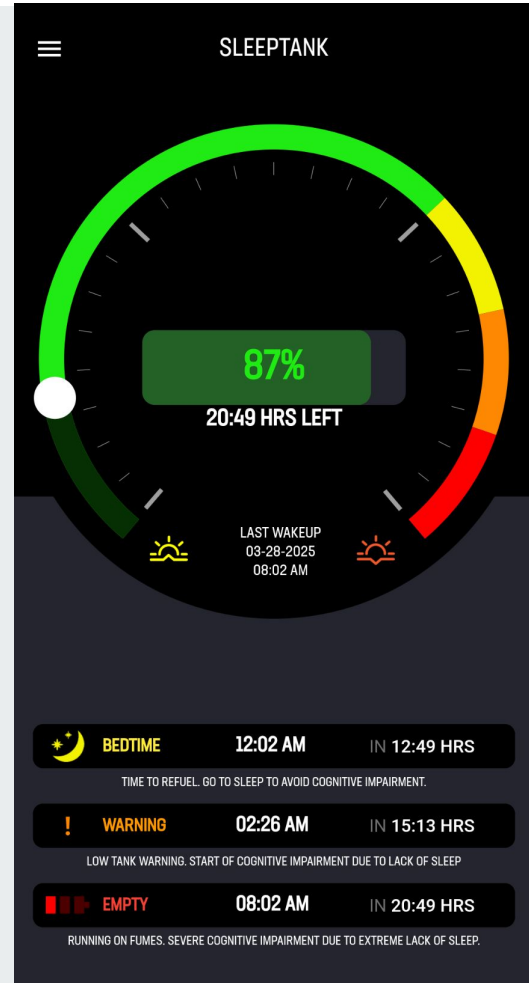# SleepTank

Installation Guide:
- Oura

SleepTank Features

Dated: March 28th, 2025
Version: 1.0

SleepTank for Oura

Step by Step Guide: Oura

Install Wearable App
Install Oura App

Install SleepTank App
Install iOS or Android App

Create SleepTank Account
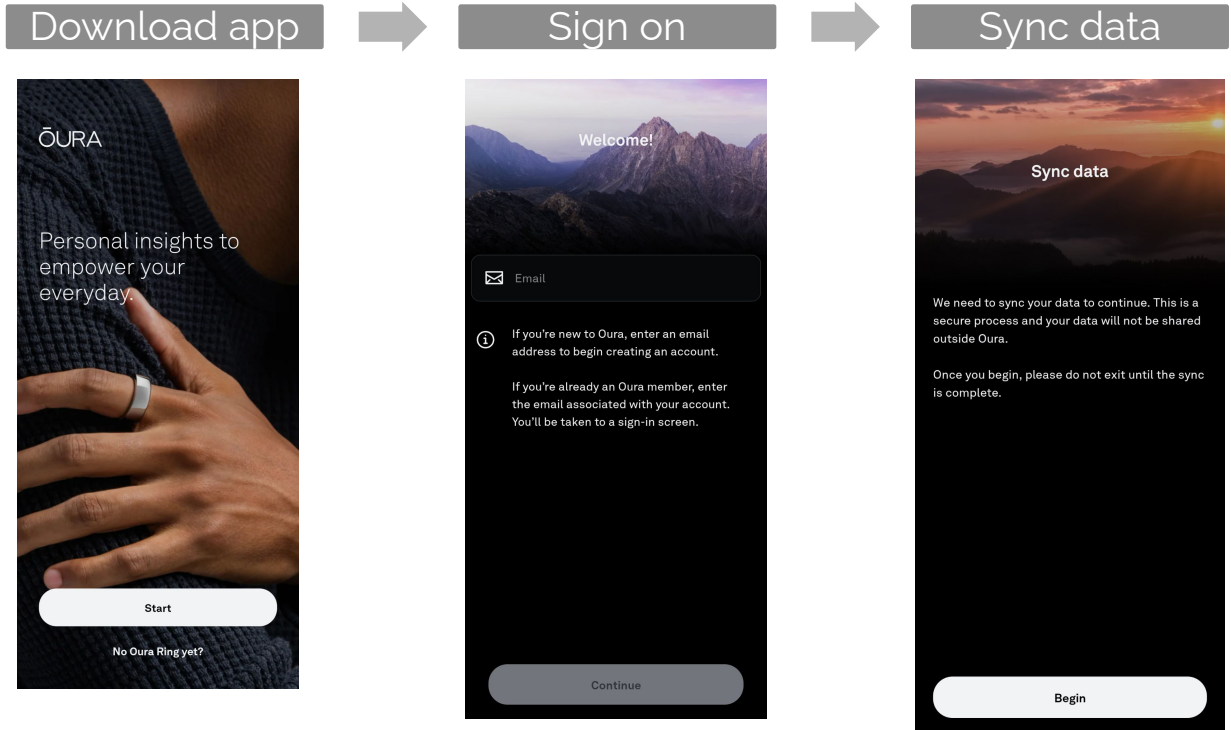Create Account, Connect to Oura, Authorize Terra

