

SLEEP CAMPAIGN 2019

Rise Up with Better Sleep

How to get your premium account

In this document you will find the detailed steps to get your personal premium account activation code, how to redeem your code, download the SleepScore app and start improving your sleep.

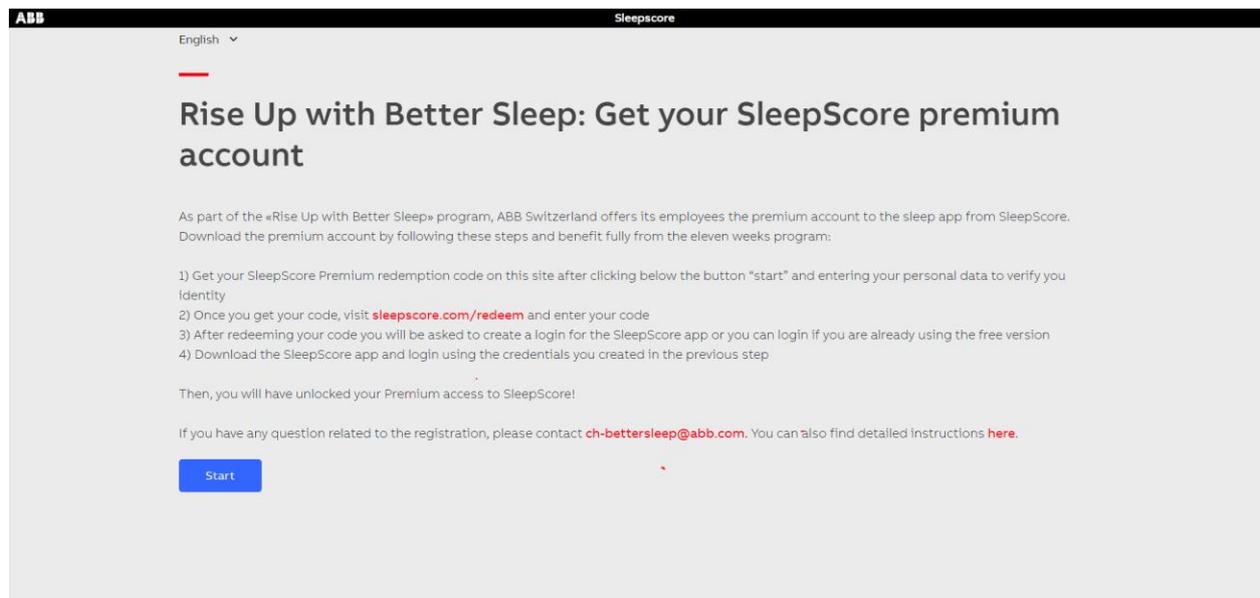
Please note there are two different process you will find in this document:

- if you still haven't used the SleepScore app at all
- if you are already using the free version

First you will find 5 steps that are common to all users, no matter if a SleepScore account has been previously created or not. Afterwards you will find the specific steps for each case.

Common steps for everyone

Step 1: visit sleeptracking.ch.abb.com and click on "Start" to get your activation code



The screenshot shows the SleepScore website interface. At the top, there is a navigation bar with the ABB logo on the left and 'Sleepscore' on the right. Below the navigation bar, the page title is 'Rise Up with Better Sleep: Get your SleepScore premium account'. The main content area contains the following text:

As part of the «Rise Up with Better Sleep» program, ABB Switzerland offers its employees the premium account to the sleep app from SleepScore. Download the premium account by following these steps and benefit fully from the eleven weeks program:

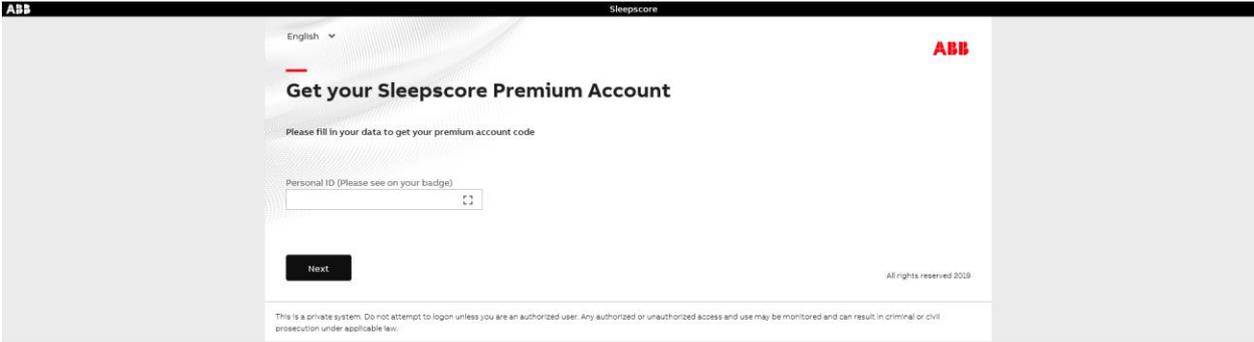
- 1) Get your SleepScore Premium redemption code on this site after clicking below the button "start" and entering your personal data to verify you identity
- 2) Once you get your code, visit sleepscore.com/redeem and enter your code
- 3) After redeeming your code you will be asked to create a login for the SleepScore app or you can login if you are already using the free version
- 4) Download the SleepScore app and login using the credentials you created in the previous step

Then, you will have unlocked your Premium access to SleepScore!

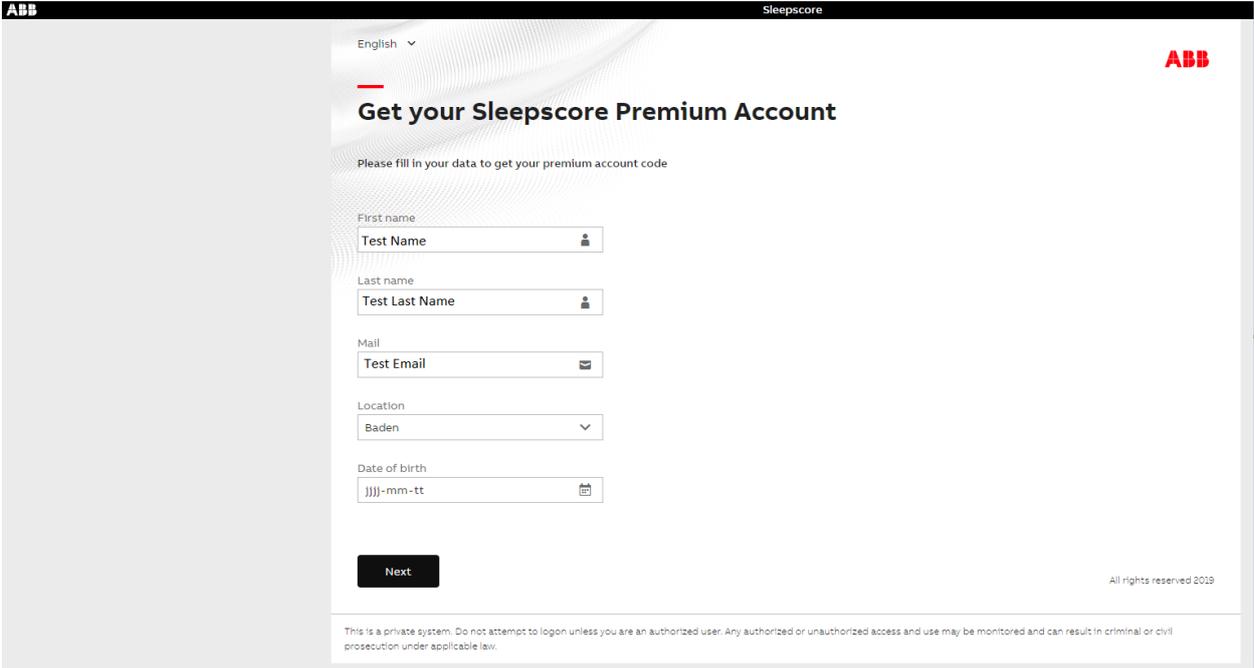
If you have any question related to the registration, please contact ch-bettersleep@abb.com. You can also find detailed instructions [here](#).

