# GreenKey4
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User Manual

Introduction to GreenKey4Life for Life—Path to Better Sleep & Improved Health

Unlock the secret to a healthier life with GreenKey4Life. GreenKey4Life is a comprehensive sleep monitoring app that integrates seamlessly with Apple Health and Google Fit to track sleep habits and deliver in-depth analysis of sleep health. It provides detailed reports on total time spent in bed, sleep quality, periods of wakefulness, REM sleep, light sleep, and deep sleep. Additionally, the app calculates key metrics such as Sleep Score, Mind Score, and Body Score for improving sleep consistency while keeping a close watch on sleep patterns.

Furthermore, GreenKey4Life app is designed to achieve restful sleep while tackling sleep-disordered breathing (SDB) and other associated health consequences. Millions worldwide suffer from disrupted sleep due to SDB, leading to a cascade of health problems, from fatigue and impaired concentration to more serious complications like hypertension, diabetes, and heart disease. GreenKey4Life is here to change that.

In addition to this, GreenKey4Life offers a holistic approach backed with evidence-based solutions that benefits patients, payors, and providers simultaneously. With GreenKey4Life access to personalized tools, expert guidance, and real-time monitoring of sleep patterns is easier than ever before.

Getting Started, Creating Accounts, and Profile Setup
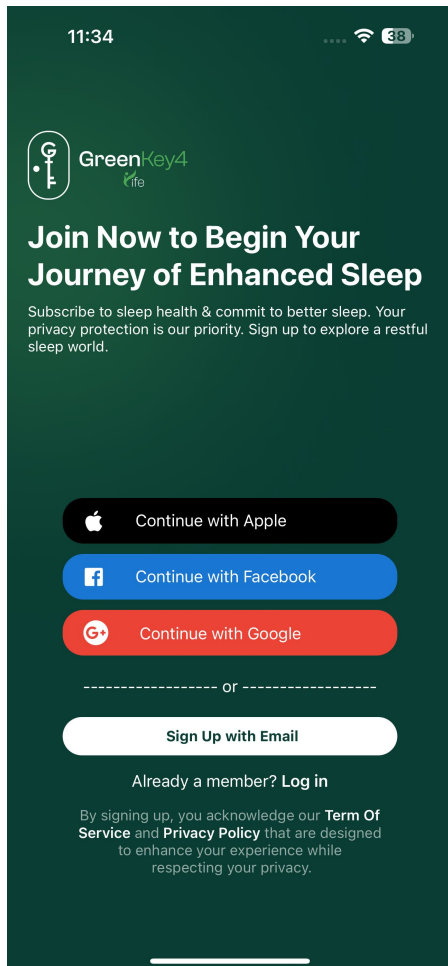

Get Started—Setting Up the Account

To access the app, the first screen that a user may come across to will be 'create an account.' The user may choose either of the following options to set up an account.

- Register with an email: Enter an email, set a secure password, and follow through the steps to complete the registration process.
- Sign up with an existing social account: For a faster and seamless experience, the user may sign up using Apple, Facebook, or Google account.

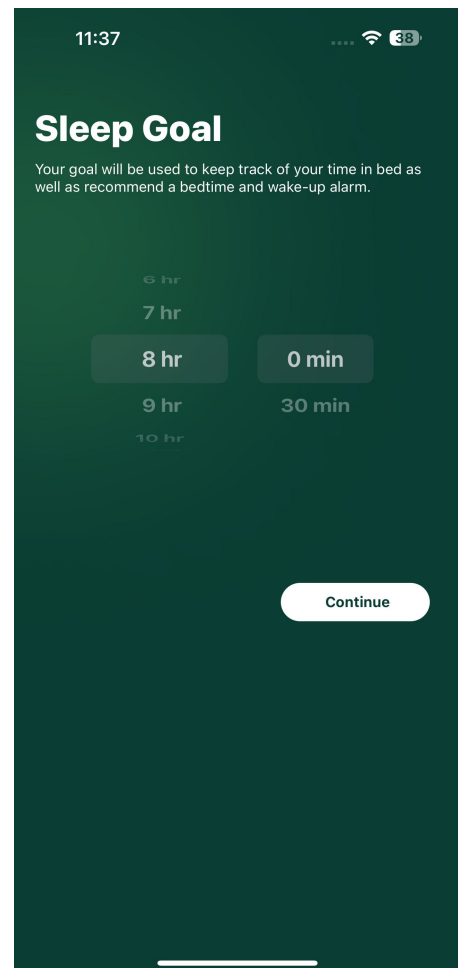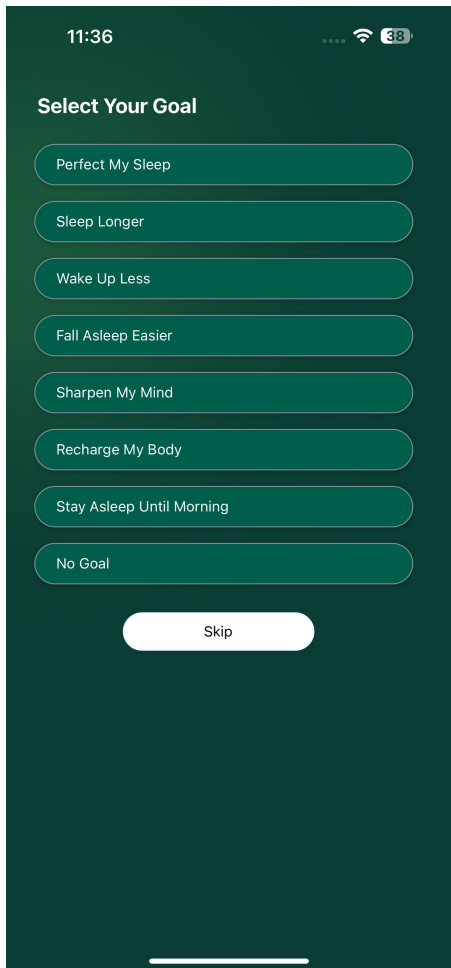# Getting Started, Creating Accounts, and Profile Setup
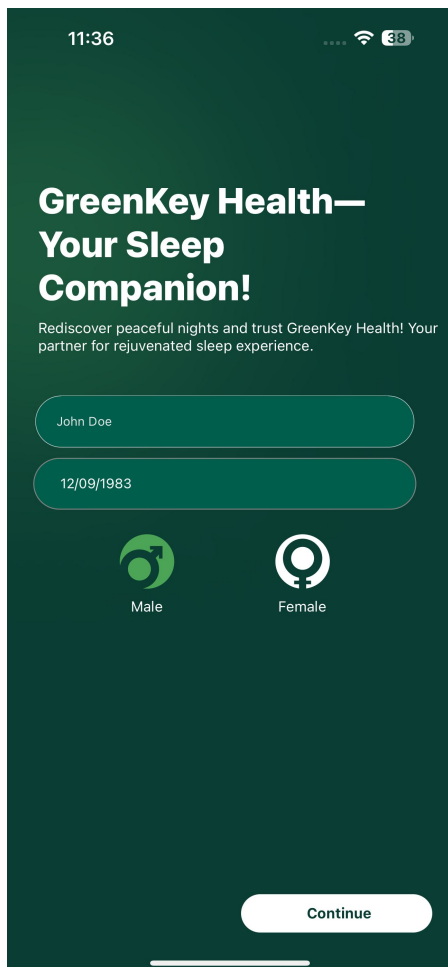
Profile Setup and Personalizing the Account