Set Your Sleep Goal and Use SleepTank App
SleepTank, Nap Planner, Sleep History

SleepTank Features
How to Use SleepTank

Download app ➡ Sign on ➡ Sync data

- o Download App
- o Install

- o Login to Oura

- o Make sure that your Oura device is nearby and charged

Search for "SleepTank" to Download and Install the App from the App Store:

Google Play:

https://play.google.com/store/apps/details?id=org.ibrinc.sleeptank

Apple App Store:

https://apps.apple.com/us/app/sleeptank/id6480587444

Create Account ➡ ## Submit Form ➡ ## Error ➡ ## Resubmit
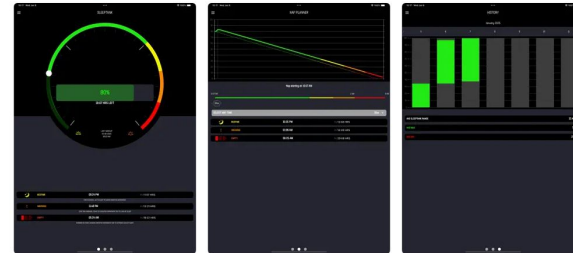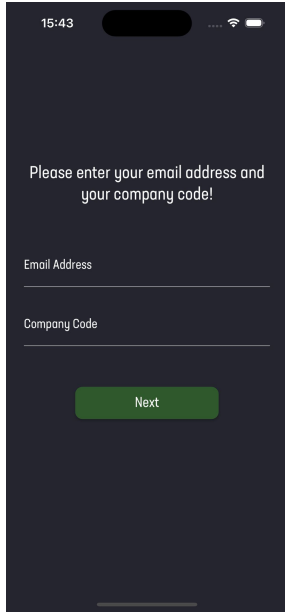
o   Create Account Screen will show
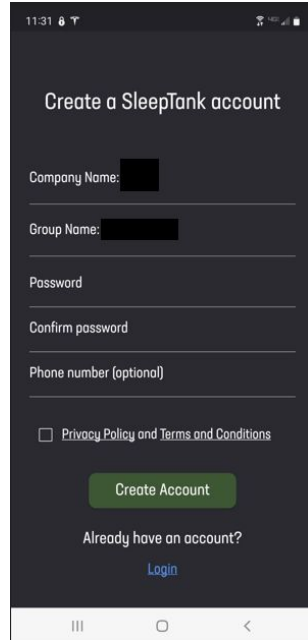
o   Complete and Submit
o   Displays Control Group
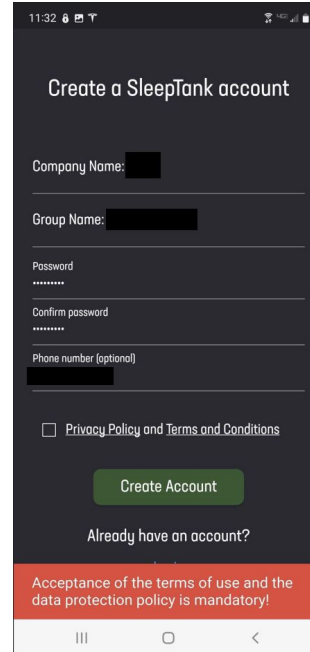
o   Must Accept Terms
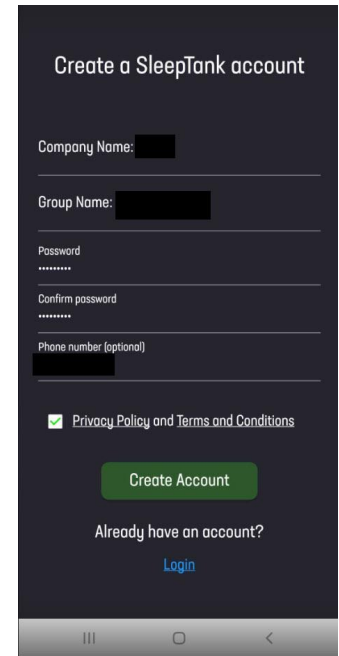
o   Check Terms Box + Resubmit
o   2FA Step Next

