



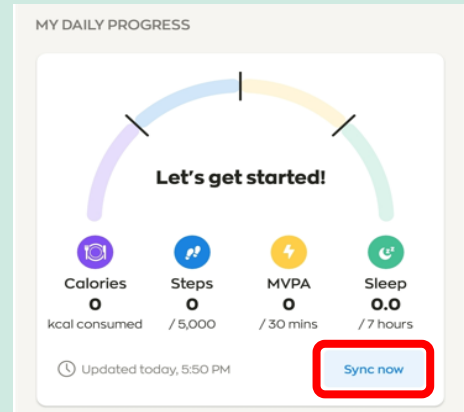
Healthy 365 App User Guide



1. How to sync sleep duration

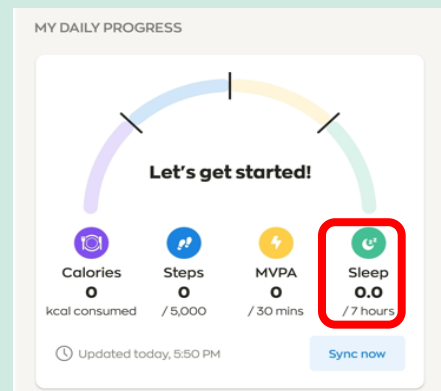
If your wearable has been paired with the Healthy 365 app and it supports sleep tracking, you can click on the 'Sync now' button on the dashboard (as shown on the right) to track your sleep.

For commercial tracker users, please sync your watch with your commercial fitness app first before launching the Healthy 365 app to sync.

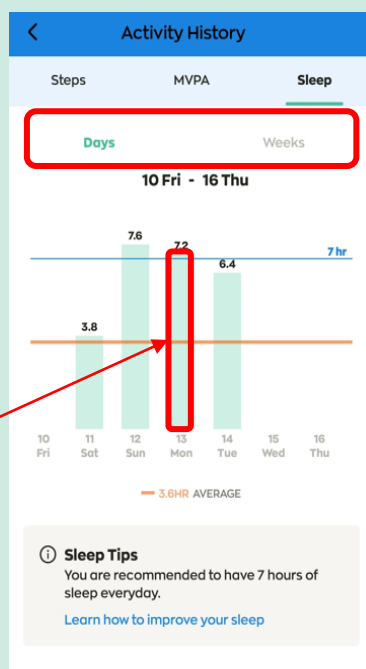


2. How to view sleep records

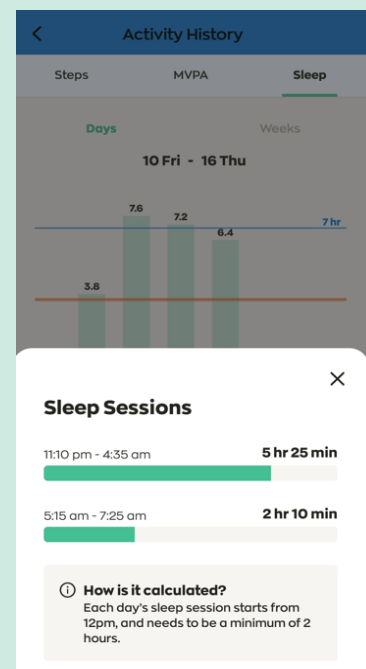
Step 1: Tap on the sleep icon on your *My Daily Progress* dashboard to view your Sleep History.



Step 2: You may toggle between days or weeks to view your past sleep data.



Step 3: You can also tap on each bar to find out the breakdown of your day's sleep.





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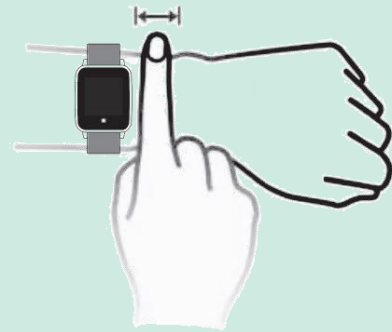


3. Tips for accurate sleep tracking

HPB fitness trackers will automatically track sleep duration based on changes in body movement and heart rate. For accurate sleep tracking, please take note of the following:

1. Ensure that the tracker has sufficient battery. Turn on the tracker, there is no need to activate sleep tracking function.
2. Make sure the sensor on the back of the tracker is clean, dry, and free from foreign objects.

3. Wear the tracker snugly on your wrist at least 1 finger width away from the wrist bone. Tighten the band so the tracker is snug but not too tight. This helps ensure sensor on the bottom of the device stay in contact with your skin.



4. Wear your tracker for at least 30 minutes before sleep. Continue to wear your tracker for at least 30 minutes as you go about your daily activities after waking up from sleep. However, please do not swim or shower with the tracker as it is not waterproof.

5. When not wearing the fitness tracker, place it with the **screen facing down** to avoid affecting the sensor on the back of the tracker.



Click [here](#) for more Frequently Asked Questions (FAQs) on sleep tracking