

BEFORE YOU START



CREDIT CARD

Required to purchase your ring and SomnoTrak program



EMAIL ADDRESS

You'll use this to create your SomnoTrak Account.

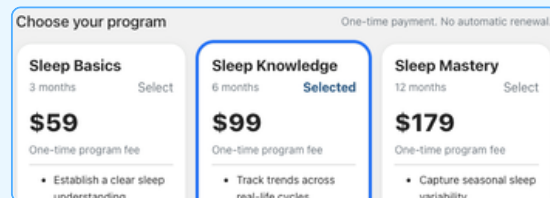


DISCOUNT COUPON

If you have one, you can use it during checkout

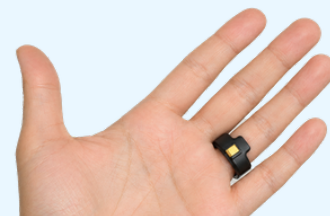
1 Purchase Your Ring and SomnoTrak Program

- Go to www.somnotrak.com and click on **"Get Your circul+ with SomnoTrak Today!"**.
- Select your ring and the SomnoTrak program that is right for you.
- If you have a coupon, apply it here.



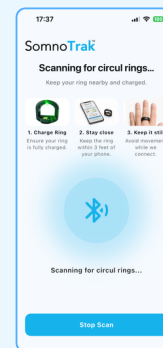
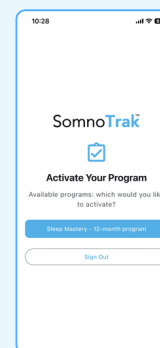
2 Receive and Charge Your Ring

- Place the ring on the USB charger.
- When the green light stops blinking, the ring is fully charged.
- Make sure tab points away from your palm



3 Download the App and Create an Account

- Download the SomnoTrak from the Apple App Store or Google Playstore.
- Open the app and create an account using the same email you used to purchase SomnoTrak.
- Login and you'll see a screen to activate your SomnoTrak plan.
- Follow the prompts to shake and pair your ring.



4 Track and Learn About Your Sleep Patterns

- When you're ready for bed, run the app and keep your phone near the hand wearing the ring.
- When the button turns blue and says 'Go To Sleep', press it. Put your phone aside.
- When you wake up the next morning, run the app and wait until the button turns orange. Click Wake Up and wait for the data gathering process to complete. That's it!