Review Terms
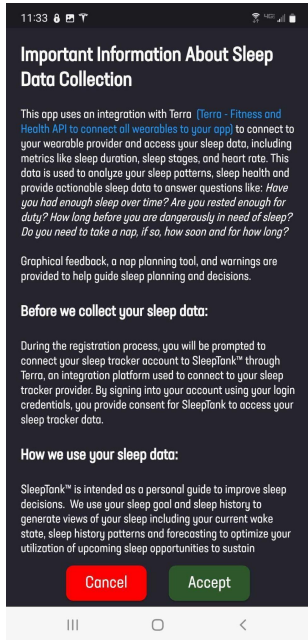
o Data Disclosure + Acceptance Screen

Accept Terms
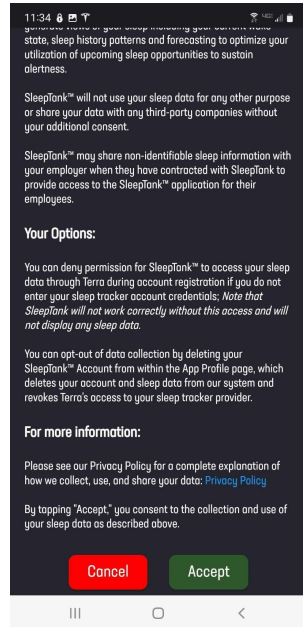
o Scroll down to Read All Terms
o Click Accept

2FA
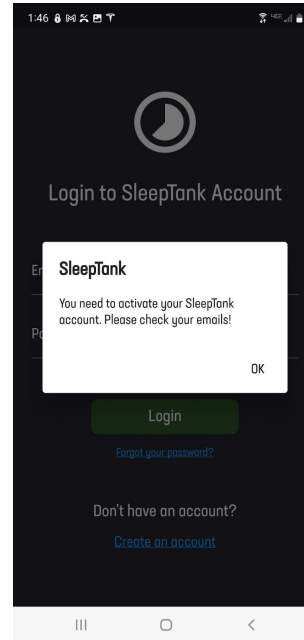
o Notice to confirm email
o Click OK

Confirm Email
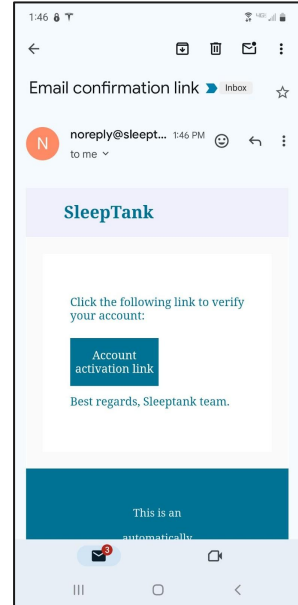
o Go to Mail
o Open Email
o Click Activation Link

