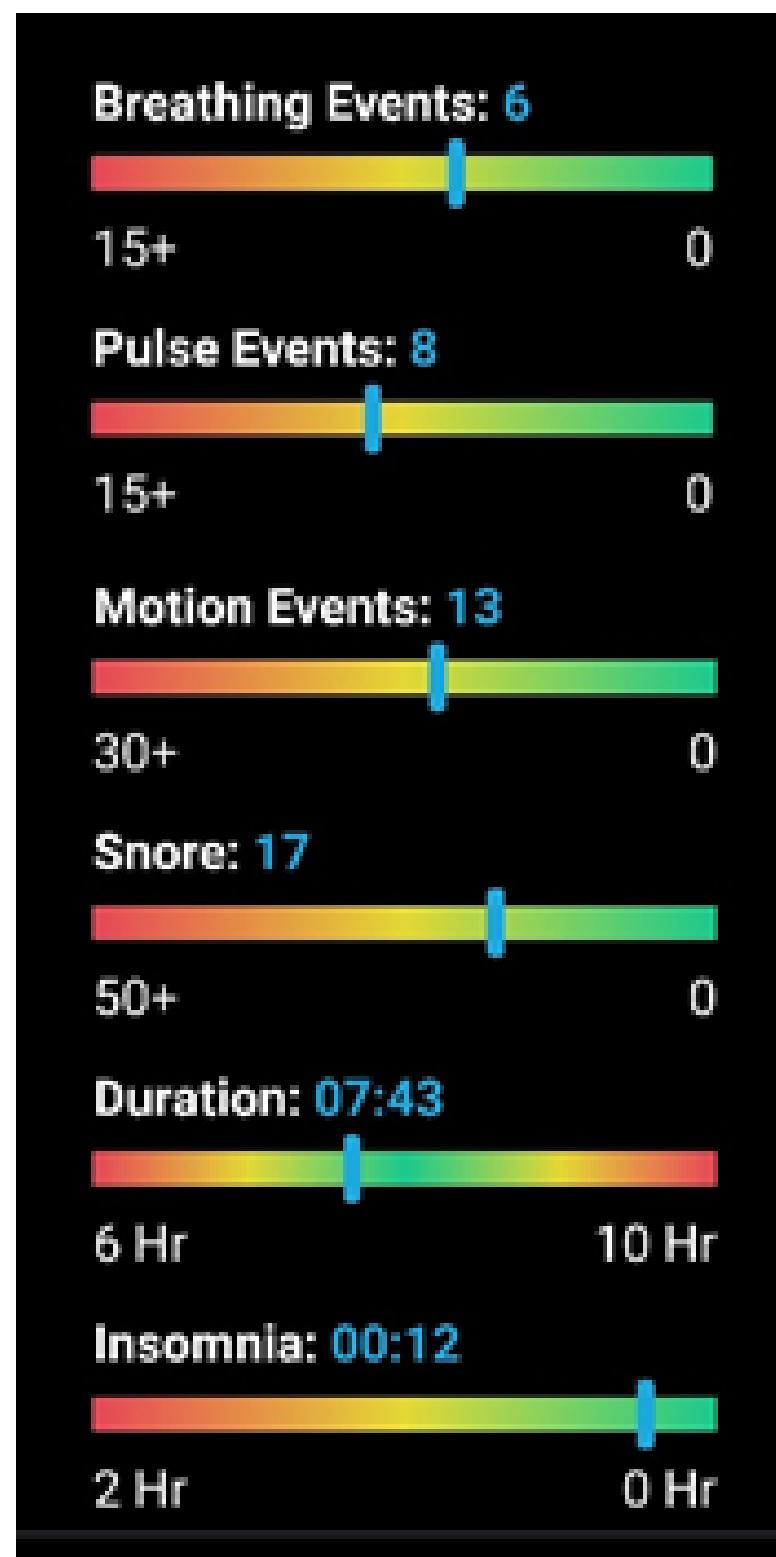
Tapping a night will take you to the Overview tab, where time in bed is summarized in a circle chart. It's an easy way to keep track of your sleep quality!

The green portion represents quality sleep. Yellow is fragmented (or disturbed) sleep, red is awake time, and grey is short-sleeping (time below 8 hours in bed).

