

SleepTank

Installation Guide:

- Garmin

SleepTank Features

Dated: March 28th, 2025

Version: 1.0





SleepTank for Garmin

Step by Step Guide: Fitbit



Install Wearable App

Install Garmin App



Install SleepTank App

Install iOS or Android App



Create SleepTank Account

Create Account, Connect to Garmin, Authorize Terra



Set Your Sleep Goal and Use SleepTank App

SleepTank, Nap Planner, Sleep History



SleepTank Features

How to Use SleepTank

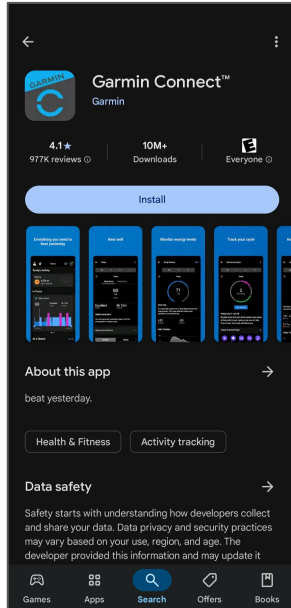
Download App



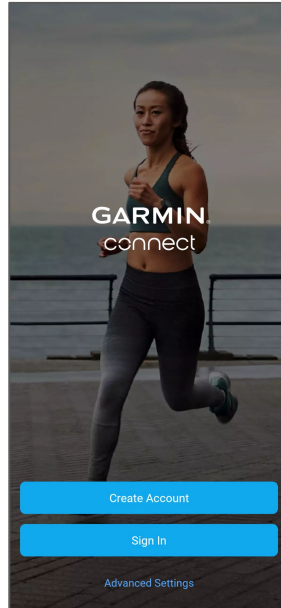
Sign In to Garmin



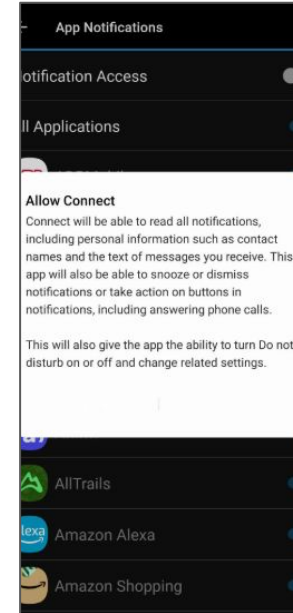
Allow permissions



- o Download App
- o Install

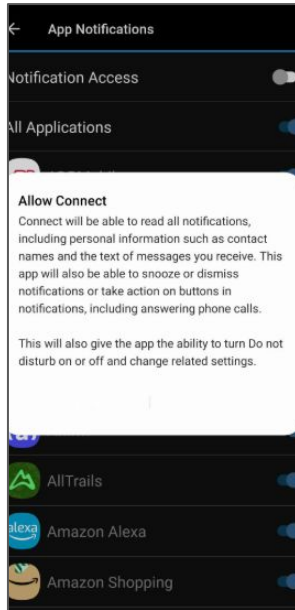


- o Login to Garmin



- o Allow Garmin permissions

Allow permissions



- o Allow Garmin permissions

Select device



- o Choose your Garmin device

Sync with device



- o Sync device

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

Google Play:

SleepTank™

SleepTank

10+
Downloads

Everyone

Install on more devices



This app is available for your device



<https://play.google.com/store/apps/detail?id=org.ibrinc.sleeptank>

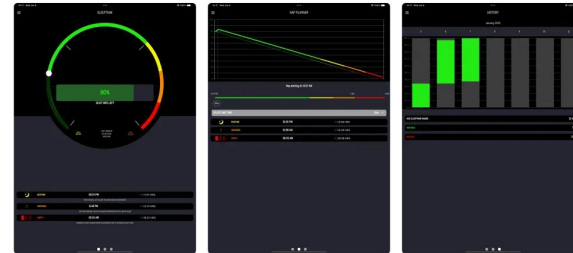
Apple App Store:

App Store Preview



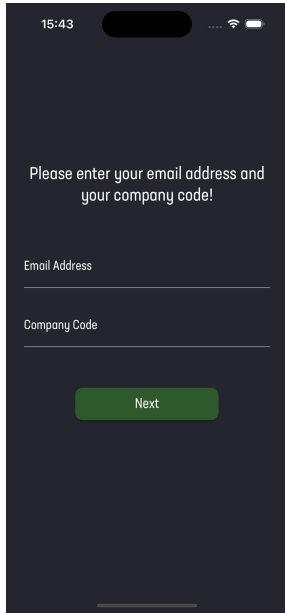
SleepTank™
Institutes for Behavior Resources, Inc.
Designed for iPad
Free