7

Login

Connect

Allow permissions

Confirm screen
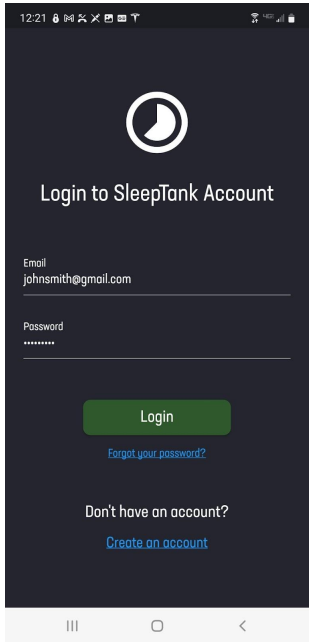
o Login to SleepTank
o Navigate to Profile
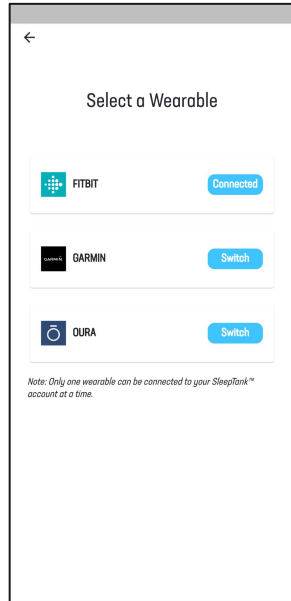
o Slect a Wearable
o Click "Connect to Oura"'
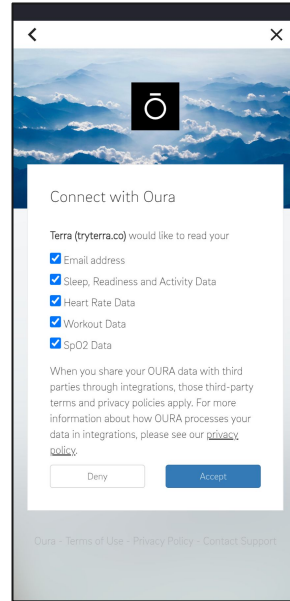
o Allow permissions
o Click "Accept"
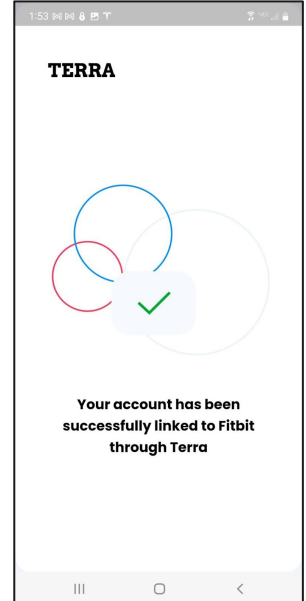
o Confirmation screen

SleepTank Features:
All Devices

View SleepTank

Nap Planner

Sleep History
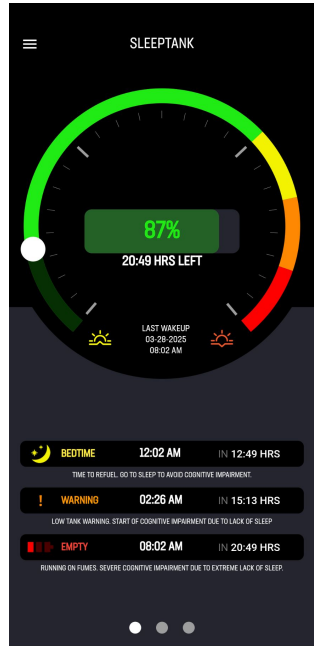
- o Ring shows daily progression
- o Colors show Sleep Zone
  - o Green = wake; Yellow = bedtime;
  - o Orange = critical; Red = empty
- o Tank icon shows remaining wake state
- o Dial shows last wake-up date + time
- o Alerts show zone start time
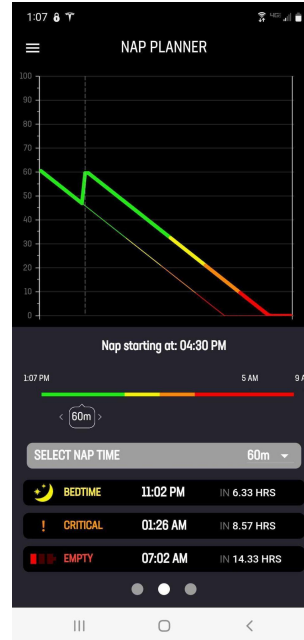
- o Select nap time (default 30 min)
- o Click (30M) icon to change
- o Dropdown of options displays (30m to 240m)
- o Slide the nap "bubble" to set the nap "start time";
- o Graph and alert updates

