Instructions for using the application "SleepUp"

Version: 1.6.0

Latest update: 13/10/2022

Manual Summary

1. Download the Application

The "SleepUp" application is available in the Google Play Store and Apple Store, and has the following minimum requirements:

Android Application: Connection with the internet, Android 5.0 or higher and 50 MB disk space.

IOS application: Internet connection, IOS 13.0 or higher and 50 MB disk space.

The application language will be set by the default language registered on the device.

2. Application Registration

To register, two options are possible: via email (manually) or via third parties (google or apple)

2.1. Via Email (Manually)

The user must click on the "Register" option on Screen #1 to create a new account. then you must fill in the following data:

- Full name (Screen #3);
- Fill in the email (Screen #4);
- C-mail (Screen #5)
- echoose password (Screen #6);
- Confirm Password (Screen #7).

The password must be at least 8 characters long, and contain at least one capital letter, a number and a symbol (!@#$%&*).

Finally, confirmation email will be sent (Screen #8), and the user must click on "Verify" on the email received, before logging in for the first time.

1
2
3
4
5

6
7
8
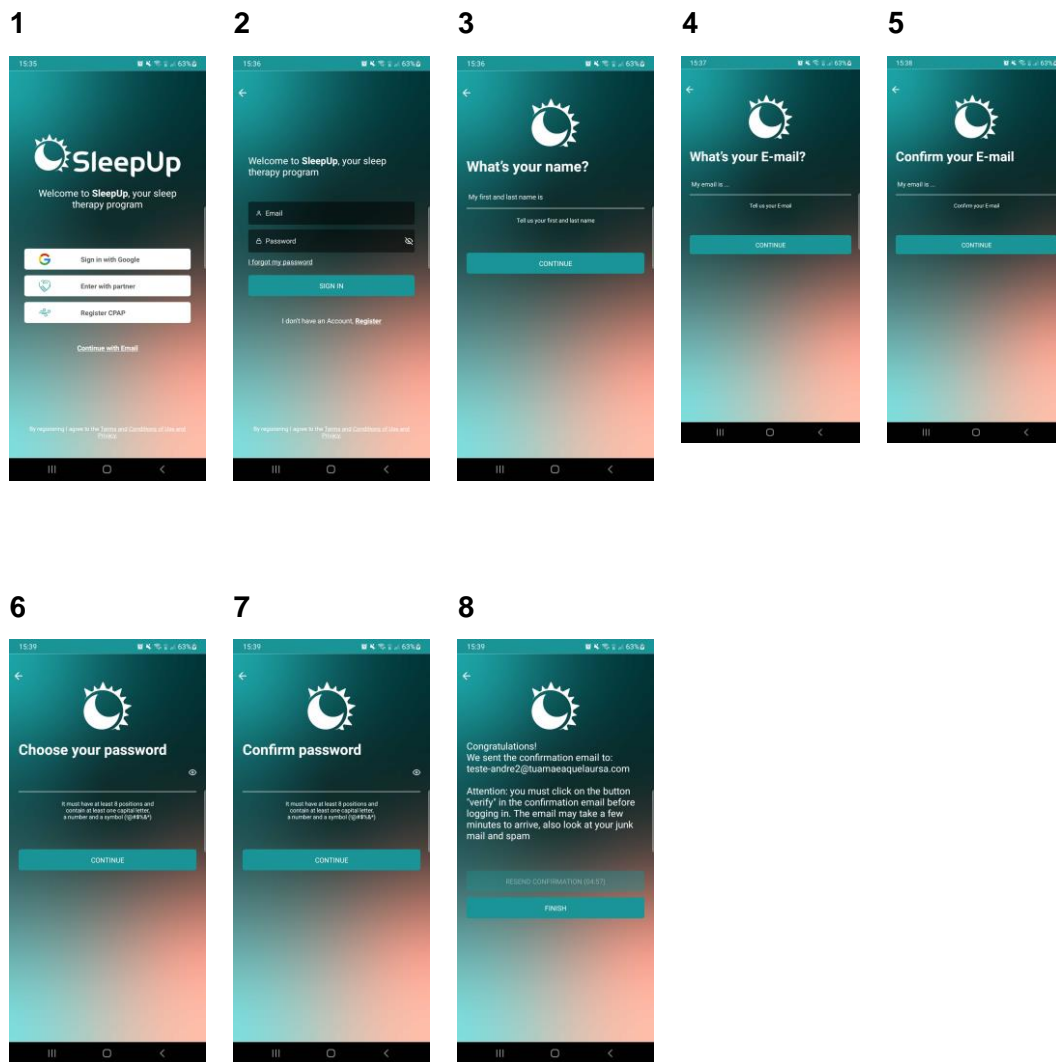
2.2. Via Third Parties (Google, Apple)

To register via social networks, the user must click on the button "Enter with Google" (Screen #1 above) or "Enter with Apple" (Screen #1 above, only available for iOS devices), and then a popup will open with the accounts linked to the mobile device. The user must click on the desired account and then the registration will be carried out automatically.

3. Login (Enter the Application)

After the registration has been carried out, the user must select the login method. It can be done via third parties by clicking on "Sign in with Google" or "Sign in with Apple" (Screen #1), or by email (manually) by clicking on "Continue with Email" (Screen #1) and entering "E-mail" and "Password" (Screen #2). The user will be introduced to the app with an instructional welcome video with instructions on how to use the app (Screen #3). The user will then be taken to Screen #4 with the insomnia test, which can be skipped by clicking "Skip", (the user will be notified through a warning that they can take the test in the future in this case) or answered by selecting an answer for each question and clicking "Next" to proceed. At the end, the user will see the test result (Screen #5) and can continue to the app.

1   **2**   **3**   **4**   **5**
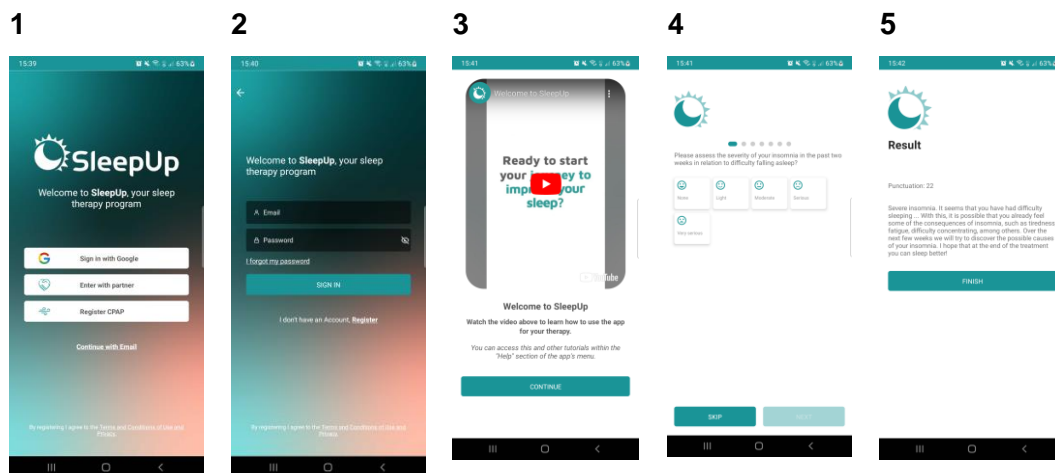
3.1. Retrieve password

If you have logged in by email (manually) and have forgotten your password, the user can create a new password. To do so, after clicking on "Continue with Email" (Screen #1), you must click on "I forgot my password" on Screen #After2. entering the email registered on Screen #3, an email will be sent with a link to create.

1   **2**   **3**
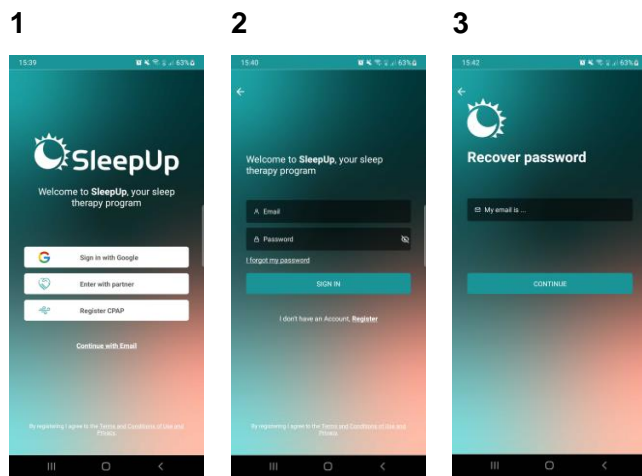
4. Sign in with Partner

If the user has received a subscription through a partner company of Sleep up, or has purchased a promotional voucher in stores and pharmacies, he can activate and associate both with a new or prepaid account-existing in "Sign-In with a Partner" (Screen #1 above)

1   **2**
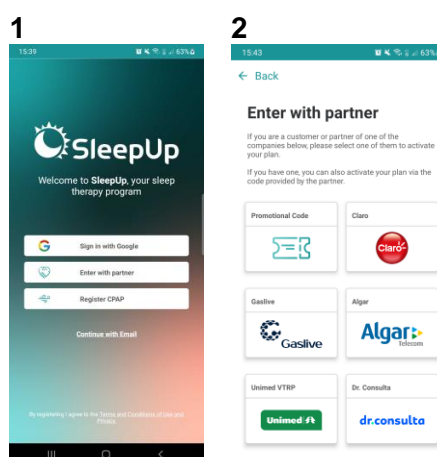
4.1. "Register CPAP" and Activate Subscription with Gaslive

If the user has purchased a Gaslive CPAP together with a SleepUp subscription, to activate it, simply click on "Cadastrar CPAP" (Screen #1), or on "Enter with Partner", selecting the Gaslive company (Screen #2) .

The subscription can be activated using the "Serial Number, or SN" located under the device (Screen #3). On that same screen, the user can click on the "I didn't find the serial number" button for further instructions on how to locate the serial number (Screen #4).

After the serial number has been validated, an account must be associated with the code so that the user can activate the subscription (Screen #5). A confirmation message will be displayed to the user, and application instructions and tips will then be presented on the welcome screen. (Screen #6).

1   **2**   **3**   **4**

5

6
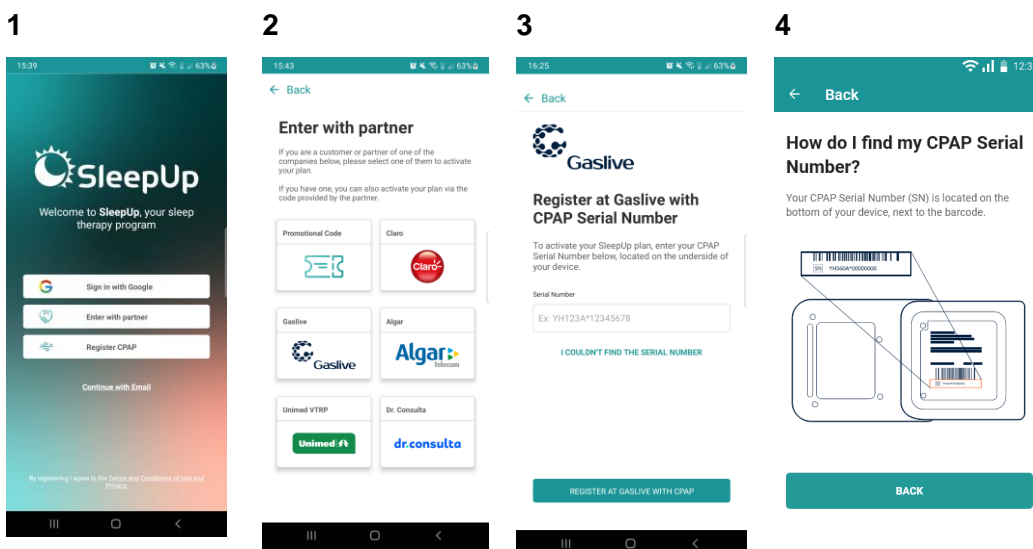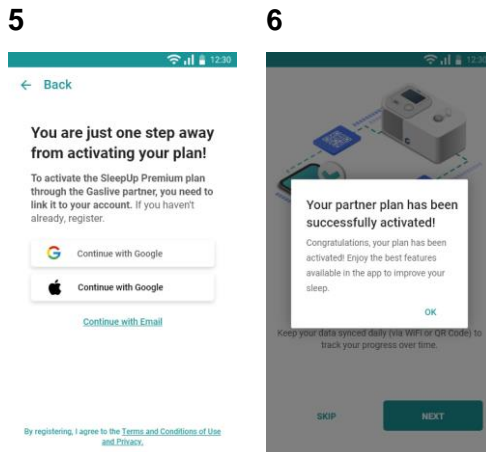
4.2. Promotional Coupon and Other Partners

The item "Promotional Coupon", as well as other partners, only require the insertion of the promotional code. To activate, simply click "Enter with Partner" (Screen #1) and select the coupon option or the partner who provided the promotional code (Screen #2).

When entering the coupon (Tela#3) and it is validated, the user must associate the subscription with an account to activate it (Screen #4). After that, a message confirming the link between the subscription and the account will be shown. (Screen #5).

1

2

Enter with partner

If you are a customer or partner of one of the companies below, please select one of them to activate your plan.

If you have one, you can also activate your plan via the code provided by the partner.

Promotional Code	Claro
Gaslive	Algar
Unimed VTRP	Dr. Consulta

3

Enter with Promotional Code

If you have one, enter the promotional code to be able to activate your plan at SleepUp.

Promotional Code

AFBBSSF

Continue

4

You are just one step away from activating your plan!

To activate the SleepUp Premium plan through the Promotional Code, you need to link it to your account. If you haven't already, register.

Continue with Google
Continue with Apple
Continue with Email

By registering, I agree to the Terms and Conditions of Use and Privacy.

5

Your partner plan has been successfully activated!

Congratulations, your plan has been activated! Enjoy the best features available in the app to improve your sleep.

OK

Watch the video above to learn about using the app for your therapy.

You can access this and other tutorials within the "Help" section in the app's menu.

CONTINUAR

SleepUp

5. CPAP Registration and Use with the Application (Gaslive)

Gaslive users after registering and reading or skipping the welcome instructions (Screen #1) will be able to start registering the CPAP they have in the SleepUp application. The first step before starting to configure the equipment is to agree to share the apnea data collected by the CPAP for reporting and future improvements (Screen #2).

The user will then be prompted to start setting up the CPAP machine (Screen #3), with the option to set up CPAP afterwards. A prompt appears reminding the user of ways they can get back to that flow within the app (Screen #4).

The first step is to register the serial number of the CPAP that the user has (Screen #5). If the user has only one CPAP registered, the serial number will be filled in automatically according to the one that was active. After entering, a model and serial number confirmation dialog appears for the user to confirm that the information is correct (Screen #6). For YH-480 and YH-550 (WiFi) models, only one user can use one serial number. If it is identified that another user has the serial number entered active, Screen #7 will be displayed and the user will be able to contact SleepUp support to solve the problem.

The second step is to register the mask that the person has, and a list with all available in the database is displayed. The person can click on the search bar to type the name, or click on the arrow icon next to the search bar to filter by mask manufacturer (Screen #8). If the person has a mask that is not listed, he must click on the option "I didn't find my mask" and manually type the name of the mask he has (Screen #9).

The third step is to respond to the CPAP customization questionnaire (Screen #10), where the user must inform when he/she started CPAP therapy, if he has ever changed the mask (if so, he must answer when), if he has already changed the filter of the CPAP ever (if yes, you must answer when), and if you want to enter a nickname for the CPAP, to find it within the app more easily. If the user leaves it blank, the device name will be shown in the application.

1

More convenience when synchronizing your data

Keep your data synced daily (via WiFi or QR Code) to track your progress over time.