After creating the account, the app will guide the users through a few key questions to set up their personalized profile for a smooth experience.

Also, this information allows GreenKey4Life to customize insights and recommendations based on the unique lifestyle and sleep patterns that one may have.

# Getting Started, Creating Accounts, and Profile Setup

Select Your Goal

- Perfect My Sleep
- Sleep Longer
- Wake Up Less
- Fall Asleep Easier
- Sharpen My Mind
- Recharge My Body
- Stay Asleep Until Morning
- No Goal

Skip

Sleep Goal

Your goal will be used to keep track of your time in bed as well as recommend a bedtime and wake-up alarm.

6 hr
7 hr
8 hr   0 min
9 hr   30 min
10 hr

Continue

Getting Started, Creating Accounts, and Profile Setup

Connect with Apple Health or Google Fit
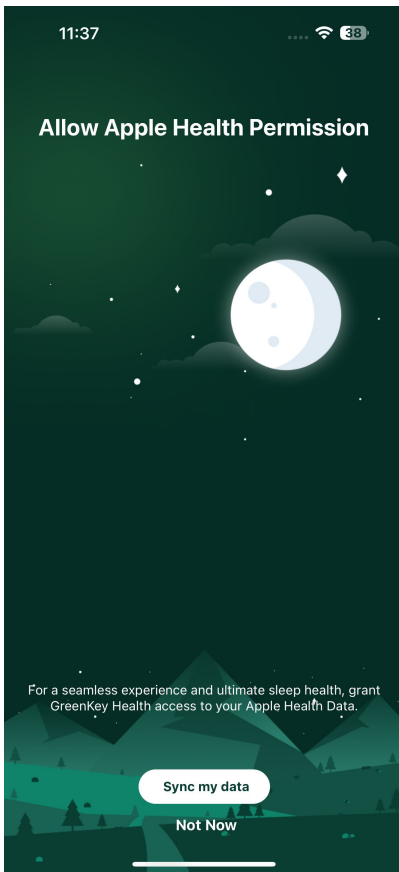
To enhance the process and experience absolute restful sleep, the users will then be prompted to link GreenKey4Life with Apple Health (for iOS users) or Google Fit (for Android users). This connection allows the app to gather sleep data, offering precise insights into sleep duration, sleep stages, and overall sleep quality. Furthermore, the users will be able to access all the data and sleep records for better sleep analysis through seamless connection with Apple Health.
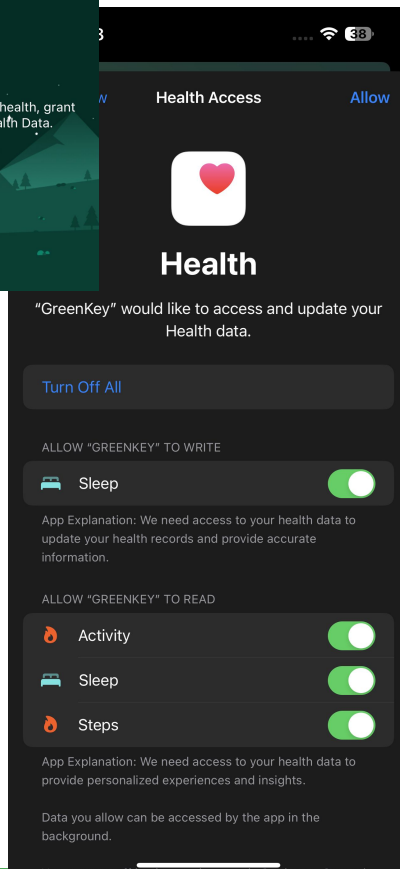
GreenKey4Life tracks down the data through Apple Health connections and simplifies or analyzes for the user while suggesting fruitful advice and delivering practical insights for better rest at night.