Note: In Settings you can choose your own goal (# of hours), however this circle will consistently represent 8 hours, so that all nights can be visually compared as "apples-to-apples".



Below the circle chart, slider bars are used to quantify sleep events.



Breathing events - this is the average number of times your oxygen level quickly dropped by 4 points from baseline. 5 or less events/hour is considered normal.

A Physician would typically diagnose a CPAP machine at 15+ events per hour when tested in a sleep lab.

Pulse events - this is the average number of pulse spikes per hour. Pulse spikes are classified as a raise in your pulse rate by 10 points from baseline. A jump in pulse rate is often related to a breathing interruption, because your heart speeds up when it sense the reduced oxygen.

Motion events - these are sudden motions noted in your wrist device that sometimes accompany breathing interruptions, pain, or other stimulus (dogs in the bed, noises, light, etc).

Snore events - percent of minutes spent snoring.

Duration - this is the time you spent in bed. You can spend too little or too long in bed – the ideal time is 7.5–8.5 hours for most adults. Sleeping less or more than that can make you lethargic & affect your mood. If the issue persists, it can have a negative effect on your overall health and increase risk of disease.

Insomnia duration is the amount of time it took you to go to sleep, and stretches of time that you were awake during the night. Generally it takes the average person 0–30 minutes to go to sleep. If your duration is longer, EverSleep will suggest solutions to try and reduce insomnia-based wake time.



RESULTS: COACHING

Great - it looks like once you woke up, you got out of bed within a half hour. Keep up the good habits. Click here for extra info if this tip seems wrong...

[READ MORE](#)

EverSleep temporarily measured your pulse rate a little low last night. You should talk to your doctor about your resting pulse rate.

[READ MORE](#)

Consider setting your "Total Time In Bed Goal: higher in the "Profile" menu. Most people need at least 7.5 hours in bed just to get 5 or 6 hours of restorative sleep.

[READ MORE](#)

Reduce "Screen Time" before bed to help hit your usual bedtime

[READ MORE](#)

Stress, depression, or anxiety can cause "middle-of-the-night" insomnia.

[READ MORE](#)

Reduce "Screen Time" before bed to reduce "middle-of-the-night" insomnia.

[READ MORE](#)

It looks like you got out of bed last night... Why?

[READ MORE](#)

The **Coaching** tab (button on the top right) is one of the highlights of EverSleep!

EverSleep gives you virtual coaching tips directly related to your specific sleep problems.

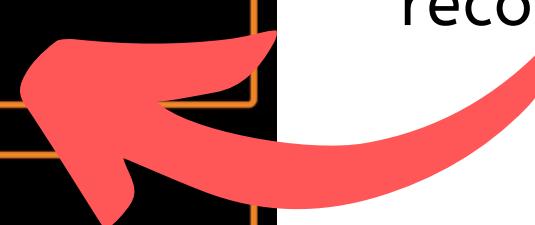
In other words, if you're not interested in the number-crunching details of your data - EverSleep analyses it for you!

Once you understand WHY you are sleeping poorly, EverSleep teaches you HOW to improve your sleep!

Remember, each night varies – on good nights you will have less coaching results than on a bad night. It's important to give the EverSleep at least 3-5 nights when starting off so you can pinpoint the recurring issues you may have.

Don't forget to click "READ MORE" to expand each result to see the full recommendations.

Note: The color of the coaching border changes based on urgency or severity of your data – with **Green being good**, **Yellow is mild severity**, **Orange is moderate severity**, and **Red is urgent**.



Results

RESULTS: DETAILS

Details screen shows interactive chart of your blood oxygen saturation, pulse rate, motion & sleep quality all on one graph.



TIP: You can manually zoom in and out using your thumb and pointer finger.
Swipe to scroll horizontally or vertically!

