# Nitelog™ Data Viewing between Time Zones

The Nitelog App is a viewing tool for the sleep data that is held in the flash memory of your Z1 Auto.

The flash memory will hold a year or more of data and will over write when the space is maximized.
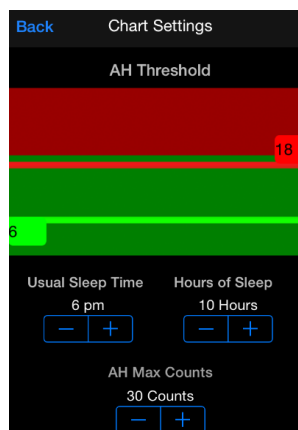
<u>Changing Time Zones</u>

It is important to check your settings to ensure that you may view all of our data.

1. Set Time: *sync your Z1 Auto with your phone or tablet when you arrive at your destination before you go to sleep. The app will prompt you to accept the new time zone.*
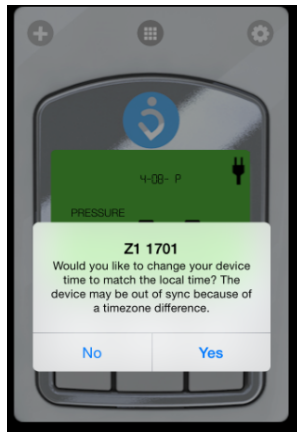

2. Chart Settings: *set your 'Usual Sleep Time' and 'Hours of Sleep.' It is recommended to set Hours of Sleep to 12 and this will leave plenty of room to capture your data.*

Viewing Lost Data

If you have forgotten to follow the steps under changing time zones, you may still retrieve this data. To do this perform the following:

1. *While connected to the Z1 perform a left screen swipe on your phone or tablet.*

2. *Select the time setting option (bottom of the screen) and change the time to the Zone you were previously in.*
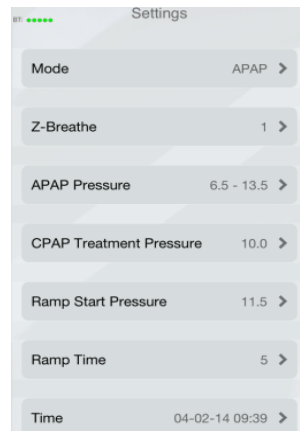
3. *In Nitelog go back to the day(s) in question and you will see your data.*