Login and Password Recovery
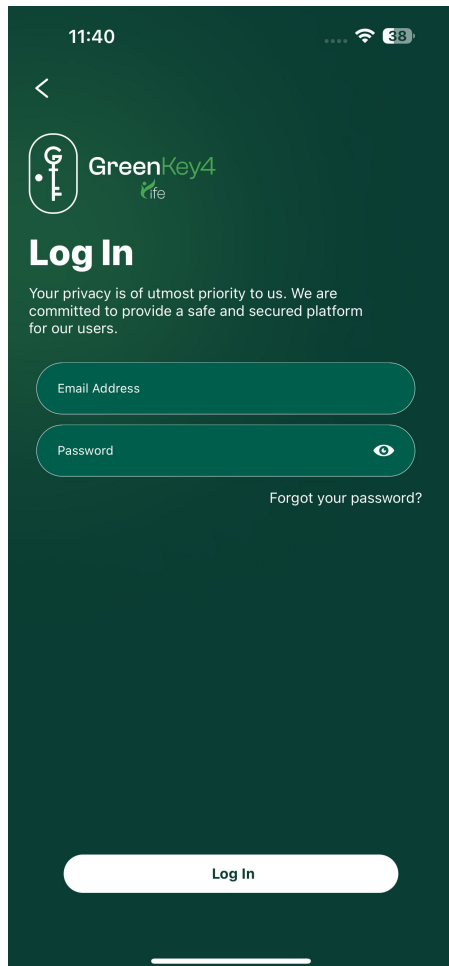
Login

When the user opens GreenKey4Life, the login screen will appear. To access your account, simply enter the email address and password a user used during registration.

Once logged in, the app will keep the user signed in, even if the app is closed, allowing for seamless access without re-entering the credentials each time.

If a user chooses to log out, he/she can easily do so by selecting the "Log Out" option in the Settings menu.

Login and Password Recovery
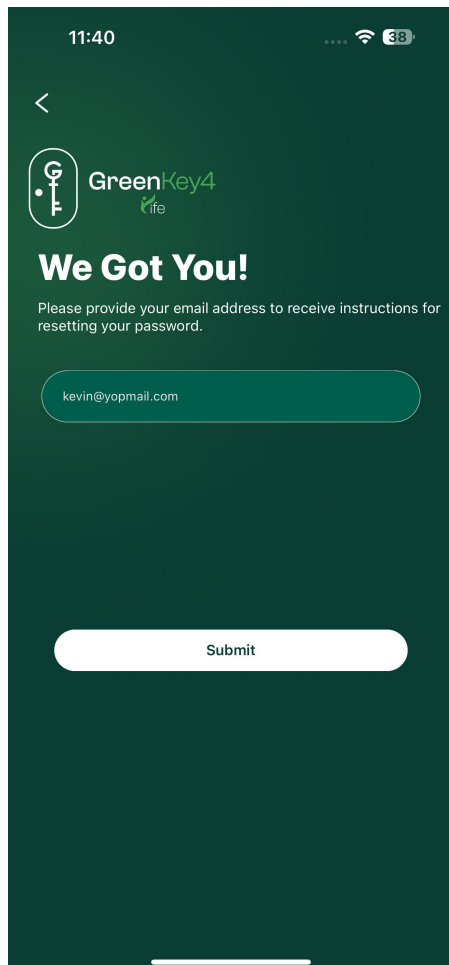
Resetting The Password

If the user has forgotten the password, GreenKey4Life provides a simple way to reset it to access the account:

1. On the login screen, tap on the "Forgot Password" link below the login fields.
2. Enter the email address associated with the account.
3. After submission, the user will receive an email containing a link to reset the password.
4. Click on the link and follow the prompts to create a new password.
5. Once updated, the user can log in with new credentials anytime.

Personalized Feed
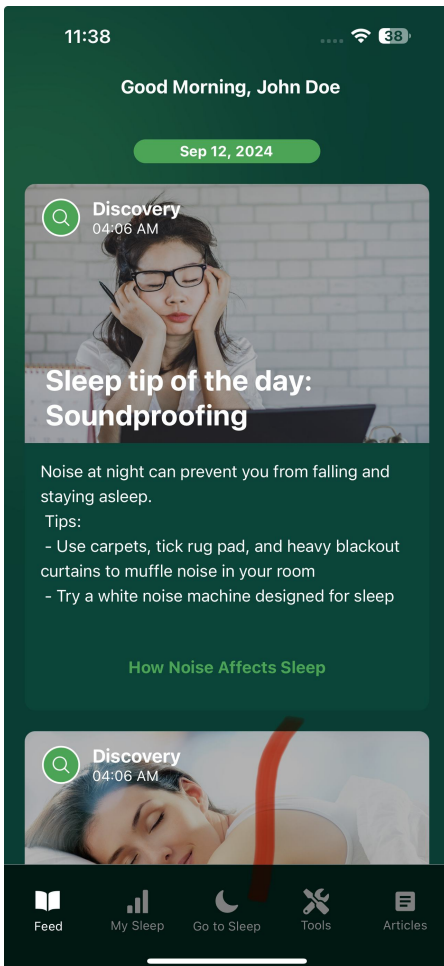
The Feed is a customized hub for educational content tailored to the user's unique sleep needs and lifestyle. It includes:

- **Advice**: Expert tips on enhancing sleep hygiene and overall wellness.
- **Insights**: Customized insights derived from the registered sleep patterns.
- **Discoveries**: Curated articles and information on the latest developments in sleep science, personalized to fit the profile.

My Sleep Dashboard
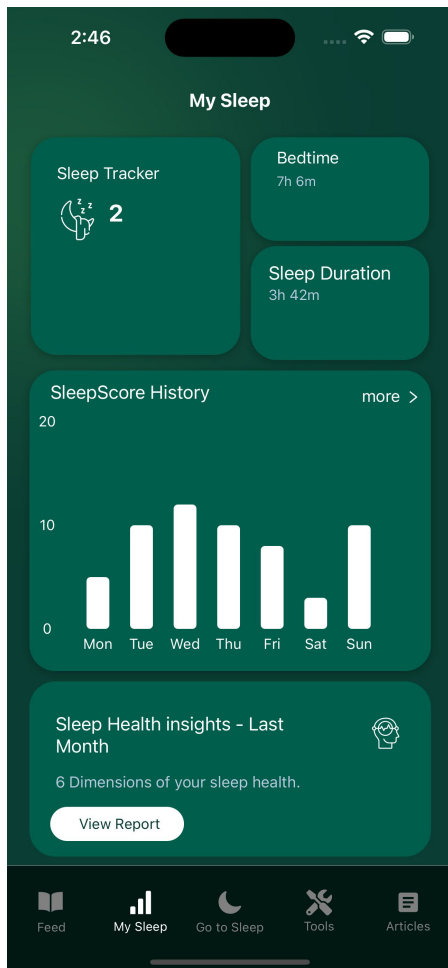
This section is the heart of GreenKey4Life where it allows the user to track and analyze sleep and its progression over time;

- **Total Nights Tracked**: The cumulative number of nights the sleep has been recorded for the user
- **Total Time in Bed**: The average duration the user has spent in bed over the tracking period.
- **Sleep History**: This section accumulates prior average sleep scores along with nightly, weekly, and monthly reports.
- **Sleep Consistency**: Insights into how consistently the user maintains bedtime and wake-up routines.
- **Sleep Chronotype**: The natural sleep preference of the user. It shows whether the user is a morning person or a night owl.
- **6-Month Sleep Report**: A comprehensive analysis of sleep data over the past six months, highlighting trends and sleep patterns of the user.

Go to Sleep—The Sleep Preparation Hub
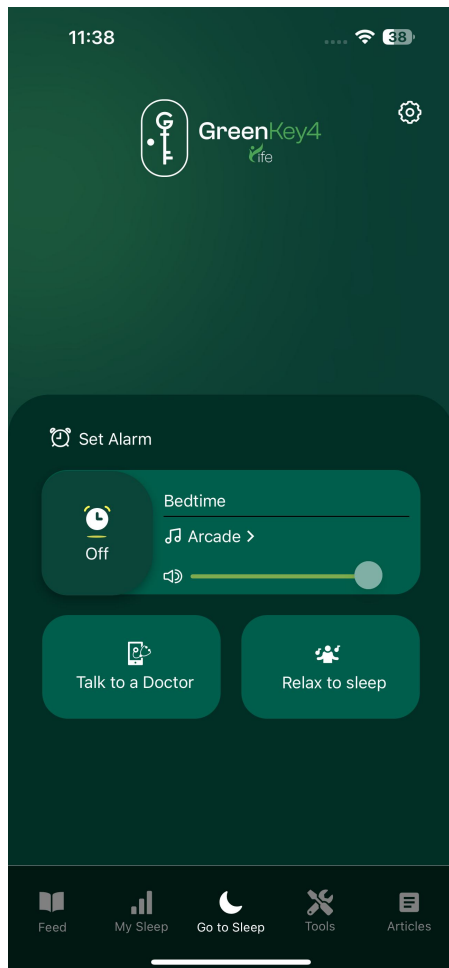
In the Sleep Preparation Hub, the user can take proactive steps to enhance the sleep routine:

- **Set Alarm**: Schedule preferred bedtime and wake-up time to promote a consistent sleep cycle, promoting all night long sleep.
- **Talk to a Docto**r: Easily book appointments with a sleep doctor or specialist for expert guidance directly through the app.
- **Relax Before Sleep**: Access a variety of soothing sounds designed to help fall asleep quicker and enjoy more restful sleep.