SKIP   NEXT

2

← Back

Before we start, we need some information

To get started, you will need to register the apnea equipment you are currently using, in addition to knowing about additional information related to your therapy. Come on?
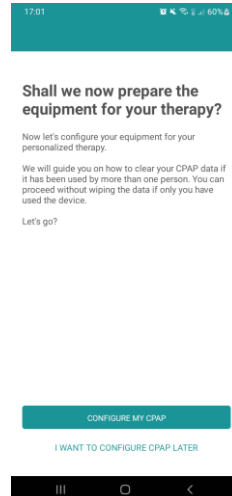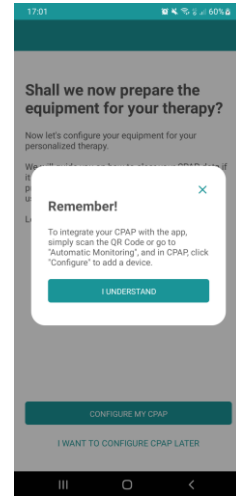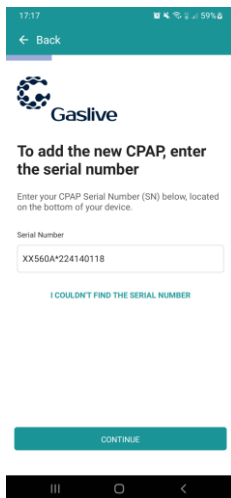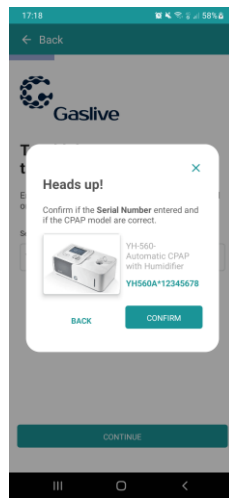
Your data is safe, and will only be used for future enhancements anonymously

☐ **I authorize the sharing of data collected via CPAP with the manufacturer for future enhancements***

COME ON!

3

Shall we now prepare the equipment for your therapy?

Now let's configure your equipment for your personalized therapy.

We will guide you on how to clear your CPAP data if it has been used by more than one person. You can proceed without wiping the data if only you have used the device.

Let's go?

CONFIGURE MY CPAP

I WANT TO CONFIGURE CPAP LATER

4

Shall we now prepare the equipment for your therapy?

Now let's configure your equipment for your personalized therapy.

Remember! ✕

To integrate your CPAP with the app, simply scan the QR Code or go to "Automatic Monitoring", and in CPAP, click "Configure" to add a device.

I UNDERSTAND

CONFIGURE MY CPAP

I WANT TO CONFIGURE CPAP LATER

5

← Back

Gaslive

To add the new CPAP, enter the serial number

Enter your CPAP Serial Number (SN) below, located on the bottom of your device.

Serial Number

XX560A*224140118

I COULDN'T FIND THE SERIAL NUMBER

CONTINUE

6

← Back

Gaslive

Heads up! ✕

Confirm if the **Serial Number** entered and if the CPAP model are correct.

YH-560-
Automatic CPAP
with Humidifier

YH560A*12345678

BACK   CONFIRM

CONTINUE

7

⚠️

The Serial Number entered is in use by someone else

⚠️ Please make sure the serial number you entered is correct and try again.
Typed Serial Number: YH560A*123456789

💬 If it is correct, and this message continues to be displayed, please contact us so that we can help you.

I NEED HELP

BACK

8

← Back

Select the mask used with the CPAP

1. YH-560

🔍 Search mask by model or manufacturer

Mask DreamWisp   Mask Airfit N20 For Her

Mask Airfit P10 Pillow   Mask DreamWear

Mask Nasal Mirage Fx For Her   Mask Nasal Nuance Tecido

9   **10**

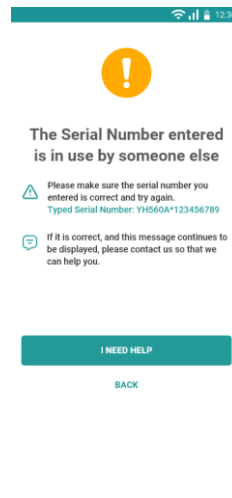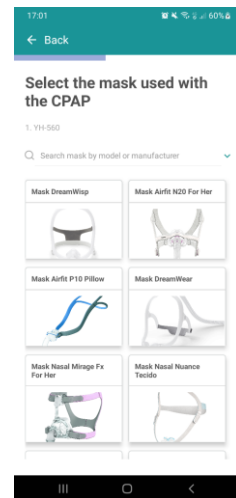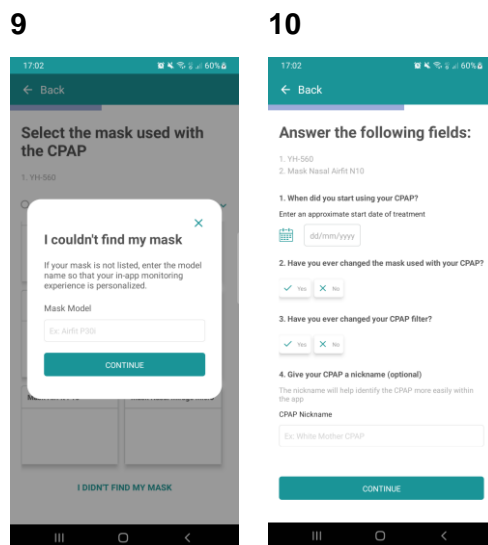### 5.1. CPAP Usage State and Data Reset

The next step in CPAP device setup begins with the user on Screen #1 entering the CPAP usage state.

If the user checks an option that indicates that there may be data from other people in the CPAP, in the case of models YH-480 and YH-550 (WiFi) it will go to Screen #2, and in models YH-560 (QR Code) it will to Screen #8, where you will begin the device setup process. There will be between 1 to 2 steps that the user must complete to finish the reconfiguration process.

If he chooses, he can click on the "Continue without configuring the CPAP" button, where he will be warned about what could happen if he continues without resetting the data (Screen #3).

5.1.2. Models YH-480 and YH-550 (WiFi):

By clicking on the first item on Screen #2, the user will see a step-by-step (Screen #4) on how to reset the CPAP data. When clicking on the finish button in the last step, this step will be marked as completed and can be consulted later.

In the second step, the user will see the instructions to configure the CPAP WiFi. It is necessary to carry out the procedure on the Gaslive website: http://www.gaslive.com.br/conecta-cpap/

After marking the two steps as completed, the user will be able to finish and will see the latest instructions and tips to get the best out of the therapy.

5.1.3. Models YH-560 (QR Code):

When advancing, the user will see the step-by-step (Screen #9) to reset the device. Then scan the QR Code of the device, and on Screen #10 there will be instructions on how to open the QR Code in the CPAP. By clicking on the "Scan QR Code" button, the user will go to Screen #11, where he must point the cell phone camera and frame the QR Code in the square frame in the center. Whenever the user forgets the process, he can click on "I didn't find the QR Code" to consult the step-by-step again (Screen #12).

If the CPAP data has not been cleared, the user will see Screen #13, indicating that the operation was not successfully performed, and he will click on "Try Again" to return to Screen #8 and redo the cleaning operation. data, or he can proceed without resetting the device, which will take him to Screen #14 indicating the success of the operation. If the user correctly performs the process, he will also be taken to Screen #14.
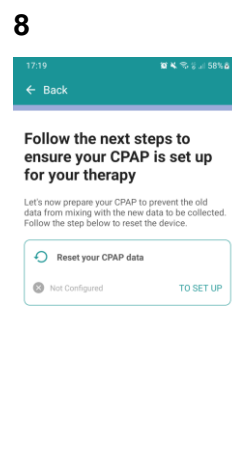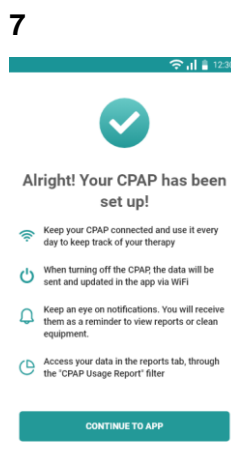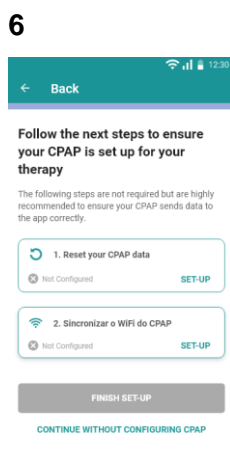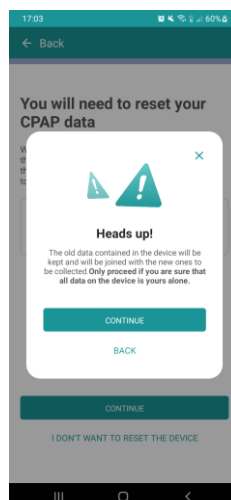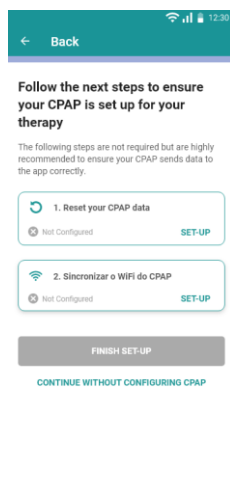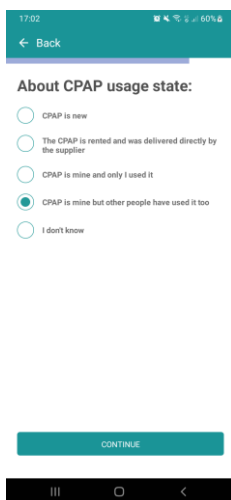
If the user checks an option that indicates that there is no data from other people in the CPAP, he will be taken to Screen #10, where he will receive instructions on how to open the QR Code in the CPAP, and after scanning it (Screen #11), will go to Screen #14 to complete the setup.
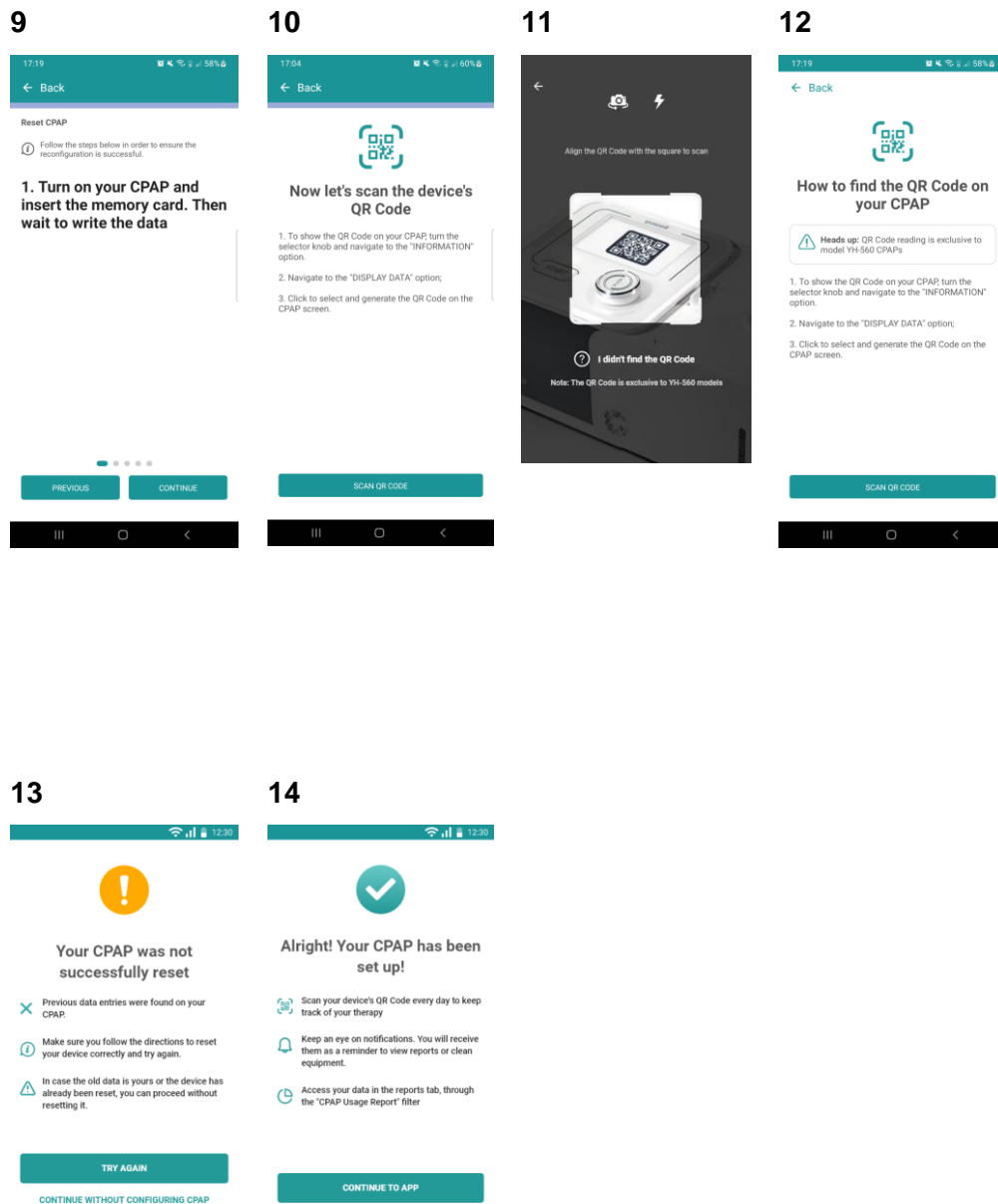
1   **2**   **3**   **4**

Screen 1 (17:02):
← Back

About CPAP usage state:
- ○ CPAP is new
- ○ The CPAP is rented and was delivered directly by the supplier
- ○ CPAP is mine and only I used it
- ● CPAP is mine but other people have used it too
- ○ I don't know

CONTINUE

Screen 2 (12:30):
← Back

Follow the next steps to ensure your CPAP is set up for your therapy

The following steps are not required but are highly recommended to ensure your CPAP sends data to the app correctly.

1. Reset your CPAP data
❌ Not Configured   SET-UP

2. Sincronizar o WiFi do CPAP
❌ Not Configured   SET-UP

FINISH SET-UP

CONTINUE WITHOUT CONFIGURING CPAP

Screen 3 (17:03):
← Back

You will need to reset your CPAP data

⚠️⚠️
Heads up!

The old data contained in the device will be kept and will be joined with the new ones to be collected. Only proceed if you are sure that all data on the device is yours alone.

CONTINUE
BACK

CONTINUE
I DON'T WANT TO RESET THE DEVICE

Screen 4 (17:03):
← Back

Reset CPAP
ℹ Follow the steps below in order to ensure the reconfiguration is successful.

1. Turn on your CPAP and insert the memory card. Then wait to write the data

PREVIOUS   CONTINUE

5

← Back

📶 How to set up your CPAP on WiFi network

⚠️ Attention: you must have access to a computer with a MicroSD slot to configure your CPAP WIFI.

Step by step

1. From your computer, access the website: http://www.gaslive.com.br/conecta-cpap/

2. Follow the website directions in the link to set up your CPAP on a WIFI network

3. After this setup is completed successfully, the app will be able to receive your therapy data on a daily basis.

FINISH

6

← Back

Follow the next steps to ensure your CPAP is set up for your therapy

The following steps are not required but are highly recommended to ensure your CPAP sends data to the app correctly.

1. Reset your CPAP data
❌ Not Configured   SET-UP

2. Sincronizar o WiFi do CPAP
❌ Not Configured   SET-UP

FINISH SET-UP

CONTINUE WITHOUT CONFIGURING CPAP

7

✅

Alright! Your CPAP has been set up!

📶 Keep your CPAP connected and use it every day to keep track of your therapy

⏻ When turning off the CPAP, the data will be sent and updated in the app via WiFi

🔔 Keep an eye on notifications. You will receive them as a reminder to view reports or clean equipment.

⏱ Access your data in the reports tab, through the "CPAP Usage Report" filter

CONTINUE TO APP

8 (17:19):

← Back

Follow the next steps to ensure your CPAP is set up for your therapy

Let's now prepare your CPAP to prevent the old data from mixing with the new data to be collected. Follow the step below to reset the device.

Reset your CPAP data
❌ Not Configured   TO SET UP

CONTINUE WITHOUT CONFIGURING CPAP

9

10

11

12

13

14

5.2. Device QR Code reading

The user will be able, within the application, after completing the subscription activation process with the Gaslive partner, to access the QR Code reading of CPAP devices. There are **four ways** to scan the device's QR Code in the app:

- On the Home Screen of the app (Screen #1), in the carousel menu "What do you want to do", the user can click on the item "CPAP: Scan QR Code"
- The user can also select the "Scan QR Code" option from the "CPAP Menu" (Screen #2) option.
- On the app's Home Screen (Screens #1 and #3), in the "Your Today's Journey" section or in the Notifications, the user can click on the "Scan CPAP QR Code" item;
- In the CPAP Usage Report section (Screen #4), if the user has not scanned the CPAP QR Code that day, a warning will be shown with the possibility of clicking on the "Read QR Code" button.