Screenshots iPad iPhone

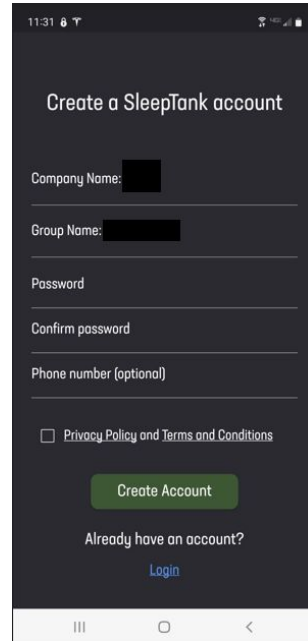


SleepTank™ is a scientific approach to sleep trackers and sleep hygiene. The mobile App provides ongoing information about your sleep health and actionable information for better sleep decisions.

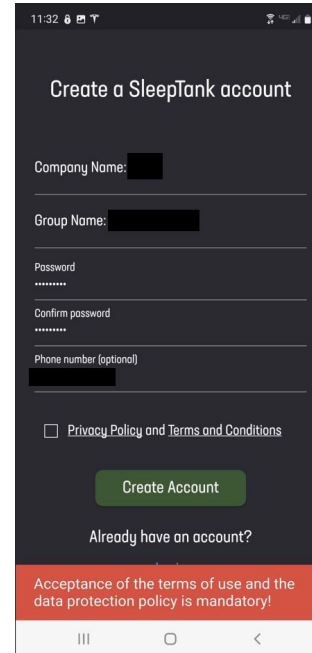
<https://apps.apple.com/us/app/sleeptank/id6480587444>



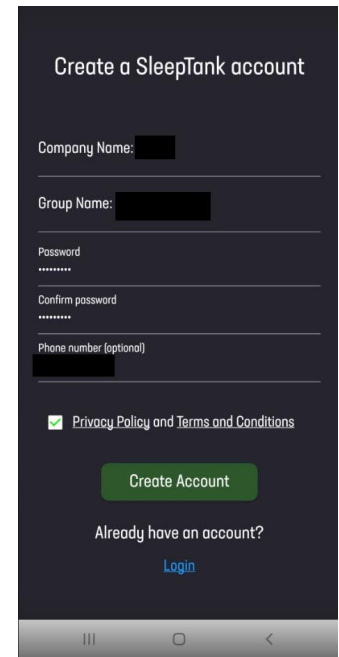
- Create Account Screen will show



- Complete and Submit
- Displays Control Group

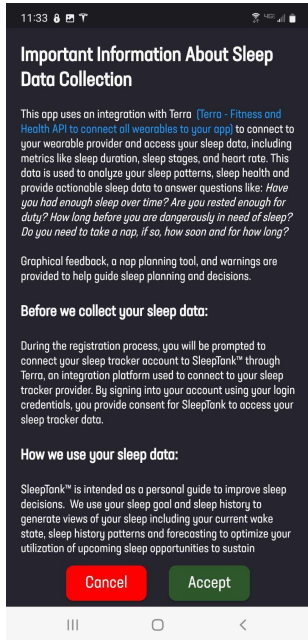


- Must Accept Terms



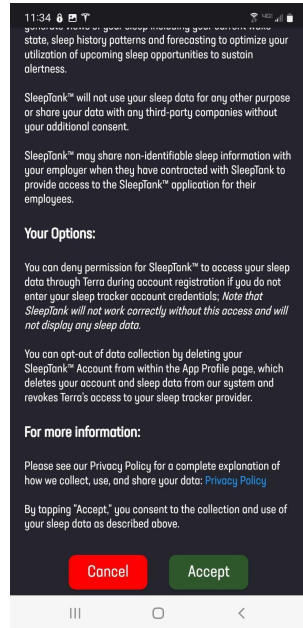
- Check Terms Box + Resubmit
- 2FA Step Next