At the bottom of the page, there is a blue button labeled 'Start'.

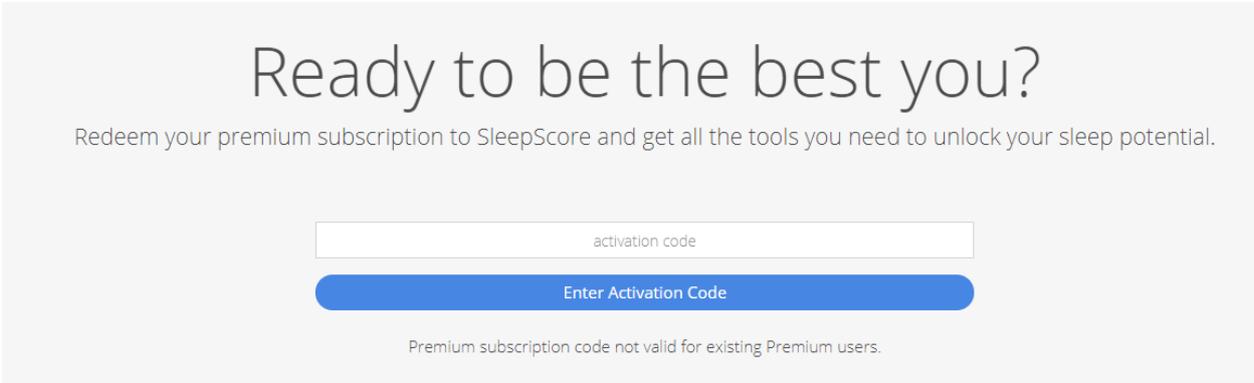
Step 2: enter your local personal number that you can find on the front of your badge and click "next"



Step 3: your name, last name, email address and work location will be prepopulated from ABB directory based on your Personal ID number, please enter your birthdate, this is a security check to make sure nobody else can get a premium account on your behalf



Step 4: After you have received your activation code through the website and also per Email, visit sleepscore.com/redeem enter your activation code and click “enter activation code”



Step 5: You will then get the message “Activation code is verified. Click here to complete your registration”, so click on the link to complete the registration

Ready to be the best you?

Redeem your premium subscription to SleepScore and get all the tools you need to unlock your sleep potential.

✓ Activation code is verified. Click [here](#) to complete your registration.

Premium subscription code not valid for existing Premium users.

Further process steps if you still don't have a SleepScore account

Step 6: Create your SleepScore account by entering your personal data, you can enter any email address you would like to use for the SleepScore app, it can be your work email address, or it can be any private email address, also enter a password, first name, gender and date of birth, this will be your profile on the SleepScore app

Let's Do This Together

Join thousands of others who've already improved their sleep!

Continue with Facebook

Continue with Google

or

email address*

password*

first name*

gender*

date of birth*

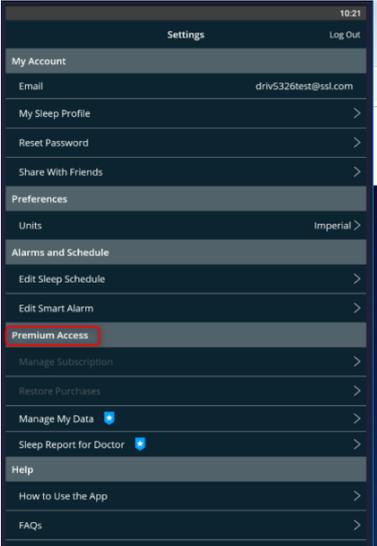
Sign Up with Email

Already a member? [Login](#)