In all the ways listed above, the user will be taken to Screen #5 to scan the QR Code, where 3 scenarios can happen:

- The QR Code of the device is already registered in that account and the user will be directed to the CPAP Usage Report for the day;
- The device's QR Code is not registered and the user will receive an alert to register it (Screen #7);
- The QR Code read is invalid (eg QR Codes that are not from the CPAP) and an error message is shown to the user (Screen #7);

It is important to point out that, due to the hardware of the YH-560 model, if the user temporarily interrupts or stops using the CPAP during the night (eg, to go to the bathroom) and uses it again on the same night, the last total usage will be reseted and the previous data will be lost.

To avoid this, it is important that the QR Code is always scanned before starting to use it again, so that the app can add up the different readings on the same day, instead of deleting the previous ones and counting only one.
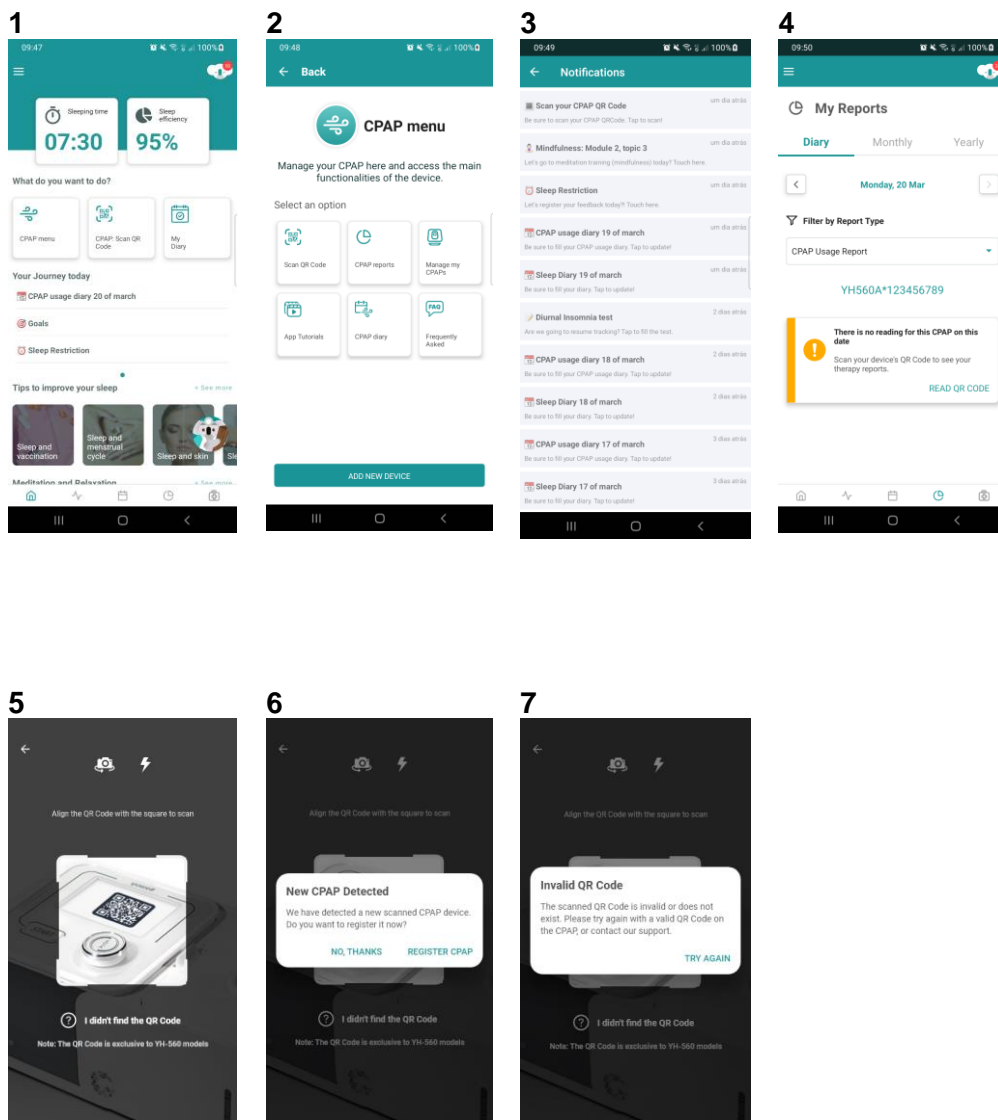
5.3. WiFi Sync (Models YH-480 and YH-550)

To synchronize the CPAP with WiFi, the user will need to access the Gaslive website and follow the steps: http://www.gaslive.com.br/conecta-cpap/

It is important to note that the site must be accessed from a computer with an SD or Micro SD card slot. After this configuration is successfully completed, the application can automatically receive daily therapy data every time the CPAP is turned off or the mask is removed during use.

The user will be able to access these settings from the device menu. To access it, simply click on the "CPAP Menu" item on the initial screen (Screen #1) and on Screen #2 select the "Manage My CPAPS" item, or select the second item on the lower navigation menu and click on "Configure" , next to the CPAP item (Screen #3).

Then, the user will go to Screen #4, where he must select the CPAP used with WiFi, and click on the item "How to Synchronize WiFi" (Screen #5), which will take him to the synchronization instructions (Screen #6). The user will also be able to quickly access these instructions by viewing a report without updates, and clicking on the item "How to Synchronize WiFi" (Screen #7).

1

2

3

4

5

6

7
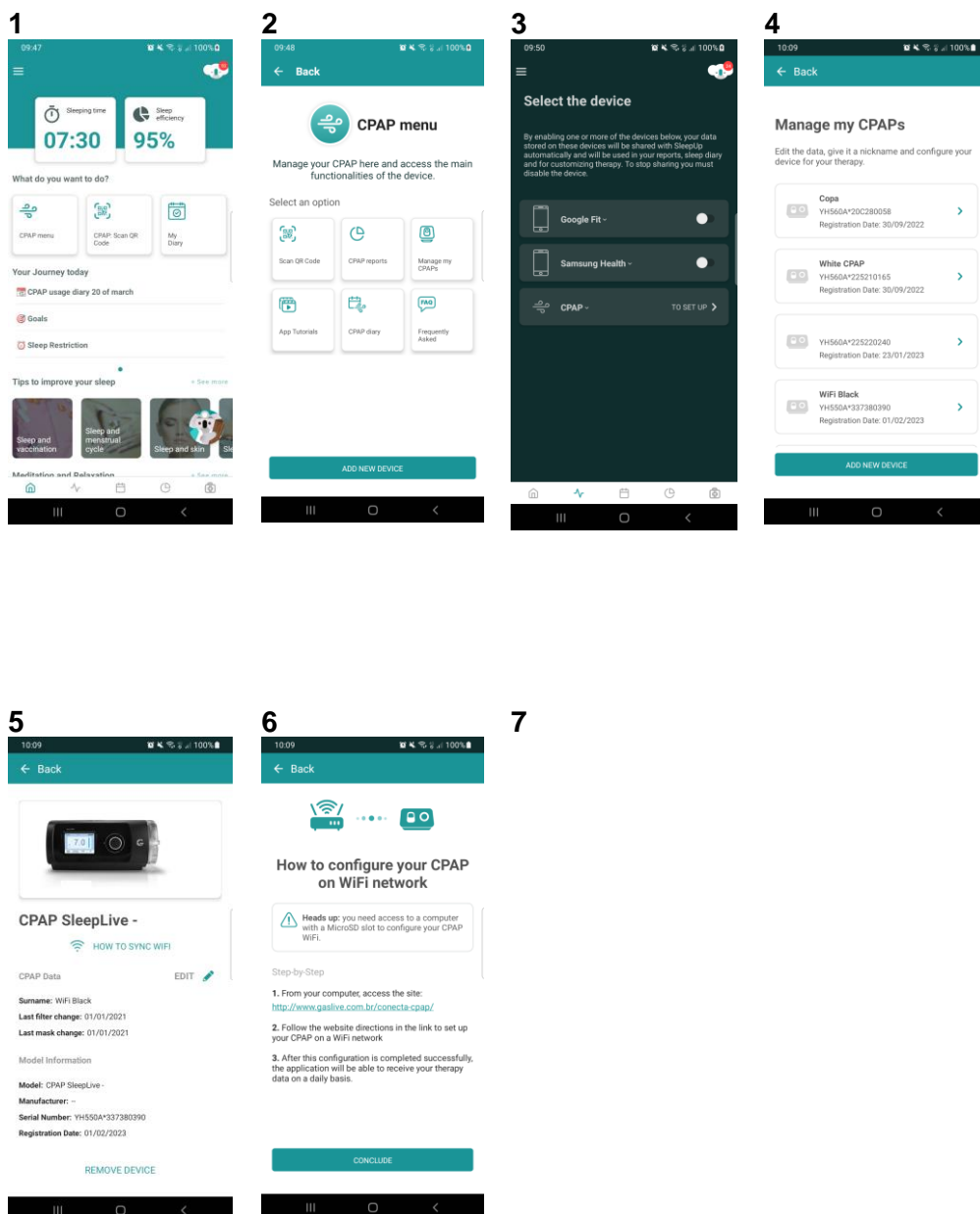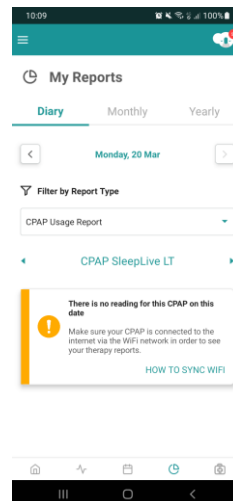
5.4. CPAP Menu

The "CPAP Menu" serves as a hub where the main functionalities related to Gaslive CPAPs are grouped, to facilitate user access and location. To access it, simply on the app's home screen (Screen #1), click on the "CPAP Menu" item, which will take the user to Screen #2. From there, the user can access 7 different items, which are:

1. Scan the QR Code (YH-560 models only); 2. CPAP Usage Reports; 3. Manage My CPAPS; 4. App Tutorials; 5. CPAP diary; 6. Frequently Asked Questions (FAQ); 7. Add New Device.

1

2
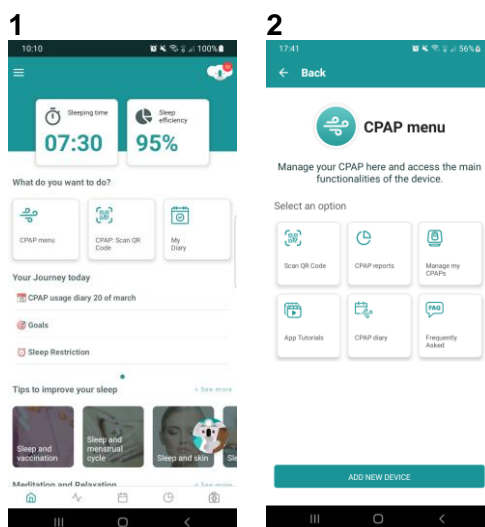
5.5. Edit CPAP Usage and Archiving information

The user will be able to edit information related to the use of CPAP in the app, such as the date of replacement of the CPAP mask or filter, as well as the nickname that will be used for viewing in the reports, or even archive it to stop being displayed. To do this, simply on the app's Home Screen (Screen #1), click on the "CPAP Menu" item and click on the "Manage My CPAPs" item (Screen #2), or on the frequency icon in the lower navigation menu, click in the "Configure" item next to CPAPs (Screen #3).

After that, select the CPAP you want to edit or archive (Screen #4). To edit, just click on the "Edit" button (Screen #5) - which will enable the editing mode (Screen #6), next to the pencil icon, and to archive, just click on the "Archive Device" item. A warning will be shown (Screen #7) informing that the therapy data in the CPAP will continue to be saved in the reports, and if you want to activate it again, just add it as "New Device". After archiving, the device will no longer be listed on Screen #4, and will not receive further app updates until it is reconfigured.
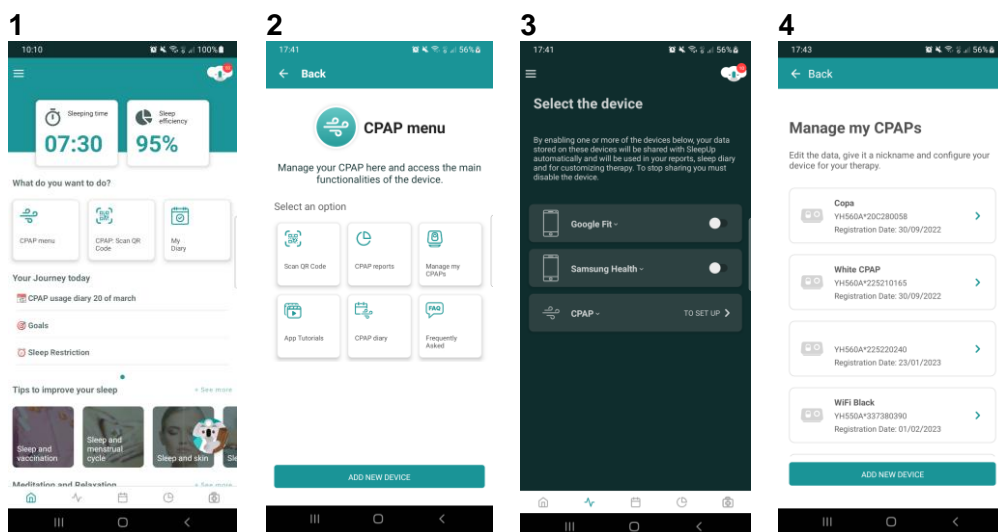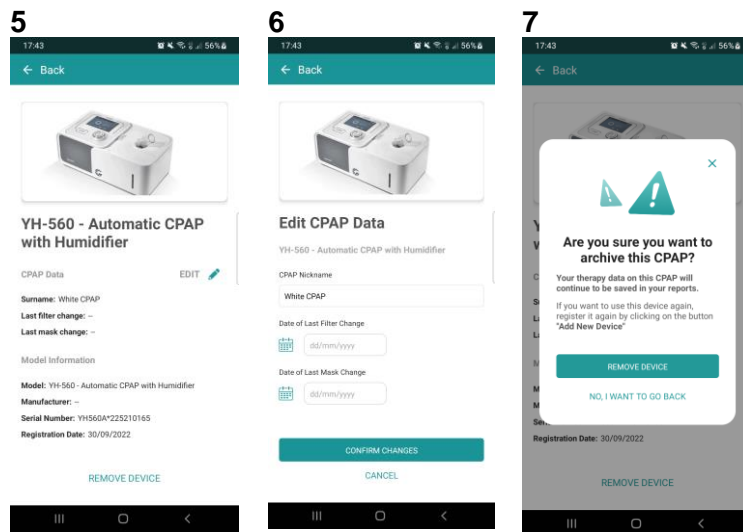
6. Notifications: View and Edit

To view the notifications, the user must click on the Koala in the upper right corner of Screen #1. Then Screen #2 will be displayed and the user will be able to select and click on the notification they want, which will take them to to the notification destination.

The user will receive push notifications by cell phone. When clicking on them, the user will be directed to Screen #2 to view them. If the user wants to stop receiving notifications, he must disable it using the notification features in the cell phone's settings.

To delete notifications, the user must click on "Edit" on Screen #2, select the notifications they want to delete (Or click on "Select All" to clear all of them) and click on "Delete" on Screen #3. A pop-up will appear, and then the user must click on "Confirm" (Screen #4).

The user will be notified every day to fill in the sleep diary, with a limit of being able to fill up to the last 3 days. After this period, diaries older than 3 days cannot be filled. Notifications that are available are only for the last 3 days and/or tests that need to be completed.

1 **2** **3** **4**
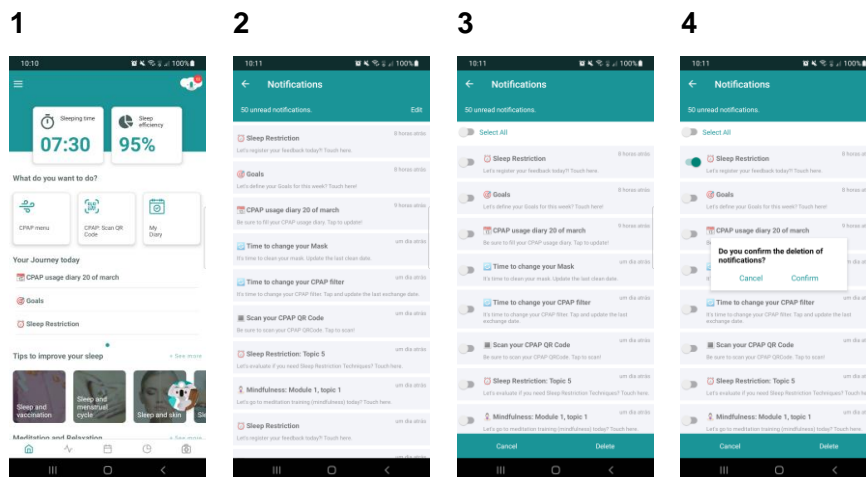
7. Clinical Tests: Access and Completion

The "SleepUp" application has 10 questionnaires, including 2 anamnesis and 8 clinical tests, in order to provide feedback, personalize therapy and assess treatment progress. These tests are performed periodically, and the user will receive a reminder to perform them.