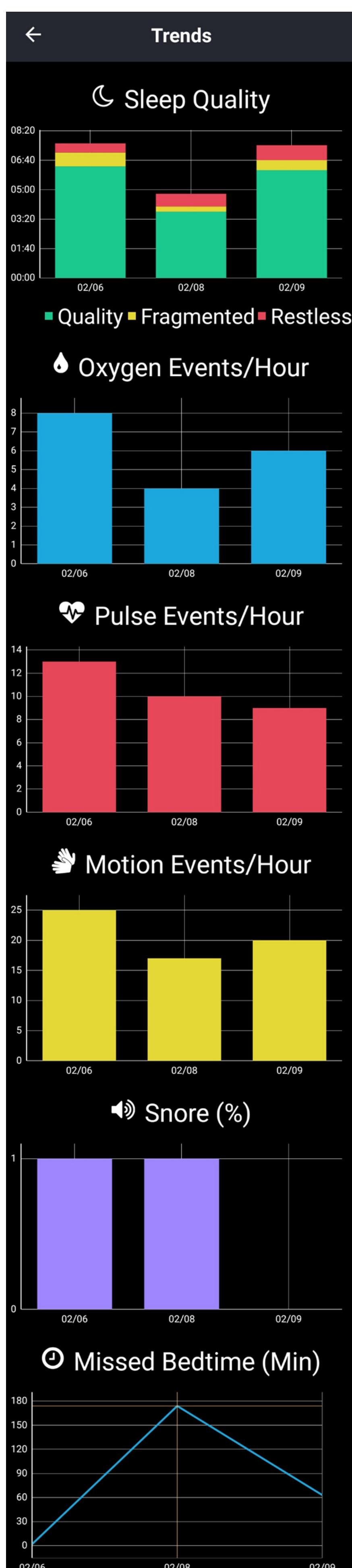


Don't miss the down arrow in bottom corner of Details graph to expanded view of key overnight metrics!



Results

TRENDS



Trends is where you can start to see patterns over time as you improve your sleep quality and test out new remedies.

Tracking events as well as external factors like bedtime are important in getting the full-picture of your sleep.



PROFILE

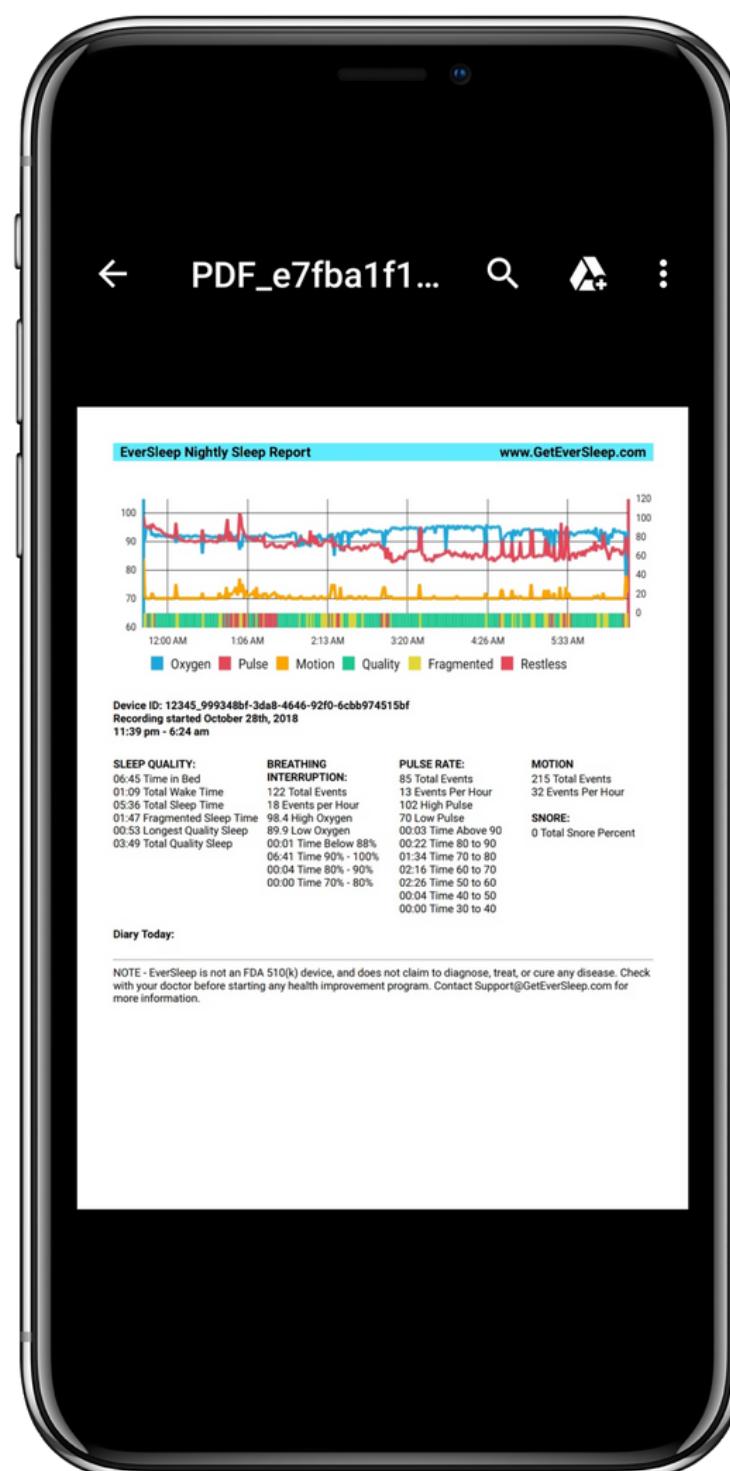
- ◀ Profile
- About Me
- Doctor has diagnosed me wi...
- Medications, Therapy, etc

