

## **Energy Sleep's Privacy Policy**

As of January 8, 2024

At Energy Sleep, we respect the protection of your data and are committed to handling your data transparently. This Privacy Policy describes how Energy Sleep collects, uses, stores, transmits and discloses information obtained from our interactions with you. We also point out that you can decide for yourself how we manage this data and how you can revoke your consent to these processes .

This Privacy Policy constitutes a legal agreement between CENTER FOR HOLISTIC VITALITY SRL ("we", "us", "Energy Sleep", "the App") and you ("you", "your") as a user of Energy Sleep. If If you do not accept the terms of this Privacy Policy, we ask you not to use the App.

### **Information we collect from you and how we use it:**

Energy Sleep only collects data that is relevant to the functionality of the service we offer.

### **Personal information we collect when you sign up for online backup:**

When you sign up for our online backup service, we collect your email address to provide you with authenticated and secure access to our cloud services .

We also collect all the data you have entered into the app (e.g. age, weight and gender) as well as your snoring statistics so that you can fully restore this Energy Sleep data on other devices . We do not collect audio recordings unless you provide them to us .

### **Anonymous data collected from each Energy Sleep user**

When you run Energy Sleep , you will be assigned an anonymous unique user identifier (UUID), which is used to track your use of the app and your interactions with various features and to provide us with a summary of your snoring statistics. This identifier does not contain any information that can be used to personally identify you . A summary of these results is sent to our secure servers.

We use this information for research purposes, developing app features, and troubleshooting; we carry out data analyzes and tests. This is done to improve our products and services and to study how users' results vary based on various criteria on an aggregate basis.

For example , we can examine how snoring intensity varies depending on the BMI of users, or evaluate the effectiveness of snoring medications. The results of this research may be published within the app or elsewhere , but they will not contain any data that could personally identify you .

### **Audio recordings:**

Energy Sleep does not automatically collect or store audio recordings made while using the app. To provide our cloud backup service - which allows you to restore your history if you lose or change your device - you may optionally allow us to collect and store a selection of encrypted audio recordings on our server save. It is also possible to use cloud backup on a data-only basis if you wish . The audio recordings are encrypted with a unique key for each user before they are transmitted and stored on our server, ensuring a high level of data protection .

As we improve our technologies, we may occasionally ask for your permission to collect a limited number of your audio recordings. You have the right to refuse this permission. If you grant us access to your audio recordings , we will take all necessary steps to ensure the protection of that data in accordance with this Privacy Policy . Please remember that if you share your recordings with us via non-private platforms such as social media or email or with medical professionals, they should therefore not be considered private and Energy Sleep will not be liable for unauthorized handling/ use of these recordings is liable.

### **Apple Health :**

link to Apple Health when you initially set up Energy Sleep on iOS , we can collect data such as weight, steps, and height. This data is stored locally in the app and optionally in our online backup system. This personal information will never be shared or sold to third parties and will only be used for internal research purposes in an anonymous and aggregated format.

### **Google Fit :**

Use of information obtained from the Google Fit APIs will be in accordance with the Google Fit Data Policy for Developers and Users, including the limited use requirements . In particular, we collect weight data from Google Fit and record sleep data. These are stored locally in the app and are never passed on or sold to third parties. They will only be used for internal research purposes in an anonymous and aggregated format.

## **Technical information we collect automatically:**

When you use the app or contact our support email channels , we automatically collect the following information:

Device information - Information about the mobile device you use to access Energy Sleep, including the hardware model, operating system and version, log files, timestamps, and unique device identifiers .

Information from cookies and other tracking technologies - we use various technologies to collect information about your use of Energy Sleep, including your frequency of use and interactions with features.

## **How we use this information:**

In summary, we use all of the above information to:

1. To provide the services of the app
2. Analyze, operate, maintain and improve the App and add new features and services

Enable the transfer of data between your devices

Customize the content you see when you use the app

4. Verify your identity
5. Providing customer service; Responding to comments, questions and inquiries
6. Monitor and analyze usage and engagement trends
7. Troubleshoot any issues with the app or website
8. Conducting research

## **Cookies and pixels:**

A cookie is a small text file that a website stores on your computer or mobile device when you visit the website . We use cookies for :

Analytics and performance: Cookies allow us to count visits and traffic sources so we can measure and improve the performance of our website . They help us

see which pages are the most and least popular and how visitors move around the website.

Advertising: We use these cookies to deliver advertising, make it more relevant and meaningful to users and to track the effectiveness of our advertising campaigns. Our third-party advertising partners may use these cookies to build a profile of your interests and show you relevant advertising on other websites .