Upon receiving the reminder, the user will be able to click on the notification, and then they will be directed to the questionnaire. The user can also access the list of questionnaires through the home screen (Screen #1), clicking on the "My diary" button, and then clicking on the "Clinical Trials" button on Screen #2. On Screen #3, the user can click on the desired test, if it is in the correct filling period, it will open (Screen #4), otherwise, the user will receive a pop-up warning to wait for the correct filling period.

After filling out the questionnaire, the user will see a screen with the result of the same (Tela #5), including a field to enter comments about the result. The test result will be available in the "Reports" function, clicking on the item "Filter by Type of Report" and selecting the option "Test Results" (Screen #6), while the visualization of the complete content of the answered test will be visible on the main screen of the Journal (Screen #2), clicking on the day it was performed, indicated by the red circle.

1

2

3

4

5

6
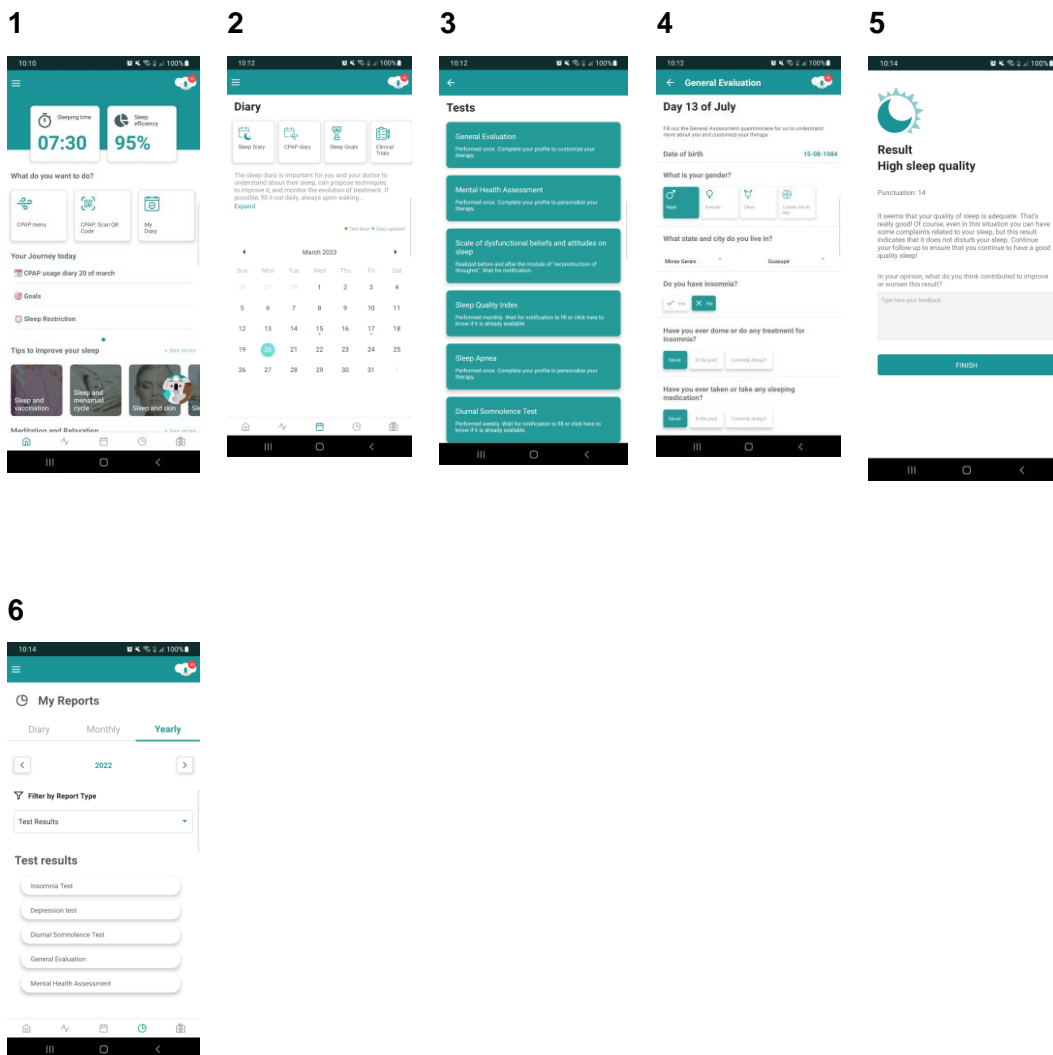
8. Digital Diaries: Access and Completion

The application has digital diaries, which the user can fill in to generate personalized reports and guidelines, in addition to having a record that can be displayed daily for free, while the monthly filters and annual that average the data for the month and generate a new sequence of guidelines are available in paid plans.
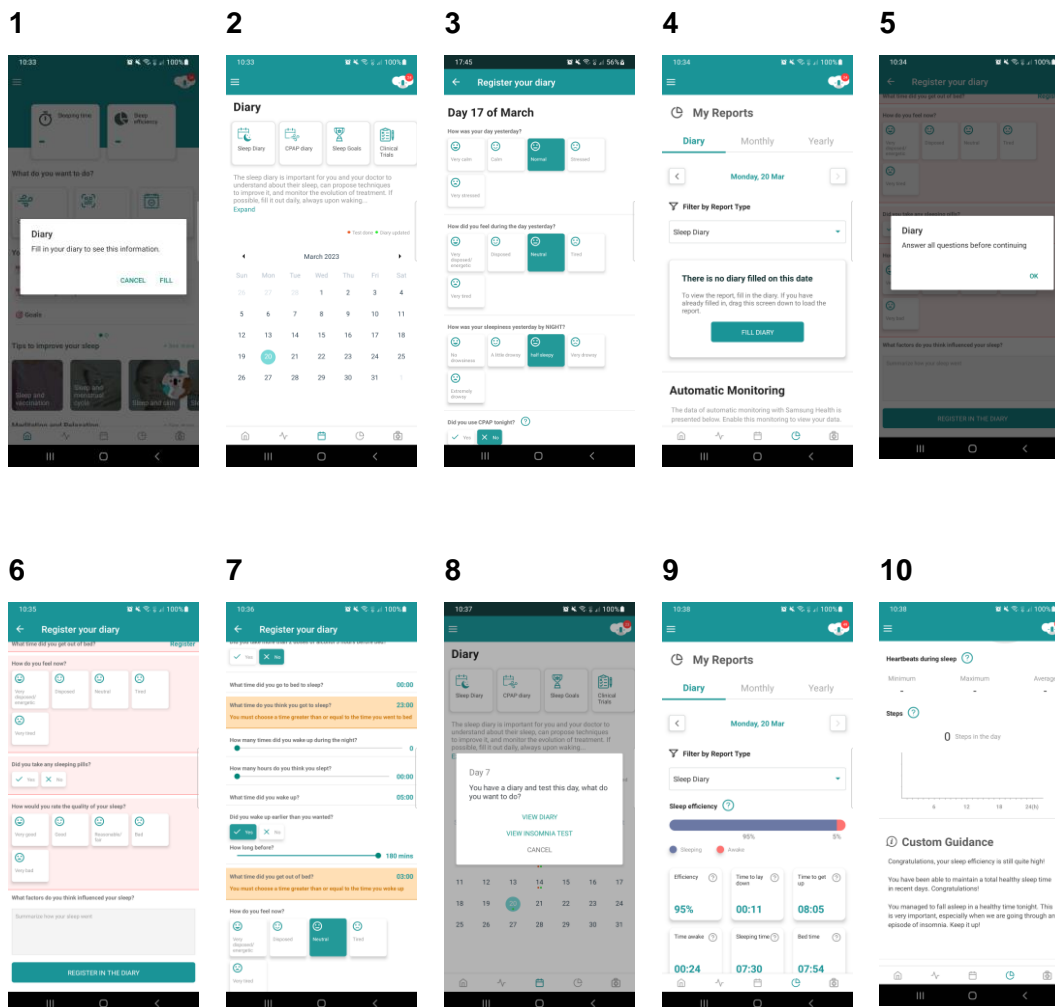
8.1. Sleep Diary

Diary Sleep Diary (Screen #3) is a tool available to all app users. The user will receive the notification every morning to fill in the sleep diary, and can click on it to be directed to it. In addition, there are 5 ways to access the Sleep Diary:

- By clicking on the "Sleep Time" or "Sleep Efficiency" buttons on Screen #1, which if they are blank,a pop-up will be shown for the user to fill in the diary;

- Clicking on the journal symbol at the bottom of Screen #1, and then on "Register" (Screen #2).

- Upon entering the "Reports" function, the user will receive a message to fill in the Diary (Screen #4).

- When clicking on the desired day in the calendar on Screen #2, the user will also be directed to the diary, in this case, the user will only be able to fill in the Diary of the last three days.

- Upon accessing the home screen, there will be a section called "Your journey today" (Screen #1) with all the tasks pending to be done that day.

All mandatory questions must be completed in order to be able to register. If there are unanswered questions, an alert with an error message will appear (Screen #5) and unanswered questions will be highlighted in red (Screen #6). Inconsistently answered questions will be highlighted in orange, with text indicating the reason (Screen #7)

After completing the registration, the user will be directed to the "Reports" tab of the sleep diary, where they can see their metrics and receive personalized guidance (Screen #9 and #10).

It is possible to view the Diary answered by clicking on the desired day on the calendar on Screen #2, a legend with a green circle signals that the diary has been filled in on that day (Screen #8). It is possible to update only the Journal that was filled within the same day, Journals filled in the previous days cannot be updated.

1 | **2** | **3** | **4** | **5**

6 | **7** | **8** | **9** | **10**

8.2. Medicine Diary

When filling out the Sleep Diary and checking yes to the question "Did you take any sleeping pills?" (Screen #1), the user will be taken to the "Diary of Medicines" screen, where they can record all the medicines they took that day, how they felt when taking the medicine, what they thought when taking the medicine and if they had any side effect (Screen #2) The user will be able to access the filled diary in the reports menu, using the Filter option and selecting the "Medicine Diary" option (Screen #3).

1   **2**   **3**
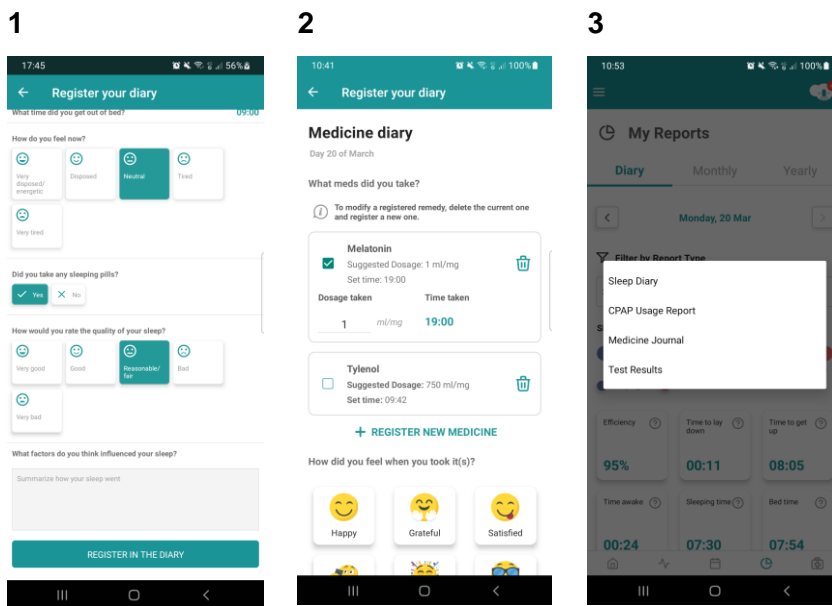
8.3. CPAP Usage Diary

When going to the bottom menu in "My Diary" and selecting the "CPAP Diary" button (Screen #1), the user will be taken to the "CPAP Usage Diary" screen, where he will be able to answer questions related to the use of the CPAP, how you snored that night, how many times you woke up during your sleep, feelings, thoughts, side effects, among others (Screen #2). Gaslive users will be able to access the completed diary in the reports menu, using the Filter option and selecting the option "Apnea Report" (Screen #3).

1   **2**   **3**
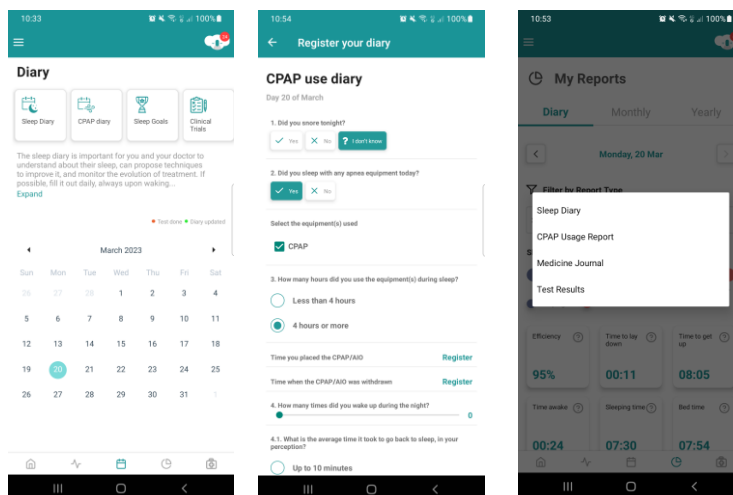
9. Reports: Data Analysis

Daily reports are available in the free plan, and monthly and yearly reports are available in the Standard and Premium plans. Reports can be accessed by clicking on the "My Analysis" button on the home screen (Screen #1), within the "What do you want to do?" menu, or by clicking on the reports icon in the footer. In the reports, the user will be able to select if he wants to see them in a "daily", "monthly" or "annual" way in the tab at the top of the page.

1

2
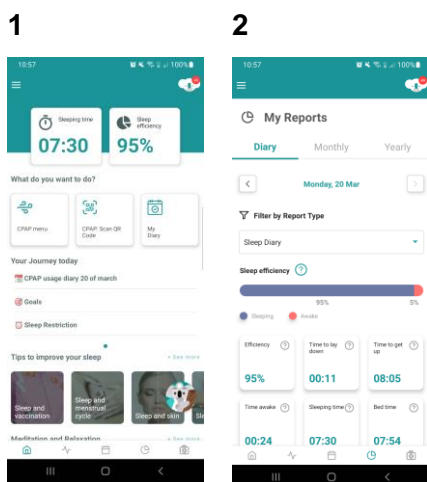
9.1. Sleep Diary Report

The application has reports generated primarily by filling in the "Sleep Diaries", and then, if activated, by automatically monitoring the sleep phases, including information such as sleeping time, heart rate during sleep, sleep and steps. When accessing the reports, the Sleep Diary Report is the first to be shown. If it is not selected, to access it, after going to the reports screen described in item 9, the user must click on the selection menu "Filter by type of report" and select the option "Sleep Diary".

At the bottom of the reports page, you can also see a personalized recommendation, determined by the data collected from the user in each report.
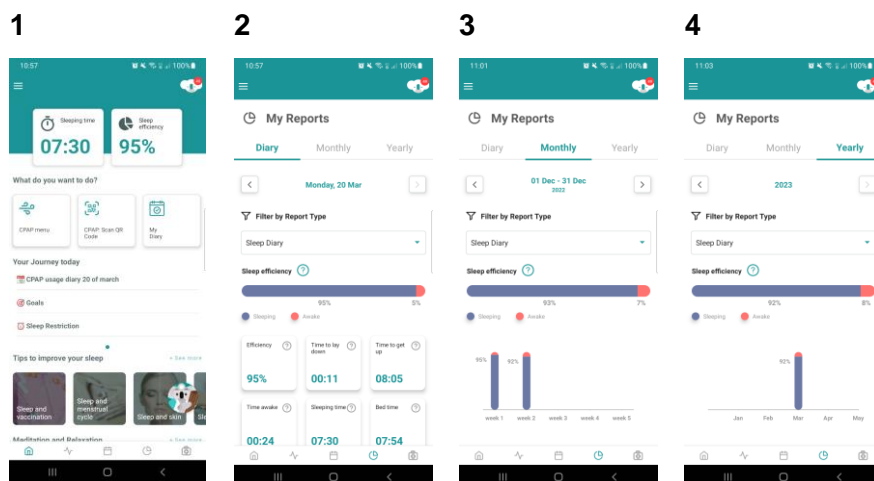
9.2. Medicine Diary Report

The Medicine Diary report is available to paid SleepUp plan subscribers. If it is not selected, to access it, after going to the report screen described in item 9, the user must click on the "Filter by type of Report" selection menu and select the "Medicine Diary" option.

