camntech

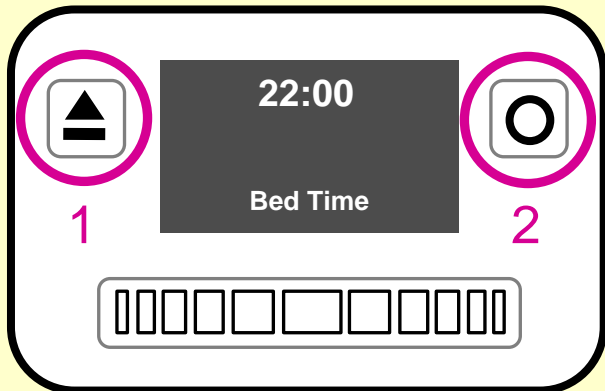# Sleep Diary - *Quick Guide*

Note: Some Diary screen outputs may differ slightly from those shown here.

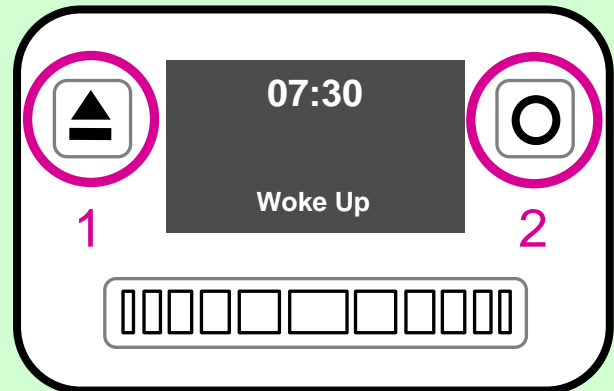## At Bed Time

22:00

Bed Time

1   **2**

The **Bed Time** questionnaire must be answered before you go to bed.

Wake up the Diary by holding down on the **Function Key [1]** for at least 2 seconds. Select the **Bed Time** questionnaire and press the **Select Key [2]** to open it.

The **Bed Time** questionnaire is only available to be answered between 18:00-04:00.

In the Morning

07:30

Woke Up

1   **2**

The **Woke Up** questionnaire must be answered when you wake up in the morning.

Wake up the Diary by holding down on the **Function Key [1]** for at least 2 seconds. Select the **Woke Up** questionnaire and press the **Select Key [2]** to open it.

The **Woke Up** questionnaire is only available to be answered between 04:30-15:00.
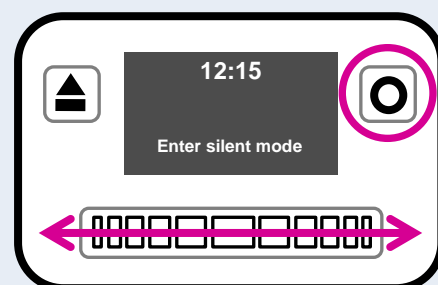
General Use

Answering a Question

If permitted could you have slept longer?

Yes

Answers can be entered by swiping the **Slider Control** left or right until the desired value is displayed.

Press the **Select Key** to submit the answer.

Setting Silent Mode

12:15

Enter silent mode

Wake up/unlock the Diary and swipe left or right on **Slider Control** until **Enter silent mode** option is shown.

Press the **Select Key** to enable or disable silent mode.

Please note: The PRO-Diary unit is <u>NOT</u> waterproof.