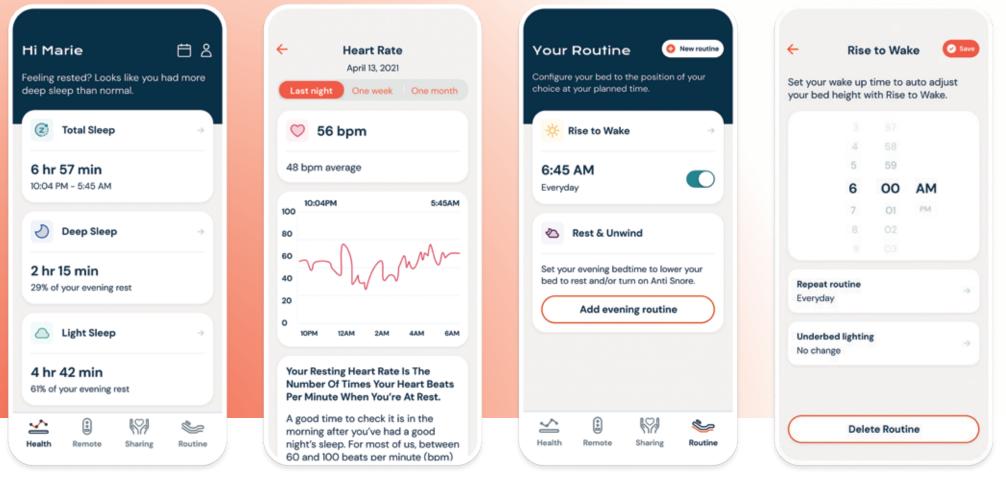


### Rise. Shine. Thrive:

# Tapping into the Dawn House Sleep App

Accessible from your smartphone or tablet, your health metrics are easily visible in the Dawn House app. Share health reports, customize bed settings and make bed adjustments with the in-app remote.

elevates your head at a set hour, while Rest & Unwind prepares your bed for



#### Homescreen

Your homescreen shows a snapshot of your sleep data, and the amount and type of sleep.

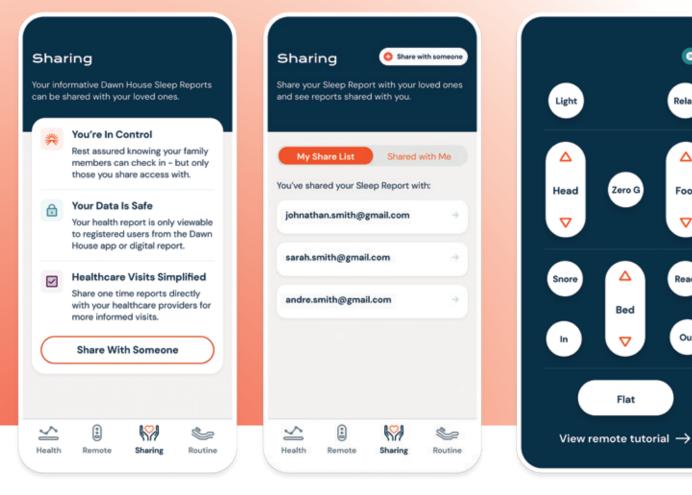
## Easily set alarm routines to activate functions of the bed. Rise to Wake gently

evening.

Tracking heart rate, heart rate variability and respiratory rate allows you to gain useful health insights.

Health metrics

### Measure and manage what matters



#### Sharing 1

The app allows you to share your sleep reports and health metrics with a loved one receiving weekly reports or sharing a one-time report with your physician.

### In-app Remote 个

For convenience you can control your bed using the app on your smartphone, instead of the wireless remote.

S Close

Relax

Δ

Foot

 $\nabla$ 

Read

Out