



# FREQUENTLY ASKED QUESTIONS

## What phones are supported by the myNight app?

Every single phone has a different speaker and microphone set up. To ensure accuracy, the following phones have been validated to support the myNight app:

### Apple

Below you will find the current list of fully supported Apple devices.

- IPHONE 6S
- IPHONE 6SPPLUS
- IPHONE 7
- IPHONE 7PLUS
- IPHONE 8
- IPHONE 8PLUS
- IPHONE X
- IPHONE XR
- IPHONE XS
- IPHONE XS MAX
- IPHONE 11
- IPHONE 11PRO
- IPHONE 11PROMAX
- IPHONE SE2
- IPHONE 12Mini
- IPHONE 12
- IPHONE 12PRO
- IPHONE 12 PROMAX

### Android

Below you will find the current list of fully supported Android devices.

- Samsung S7
- Samsung S7 EDGE
- Samsung S8
- Samsung S8 PLUS
- Samsung S9
- Samsung S9 PLUS
- Samsung NOTE 8
- Samsung NOTE 9
- Google PIXEL 2XL

Please note that while we are continually working to validate more Apple and Android phones, not all handsets are fully supported. If you are using a phone which is not yet supported, you may still be able to track your sleep, however, your sleep data may not meet the same level of accuracy as that of the validated phones.

## How does myNight measure sleep?

Without requiring you to wear a device or place anything on your bed, myNight uses proprietary non-contact smartphone technology, which employs inaudible sonar to track the movements and breathing sounds in bed.

This patented sonar technology uses your phone speakers and microphone as a way to send and receive silent signals, sensing your breathing and body movement so that your overall sleep can be assessed.

To maintain accuracy, myNight should not be used simultaneously by two people in the same room.

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## How do I set up my smartphone to accurately track my sleep?

Follow the on-screen instructions inside the app that describe how to set up your phone for accurate sleep tracking.

To set up your phone for accurate sleep tracking:

1. Plug in your phone before you start tracking.
2. Place your phone on a bedside table no more than arm's length away from you.
3. Make sure that the phone is above the mattress level, 10 cm's would be ideal.
4. Point the phone speakers, which are located at the base on of your phone, towards your chest.

## Can myNight measure two people at the same time?

No, myNight can only record one person's sleep at a time.

Be sure to place the phone closest to the person who is tracking their sleep. Two people in a bed do not affect the accuracy of the results.

Additionally, two phones with myNight cannot track sleep in the same room simultaneously, as they will interfere with each other and produce inaccurate results.

## How long will my sleep data be accessible through myNight?

Your sleep data will remain accessible for as long as you have an active account.

## Where is the data stored? (Country)

The Personal Data we collect from you is stored in servers located in the United States. We also store pseudonymized Personal Data about you (i.e. Personal Data that has been pseudonymized to remove any of your personally identifiable identification data or contact details) in our servers located in Ireland so that data can be used for the purposes outlined in section 2c above. Notwithstanding the foregoing, to provide our products and services, your Personal Data may need to be accessed from or transferred to locations outside the country in which you provide it, including Australia, New Zealand, Japan, India, Malaysia, Singapore, the European Union and the United States of America. If your Personal Data is accessed from or transferred to locations outside the country in which you provide it, we will implement appropriate measures to ensure your Personal Data remains protected and secure.

## Can myNight be used to record naps?

Yes. After you have completed your 3-night benchmark, a "Power nap" feature will appear in the Sleep section of myNight.

## How is my Sleep Quality rating calculated?

Your Sleep Quality rating is an assessment of the quality and quantity of your sleep, plotted on a scale of 0 to 100. After tracking your sleep using myNight, your nightly sleep rating evaluates your rest against the following six parameters:

- Total sleep duration
- Time to fall asleep
- Time in light sleep
- Time in deep sleep
- Time in REM (Rapid-Eye-Movement) sleep
- Number of awakenings throughout the night

These variables are then measured against known sleep averages for your age and gender, established by well-published research, expert advisors, and the analysis of over 6 million nights of sleep.

## How accurate is myNight in detecting your risk of sleep apnea?

myNight is more than 80% accurate in detecting risk of sleep apnea.

## Is the position of my smartphone important?

Yes. It's important to set up your smartphone correctly to get the accurate results. See the FAQ 'How do I set up my smartphone to accurately track my sleep?'

