Morning and Evening Assessments

Wake Time

Morning Assessment

30-mins

←One Day→

Evening Assessment

Sleep Time

75-mins

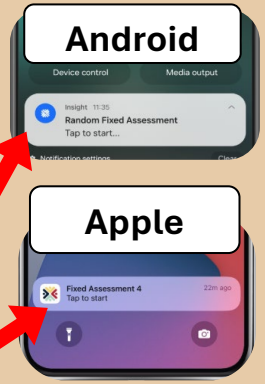
MORNING ASSESSMENT

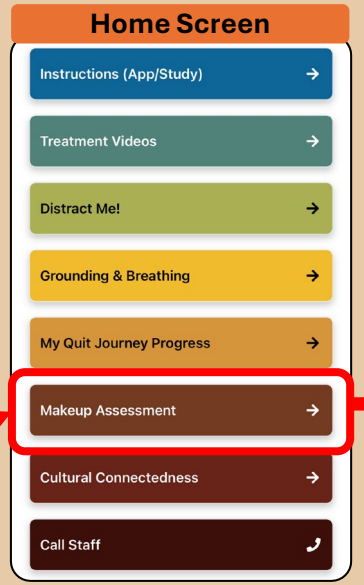
Notifications start 30-mins after wake time. If missed, 4 more notifications delivered at 15-min intervals.

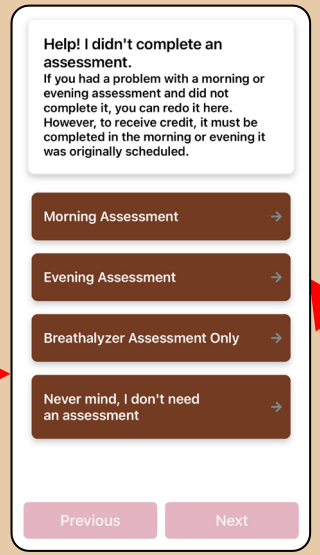
Tap notification to complete assessment

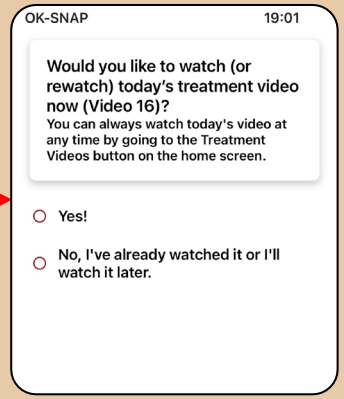
If all 5 notifications missed, go to **Makeup Assessment → Morning Assessment**

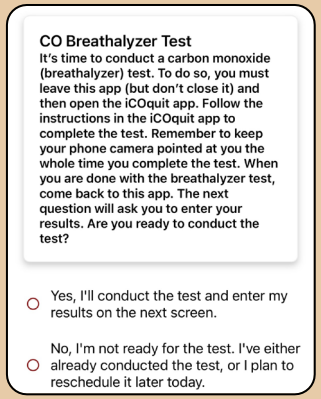
At assessment end: watch daily video (or watch later at evening assessment or go to **Treatment Video** button on home screen to watch on-demand)











EVENING ASSESSMENT

First notification delivered 75-mins before sleep time. If missed, 4 more notifications delivered at 15-min intervals.

Tap notification to complete assessment

If all notifications missed, go to **Makeup Assessment → Evening Assessment**

Last question prompts a **breathalyzer test**

At assessment end: asks if you want to (re)watch daily video