- o Displays user's Sleep History (last 7 days)
- o Calendar Defaults to Sunday to Saturday View
  - o Click on a day to see the Sleep Values
    - o Date
    - o High: XX.XX
    - o Low: XX.XX
- o Swipe the Calendar [Day] List at the top of the Application to switch weeks

10

Open Menu	Select Wearable	Connect	Sign In	Authorize

Open Menu

Profile

< Profile

User data ✏

Company code: XYZ
Group code: 12345
Data Sharing: On with SleepTank
Smartwatch Pairing Code: abc
Email: johndoe@email.com
User ID: XYZ
Mobile: 111-111-2234
Sleep Goal: 7 hrs 15 mins
Connected Wearable: FITBIT

If your group type assignment is incorrect, tap "Delete SleepTank Account" to remove your account from that group. Contact company to correct assignment and repeat registration.

Update password

Switch wearable

Delete SleepTank Account

Select a Wearable

FITBIT — Connected
GARMIN — Switch
OURA — Switch

Note: Only one wearable can be connected to your SleepTank™ account at a time.

Connect your Oura Account

ŌURA

Connect to Oura

☐ I acknowledge that a paid Oura subscription is required

ⓘ SleepTank™ can get sleep data from Oura rings only if you have a paid Oura subscription.

To use SleepTank™, you must allow access to your Oura account data through Terra (tryterra.co), including metrics like sleep duration, sleep stages, and heart rate. SleepTank™ will use your sleep data to generate views of your sleep including your current wake state, sleep history patterns and forecasting to optimize your utilization of upcoming sleep opportunities to sustain alertness.

Please allow all of the permissions listed on the Oura permissions screen to grant Terra access:
Note that SleepTank will not work correctly without this access and will not display any sleep data.

Sign In

ŌURA

Sign in with your Oura account

Don't have an Oura account? Get an Oura Ring

Email

Password 👁

Sign In →

Forgot your password? You can reset it in Membership Hub

Terms & Conditions   Privacy Policy   IP Notice   Accessibility

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Authorize

Ō

Connect with Oura

Terra (tryterra.co) would like to read your

☑ Email address
☑ Sleep, Readiness and Activity Data
☑ Heart Rate Data
☑ Workout Data
☑ SpO2 Data

When you share your OURA data with third parties through integrations, those third-party terms and privacy policies apply. For more information about how OURA processes your data in integrations, please see our privacy policy.

Deny   Accept

Oura · Terms of Use · Privacy Policy · Contact Support

- o Navigate to Profile
- o Click 'Switch Wearable'

- o Click 'Switch'
- o SleepTank is compatible with Fitbit, Garmin, and Oura devices

- o If applicable, check acknowledgements box
- o Click Connect

- o Sign in to your existing wearable account

- o Allow Terra to access sleep and activity data
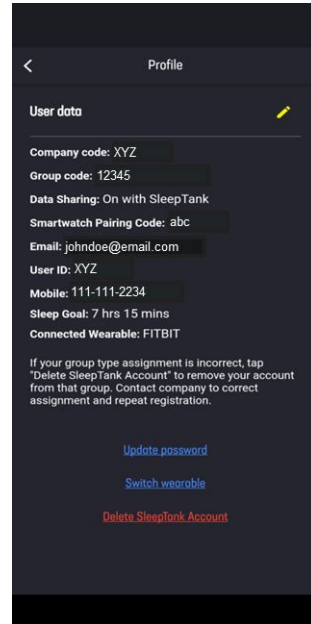
11