Review Terms



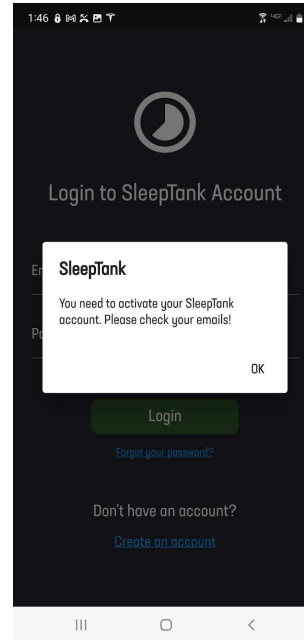
- Data Disclosure + Acceptance Screen

Accept Terms



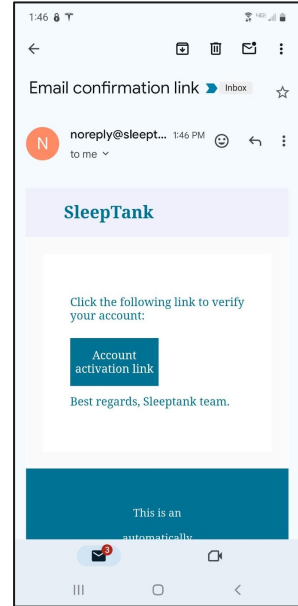
- Scroll down to Read All Terms
- Click Accept

2FA



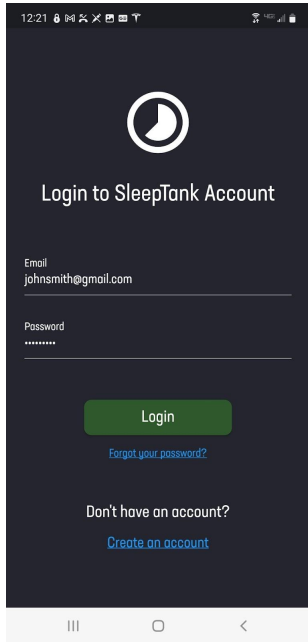
- Notice to confirm email
- Click OK

Confirm Email



- Go to Mail
- Open Email
- Click Activation Link

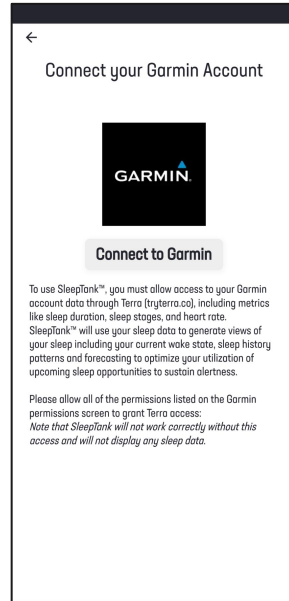
Login



- Login to SleepTank
- Navigate to Profile



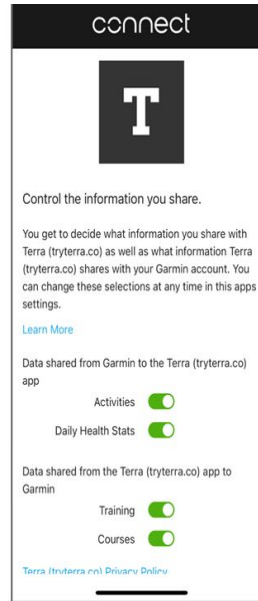
Connect



- Select a Wearable
- Click "Connect to Garmin"



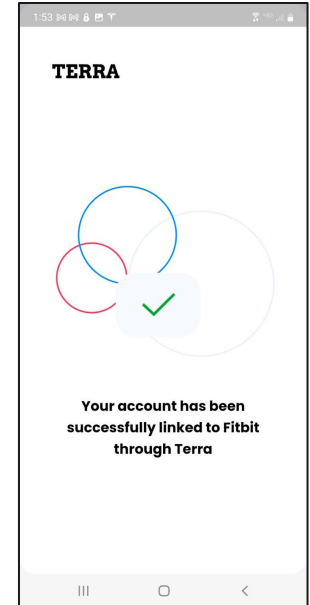
Allow Permissions



- Check "Allow All"
- Click "Allow"