# Go to Sleep—The Sleep Preparation Hub
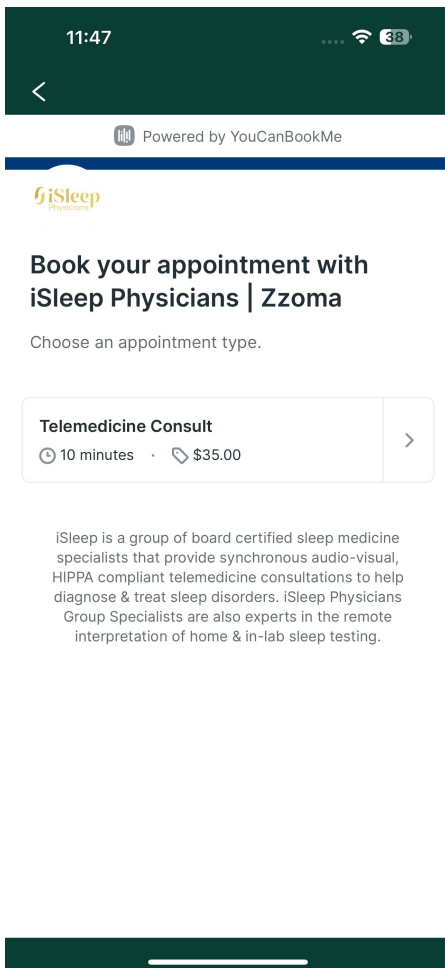
**Talk to a Doctor—
Schedule appointments with
certified sleep physicians**

With a few simple clicks, book an
appointment through our app.

View price details and consulting
hours, fix a time slot or choose the
appointment type to discuss sleep
problems and resort to solutions with
the help of sleep physicians.
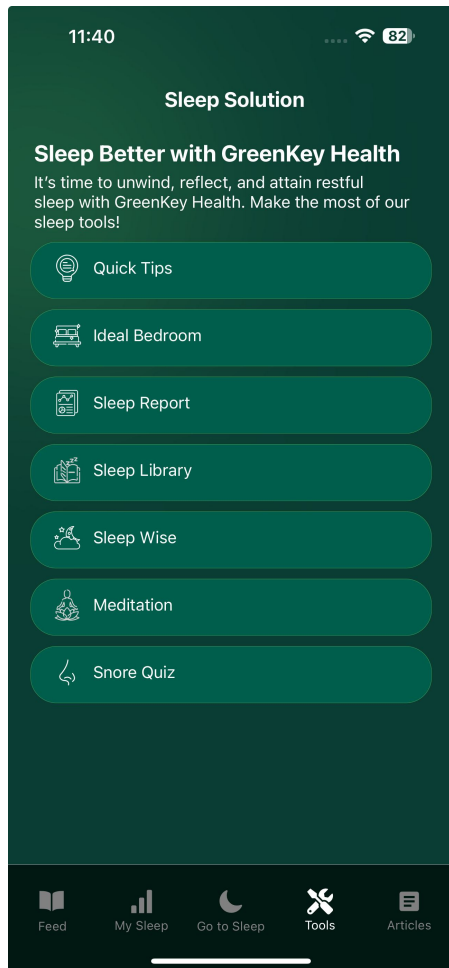
Go to Sleep—The Sleep Preparation Hub
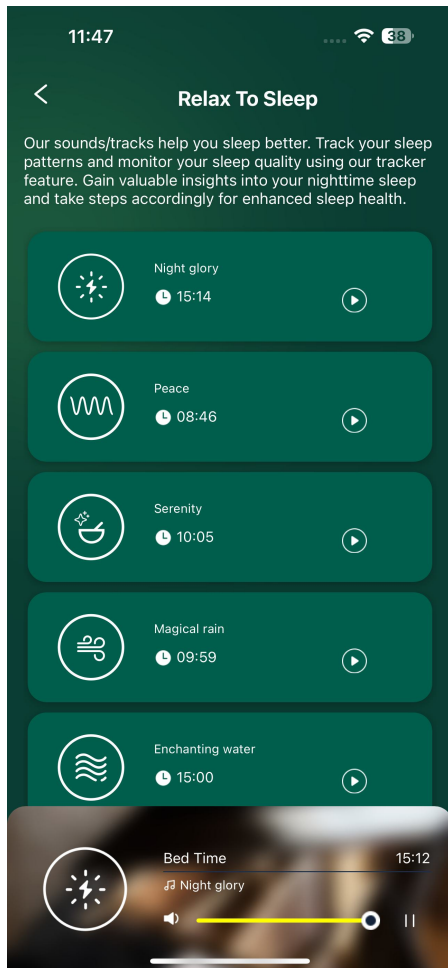
Relax to Sleep

Drift into restful sleep with our collection of soothing soundtracks, designed to help a user relax and fall asleep faster.
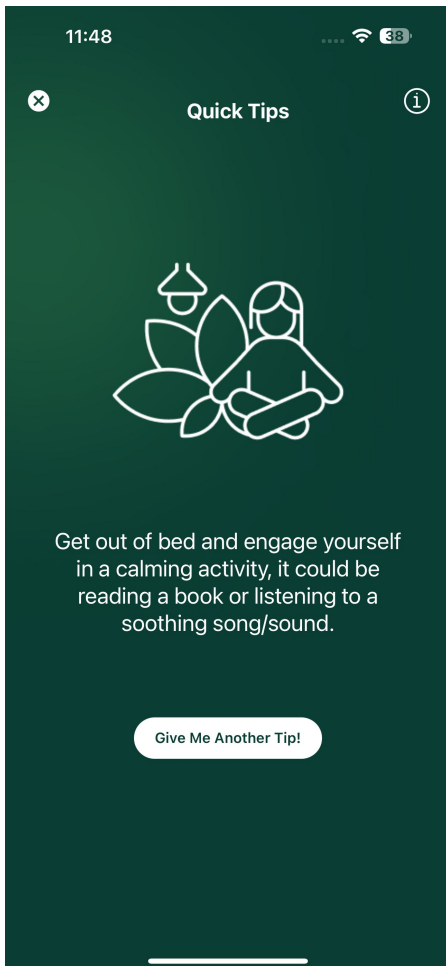
Let calming melodies guide to deeper, more restorative all-night sleep.