It is available in Daily view (Screen #1) and Monthly view (Screen #2). By clicking on one of the days in the monthly view, the user will be able to see details about completing the diary on that day, about the use of medications (which were taken and which were not), the feeling recorded and the dosage (Screen #3).

On Screen #2, the user can select the completion of a specific remedy to see the reports for that remedy (Screen #4) by clicking on the selector menu of "See all remedies". And by clicking on the smiley face icon located above the calendar, he can see the sentiment log for the month (Screen #5). If the user does not fill in the other information, they will see the report with no records (Screen #6)

At the bottom of the reports page, you can also see a personalized recommendation, determined by the data collected from the user in each completed diary.

1 **2** **3**
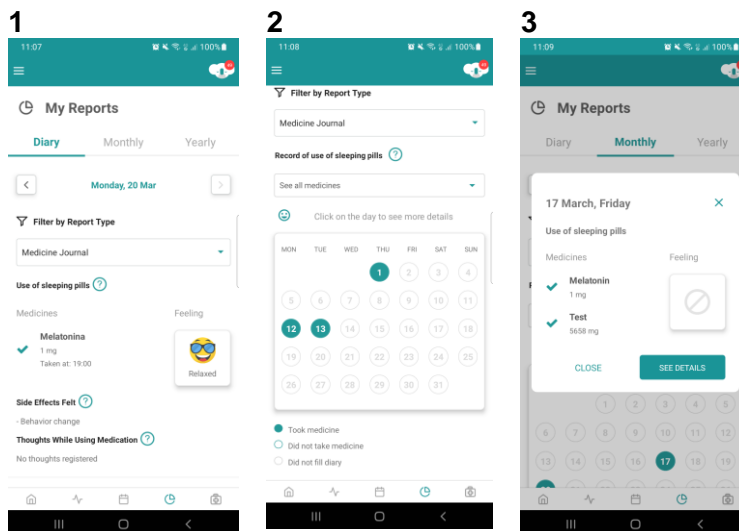
4 **5** **6**
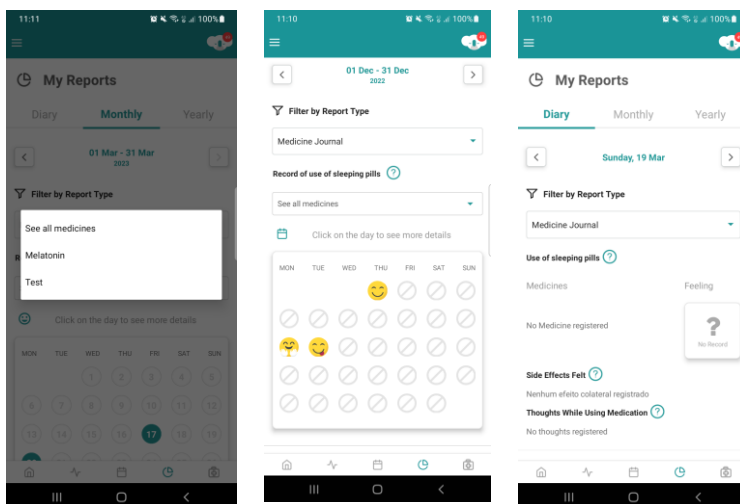
9.3. CPAP Usage Report

This report is available exclusively to users of Gaslive, a partner of SleepUp. The user will be able to access reports of data collected by their CPAP device. To access, after accessing the the user must click on the selection menu "Filter by type of report" and select the option "CPAP Usage Report" (Screen #1).

The report can be displayed on a daily, monthly or yearly basis, and will show the following data collected by Gaslive's registered CPAPs:

Daily (Screen #2): CPAP Usage Time; Average of Events (per hour); Leakage (LPM); Snoring Index; Mean Pressure and if the Therapy lasted ≥ 4 hours;

Monthly and Annual (Screens #3 and #4): Average Time of CPAP Use; Mean Apnea and Hypopnea Index (AHI) recorded; Average Leakage (In Liters per Minute - LPM); Average Snoring Index; Mean CPAP Pressure and Mean Therapy Duration ≥ 4 hours;

At the bottom of the reports page, you can also see a personalized recommendation (Screen #5), determined by data collected from the user each day the CPAP was scanned, as well as reminders to scan and/or complete the Apnea Diary.

If the user has not scanned the QR Code that day, Screen #6 will be displayed when opening the report, with an alert indicating the non-completion and providing a link for the person to "Read the QR Code". However, if the user has completed the "CPAP Usage Diary", some fields such as "Usage Time", "Therapy lasting ≥ 4 hours" among others contained in the diary will be shown in the same place (Screen #2) .

1 | **2** | **3** | **4**

5 | **6**
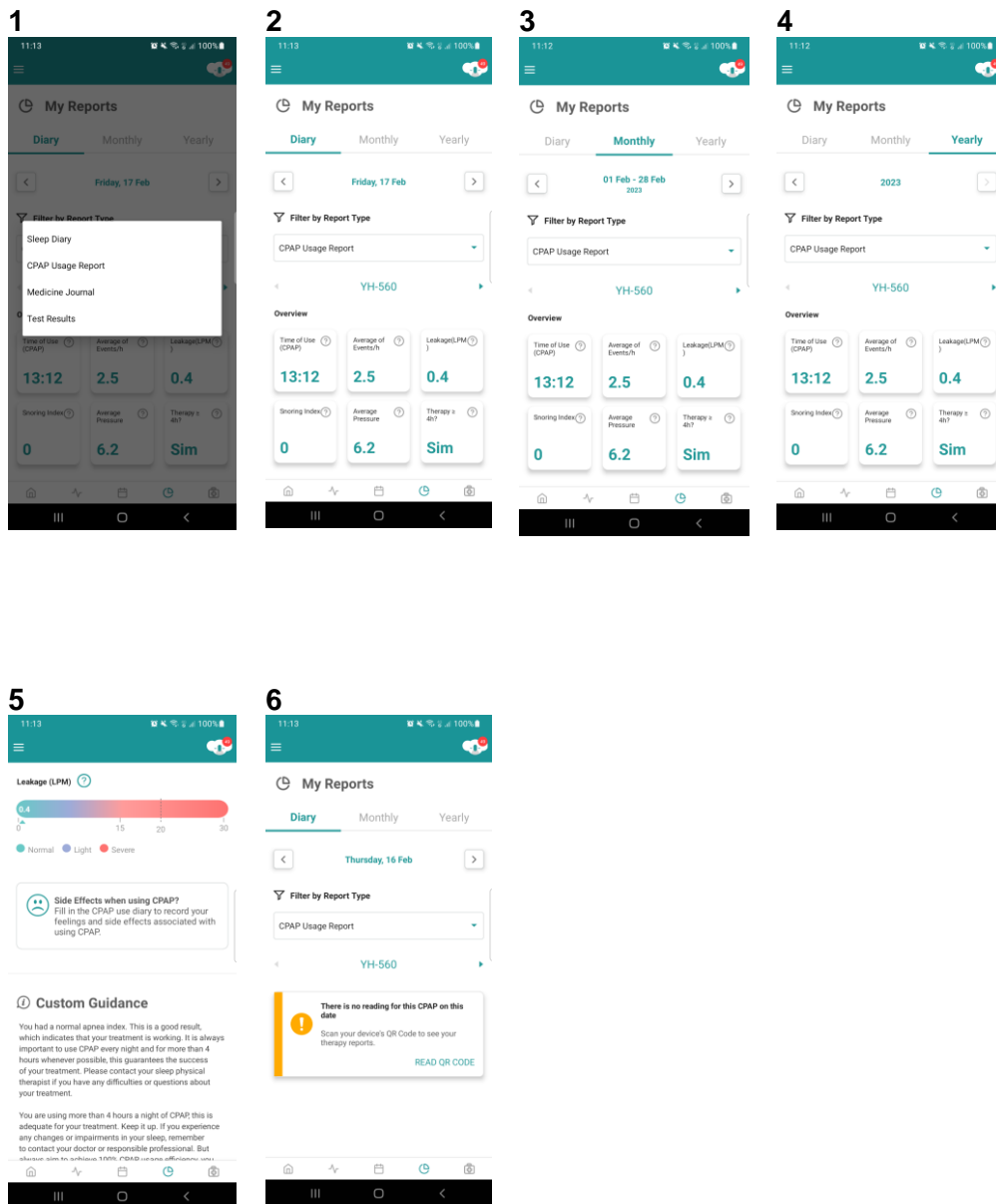
9.4. Test Results

Within the reports tab, users will be able to view the tests performed by period (day, month or year), and will be able to access the results through this screen. To access, after accessing the [report screen described in item 9,](#) the user must click on the selection menu "Filter by type of report" and select the option "Test Results" (Screen #1). Then Screen #2 will be displayed with all tests performed in the period. To access the

results, simply click on the desired test and the application will direct you to the screen with the test result.
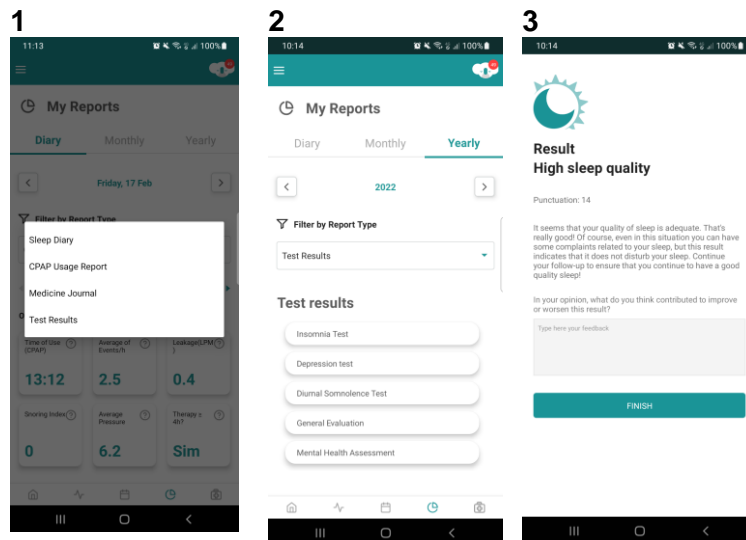

10. Goals: Setting and Evaluating

The user can choose their own sleep goals in the free plan, while in SleepUp's paid plans it is possible to evaluate their goals. To select your goals, the user must click on the "Update my goals" button on Screen #1, or within the section "My Diary" (Screen #2), the user can click on "Goals". The user will then go to Screen #3, where they can click on "Choose my goals" to go to Screen #4, where they will choose goals such as setting sleep and wake times, as well as being able to view and delete custom goals, or the user will be able to click on "Evaluate my goals" (Tela #5) to evaluate the evolution of the goals and obtain a result. The evaluation of the goals is carried out every Monday, and the user will receive a reminder to complete the evaluation.

The user will be able to define personalized goals in the premium plan, and these goals will be defined within the Therapy modules and will be registered in the goals list, to be evaluated together with the others.

1

2

**3**

4

5
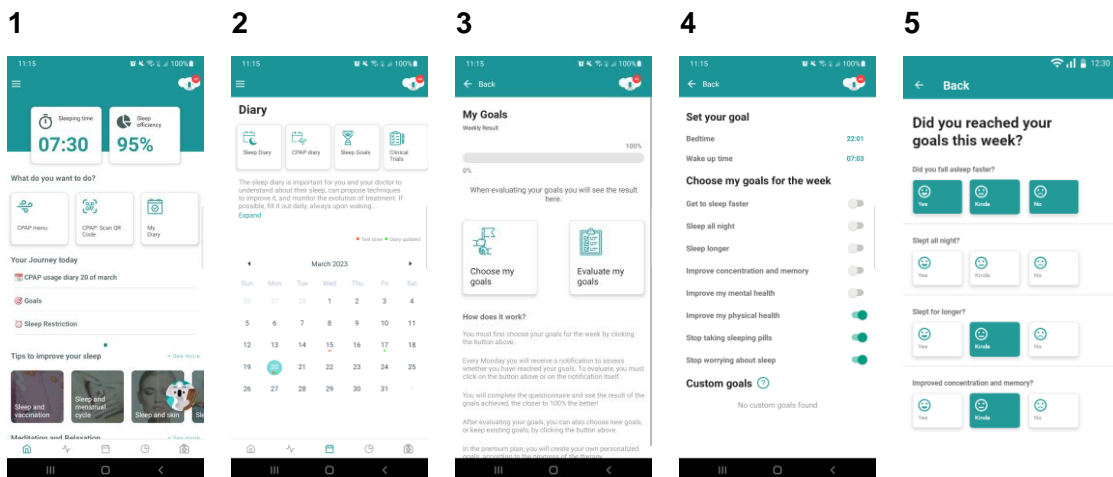
11. Lifestyle Tips Lifestyle

tips are available in the free plan. Toaccess them, the user must click on "See more" on Screen Tips #1, or click on the "Take care of your Sleep" in the footer menu , and then you will be directed to "Screen #2. On this screen, the user must click on "Lifestyle Tips" and then select and click to view the complete material (Screen #3).

1

2

3
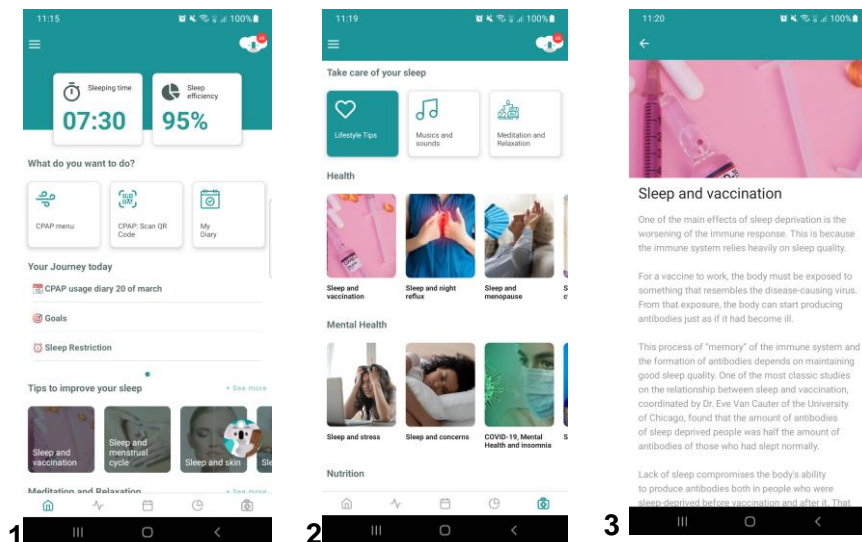
12. Meditations and Songs

Songs and meditations are available on the standard plan. Toaccess them, the user must click on "See more" in "Meditations and Relaxation" on Screen #1, or click on the "Take care of your sleep" icon in the footer menu, and then you will be directed to "Screen #2 or #3.

On any of these screens, the user will have a list of "Music and Sounds" or "Meditation and Relaxation" sessions, and can choose any one by clicking to open the media player with the audio material (Screen #4).