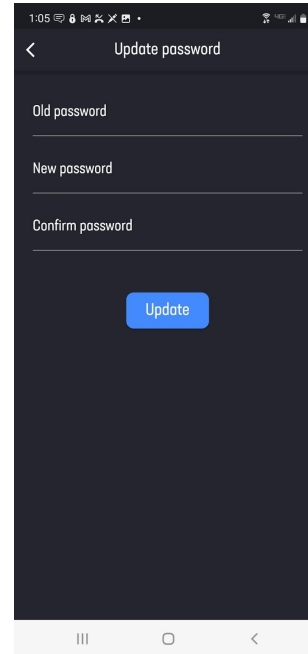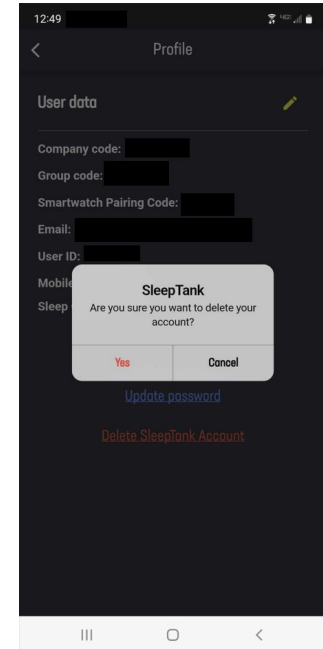| Open Menu | → | View Profile | → | Update Password | → | Delete Account |
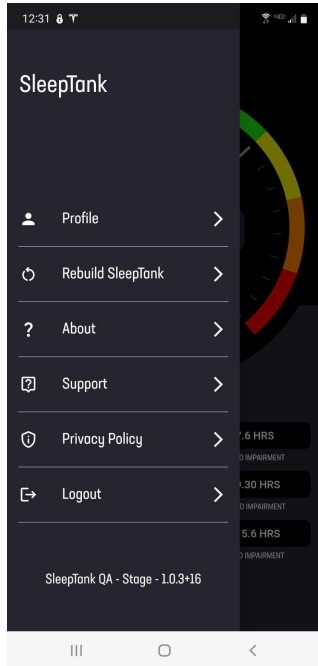
o View Menu Options
o Rebuild SleepTank
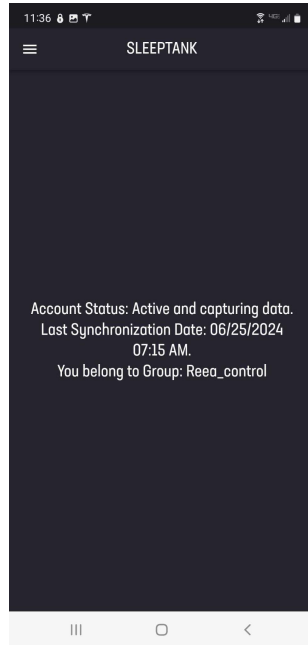o Logout

o View Profile
o Edit Profile

o Update Password

o Click Delete
o Click "Yes" to Confirm

View Screen

o Displays Account Status
o Displays Connection Status
o Displays Group Membership

- If you see a dark screen that only displays your Account Status, Connection Status and Group Membership, it means that you have been assigned to a Control Group.

- Users in the Control Group do not have access to the SleepTank home screen, nap planner, or sleep history pages. This has been done on purpose to explore the impact that access to SleepTank may have on sleep hygiene compared to the Control Group.

- If you would like to switch from the Control Group to the SleepTank Group, please reach out to sleeptank@ibrinc.org with the email address and Group Code associated with your SleepTank account.

