



somnio

Instructions for use

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The product somnio

somnio is a software application (mobile or browser app) for the treatment of insomnia. It is a CE certified medicine product.

With the help from the digital sleep coach "Albert", users define their individual sleep goals. These are monitored and evaluated over the course of the program. In order to achieve these goals, users complete training modules consisting of theoretical knowledge and practical application through exercises, questionnaires and techniques based on cognitive-behavioural therapy are used in various modules. The content is illustrated by audiovisual elements, e.g. by graphic animations.

The digital sleep journal is an essential tool of the training to record and evaluate sleep data, such as information on sleeping and waking times and general well-being. Based on this sleep data and the individual situation of the patient, the therapy is adjusted and personalised continuously.

Who is somnio suitable for?

somnio is designed for patients aged 18-65 who experience **insomnia** symptoms.

Essential for a successful sleep training with somnio is the willingness and motivation of users to work through the program content and to practically apply the new knowledge and suggestions for behavioral changes in their everyday lives.

Use criteria

You need a **personal e-mail address** and a



device with Internet access (computer, laptop, smartphone or tablet).

For an overview of supported **web browsers** and devices, please visit sogn.io/devices.

Apart from basic computer and Internet skills, there are no specific requirements.

Type and duration of application

somnio is accessible by registration on the website app.somnio.de or through the mobile application.

We recommend to fill in the sleep journal **every morning and evening** and to work on the **11 training modules 2-3 times a week**.

After completing a certain number of modules (e.g. after modules 1-3), the next module will be activated after you have completed 3 sleep journal entries. However, you should allow yourself enough time to work on the new content and to integrate the practical exercises into your daily life. We recommend a minimum training period of 8 weeks.

Exclusion criteria



The use of somnio is **not suitable** for individuals in an **acute mental health crisis**, especially if experiencing **suicidal thoughts** or intentions.

Side effects and important notices

The bedtime restriction, a clinically proven non-drug therapy method, is a central element of somnio sleep training. It reduces the time that users spend in bed each night, so that the increased sleep pressure helps optimise sleep efficiency and quality.

Afterwards, the bedtime is gradually extended again.

Epilepsy is the exclusion criterion for this method. At the beginning of the relevant introductory module, users must confirm that they do **not** suffer from epilepsy. Otherwise, this module and the bedtime restriction will be omitted.

This method can temporarily lead to drowsiness, and reduced performance or ability to focus. If this is the case for you, please refrain from activities during which the restrictions could become dangerous (e.g. driving), for the duration of the training.

Somnio sleep training is a non-drug therapy. You should not make any changes to your medication and/or other treatments without consulting a qualified doctor.

Please contact your doctor/therapist if your symptoms do not decrease over a longer period of time or if they worsen acutely.

Sign up for the training

1. Open the website (<https://app.somn.io/>).
2. Click on "**Register**".
3. Enter your e-mail address and the **licence code**.
4. Read our [Terms and Conditions](#) and [Privacy Policy](#).
5. Check the box "I accept the **Terms and Conditions** and **Privacy Policy**".
6. Check the box "I want to receive the newsletter" (optional).
7. Click on "**Register**".
8. You will receive a **registration confirmation** by e-mail.
9. Click on the registration link in the e-mail.
10. Choose a password.
11. Read the [exclusion criteria](#).



12. Check the box ("I have read the exclusion criteria")
13. Read "[Processing of personal and health data](#)".
14. Check the box ("I give consent to the processing of my health data").
15. Click on "**Activate account**".

Log into the program

1. Open the website (app.somnio.de).
2. Click on "Login".
3. Enter your user name and password.

Menu

My sleep training

Select the training modules. Starting with the introduction, work through them one by one (see **Complete training modules**).

The following menu items are visible during the course of the training after completion of the corresponding modules:

1. Sleep journal

Available upon completion of the corresponding module. Enter your daily sleep and waking times and receive overviews and analyses of your sleep efficiency and quality. (see also **Complete the sleep journal**)

2. Cycle of insomnia

Available upon completion of the corresponding module. Overview of your personal cycle of insomnia, as discussed in the module.

3. Sleep window

Available upon completion of the corresponding module. Here you can view and edit the time window you spend in bed, as determined by the virtual sleep coach.

You can change your sleep window every 7 days, provided that you have completed at least three journal entries in the last 7 days. If your weekly average sleep efficiency is at least 85%, you can extend the sleep window by 15 minutes. If the efficiency is below 80% on the weekly average, we recommend shortening it by 15 minutes. The sleep window is always at least 6 hours and at most 9 hours long.

Change sleep window:



Move sleep window back
(5 minutes per click)



Move sleep window forward
(5 minutes per click)

+ 15 minutes: Extend sleep window by 15 minutes

- 15 minutes: Shorten sleep window by 15 minutes

Save sleep window.

4. Relaxation

Available upon completion of the corresponding module. Here you can listen to and/or download the relaxation exercises.

Licence

Information about the current licence you have purchased or received from your health insurance company.

Voucher: Redeem a voucher code and click on "Redeem voucher". Your licence will be unlocked.

Profile

User account: Name, e-mail address, language, receive newsletter and e-mail reminders

You can change the program language here.



After making changes, click on "Save profile".