### **Your agreement :**

We may use your personal information that you provide to us when using the App and creating an account solely for the purpose of providing services to you , improving our Service features, and for other purposes set forth in this Privacy Policy save and process.

The information you provide to us when creating your account includes personal information you enter into the app, such as: B. Your account information (e.g. your name and email address), and other general information (e.g. age and gender). Depending on the information you provide, it may also contain information about your general health (e.g. weight).

We will not pass on your personal data to third parties unless this is necessary for the provision of the service (e.g. to technical service providers as described in the following sections), unless we have your express consent ual consent obtained.

### **Your access to and control over your personal information :**

#### Access

Personal information that you enter into Energy Sleep is visible in the app's interface , such as: B. on the online backup screen , the profile screen and in the recordings you create with the app. You can also ask us what personal information we have about you by contacting us at [support@energy-sleep . de](mailto:support@energy-sleep.de) contact. Access rights to personal data are the same for free and paid users.

### **Modification , correction and deletion :**

You can change , correct, delete and update your personal information through the app's interface . Once deleted, your personal information , including your account details, snoring statistics and audio recordings, cannot be restored . Please note that content you share via the app or otherwise with others, e.g. Shared information with other people, such as medical professionals, may remain visible even after you delete your account .

You can delete all of your online backup data from our servers by logging out of your account on the Online Backup screen and selecting Delete Account . Your online backup data will then be deleted from our servers within 48 hours .

GDPR for EU residents : \_

EU residents have certain legal rights in relation to their personal data, introduced by the General Data Protection Regulation (GDPR ) . Subject to legal exceptions, you have the right to request access to personal data and to request that this data be updated, deleted or corrected:

1. Rectification of personal data and restriction of their processing. You are responsible for ensuring that the personal information you provide to Energy Sleep is accurate. Inaccurate information will impact your experience when using the Energy Sleep app. If you believe that your personal data is incorrect, you can contact us via [support@energy-sleep.de](mailto:support@energy-sleep.de) and ask us to correct this personal data. You also have the right to request that the processing of your personal data be restricted . If you dispute the accuracy of the personal data and we need some time to verify the accuracy .
2. Access to your personal information. The app provides you with the ability to access and update your personal information within the app through your account settings . You have the right to request information about whether we have personal data about you simply by writing to us at [support@snorelab.com](mailto:support@snorelab.com).
3. Deletion of your personal data. If you believe that your personal data is no longer necessary for the purposes for which it was originally collected , or if you have withdrawn your consent or object to the processing of your personal data, or If the processing of your personal data is otherwise incompatible with the GDPR, you have the right to contact us and ask us to delete that personal data as described above . You can simply write to us at [support@energy-sleep.de](mailto:support@energy-sleep.de). Please note that deleting some of the personal information you have entered may affect your ability to use the app and its features. The deletion of some personal data may also take some time for technical reasons .
4. Right to object to the processing of your personal data. You can object to the processing of your personal data and stop us from processing your personal data by simply writing to us at [support@energy-sleep.de](mailto:support@energy-sleep.de). Please keep in mind that deleting some of the personal information you have entered may affect your ability to use the app and its features .

5. Notification Requirements. We undertake to notify you within a reasonable time and your data protection authority within 72 hours of any personal data breach in the app.

6. Data protection authorities . Subject to the GDPR, you also have the right to (I) limit our use of personal information and (II) file a complaint with your local data protection authority about our activities that you believe do not comply with the GDPR .

Please remember that in the event of a vague request to exercise the above rights, we may contact you to better understand the reasons for the request and to find the relevant information. If this is not possible , we reserve the right to refuse your request.

In accordance with the provisions of the General Data Protection Regulation (GDPR), we may also require you to provide proof of your identity in order to exercise the above rights . This is to ensure that your request does not violate the rights of others and that the rights described in this section are exercised by an authorized person .

Please note that we will approve your request within 30 days of receiving the request. However, in some cases it may take up to 90 days, e.g. B. for the complete deletion of your personal data stored in our security systems. This is due to the size and complexity of the systems we use to store data .

### **How you can contact us :**

If you have any questions or concerns about the protection of your personal information or the information contained in this Privacy Policy, you may contact us:

#### **E-mail:**

[support@energy-sleep.de](mailto:support@energy-sleep.de)

#### **Postal address:**

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Bulevardul Iuliu Maniu, No. 1, Et. 4, Ap. 15,  
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