**1**   **2**   **3**   **4**
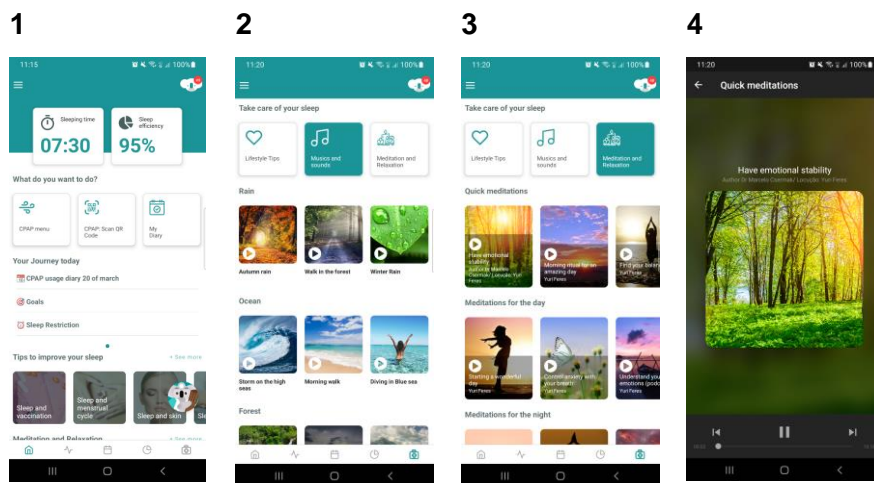
13. Special Modules

Special modules are available in SleepUp's paid plans. To access them, the user must click on "Special modules" in the "What do you want to do?" menu. from Screen #1, or you can click on the "Take care of your sleep" icon in the footer. When going to Screen #2, the user will be able to navigate between the carousel menu at the top and must click on the item "Special Modules". There will be 9 modules listed, among them some will be available, and others only "coming soon". After selecting the desired module, he will be directed to Screen #3, with a list of topics, and by clicking on the available ones, he will be able to access the content. The next topics are released one day after the completion of the previous one, or under specific conditions of the module.

The content of each module includes texts, videos, audios, quizzes, interactive activities, setting reminders and personalized goals.

For the questionnaires of the "Facing Depression" module filled with the information of suicidal thinking marked, an email will be sent to the doctor and to the emergency contact registered by the user, informing the fact. The firing of the email is previously authorized by the user.

1

2

3
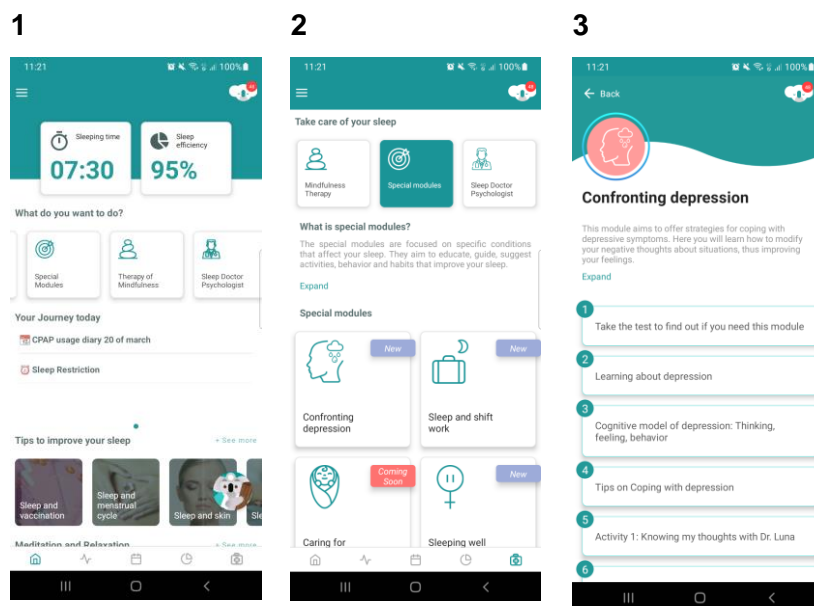
14. Cognitive Behavioral Therapy for Insomnia (CBTi) Cognitive Behavioral Therapy for Insomnia

CBTi modules are available on SleepUp's paid plans, with Learning Sleep, Relaxation & Meditation and Sleep Hygiene available on the standard plan, and modules 2, 3, 4 and 5 are available in the premium plan.

To access them, the user must click on "Digital CBT Therapy" on Screen #1, or click on the "Take care of your sleep" the footer, and then they will be directed to "Screen #2 and #3. item "TCCI Digital Therapy". You should wait for the controlled release of modules and topics. By clicking on the module, a topic listing screen will be shown

(Screen #3), and by clicking on the topic, the user will be able to see the complete content (Screen #4) of each module includes texts, videos, questionnaires, audios, questionnaires, interactive activities, setting reminders and personalized goals. These contents are personalized for the user according to the clinical profile and selected goals.

1

2

3
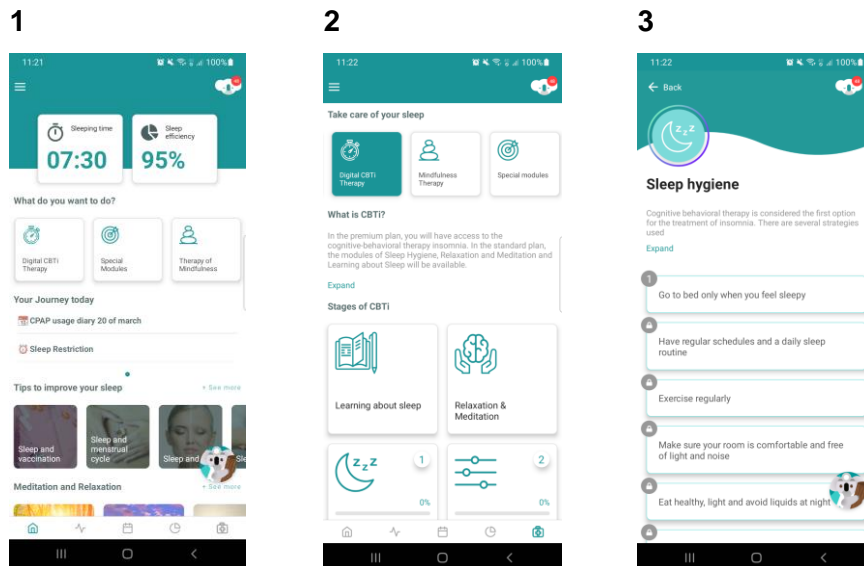
15. Mindfulness Therapy

The modules of the Mindfulness Therapy for Insomnia are available inSleepUp's paid plans.

To access them, the user must click on "Mindfulness Therapy" in the "What do you want to do?" menu. on Screen #1, or you can click on the "Take care of your sleep" the footer, and then you will be directed to "Screen #2.

When going to Screen #2, the user will be able to navigate between the carousel menu at the top and you must click on the item "Mindfulness Therapy", and then, if you are part of the paid plans , you will be able to access the content. The modules are released weekly, and the next topics are released one day after the conclusion of the previous one, or under specific conditionsmodule, a topic listing screen will be shown (Screen #3), and by clicking on the topic, the user will be able to see the complete content (Screen #4). The content of each module includes texts and audios.

1 **2** **3** **4**
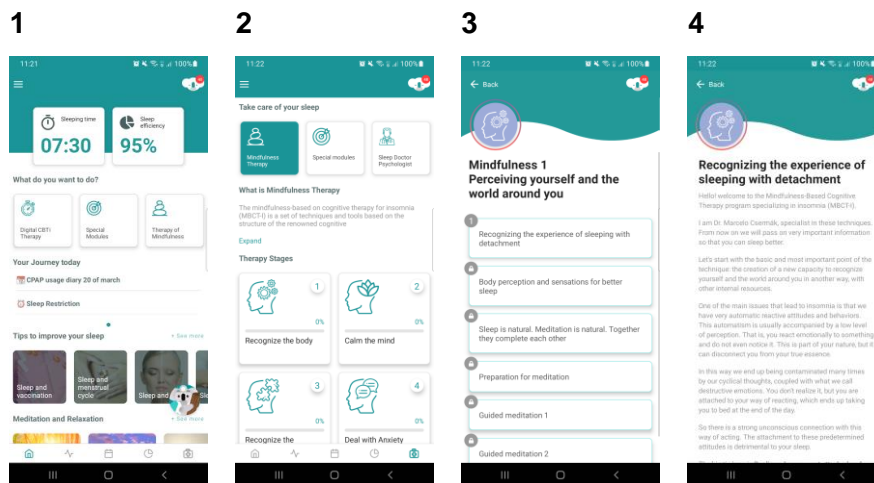
16. Remote Appointment

Scheduling is available on SleepUp's paid plans. To access it, the user must click on "Psychologist and Sleep Doctor" in the "What do you want to do?" menu. on Screen #1, or you can click on the "Take care of your sleep" icon in the footer, and then you will be taken to "Screen #2. When going to Screen #2, the user will be able to navigate between the carousel menu at the top and must click on the item "Sleep Psychologist and Doctor". . The user will then be directed to select the desired professional, enter their data and make the payment. The user can schedule, change or cancel appointments 24 hours in advance. After scheduling, the user will receive an appointment confirmation, with the link to the video consultation.

The user will also be able to view the details of the consultation before or after performed by the calendar at the bottom of Screen #2, by clicking on the date of the consultation, and then a new screen with the details will open (Screen #3). The "Consultation via video" button will be available 10 minutes before the consultation, and the user will be able to enter the consultation by clicking directly on the link in the confirmation email received. Consultation via Chat is also available, in this case, the user must click directly on the button "Consultation via chat" at the time of consultation.

1

2

3
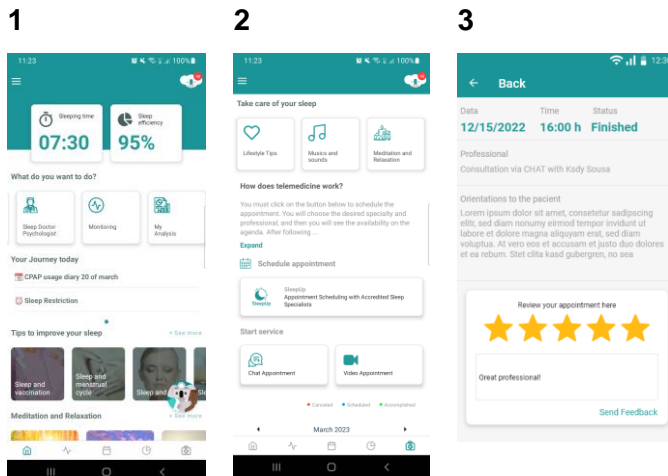
17. Perform actions in the Menu

For all actions referring to the items and sections listed in the "menu button" located in the upper left corner of the application's homepage, the user must click on it. The menu will then open (Screen #2) with all sections available.

1

2
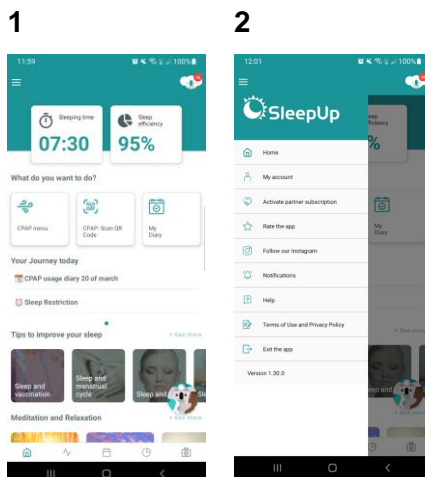
17.1. My account

To view the details of my account, the user must, within the menu button (Screen #1) click on "My Account" so that Screen #2 is opened. On this screen, the user will be able to see the status of their plan, their profile, as well as upgrade their plan, cancel their subscription and access the terms of use and privacy.
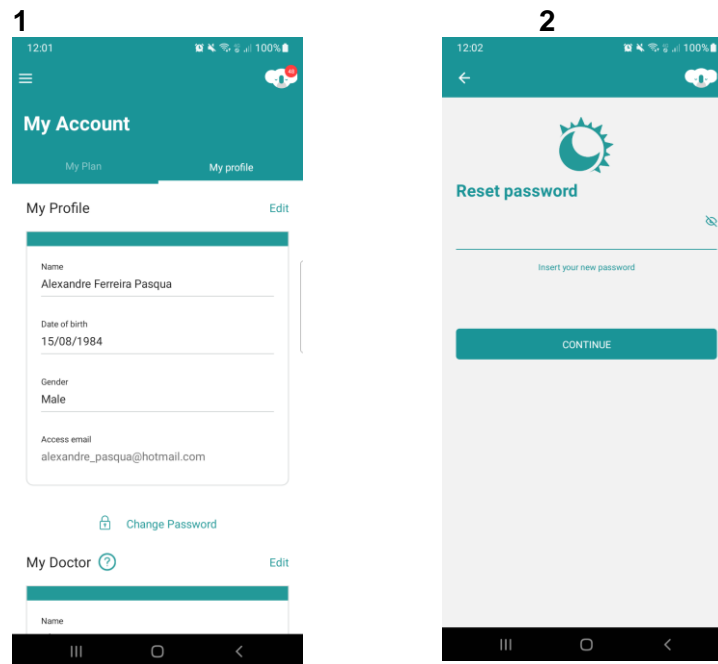
17.1.2. My Profile

To view the details of the profile, the user must, within the menu item "My Account", as shown in item 15.1., go to the "My Profile" tab (Screen #2) located at the top of the screen, where edit personal data (Name, Date of birth and gender), change the app password (if you registered manually by email) and also delete your account in the app. Finally, on the same screen, the user will also be able to add their doctor in "My Doctor", and authorize the sharing of sleep data with them, in addition to being able to add an "Emergency Contact".

1   **2**
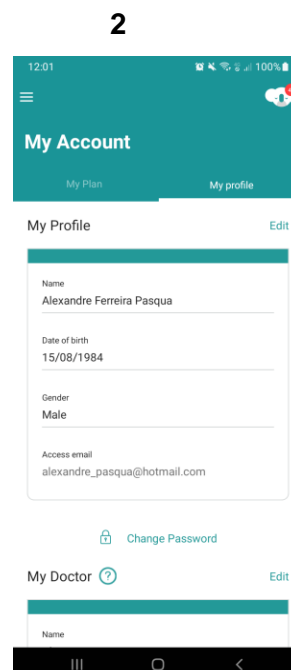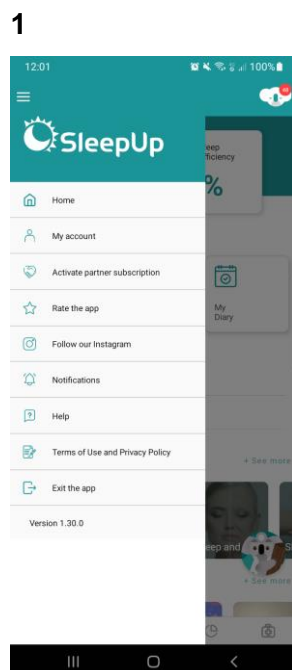
17.1.3. Change Password

To change the password, the user must access the profile tab, within the "My Account" menu item, as shown in item 15.1., and at the bottom of the "My Profile" tab, click on "Change Password" (Screen #1) to be taken to Screen #2 and reset the password.


17.1.4. Delete account

To delete the account, the user must access the profile tab, within the "My Account" menu item, as shown in item 15.1., and under the "Emergency Contact" section on the "My Profile" tab, click on "Delete my SleepUp account" (Screen #1) to be directed to Screen #2, where you will be informed of all data that will be deleted.

On Screen #3, the user must inform the reason for deleting the account, and then he will receive a final alert that all data will be lost, and that this is an

irreversible action. After deleting the account, the user will return to the login screen.

1

2

**3**
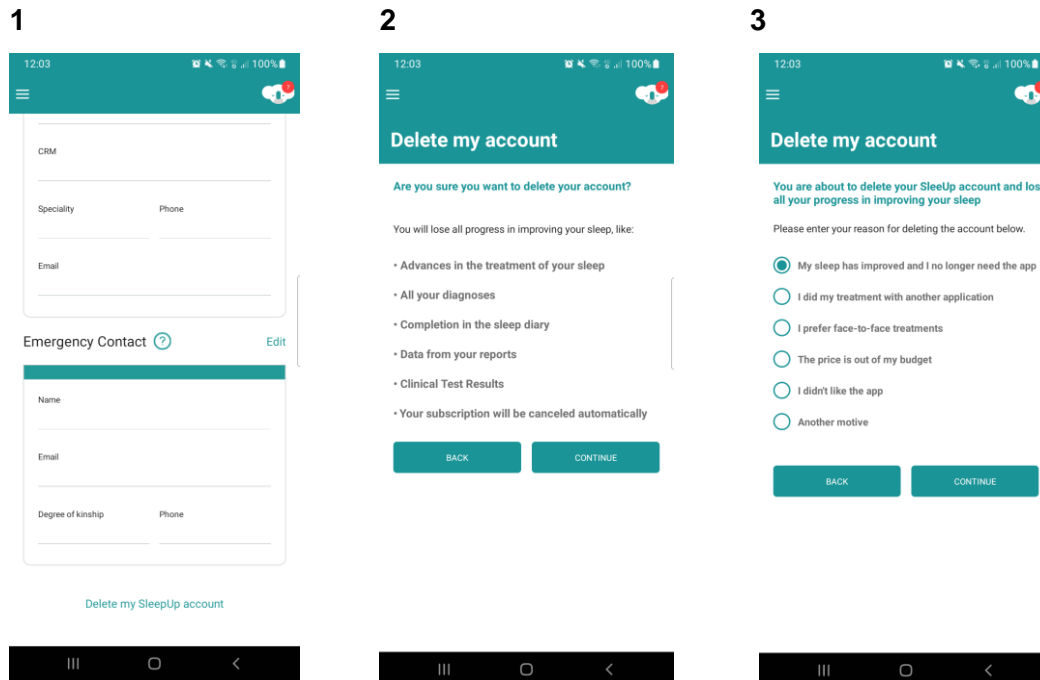
17.1.5. My Plan Status

To view the details of plans and prices, within the menu button (Screen #1) click on "My Account", and then select the upper tab "My Plan" (Screen #2 to #6).

