



LifeQ[®] 24-hour Sleep Health

Sleeping Well means Aging Well™.
Now you can rest assured knowing LifeQ is helping you manage your Sleep Health.

LifeQ's mission is to help people **age well** by delaying biological aging, maximizing physical and mental performance, and reducing the probability of disease.

Sleep forms an integral part of your health, and the quality of your sleep is especially important as it directly impacts various aspects of your life.

A first-of-its-kind 24-hour sleep solution

LifeQ has developed a first-of-its-kind 24-hour sleep solution that identifies and classifies all sleep within a 24-hour period in contrast to just your nightly sleep.

By counting naps and rest with this main sleep episode, LifeQ can help determine your unique sleep circadian window. This will help you to understand when your body needs to sleep and when the best time is to get optimal sleep. If you suffer from potential underlying sleep disorders, we would be able to detect patterns or changes in your sleep data and notify you.

Monitor all your
sleep episodes



Establish your
circadian rhythm



Generate your
sleep report



Connect with
a clinician



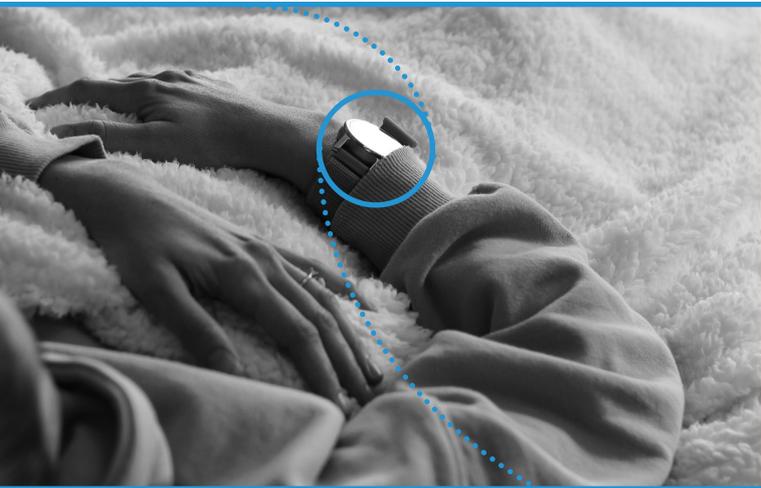
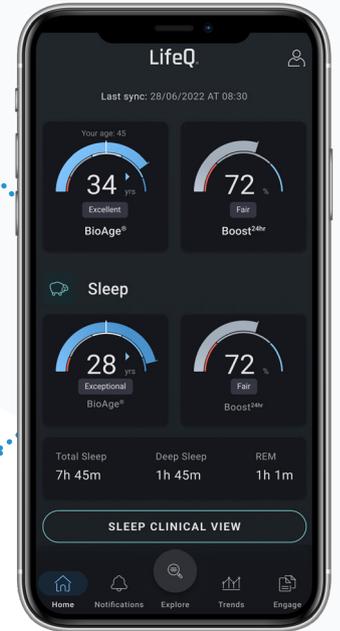
Start
Aging Well™



How it works

The LifeQ 24-hour Sleep Solution offers more than 40 sleep metrics and therefore gives unprecedented insight into your sleep health. This is done using a non-invasive and readily available technology: wearable devices.

- When you wear a **LifeQ-connected wearable device**, it continuously and accurately tracks various measurements such as your heart rate, activity, and even sleep. This data is referred to as biometrics.
- These biometrics are processed using proprietary LifeQ algorithms based on our unique deep scientific understanding of computational systems biology.
- Sleep metrics are visualized in **LifeQ's holistic health app** (LifeQ Health App) along with activity, fitness, and heart metrics.
- Get your **Sleep BioAge®** – an indication of how old your body appears to be based on physiological features rather than chronological years.
- Get your **Sleep Boost^{24hr}** – a score indicating whether your behavior over the past 24-hours had a positive or negative impact on your BioAge®.



Sleep Disorder Screening and Reports

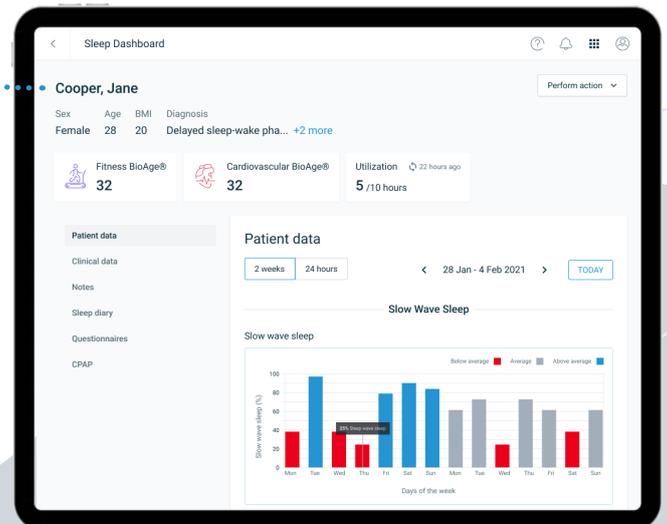
Sleep disorders are especially dangerous if left undiagnosed. The LifeQ 24-hour Sleep Solution can:

- Help identify potential underlying sleep disorders such as Hypersomnia, Narcolepsy, and Sleep Apnea by detecting patterns or changes in your sleep metrics.
- Suggest that you complete an in-app Sleep Disorder Assessment
- Produce a Sleep Report (after completing the in-app Sleep Disorder Assessment) that you can use as a reference for your sleep specialist.
- Provide an in-app reference to a sleep specialist.

Clinical Modules for Specialists and Patients

LifeQ offers modules for sleep specialists to monitor patients remotely. It's better for both specialist and patient:

- As a sleep specialist, you can access the **LifeQ Sleep Specialist Dashboard** – a multi-patient dashboard supporting remote patient monitoring. This enables you to treat patients more efficiently, prioritize beds and monitor your patients from the comfort of their homes.
- As a patient, you benefit by being treated in an environment you know: your own bed. You can access the **Clinical Sleep view** in the LifeQ Health App. This serves as an interface to facilitate virtual treatment, visibility, and communication between you and the specialist.



AGING WELL



LifeQ is creating a solid foundation for the future of healthcare. We take privacy very seriously and follow strict guidelines as expressed in the GDPR, HIPAA, POPIA, and ISO 27001. Visit www.LifeQ.com/platform for more information about Privacy and Data Security.

CONNECT WITH US
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