

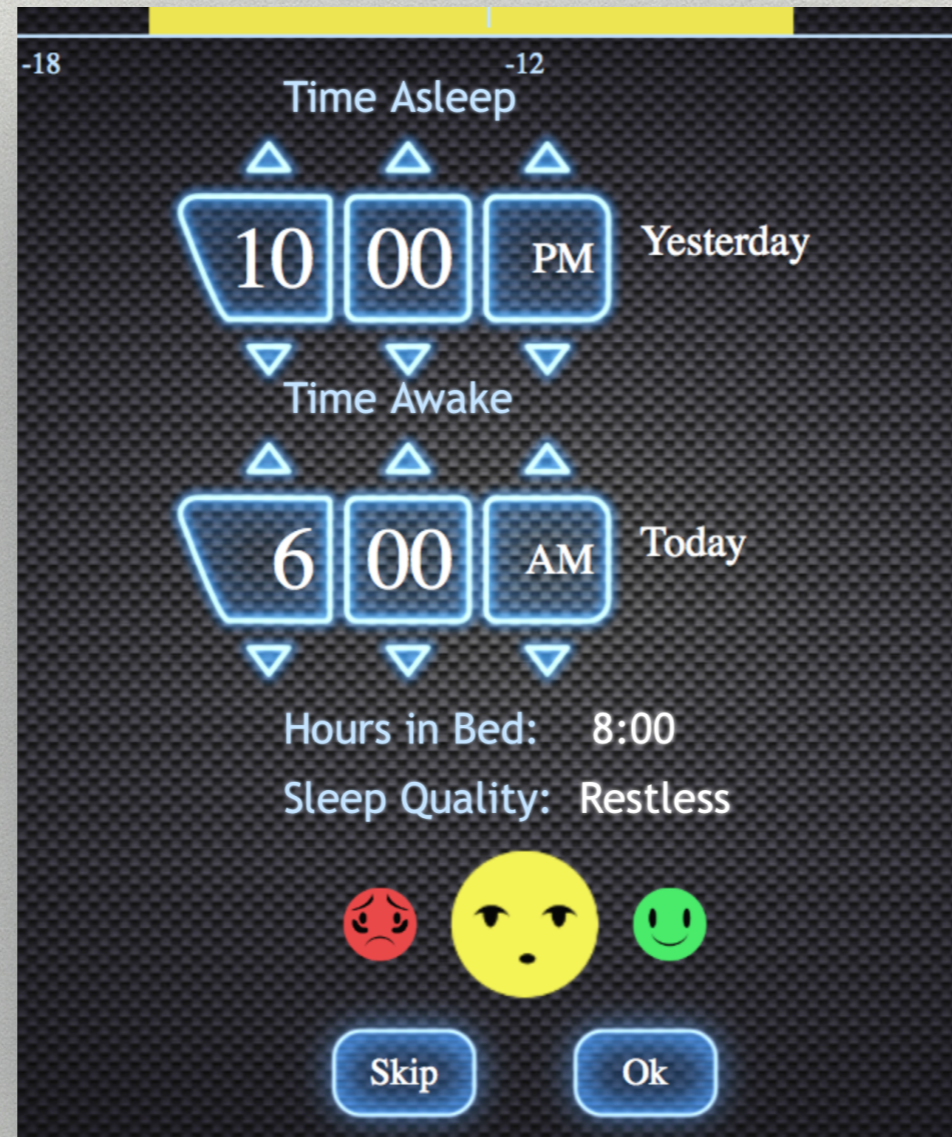


USING THE SLEEP DATA FUNCTION



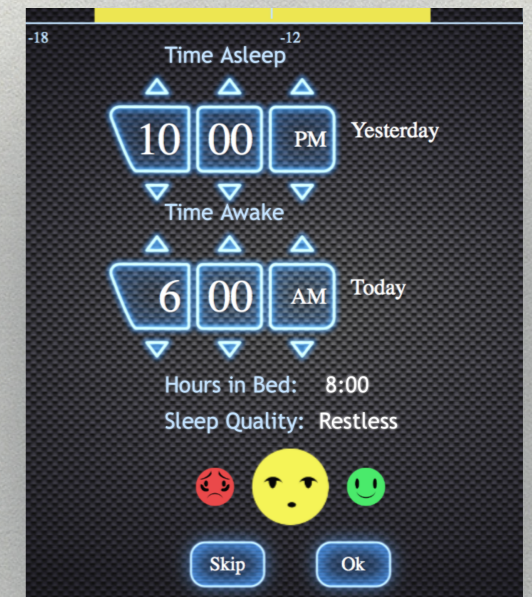
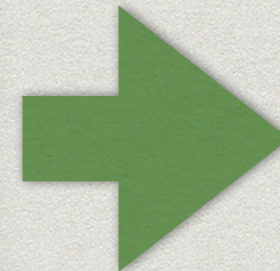
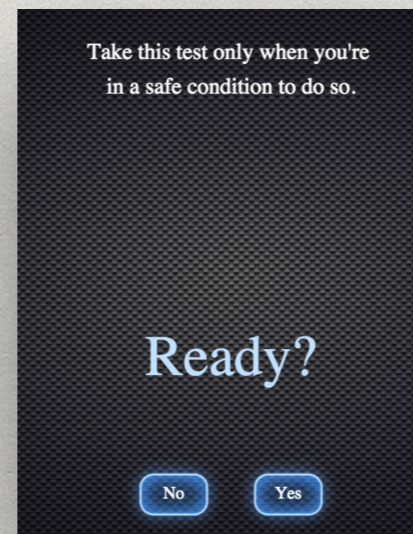
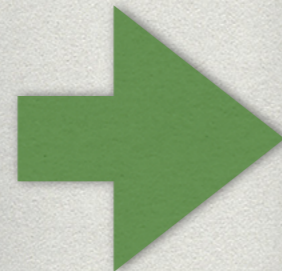
THE FOLLOWING TUTORIAL WILL
EXPLAIN HOW TO USE

THE CogSpeed SLEEP FUNCTION





START TAKING THE CogSpeed Test MOVE TO THE SLEEP FUNCTION PAGE



THE CogSpeed SLEEP FUNCTION Page