Loading

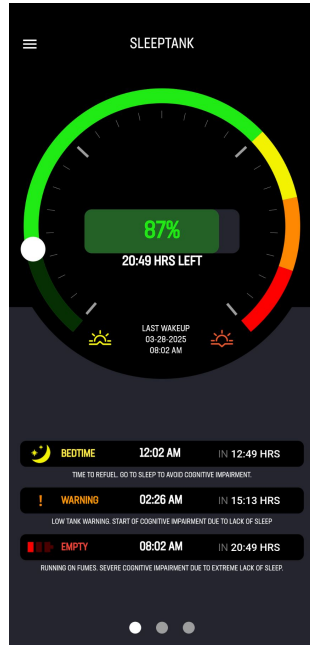


- Confirmation Screen



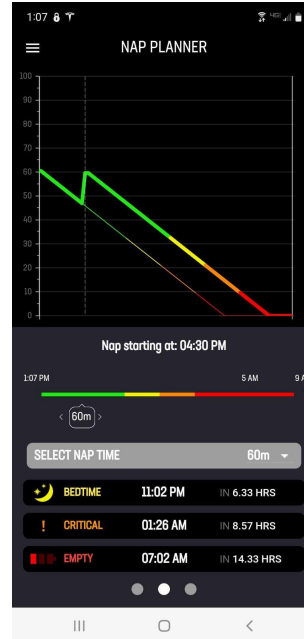
SleepTank Features: All Devices

View SleepTank



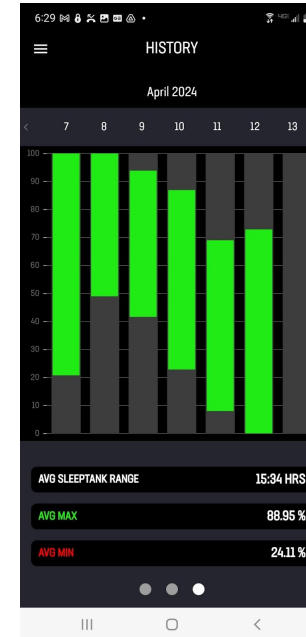
- Ring shows daily progression
- Colors show Sleep Zone
 - Green = wake; Yellow = bedtime;
 - Orange = critical; Red = empty
- Tank icon shows remaining wake state
- Dial shows last wake-up date + time
- Alerts show zone start time