How to set my Sleep Goal

- **The first thing the user should do when using SleepTank is set the sleep goal in the profile.**

- **Everyone has a specific amount of sleep needed to be fully rested and alert. In addition, wearables differ in how selective they are in removing disturbances from your total sleep time.**

- **Start with a goal of 8 hours. To calibrate your goal, look at the amount of sleep the wearable gave you credit for after a good restful night of sleep. You may have been in bed for 8 hours but the wearable scored it as 7.5 hours after subtracting for disturbances. If you feel it was a good night for you, then set your goal to 7 hr 30 min.**

- **If over time, you always exceed your goal, then decrease it to represent your usual good night of sleep. If you never hit the goal even after a great night of sleep, then reduce your goal.**

- **You can rebuild your SleepTank (menu option) after you change your goal to reflect your true state.**

Step by Step Guide > SleepTank Menus

About

o   View About Page
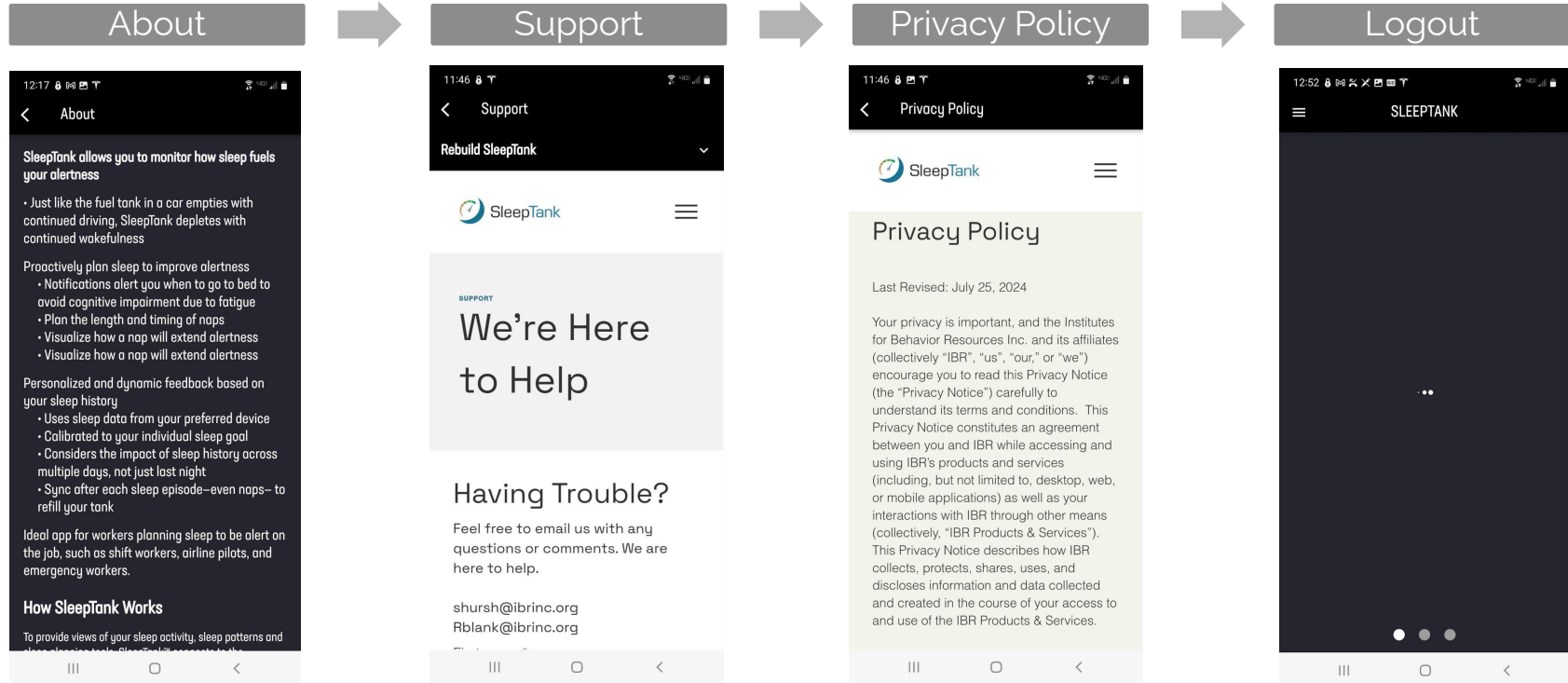
Support

o   View Support Page

Privacy Policy

o   View Privacy Policy

Logout

o   Click Logout
o   Loads the "Login" Screen

If you have any questions or concerns, please contact:

sleeptank@ibrinc.org