Sleep Guide

Healthy sleep habits set the scene for your overall wellbeing. Getting enough sleep doesn't just help you feel good. It can also strengthen your memory, lower stress, help prevent disease and improve your mood.

Our Sleep Guide helps you track your bedtime routine and nightly sleep so you can get more ZZZs for good.

Visit **app.personifyhealth.com**, go to the **Health** tab and select **Sleep Guide**, or scan the QR code to open in the app.

Have questions? We're here to help.

- Check out **support.personifyhealth.com**
  Live chat: Monday–Friday, 2 am–9 pm ET

- Give us a call: 888-671-9395
  Monday–Friday, 8 am–9 pm ET

- Send us an email: **support@personifyhealth.com**

VANDERBILT UNIVERSITY

~personify HEALTH

Build better sleep habits

Sleeping better means feeling better. The Sleep Guide will help you build healthy sleep habits that improve both the length and quality of your sleep. If you're well rested, you'll be more focused, productive and equipped to take on the day ahead.

What you can do:

Set a sleep goal

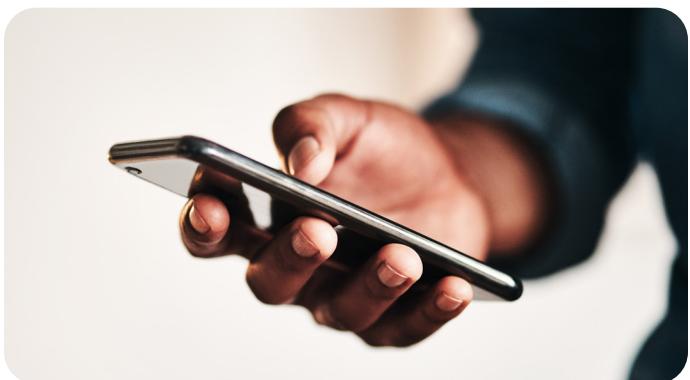Get ideas for your nightly routine

Get insights about your sleep

Earn rewards

How to get started:

Step 1

Visit **app.personifyhealth.com**, go to the **Health** tab and select **Sleep Guide**.

Step 2

Answer some sleep-related questions, and tell us what you want to achieve with your sleeping habits.

Step 3

Save any changes, and click **Start My Guide** to learn how to make better sleep choices.

Step 4

Set up your sleep tracker. You can track your sleep using Max GO™, Fitbit, Garmin or Apple Health. Decide which one you'll use to help you snooze.

Syncing is the simple process of uploading information from your fitness tracker to the mobile app, so it's all in one place. Be sure to sign in to your Personify Health app at least once every 14 days so your data syncs and counts toward your activity goals.