Sleep Tools

The Sleep Tools section offers a range of resources to help improve overall sleep, provides useful tips, reports, and expert guidance

Sleep Tools

Quick Tips

Discover practical advice to boost sleep, from adjusting the bedtime routine to optimizing sleep environment—it's an all-in-one tab.

Provides practical and insightful advice for enhancing sleep, fine-tuning bedtime routine, and perfecting sleep environment.

It's an all-in-one tab that offers actionable insights for better rest.
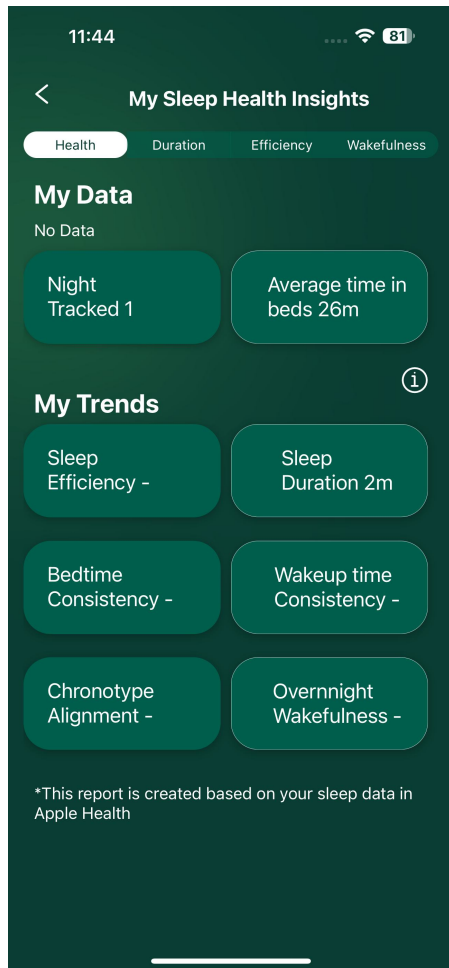
Sleep Tools
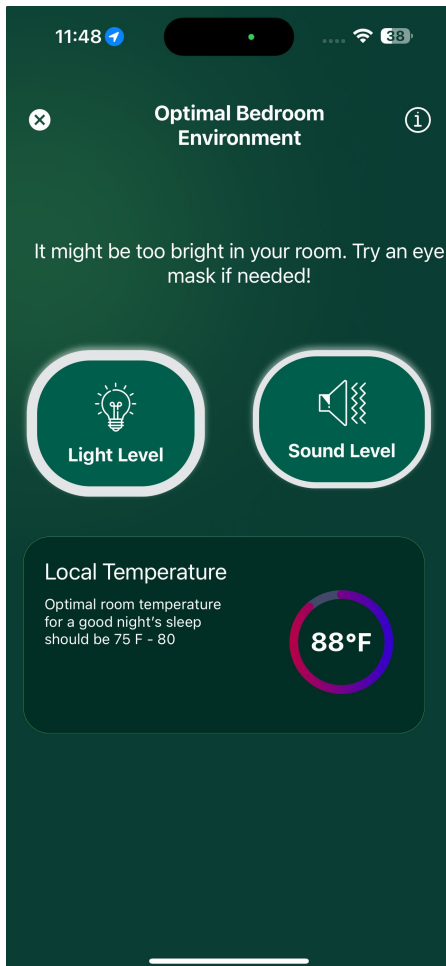
Ideal Bedroom Settings

For optimal bedroom environment, the app may ask the user to grant access to microphone and camera.

The app will then assess the environment to suggest settings for optimal bedroom atmosphere recommended for better sleep and restorative rest.
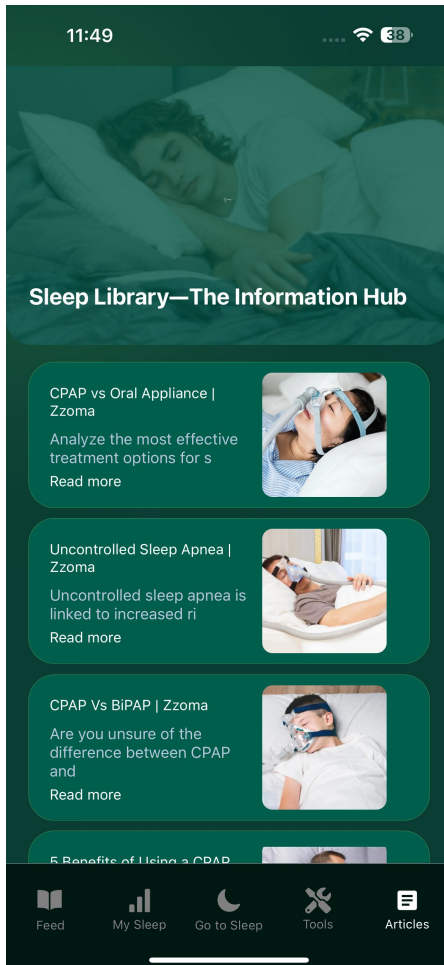
Sleep Tools

Sleep Report

View a detailed 6-month sleep report, highlighting trends in sleep patterns, quality, and overall well-being of a user.