Coach: Adjust speaking rate, show/hide subtitles. Click "Save" after making changes.

Sleep Tracker: Connect your sleep tracker here, which will automatically fill in your sleep journal. Click on "Connect to Fitbit" and follow the instructions. To disconnect from the sleep tracker, click "Disconnect".

Access code: Create an access code to grant temporary access for medical personnel to your sleep data (more on page 5).

Create a new password: Enter your old password and the desired new password (including repetition) and click "Save".

Export: You can download all your stored data in an interoperable format (JSON).

Privacy: View and withdraw your agreement for the processing of personal data, and delete your account.

Notifications

Information on software updates.

Logout

Log out of *somnio*.

Support

If you have questions or problems concerning the use of the program, visit the [mementor support page](#) and contact us via the e-mail address support@mementor.de.

Privacy policy: Please read our [privacy policy](#).

Participate in training modules

To start working on the training modules, please proceed as follows:

1. Open the website and login. (app.somnio.de).

2. In the menu on the left, click on **"My sleep training"** and select a sleep training module.

3. A welcome screen with a short module description will be displayed.

4. Click on the **arrow** to launch the session. If you have previously worked on this module, the module will continue at this stage. If you would like to start over, click on **"Restart"**.

5. Listen to the steps introduced and follow the instructions from the digital sleep coach.

6. Reply to the questions by clicking on the corresponding tabs.

7. Navigation in the module:

◀ **rewind**

⏸ **pause**

▶ **forward**

< **return to module selection**

☰ **show/hide menu**

8. After completing a module, the next one will be unlocked as soon as three new sleep journal entries have been created. Exception: The introductory module. After its completion, the sleep journal module is accessible immediately.

Complete the sleep journal

In order to create a sleep journal entry, proceed as follows:

1. Log in to the program.
2. Open the sleep journal in the menu on the left.
3. You will see an overview of your previous entries.

After getting up: Morning log

Make sure that the "Morning log" tab is selected in the upper left corner.

Click on the plus sign above the respective date.



- Fill in the fields:
"To bed from" (enter time).
"When did you get up" (enter time).
If applicable, click the tab "I didn't fall asleep".
- Otherwise, fill in the blanks:
"Awake time in sleep phase"
„Woke up"
„How was your sleep quality?" (select on the slider)
- In any case, complete the field „In bed until"
- Click on "Save".

Evaluations

- Your daily **sleep efficiency** in % is displayed in the orange circle. You can find more information by clicking on the entries, the arrow keys and the different icons.
- View your 7-day average:
 -  Sleep efficiency
 -  Fall asleep time
 -  Waking phases at night
- The arrow icons at the bottom indicate if you are getting closer to your personal goal(s) during the last 7 days. Through tapping/hovering over them, you can see your +/- tendency in percentages.

At the end of the day: Evening log

Select the "Evening log" tab in the upper right corner.

- **Mood:** Rate your **mood, performance, and energy** over the past day.
- **Consumption:** Select the amount of **alcohol** and **caffeine** consumed: „none", „little", „medium" or „high". Click "Save".
- You can now view the evaluations of your daily well-being and consumption. At the

bottom, you can see your respective 7-day average on a scale of 10:

-  Mood
-  Performance
-  Energy

- If you would like to **edit** an entry, select it in the overview and click the "Edit" button.
- If you would like to **delete** an entry, select it and click on the trash can icon.
- At the top right, you may choose whether you would like to view the data as a weekly overview (**Week**), or over the course of the entire training (**Overall**).

Share data with medical personnel

1. Run the application and log in.
2. Click on "**Monitor**" in the section "**Session**" in the menu on the left hand.
 - „**Access code**"
 - „**Generate access code**"

in order to create a code for medical personnel. This code is valid for 5 minutes.

3. Medical personnel open the website <https://app.somn.io/doc> and enter the code received from you.

4. You will receive a notification that your practitioner would like to view your sleep data. Click "Yes" to consent.

5. Medical personnel are able to view the patient data once for up to 30 minutes. After 30 minutes, an automatic logout occurs.

Instructions for medical personnel/therapists

Use criteria

You need a **device with Internet access**



(computer, laptop, smartphone or tablet).

For an overview of supported **web browsers** and devices, please visit somn.io/devices

Apart from basic computer and Internet skills, no training is required in order to be able to use the program.

Type and duration of application

Evaluation of the sleep journal, documenting the development of sleep-related information and other relevant patient data. Access to sleep data for 2 to 4 times per patient, for 5-10 minutes each.

Access to patient data

1. Open the website
<https://app.somn.io/doc>
2. Enter your name or the name of your institution so that the patient will be able to recognize you, and type in the access code provided to you by the patient.
3. The patient will be asked for consent. If access is granted, you will be able to view:
 - **Sleep efficiency, time spent in bed** and **sleep times** over the course of the training.
 - **Median of sleep efficiency, time spent in bed** and **sleep time** over the past 7 days.
 - Current progress in the training modules
4. You will be signed out automatically after 30 minutes, or when you close the browser. The access code generated by the patient is valid once for 30 minutes.

Support

If you have questions or problems concerning the use of the program at the [memento support page](#) and the e-mail address support@memento.de.

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