

Readi / Band™

The impact of sleep can now be measured.

Today, many wearable devices can track your sleep, but what does your data really mean?

ReadiBand shows you what really matters: the impact your sleep is having on the time you spend awake.

Both your cognitive effectiveness and reaction time are measurably impacted by sleep disruption. Researchers at the US Army spent 25 years developing a model that can predict and quantify these impacts. Now, you can access results of this research — exclusively from Readi™.



Sleep

Put on your ReadiBand before you sleep.

It's important not to miss a night, because sleep's impacts are cumulative. To see your data, just open the app when you wake up.

Risk

Discover the projected impact of your sleep on today's cognitive effectiveness and reaction time—key factors for your safety and performance.

If you're working, you can easily see your shift hours to understand today's fatigue risk at a glance.



Performance

Personal benchmarks show you how today's performance compares to yesterday, your monthly average, and your Personal Best. If you improve your sleep, you'll see your performance go up and risk go down.

**FATIGUE
SCIENCE**

Getting Started

- 1 Download the app **Readi™** on your iPhone or Android device.
- 2 Open **Readi™** and follow the instructions.
- 3 Enter your **Organization Code** when prompted.



Important Guidance



Battery

30-day battery life



Water Resistance

Rain, splash, shower, and sweat resistant.
Take off before swimming or using a hot tub.



When should I wear my Readiband?

For the most accurate results, put on your Readiband
at least 5 minutes prior to going to bed.

If you take it off, store your band somewhere that it won't
detect false movements like bumps or vibrations.

Tip: Many users wear their band 24/7 so that they don't
forget to track their sleep. It's your choice!



Need help?

Come find us at readiband.fatiguescience.com

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

**FATIGUE
SCIENCE**