Completing your profile is possibly THE most important step you can take to get the most accurate and valuable coaching results.

EXPORT

EverSleep allows you to export a PDF of your nightly data. Use this feature to share your results with your doctor and easily backup your data.

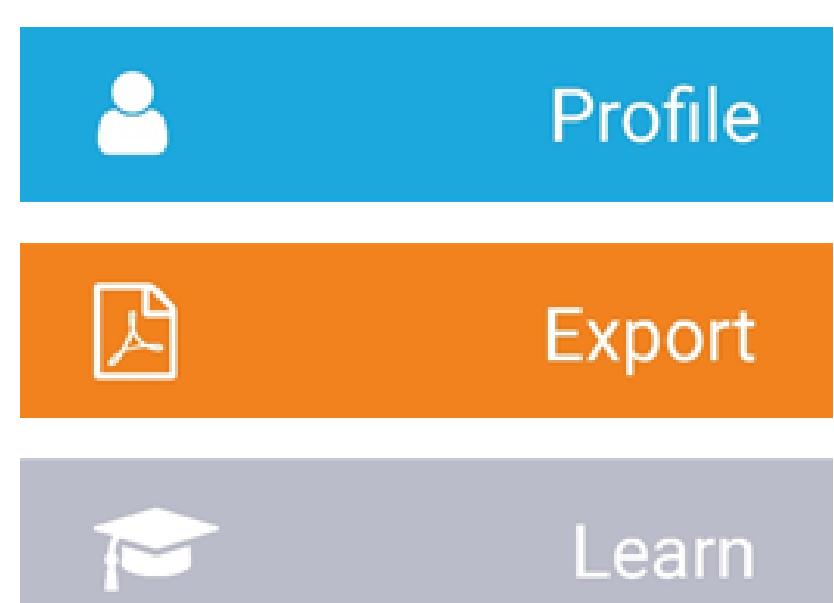
Simply choose the night you would like to export and EverSleep will create a full report.



LEARN

- ◀ Learn
- What makes EverSleep Differ...
- Measurements
- Results
- Sleep Profile
- Frequency of Use

Find basic overview of EverSleep device, results and recommendations on frequency of use (3-5 times per week to start, then tracking once a week to check progress, and as needed once your sleep quality has improved).



SETTINGS

On the Settings page you are able to increase font size, skip intro screens (oximeter setup and getting started screens).

You can also choose your Max Number of Coachings - the smart coaching algorithm will prioritize results based on the severity of your data so you will still see the most important nightly recommendations.

Here you can also find your Device ID, Build Version, Wrist Firmware Version and Serial Number - this information is primarily used for updates and or troubleshooting if needed.



This concludes our overview of understanding your EverSleep results and coaching! For more information or additional assistance please reach out to us directly at Support@GetEverSleep.com

Thank you for taking this journey with us! We are here to help along the way - you have made a powerful choice to improve your sleep and we know you can do it!



Settings