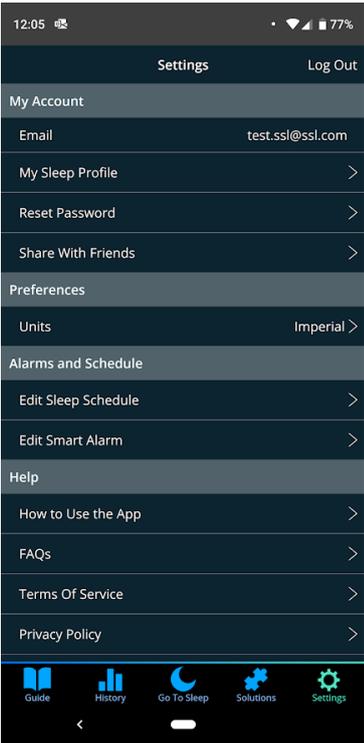
Step 7: you are now registered, download the SleepScore app and you can start improving your sleep



Step 8: Once this is all complete you can see the Premium Access option from within app

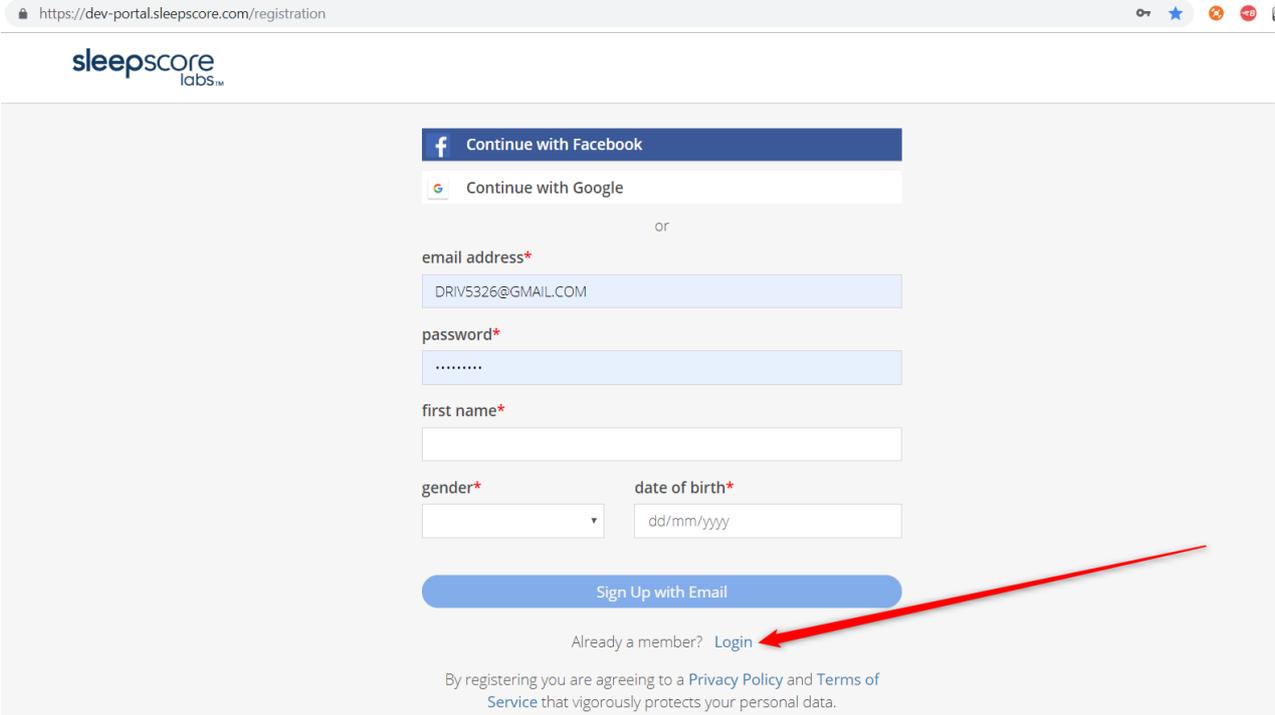


FOR UNSUPPORTED ANDROID USERS: this is the Menu you will see in Settings. There is no way for Unsupported users to redeem Premium, because the premium is not enabled on unsupported phones, please see the list of unsupported Android users in the [FAQ](#).