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## **Will my phone cover affect the results?**

If the phone cover conceals either the speaker or the microphone, such as waterproof covers, myNight might transmit or receive a poor quality signal leading to inaccurate results. If this occurs, then consider using myNight without the cover. If the phone cover does not cover either the lower speaker or microphone, there should be no issue.

## **Why do I need to charge my smartphone during a sleep session?**

It's essential to plug your phone in to make sure your battery doesn't discharge or switch off mid-session.

## **Does myNight work with my smartphone screen locked?**

Yes, myNight will continue recording your sleep if your phone is locked.

## **Can I use my smartphone while I measure my sleep session?**

Yes, but tracking will be automatically paused any time you interact with your smartphone. After the interaction finishes, myNight will resume automatically.

## **Does myNight start or stop measuring my sleep automatically?**

No, myNight does not automatically start or stop sleep tracking.

## **When should I start and stop a sleep session?**

You should start your sleep session as soon as you are ready to start falling asleep so you get the best approximation of how long it takes you to fall asleep. You should stop your sleep session after you wake up for the day.

You should not stop or start a session if you wake up for a short period during the night (eg, you don't need to stop to go to the toilet)

## **Do television or radio sounds interfere with myNight?**

No. However, for best results, we recommend you turn off any electronic devices that emit sounds.

## **Can I listen to music from my smartphone while tracking my sleep?**

No. myNight will automatically pause your sleep session if you are playing any sounds, taking a call, watching videos, or using other apps on the smartphone during a sleep session.

The sleep session will automatically resume once you place your phone back into position on your bedside table.

## **How small a movement can the sensor pick up?**

The sensor has been designed to pick up shallow breathing (down to 1mm displacement).

## **Why does myNight need access to my phone's location?**

myNight requires the country to display relevant in-app content as well as routing customer inquiries.

## **Is there a limit to the number of sleep sessions recorded?**

There is no limit to the number of sleep sessions you can record.

## **How do I request that my data is deleted?**

You can email your request to [privacy@resmed.com](mailto:privacy@resmed.com). Please provide your login email address with your request.

## **Is it ok to use myNight long term?**

Yes. myNight uses an inaudible sonar with a sound level of 75 dB and an exposure time-limited to 14 hours per sleep session. This is below the exposure standards published in the Work Health and Safety (Managing Noise and Preventing Hearing Loss at Work) Code of Practice 2015 - <https://www.legislation.gov.au/Details/F2016L00426> (Refer to Section 2.2, Table 1).

Stop using the app if you experience any discomfort.

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# FREQUENTLY ASKED QUESTIONS

## **Why did my test fail?**

If your phone was not charging, then sleep tracking will not operate.

If your phone is paired with Bluetooth to an audio device, then sleep tracking will not operate.

## **Why is there so much wake time in my sleep session?**

Some people are restless sleepers and move a lot throughout their sleep which can be detected as wake by the sleep tracker.

People sleep differently at different ages. Your age is an important input to the sleep tracking App and if the wrong age is input, the results may be less accurate, which can result in the wrong amount of wake being reported.

Often people wake for short periods of time during their sleep, but don't always recall these short wake periods. It may be that some of the wake time that you see in your results includes some short wake periods that you don't recall.

## **Why does my sleep summary say I was absent when I was in my bed?**

If you are sure that you were in your bed but the sleep results report that you were absent for some time, this means that the sonar failed to detect you in the room. This can happen if your smartphone was not setup to accurately track your sleep. see the FAQ 'How do I set up my smartphone to accurately track my sleep?'.  
Some examples where this might happen are:

- You were sleeping too far away from the phone, perhaps you rolled over to the far side of a double bed during the night
- Your phone was positioned below your mattress, meaning that the sonar signal was not positioned properly per the phone setup instructions.
- The bottom of the phone was not pointing in the direction of your chest. This could have occurred during the night if the phone was knocked and ended up pointing away from your chest.
- There was some obstacle between you and the phone. For example, pillows or a bolster down the side of the bed between you and the smartphone.
- If you are using a gravity blanket, the sonar signal will not be able to penetrate through it to measure your breathing and movement, therefore, absence will be reported.

## **Does the app work if my phone is on aeroplane mode?**

A sleep session can be recorded while aeroplane mode is ON. The results of a current sleep session will also display with aeroplane mode enabled. Viewing historical data and links requires internet connectivity.

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