Sleep Tools

Sleep Library

Explore a curated selection of articles and blogs on sleep science, wellness, and tips for improving sleep.

The Sleep Library provides access to the latest blogs, articles, and insights on sleep health. Stay updated on new developments and best practices to improve overall sleep quality.

Explore a wealth of knowledge tailored to help a user rest better and live healthier, aiming for a productive tomorrow.

Sleep Tools
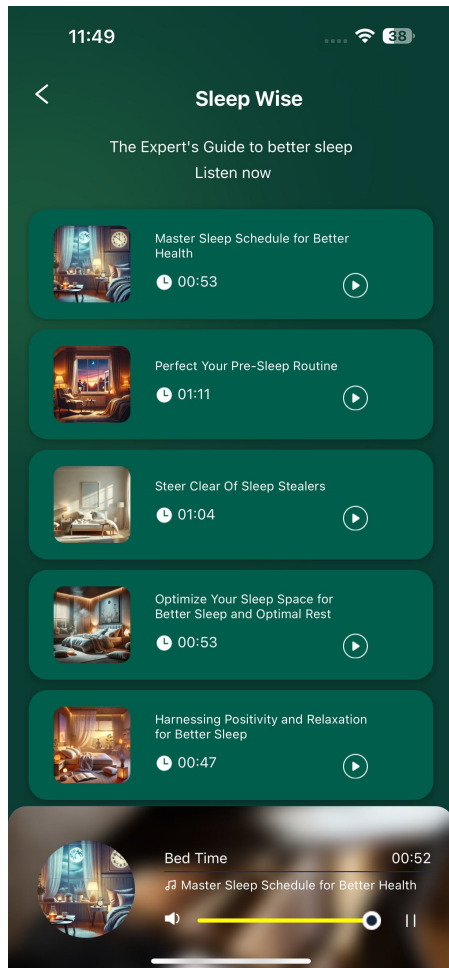
Sleep Wise

Sleep Wise offers expert-driven audio notes that guide a user on improving overall sleep health.

Listen to tips and techniques recommended by professionals to achieve optimal, restorative rest.

Gain insights into building better sleep habits for long-term wellness and peaceful all-night sleep.
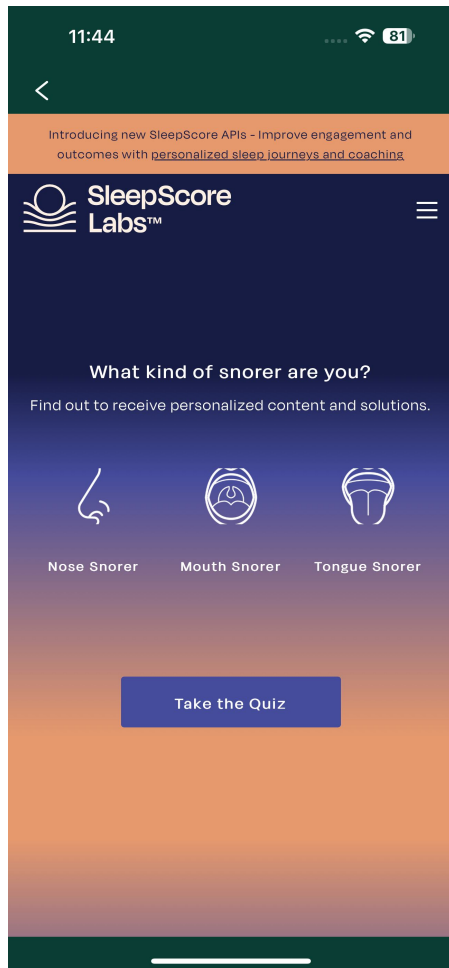
Sleep Tools

Meditation

Try one-minute meditation sessions designed to help a user relax and prepare for a peaceful night's sleep.
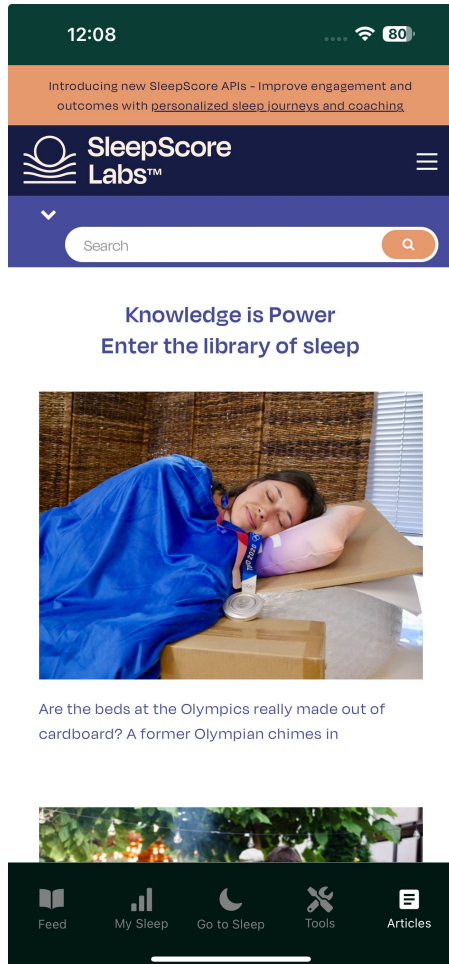
Sleep Tools

Meditation

Try one-minute meditation sessions designed to help a user relax and prepare for a peaceful night's sleep.

