



WELL PLANNED APP USER GUIDE

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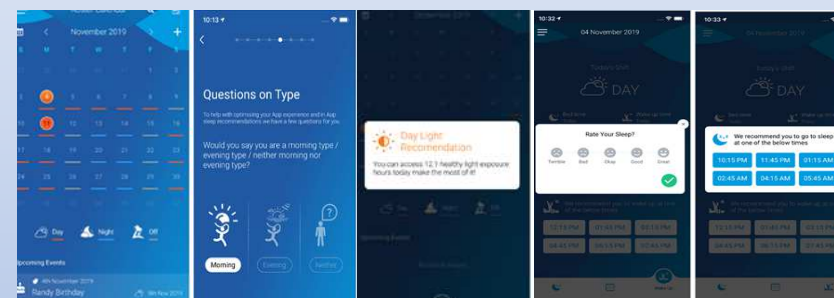


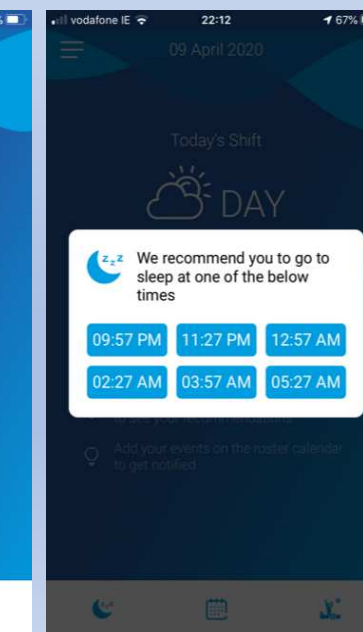
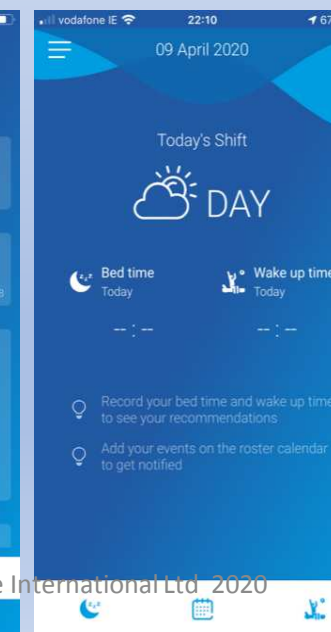
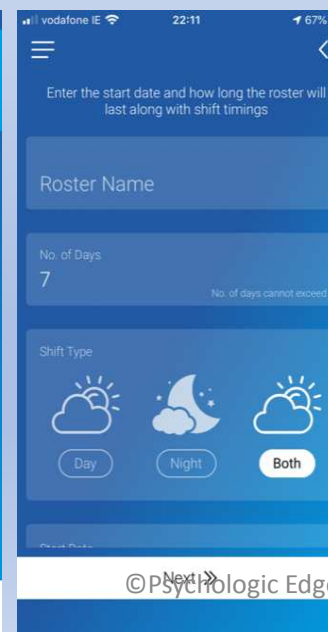
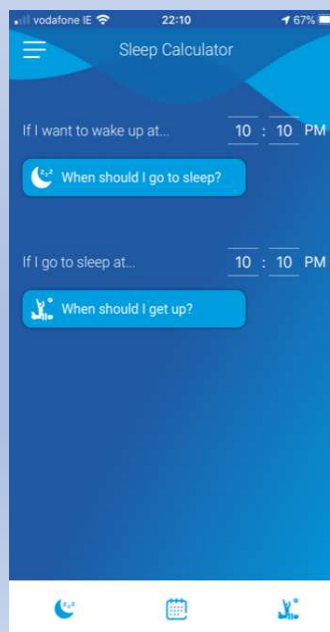
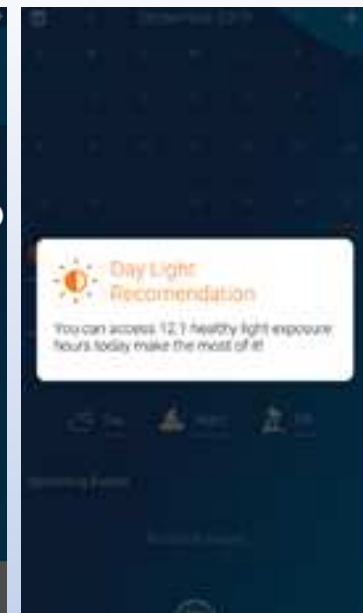
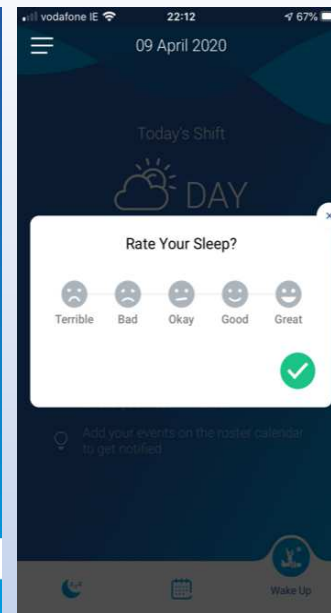
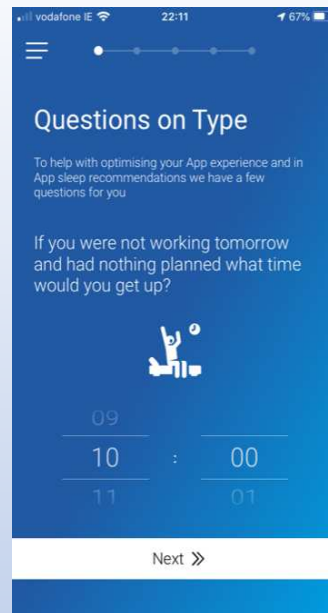
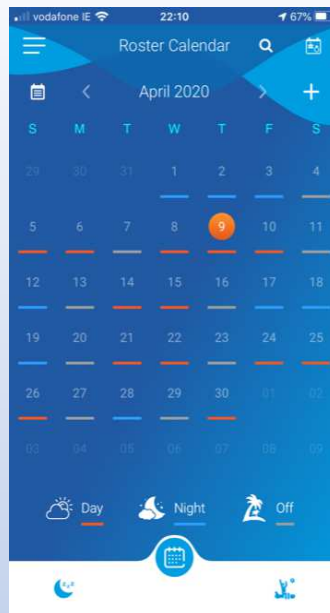


Available on IOS & Android

Shift-Worker APP: Key Features

- Configurable to any roster type via a user friendly scheduler;
- Calculates chronotype (morning – evening type) to customise prompts against roster;
- Tracks daylight by your location anywhere in the world against your roster and prompts to optimise exposure to healthy light;
- Flags when minimum light exposure to support health is not being reached;
- Prompts food and sleep promoting behaviour in line with roster;
- Sleep Calculator – recommends when to go to sleep and get up against shift pattern in line with sleep cycles;
- Facility to share your roster with others e.g. partners/ team mates;
- See important events against your roster quickly e.g. birthdays, weddings, special occasions;
- Record your get up and sleep times as well as sleep quality – see trends over time weekly, monthly, yearly.





Sample APP Screen Shots

Understanding Your Sleep On Shift

QUICK FLICK BOOK



Angela Coholan: Occupational Psychologist; MSc Sleep Medicine, Oxford.

Psychologic Edge International Ltd.

2020 up-dated
& streamlined
booklet.