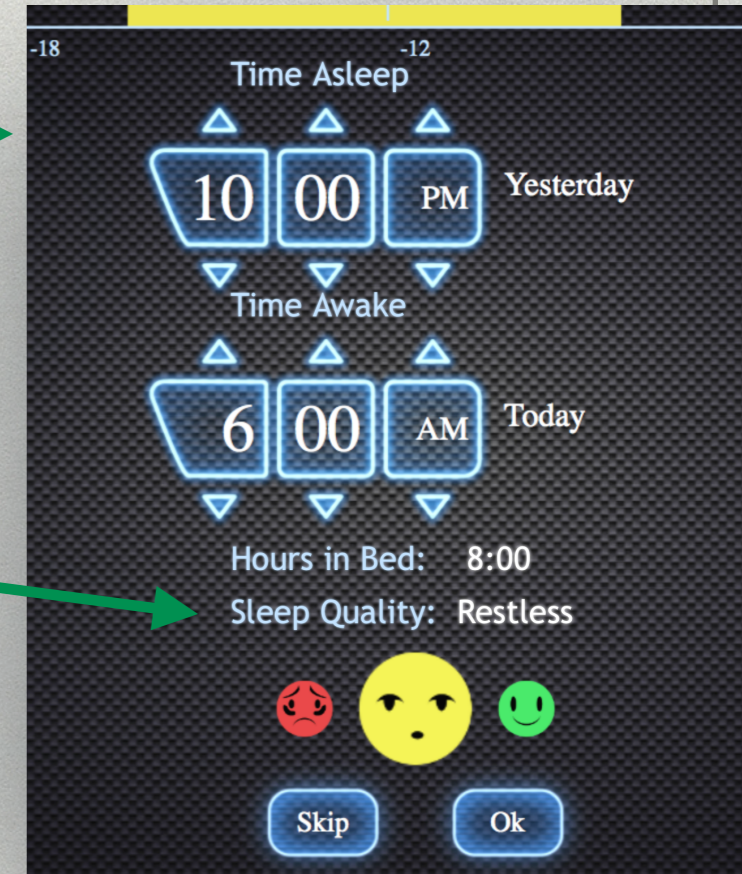


USE TRIANGLE BUTTONS TO ENTER

- THE MOST RECENT TIME YOU HAVE BEEN IN BED TRYING TO SLEEP →
- THE TIME YOU WOKE UP →
- THE QUALITY OF THAT SLEEP →
- EVEN IF IT WAS A SHORT NAP →

NOTES:

- USE THE “AM/PM” BUTTONS TO ADJUST DAYS
- THE “Ok” BUTTON WON’T ACTIVATE UNTIL “TIME ASLEEP” IS EARLIER THAN “TIME AWAKE”
- IF YOU DON’T SLEEP BEFORE THE NEXT TEST, JUST PRESS “SKIP”