On these screens, the user will be able to view their current plan and information related to it, such as the Current Plan, Subscription Expiration or Renewal Date, subscription start date, purchase channel (if any), recurrence (if any), and tasting expiration (if any).

Right below the user will be able to see the Status of the Plan. If the plan is Free (Screen #2), by default the user will not see any Status or End Date information. The plan may be listed as:

- Active and without pending issues (Screen #3);
- Canceled, with access released until the end date (Screen #4);
- In cancellation, depending on manual update by Sleep up or partner company (Screen #5);

- Pending Payment, where the renewal was not successfully paid (Screen #6)
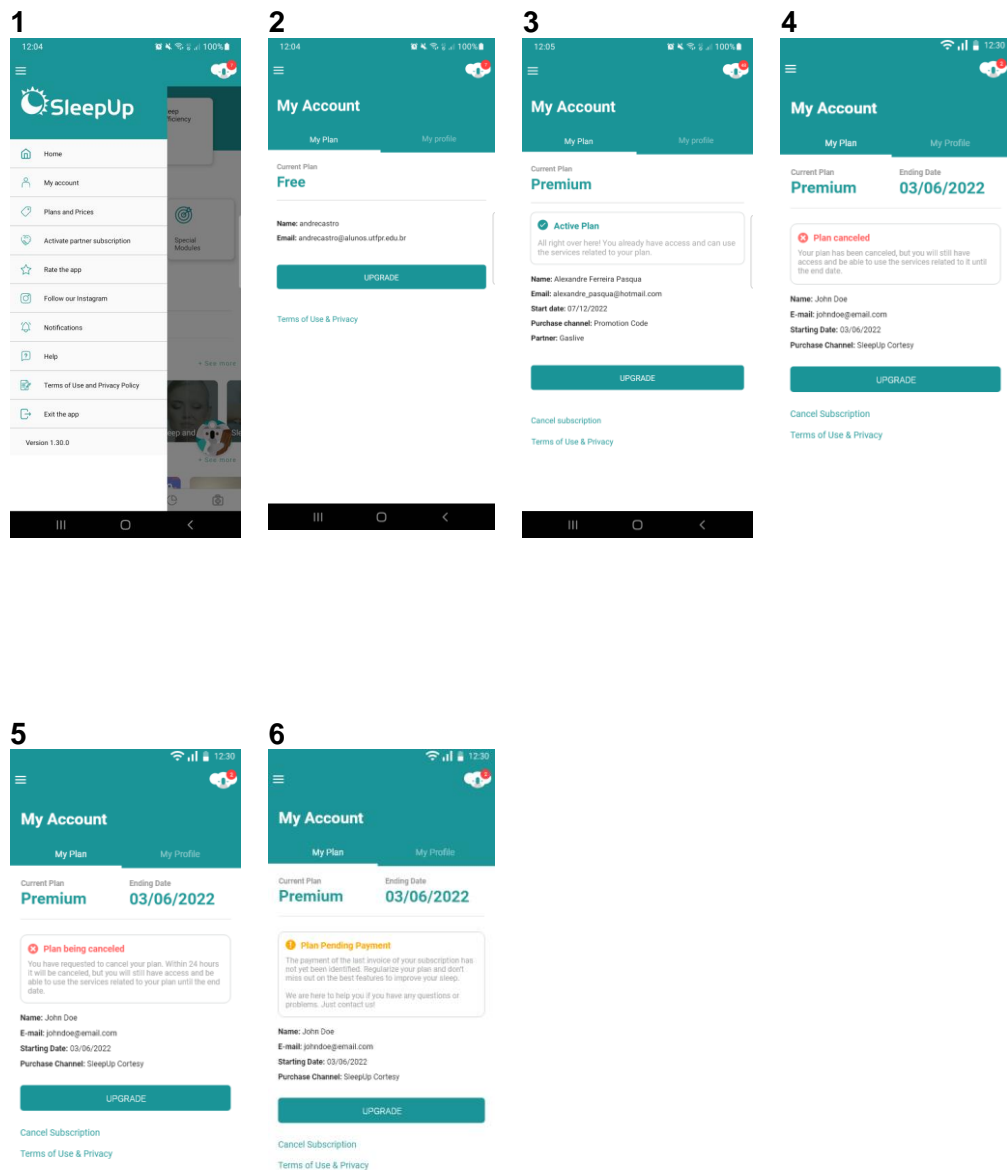
17.2.   View Plans and Prices

To view the details of plans and prices, the user must, within the menu button (Screen #1) click on "Plans and Prices" so that Screens #2 and #3 are opened.

On these screens, the user will be able to view the available plans and the benefits of each one. If you choose to purchase one, payment will be initiated via app

stores, as well as the option to increase the plan (e.g. from the free plan to the standard plan, or from the standard plan to the premium plan).
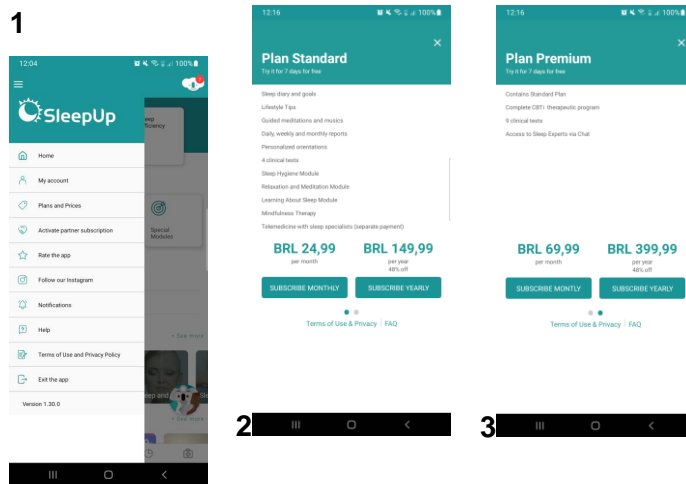
17.3. Activate Subscription with Partner

The user can activate a subscription with a partner or a promotional voucher purchased within the app.

For this, the user must, inside the menu button (Screen #1) click on "Activate Subscription with Partner" so that Screen #2 is displayed.

Within Screen #2, the user will be able to choose the company or the Promotional Coupon option to activate their subscription. For details on how to activate each subscription, see item 3.1. "Enter with Partner" of the manual.

1

2
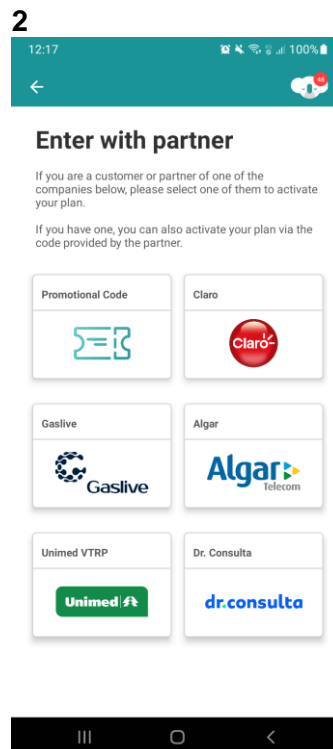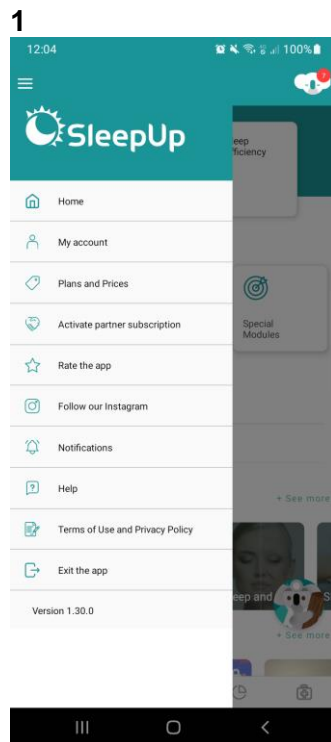
17.4. Rate the App

You can go to the store where the app was downloaded to rate it. For this, the user must click on "Evaluate the App" within the menu button (Screen #1). The user will then be directed to the app store for the review.

1
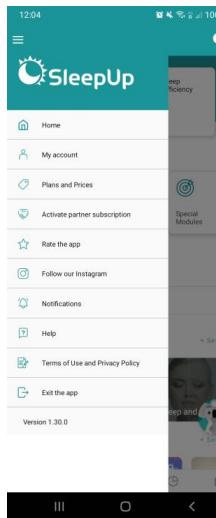
17.5.   Follow Instagram

You can access SleepUp's instagram through the app. For this, the user must, within the menu button (Screen #1) click on "Follow our Instagram". The user will then exit the app and be directed to SleepUp's Instagram.

1

17.6.   Help

The application has a help section, to help users with difficulties. To access it, the user must, inside the menu button (Screen #1) click on the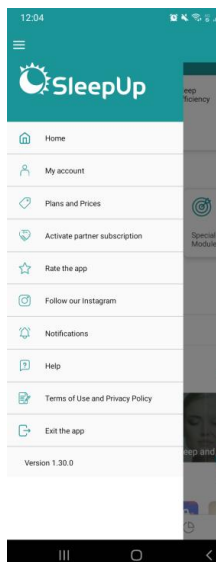 item "Help". Then some options will be displayed for access (Screen #2). Among them are: "App Tutorials", "Frequently Asked Questions (FAQ)", "Terms of Use" and "Contact Us".

1   **2**
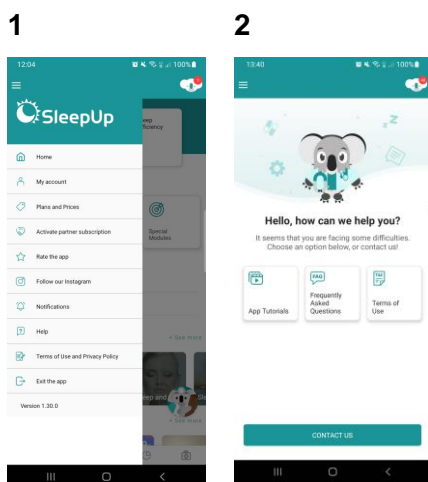
17.6.2. App Tutorials

By clicking on "App Tutorials" in the Help section, the user will be able to see a list of all video support materials on how to use the app or how to do specific tasks within it. By clicking on any of the items, the user will be able to see the content (Screen #2). Gaslive users will see specific tutorials such as CPAP Setup and Apnea Reports, among others (Screen #3).
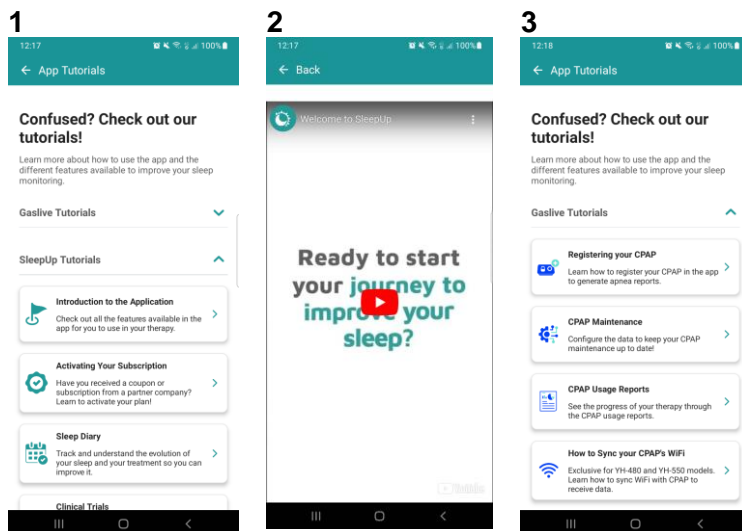
17.6.3. FAQ

You can access a list of frequently asked questions (FAQ) about the SleepUp app. For this, it is enough that in the help session, the user clicks on the item "Frequently Asked Questions", and then he will be able to view an interactive list with the questions and click on them to see the answers (Screen #1)
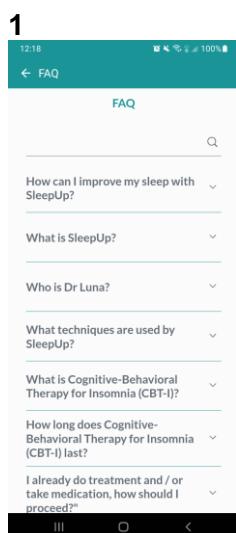
17.6.4. Contact us

You can access a SleepUp contact channel within the app. To do so, in the help session, the user simply clicks on the "Contact Us" button at the bottom of the screen, and then he can view on Screen #1 the contact information, a link to contact via Whatsapp, and fill out a form. with a message that will be sent to our team.

1
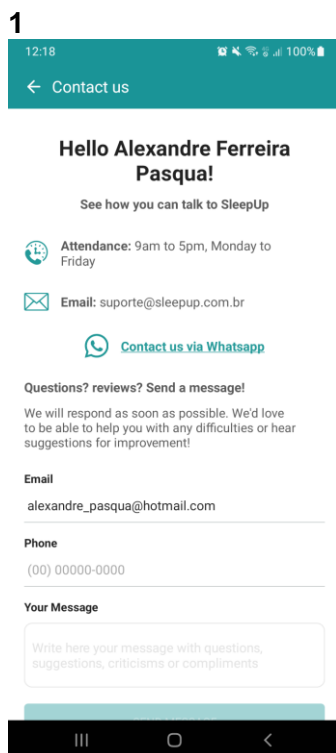
17.7.   Terms

The user can access and read the terms of use and privacy of the app. It is available in several locations in the app. To access it, the user must access the menu button on the app's home screen in the upper left corner (Screen #1).

The first one is inside the menu button (Screen #2), clicking on the item "Terms of Use and Privacy". And then the user will be directed to the screen with the Terms (Screen #3).