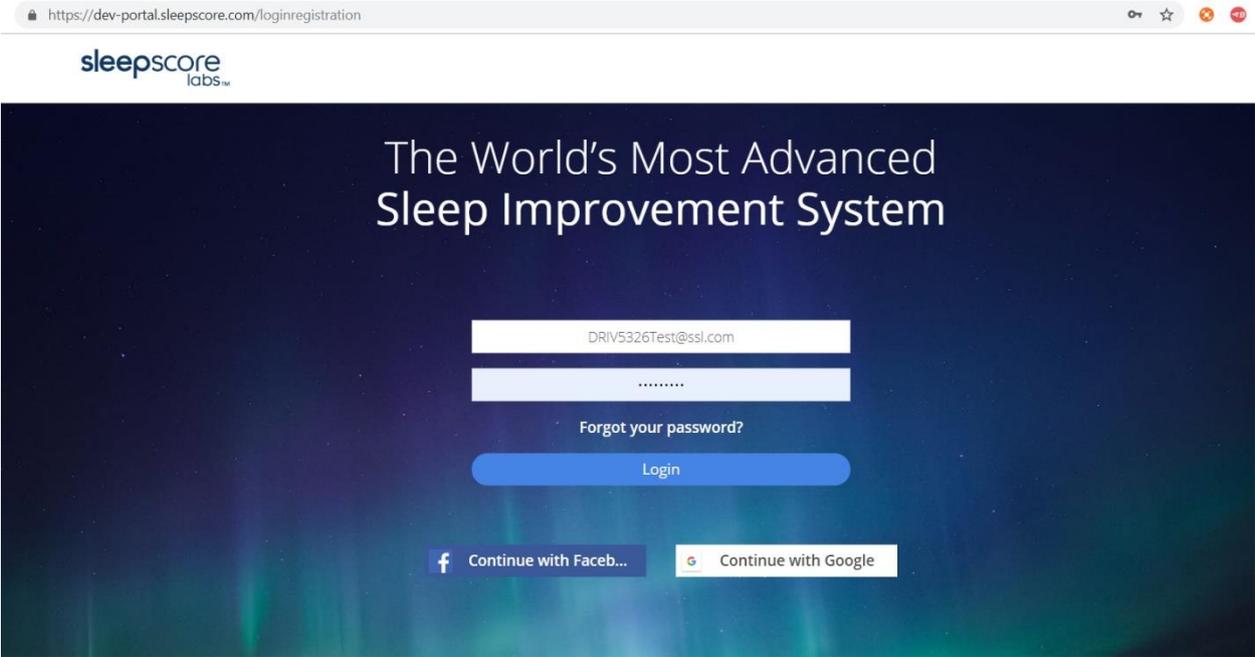


Further process steps if you already have a free SleepScore account

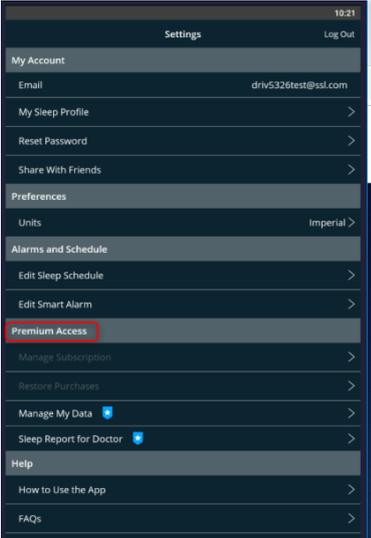
Step 6: As you already registered via app, please select the 'Already a Member? -> Login' option in the registration page



Step 7: Selecting Login takes us to the Web Portal Login screen, please enter login credentials and choose Login



Step 8: Once this is all complete you can see the Premium Access option from within app



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