

daylight

Instructions for Use

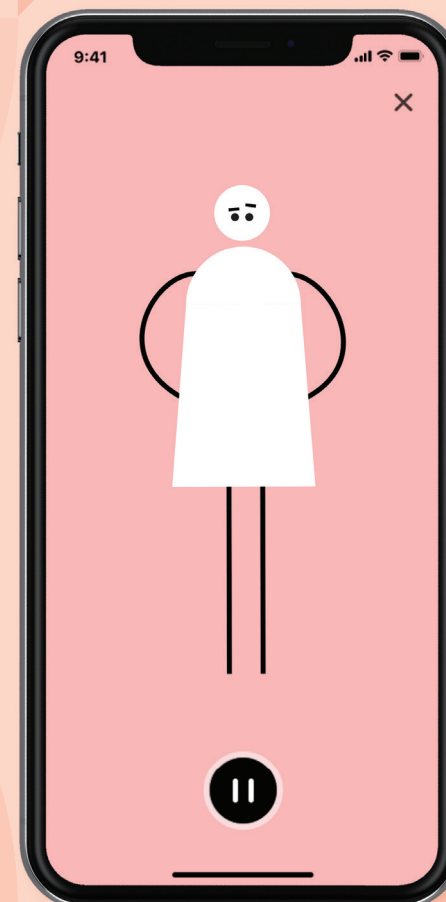
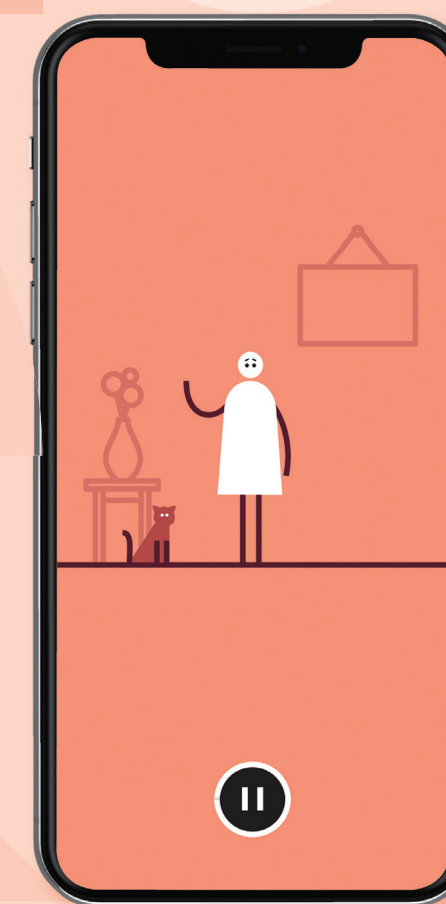