WHEN FINISHED, PRESS **Ok**



ON THE NEXT PAGE

- REVIEW YOUR INPUT
- GO BACK AND MAKE CHANGES IF NECESSARY

-18 -12 -6

Time Asleep
10 45 PM
Yesterday

Time Awake
6 30 AM
Today

Hours in Bed: 7:45
Sleep Quality: Restless

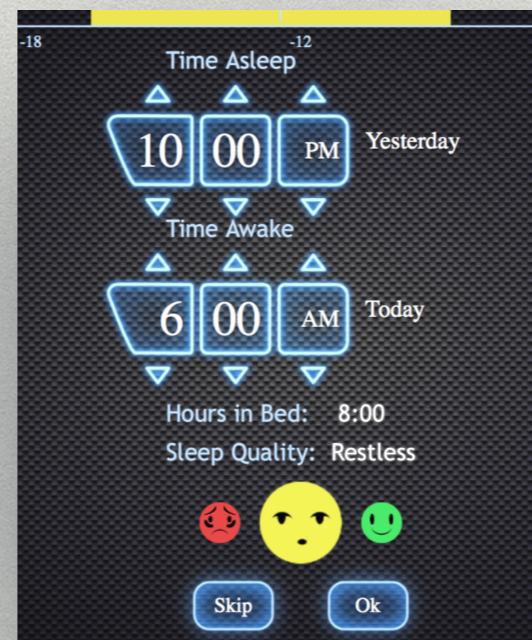
Please confirm that this is the last time you slept.

Back Confirm

WHEN FINISHED, PRESS **CONFIRM**



FUTURE VERSIONS OF CogSpeed
WILL ALLOW YOU TO VIEW YOUR
ENTIRE SLEEP HISTORY ALONG WITH
THE CogSpeed AND ELSR Scores



WHEN FINISHED, PRESS **Ok**



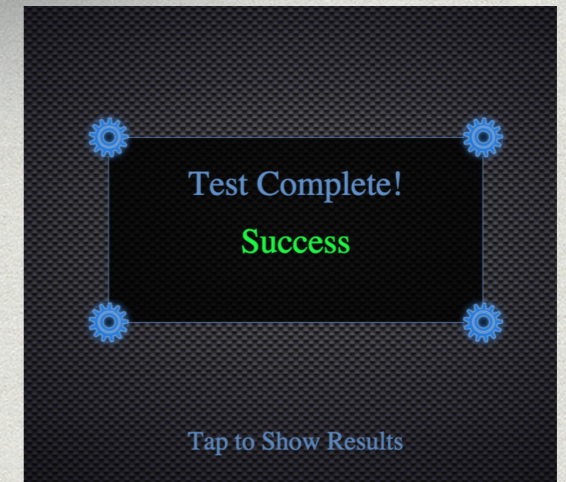
ON THE NEXT PAGE ENTER YOUR ENERGY LEVEL SELF REPORT (ELSR)

Select how you feel right at this moment

7. FULLY ALERT, WIDE AWAKE
6. VERY LIVELY, RESPONSIVE, BUT NOT AT PEAK
5. OKAY, ABOUT NORMAL
4. LESS THAN SHARP, LET DOWN
3. FEELING DULL, LOSING FOCUS
2. VERY DIFFICULT TO CONCENTRATE, GROGGY
1. UNABLE TO FUNCTION, READY TO DROP



CONTINUE TAKING THE TEST TO SUCCESS



YOUR SLEEP DATA WILL DISPLAY ON THE DASHBOARD





SLEEP INFORMATION DISPLAYED ON THE DASHBOARD

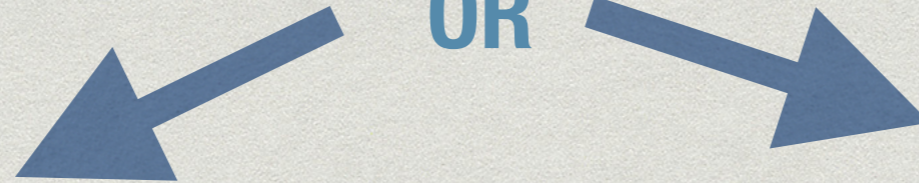
- YOUR LAST REPORTED ELSR
- HOW LONG YOU LAST SLEPT
- HOW LONG YOU HAVE BEEN AWAKE SINCE TAKING THIS CURRENT TEST
- YOUR PERCEIVED SLEEP QUALITY
- IF YOU WERE USING A TESTING PROGRAM, IT WOULD ALSO TELL YOU WHEN YOUR NEXT TEST IS SCHEDULED
- THE DATE AND TIME YOU TOOK THIS TEST