Articles

The Insights & Articles section serves as a go-to source for sleep education. Explore curated articles and blogs covering sleep health, wellness tips, and personal success stories of better sleep. With regular updates, this section offers fresh, relevant content to keep a user informed and inspired to pursue optimal sleep health and better well-being.
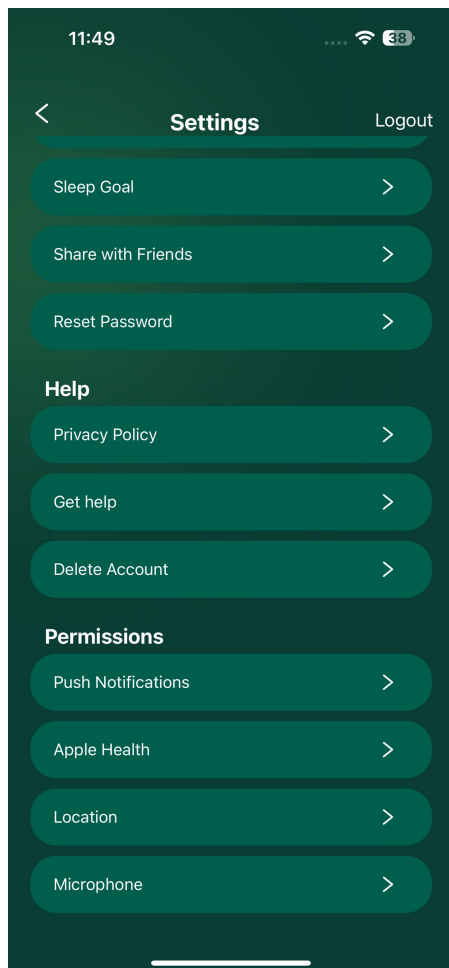
Settings
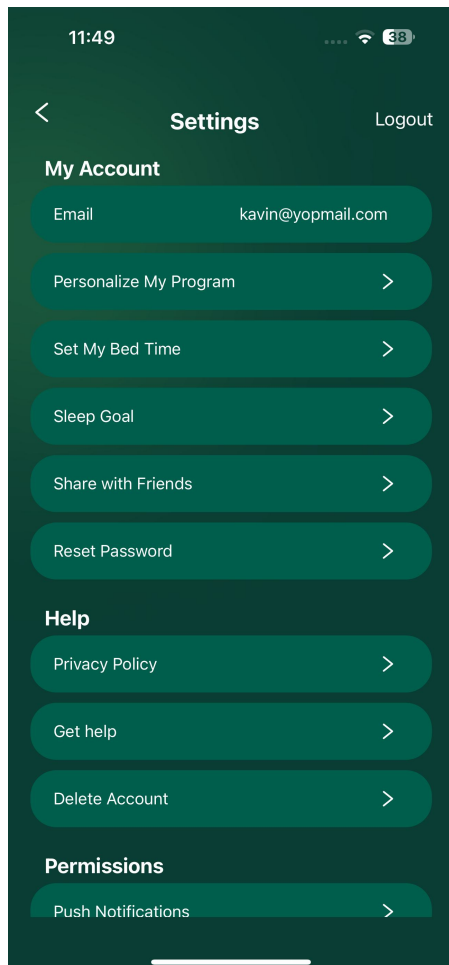
The settings icon is located at the top right corner of the screen on "Go to Sleep" screen and it allows a user to personalize, reset, or change settings.

- **Email:** The user may use an existing email or create a new one to access the profile created in our app.
- **Personalize My Program**: Answer questions about your lifestyle and sleep habits to complete your profile. Each section contributes to your profile's completion, with 100% ensuring the most accurate personalized sleep insights.
- **Set My Bedtime:** Choose preferred bedtime and wake-up time to maintain a consistent sleep routine.
- **Sleep Goal**: Set nightly sleep target, and the app will track and provide feedback on progress.
- **Share with Friends:** This option allows easy sharing of the application with friends, family, or colleagues. It helps to invite others via contact to try this GreenKey for Life.

Settings

- **Reset Password**: Easily update or change password within the settings to access the app conveniently.
- **Privacy Policy**: Review how the sleep data is collected, used, and protected by the app.
- **Get Help**: Allows to reach out to support directly via email for any questions or concerns.
- **Delete Account:** Allows the user to permanently delete profile and all its data.
- **Push Notifications**: This option allows the user to control notifications for reminders, insights, and sleep reports.
- **Connect Apple Health:** Enable or disable syncing with Apple Health for seamless sleep tracking.
- **Location Permission**: Asks the user to allow access location permission for features like bedroom temperature settings.
- **Microphone Permission**: Grant microphone access for sound features, such as sleep sounds or voice options.
- **Log Out**: Easily sign out of the account when a user is done using the app.