Nap Planner

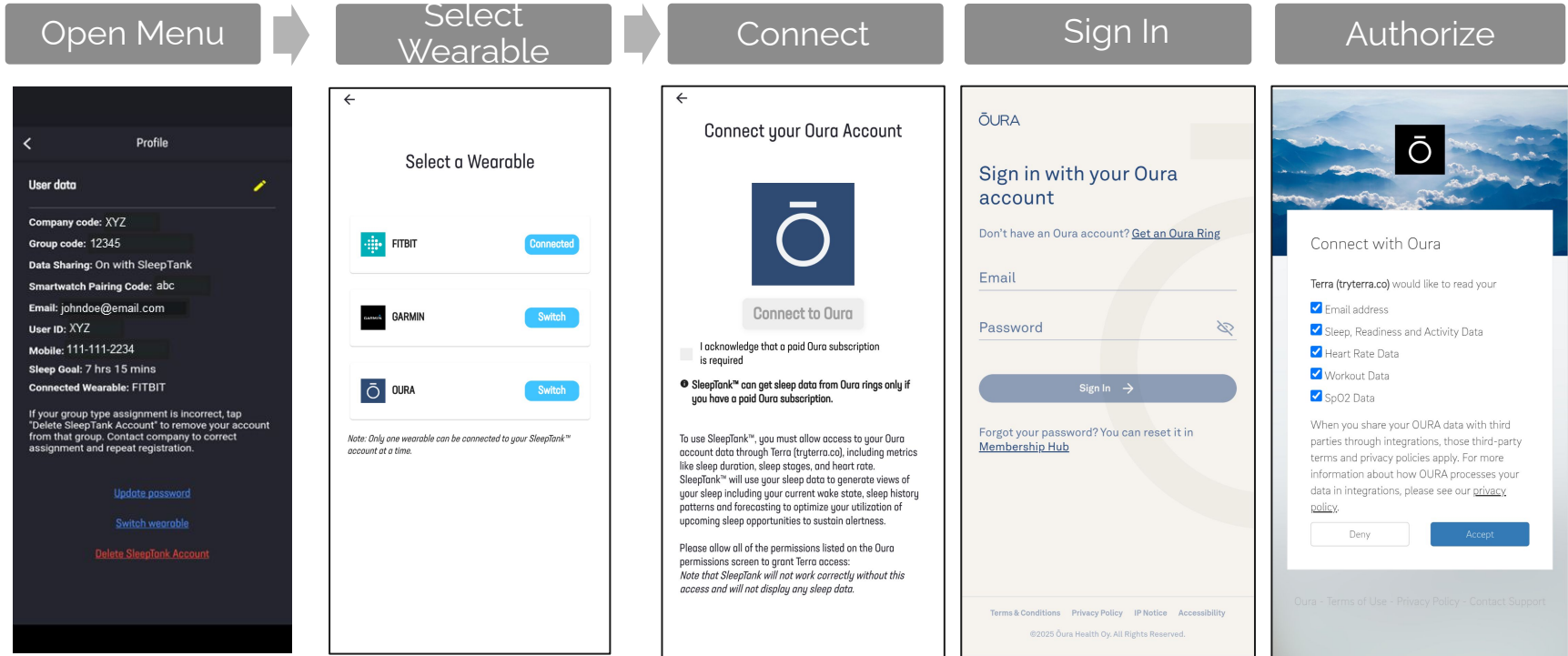


- Select nap time (default 30 min)
- Click (30M) icon to change
- Dropdown of options displays (30m to 240m)
- Slide the nap "bubble" to set the nap "start time";
- Graph and alert updates

Sleep History



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



- Navigate to Profile
- Click 'Switch Wearable'

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

- If applicable, check acknowledgements box
- Click Connect

- Sign in to your existing wearable account

- Allow Terra to access sleep and activity data

Step by Step Guide > SleepTank Menus > How to Delete Your Account



Open Menu



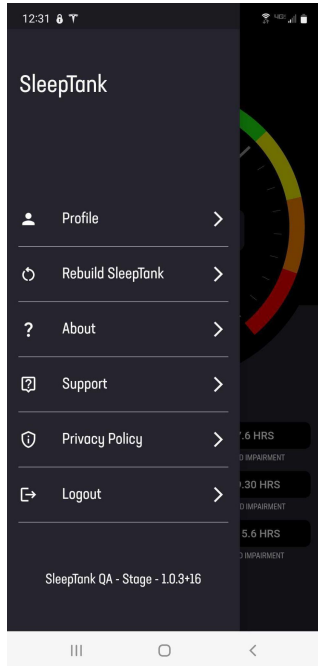
View Profile



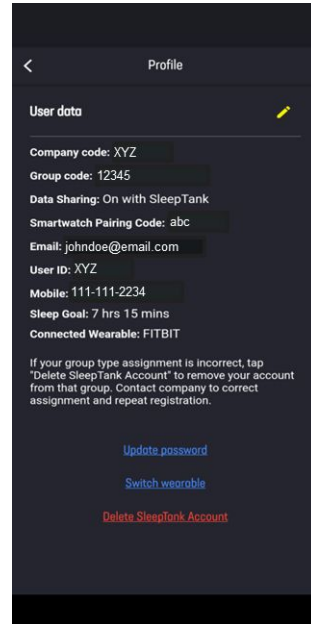
Update Password



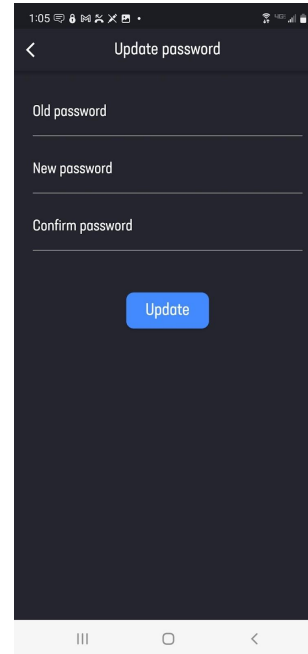
Delete Account



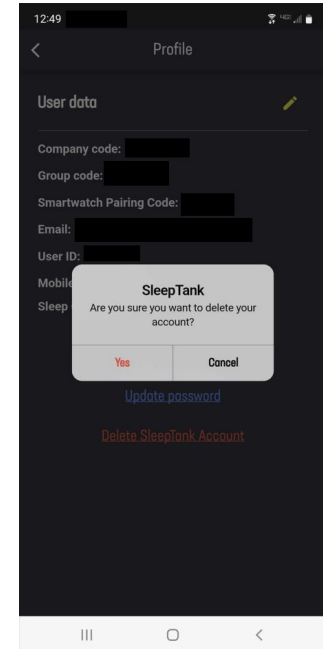
- View Menu Options
- Rebuild SleepTank
- Logout