FOR FUTURE REFERENCE

OR



YOUR DEVICE MAY SUPPORT DOWNLOADING THIS DATA TO YOUR COMPUTER

YOU MAY WANT TO WRITE DOWN

CogSpeed SCORES (CPIs)

ELSR

DATE AND TIME OF LAST TEST



1. PRESS THE "GEAR"

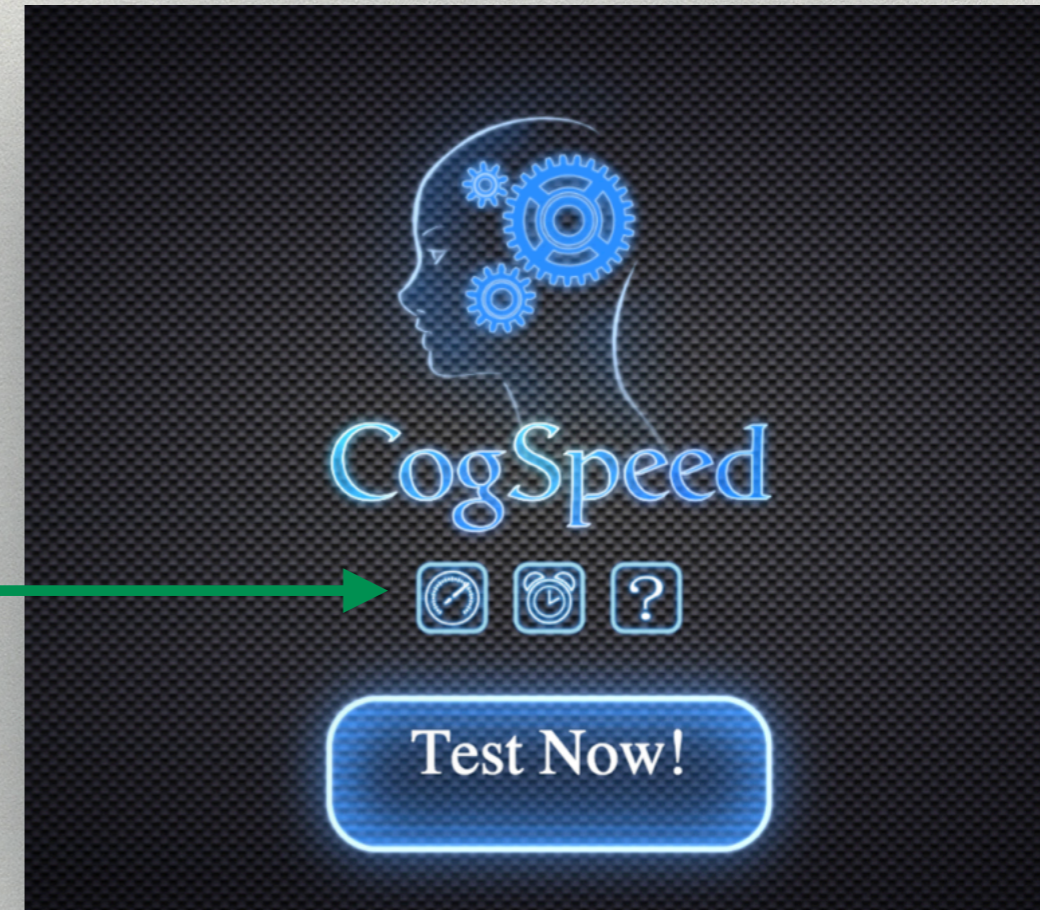
2. PRESS "CPI"

3. FOLLOW YOUR DEVICE'S INSTRUCTIONS FOR DOWNLOAD



RETRIEVING CogSpeed DATA

- THE DASHBOARD INFORMATION WILL NOT CHANGE UNTIL YOU TAKE YOUR NEXT CogSpeed Test
- THE DASHBOARD INFORMATION CAN ALWAYS BE REVIEWED BY PRESSING THE “**SPEEDOMETER**” ON THE HOME PAGE



GOT IT ?

***READY TO TRY OUT WHAT YOU'VE
JUST LEARNED ?***

GO TO "DOWNLOAD COGSPEED"

ON

graymattermetrics.com



HAVE FUN AND

.....

THINK FAST!