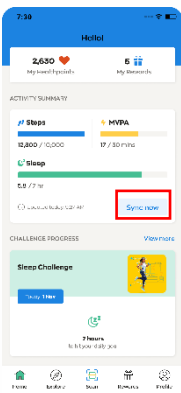


How to track your sleep duration (For eligible participants* only)

The HPB fitness tracker will automatically track your sleep duration as long as it is turned on, has sufficient battery and worn correctly on the wrist when you go to sleep. There is no need to activate sleep tracking on your fitness tracker. Your sleep data can only be viewed through the Healthy 365 app when you sync your fitness tracker on the Healthy 365 app. You will not be able to view the sleep data through your fitness tracker.

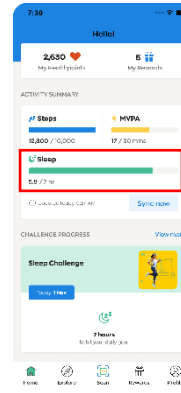
Having good sleep is a vital part of a healthy lifestyle. Try to clock at least 7 hours of sleep a day!

How to access your sleep duration records on the Healthy 365 app



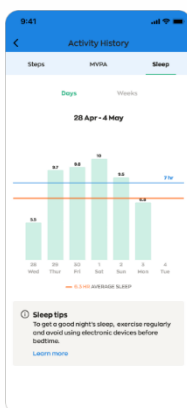
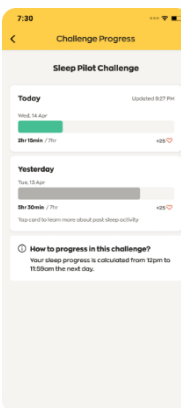
Step 1

Log in to your Healthy 365 account and sync your Season 6 HPB fitness tracker.



Step 2

On the activity summary card, tap on your sleep progress bar.



Step 3

On the activity history page, you will be able to view your sleep duration records based on days or weeks.

Each day's sleep will be counted from 12 pm to 11.59 am the next day. Only sleep of at least 2 hours will be recorded and counted towards each day's total sleep duration.

Tips for accurate sleep tracking:

- Wear the HPB fitness tracker snugly on the wrist, at least 1 finger width away from the wrist bone.
- Continue to wear the HPB fitness tracker as you go about your daily activities before and after sleep. The fitness tracker will automatically track your sleep duration based on changes in your body movements and heart rate.
- Make sure the sensor on the back of the HPB fitness tracker is clean, dry and free from foreign objects.
- When not wearing the fitness tracker, place it with the screen facing down to avoid affecting the sensor on the back of the fitness tracker.

*Sleep tracking function is available only to eligible National Steps Challenge[™] participants. For more info, visit Stepschallenge.gov.sg.