- View Profile
- Edit Profile

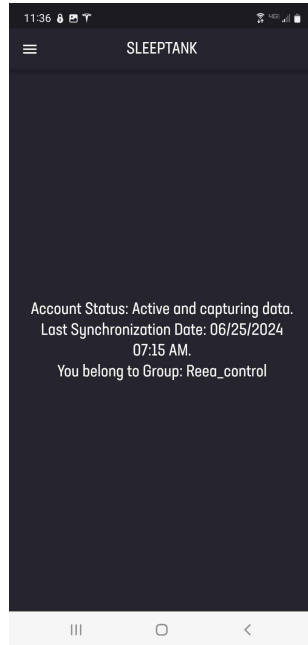


- Update Password



- Click Delete
- Click "Yes" to Confirm

View Screen

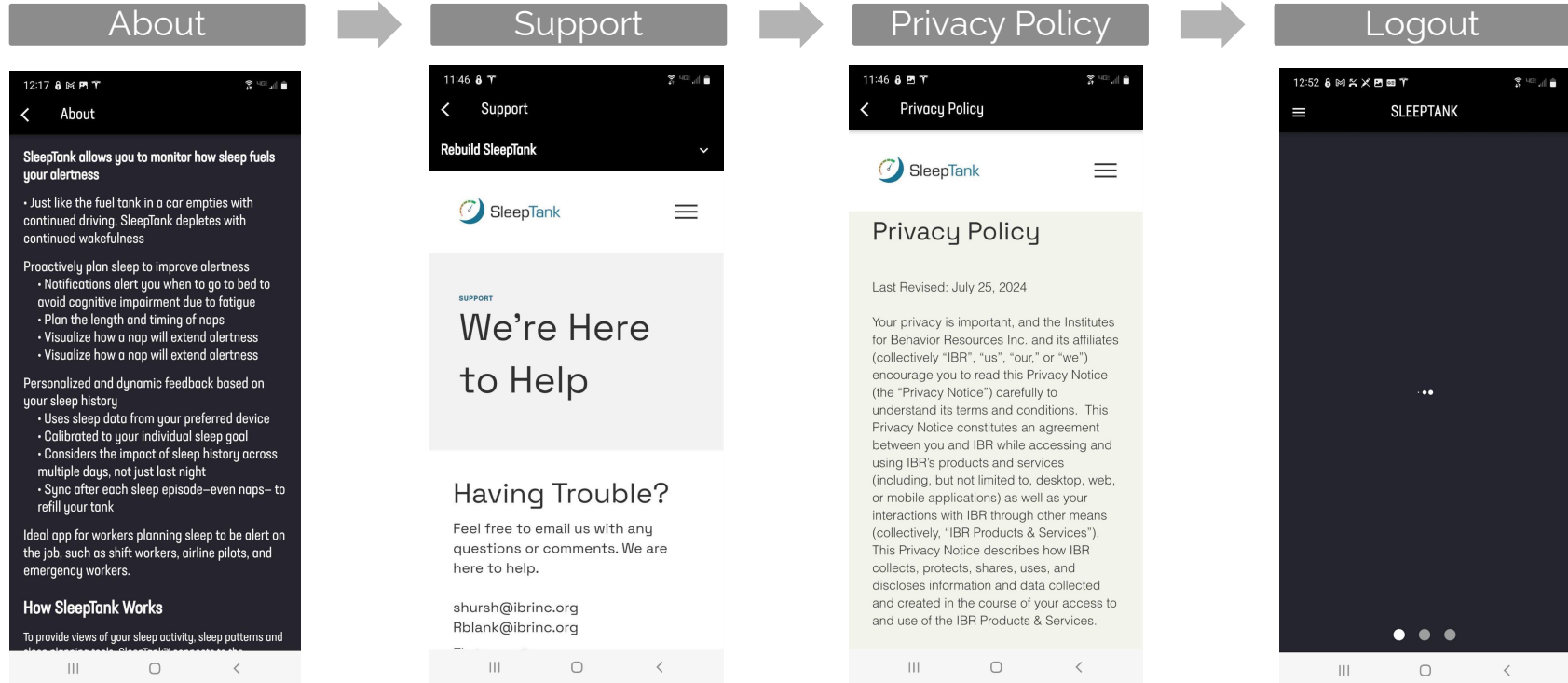


- Displays Account Status
- Displays Connection Status
- Displays Group Membership

- 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.**



○ View About Page

○ View Support Page

○ View Privacy Policy

○ Click Logout
○ Loads the "Login" Screen



**If you have any questions
or concerns, please
contact:**

sleeptank@ibrinc.org