The user will also be able to access the terms in the following items within the menu button:

- Under "Plans & Pricing" at the bottom of the screen (Screen #4)

- In "My Account", at the bottom of the "My Plan" tab (Screen #5)

- In "Help", in the item "Terms of Use" (Screen #6)

1

2

3

4

5

6
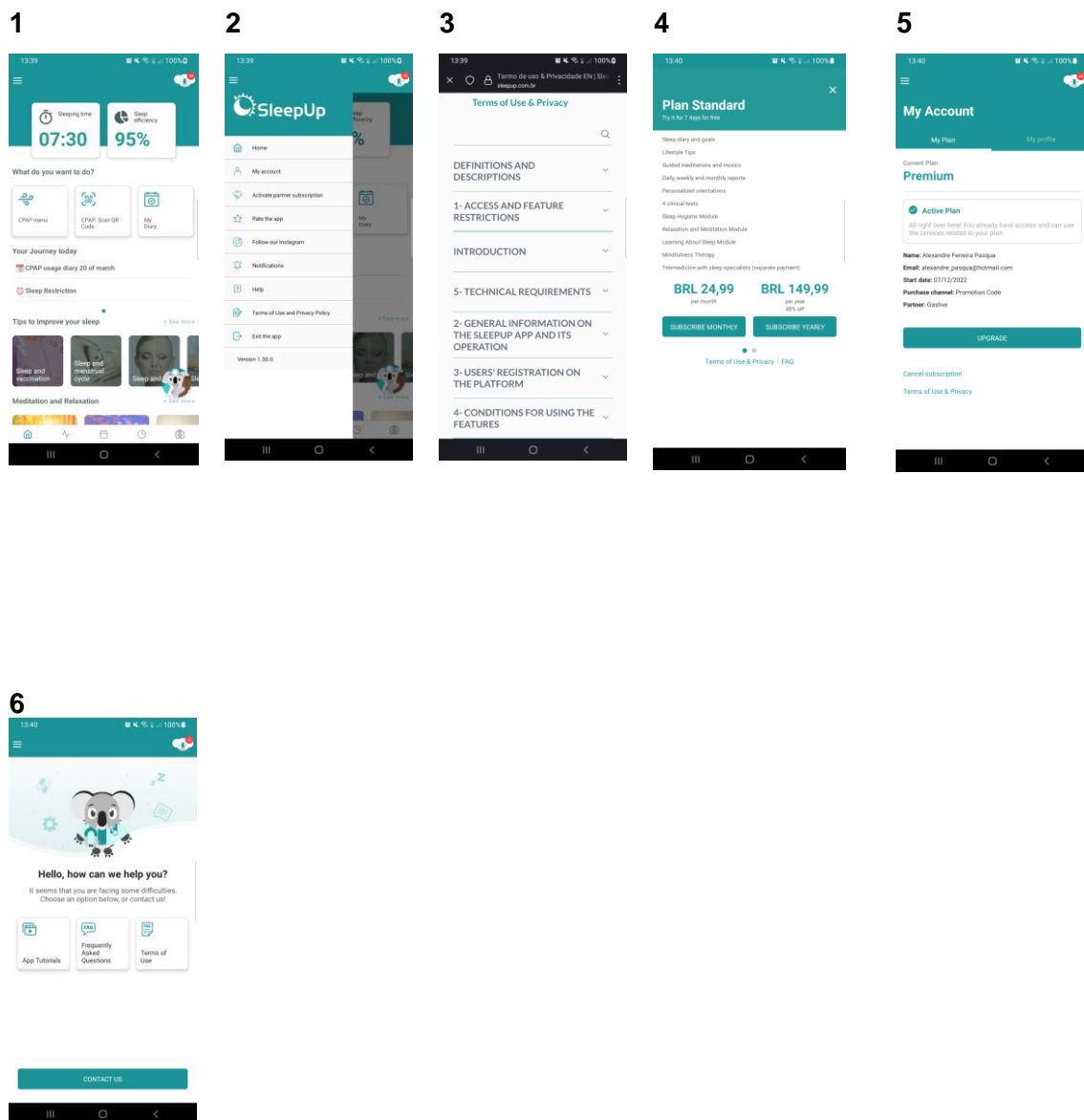
18. APP evaluation disclaimers

The app will submit a disclaimer on the following occasions: (Screen#1)

- After filling in the diary from the 7th day since entering the APP. (do not submit more after 2 months);
- After clicking complete the sleep hygiene module questionnaire. (do not submit more after 2 months);
- After filling out the insomnia test from the list of tests. (do not submit more after 2 months)

If the user clicks No (Screen #3)

Present the message: Give us your feedback on where we can improve and display a field for the user to write. The user can choose to Send Feedback or Close the window.

If the user clicks Yes (Screen #2)

Display the message: "Help improve the sleep of more people by leaving your review in the app store, and compete for a free evaluation from our psychologists in the Psychologist and Sleep Doctor session". The user can choose to enter the store to rate and compete or mark "No thanks" to close the window.
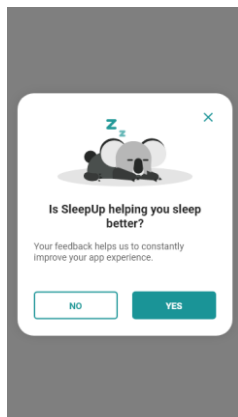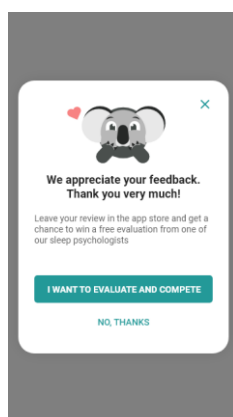
1   **2**   **3**
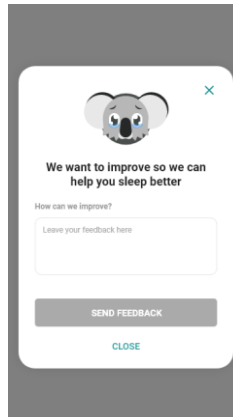
19. Warnings and/or precautions

During the therapeutic process for insomnia, it is important to assess the presence of other psychiatric disorders and clinical conditions.

Some therapeutic techniques are not recommended for people with bipolar disorder, especially in the manic phase, neurological disorders such as epilepsy, other sleep disorders such as parasomnias and obstructive sleep apnea. In these cases, some specific modules will not be enabled, and the user will not have access. Except in cases where the user is accompanied by a doctor or psychologist.

In the case of pregnant women, the elderly, shift professionals, etc., the therapeutic journey will be personalized, with the blocking or release of specific modules, as well as personalized guidelines, reminders and notifications.

SleepUp does not provide diagnostics and the therapeutic modules and clinical tests are not a substitute for medical consultation. Depending on the clinical condition and severity of insomnia, the user will be referred to doctors and psychologists accredited on the SleepUp platform.

SleepUp has a suicide alert system, in which if terms related to taking one's own life, suicide and derivatives are mentioned in the use of the Chatbot, or the person marks that they have suicidal ideation in the Depression Test, an email is sent. with the contact channels for the person, the doctor and the emergency contact registered in the application by the user.

20. Chatbot: Talk to Dr. Luna

The application has a chatbot, which allows the user to interact with an artificial intelligence that has ready answers to certain questions, and allows the user to interact. There is a humanized service that takes place from Monday to Friday, during business hours. Chatbot status is indicated by the icon at the top signaling as "Online".

To access the Chatbot, the user must click on the circle with Dr Luna (Koala) in the lower right corner on the application's Home Screen (Screen #1), and the chatbot will open, where the user can interact in writing or click on the options offered to continue the conversation (Screen #2). The user may, at certain times, end the conversation and evaluate it (Screen #3).
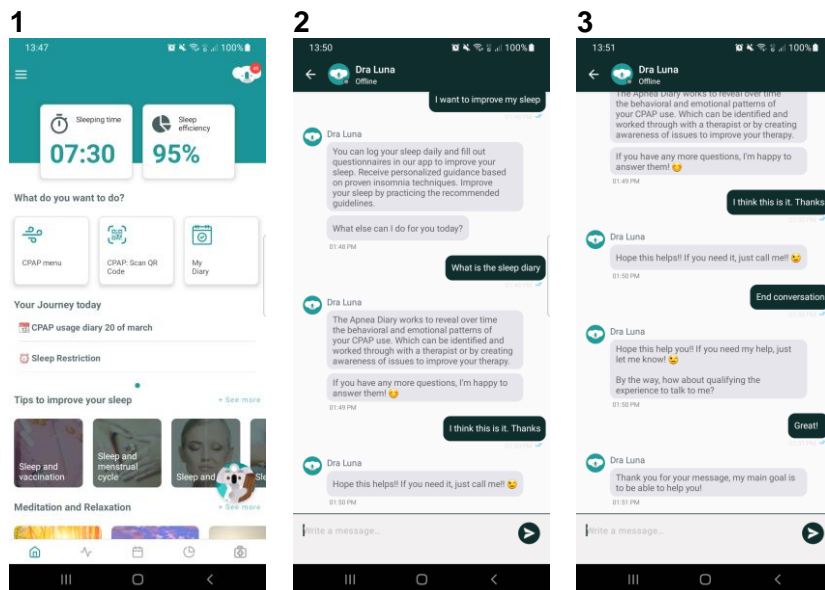
21. Automatic Monitoring and Other Devices

21.1.   Samsung Health

In the carousel menu and in the footer, on the home screen (Screen #1), is the automatic monitoring menu, in which you can enable Samsung Health (Screen #2) giving the permission to automatically synchronize data (Screen #3). The data automatically obtained by Samsung Health are: sleep stage, number of hours slept, heart rate and steps.

You will be able to view the data obtained by Samsung Health, through the daily, weekly and monthly reports (Screen #4).

The data obtained automatically is used to pre-populate the sleep diary (Screen #5)

21.2.   Google Fit

Google Fit appears, but is currently unavailable. When clicking on it, an alert warns that synchronization with the app "Will be available soon". (Screen #6)

1

2

3

4

Automatic Monitoring

Data from self-monitoring with Samsung Health is shown below. Enable this monitoring to view your data.

Sleep Phases (?)

15% 30% 30% 25%
● REM ● Deep ● Light ● Awake

Time Sleeping (?)

06h 33min

Heartbeat (?)

Minimum Maximum Average
85 102 90

Steps (?)

3002 Steps in the day
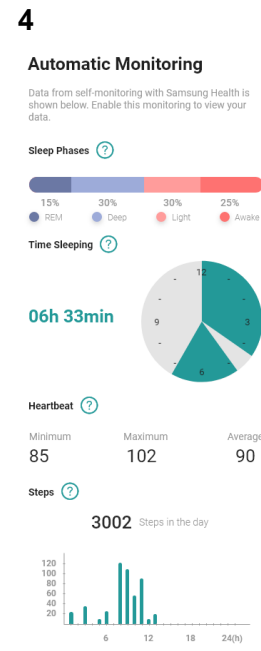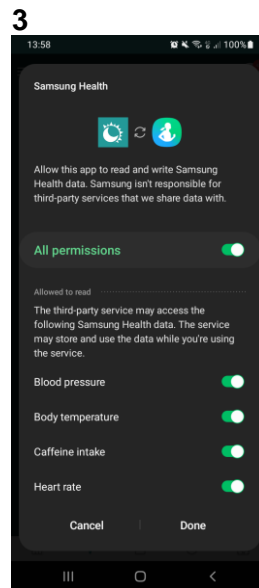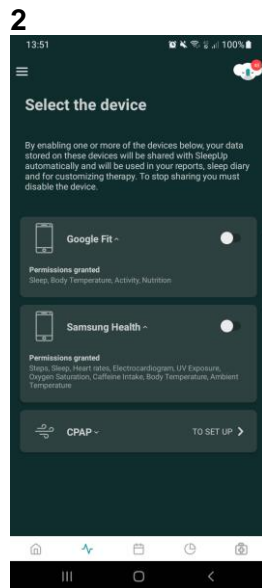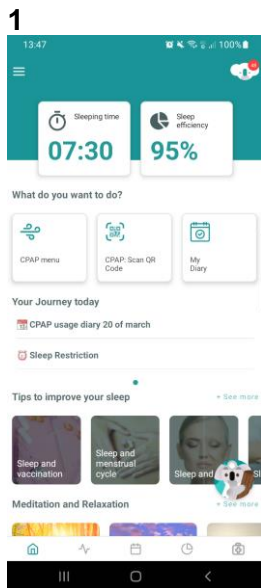
(i) **Personalized Guidance**

Lorem ipsum dolor sit amet, consetetur sadipscing elitr. sed diam nonumy eirmod temoor invidunt ut

5

6
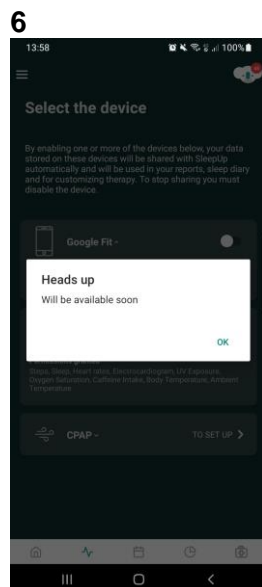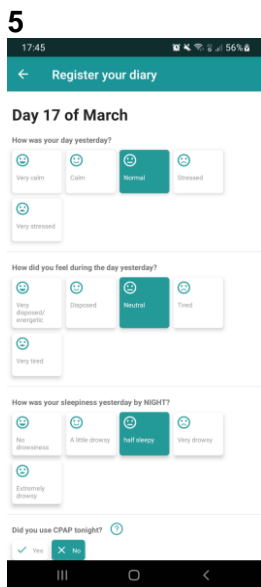
21.3.   CPAP device

CPAP device settings will be available to Gaslive users. In it, the user will be able to view the registered CPAPs, if any, view basic information, and edit usage information.

To access it, on Screen #1, the user must click on the "Monitoring" item in the "What do you want to do" carousel menu, or click on the "Automatic Monitoring" item in the footer navigation menu.

On Screen #2, the user will see the "CPAP" option, and by clicking on the arrow next to the name, he will be able to see the data sharing permissions that are granted when registering a CPAP in the application (Screen #3). By clicking configure, the user will be able to see the registered CPAPs (Screen #4), being able to click on the registered CPAP to see the details, or add a new CPAP, which will take him to the screen to scan the QR Code of the device. If there is no CPAP registered, the user will see Screen #5.

When clicking on one of the registered CPAPs, the user will see Screen #6, with the CPAP data, such as nickname, last filter change and last mask change, which can be edited, as well as non-editable CPAP model information, such as manufacturer, serial number and registration date. The user will also be able to Remove Device, on which Screen #8 will appear to alert them that the device will be removed, but the apnea data will be kept in the app account.

1

13:47

Sleeping time
07:30

Sleep efficiency
95%

What do you want to do?

CPAP menu   CPAP: Scan QR Code   My Diary

Your Journey today

CPAP usage diary 20 of march

Sleep Restriction

Tips to improve your sleep   + See more

Sleep and vaccination   Sleep and menstrual cycle   Sleep and ...

Meditation and Relaxation   + See more

2

14:12

Select the device

By enabling one or more of the devices below, your data stored on these devices will be shared with SleepUp automatically and will be used in your reports, sleep diary and for customizing therapy. To stop sharing you must disable the device.

Google Fit ~

Samsung Health ~

CPAP ~   TO SET UP >

3

14:12

Select the device

By enabling one or more of the devices below, your data stored on these devices will be shared with SleepUp automatically and will be used in your reports, sleep diary and for customizing therapy. To stop sharing you must disable the device.

Google Fit ~

Samsung Health ~

CPAP ~   TO SET UP >

Permissions granted
Apnea and Hypopnea Index (AHI), Sleep time, Mean Pressure and P90 (cmH2O/hPa), Average Leakage Volume, Wear Time, Snoring Rate.

4

14:12   ← Back

Manage my CPAPs

Edit the data, give it a nickname and configure your device for your therapy.

Copa
YH560A*20C280058
Registration Date: 30/09/2022   >

White CPAP
YH560A*225210165
Registration Date: 30/09/2022   >

YH560A*225220240
Registration Date: 23/01/2023   >

WiFi Black
YH550A*337380390
Registration Date: 01/02/2023   >

ADD NEW DEVICE

5

12:30   ← Back

Manage My CPAPs

There's no registered CPAPs

Click the "Add New Device" button to add your CPAP in the app and be able to view its information.

ADD NEW DEVICE

6

14:12   ← Back

7.0

CPAP SleepLive -

HOW TO SYNC WIFI

CPAP Data   EDIT

Surname: Teste
Last filter change: 13/02/2021
Last mask change: 13/02/2019

Model Information

Model: CPAP SleepLive -
Manufacturer: –
Serial Number: YH550A*575767
Registration Date: 13/02/2023

REMOVE DEVICE

7

14:12   ← Back

7.0

Edit CPAP Data

CPAP SleepLive -

CPAP Nickname

Black CPAP

Date of Last Filter Change

13/02/2021

Date of Last Mask Change

13/02/2019

CONFIRM CHANGES

CANCEL

8

14:13   ← Back

Are you sure you want to archive this CPAP?

Your therapy data on this CPAP will continue to be saved in your reports.

If you want to use this device again, register it again by clicking on the button "Add New Device"

REMOVE DEVICE

NO, I WANT TO GO BACK

Serial Number: YH550A*575767
Registration Date: 13/02/2023

REMOVE DEVICE

22. Contact and Customer Service

SleepUp has the following service channels for suggestions, questions or complaints:

Email: suporte@sleepup.com.br

Whatsapp Business: +55 (11) 933191375

Opening hours: Monday to Friday, from 9 am to 5 pm.

23. Manufacturer

Fractus Indústria Comércio De Produtos Médicos Ltda.

Street of Roses, 69 – Flower's Garden - Postal Code 17320-000

Tietê Miners/SP – Brazil

Technical Responsible: Rafael do Nascimento Santos – CREA/RJ 157801

24. Developed by / Exclusive Representative

Developed by/Exclusive Representative:

SleepUp Technology in Health Ltd.

Street St Jorge, 604

São Caetano do Sul/SP - Postal Code: 09530-250