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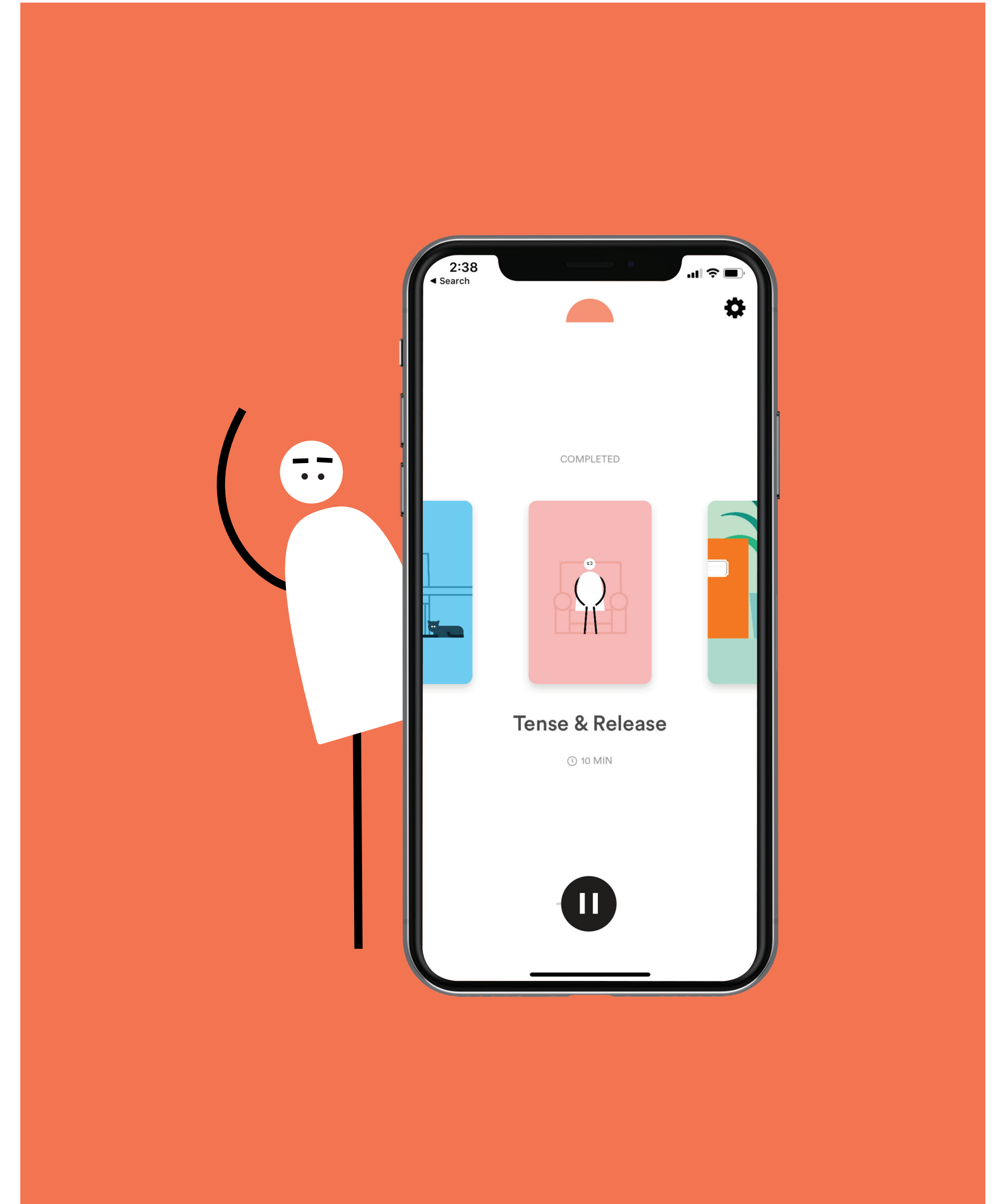
Hi!

Introduction

Indications for Use

Daylight is a web-based and mobile digital application that provides users with self-help tools to address worry and anxiety. The program is fully automated, and its underlying algorithms inform the delivery of information in a personally tailored manner.

Daylight is not intended for diagnosis or treatment of a disease or condition, such as Insomnia Disorder, Generalized Anxiety Disorder or Major Depression Disorder.



Benefits of Daylight

Research has indicated that individuals who use Daylight experience reductions in symptoms of worry and anxiety, sleep difficulties, and improvements in overall wellbeing and quality of life. Research has also shown that the benefits of Daylight are maintained in the 6-month period following Daylight use.

Who should use Daylight

You should use Daylight if:

- You are 18 years and older
- You are experiencing difficulties with worry and anxiety
- You are able to read and understand English
- You have regular access to a mobile device
- You have periodic access to the internet

Who should not use Daylight?

To reduce risk, certain modifications to the Daylight program may be required for certain populations. Please see the safety and warning section on the following page.



Safety Information

Safety Information and Warnings

Daylight is not for emergency use. If you are experiencing a medical emergency, including suicidal thoughts, call 911 or go to your nearest emergency room.

Daylight contains sensitive medical information. Please protect your privacy by password protecting your computer, tablet, or phone and ensure that nobody else can access the device.

Daylight should not be used to address or process fears related to traumatic experiences or memories. Consult your doctor if you need help with difficulties related to trauma.

If you notice a worsening of your anxiety symptoms, please consult your doctor.

Daylight includes a technique called “Tense & Release” that involves tensing and relaxing your muscles. If you experience pain while tensing your muscles, you can modify this exercise (for example, by skipping the tensing of muscles) or skip it altogether.

Daylight is not a substitution for medical or mental health treatment. Don't make any changes to your medications or treatment plan without consulting your doctor.

Side Effects

No serious adverse events have been reported in relation to use of Daylight. Participants who utilized Daylight reported experiencing the following adverse events: low mood (60%), headache and/or migraine (60%), fatigue and/or exhaustion (59%), reduced motivation and/or energy (58%), feeling agitated (52%), difficulty concentrating and focusing on things (51%), feeling irritable (51%), difficulty remembering things (40%), bodily pain (39%), changes in hunger and/or appetite (39%), extreme sleepiness (32%), dizziness (17%) euphoria and/or intense increase in mood (15%), and blurred vision (6%; Carl et al., under review).

Additional Resources

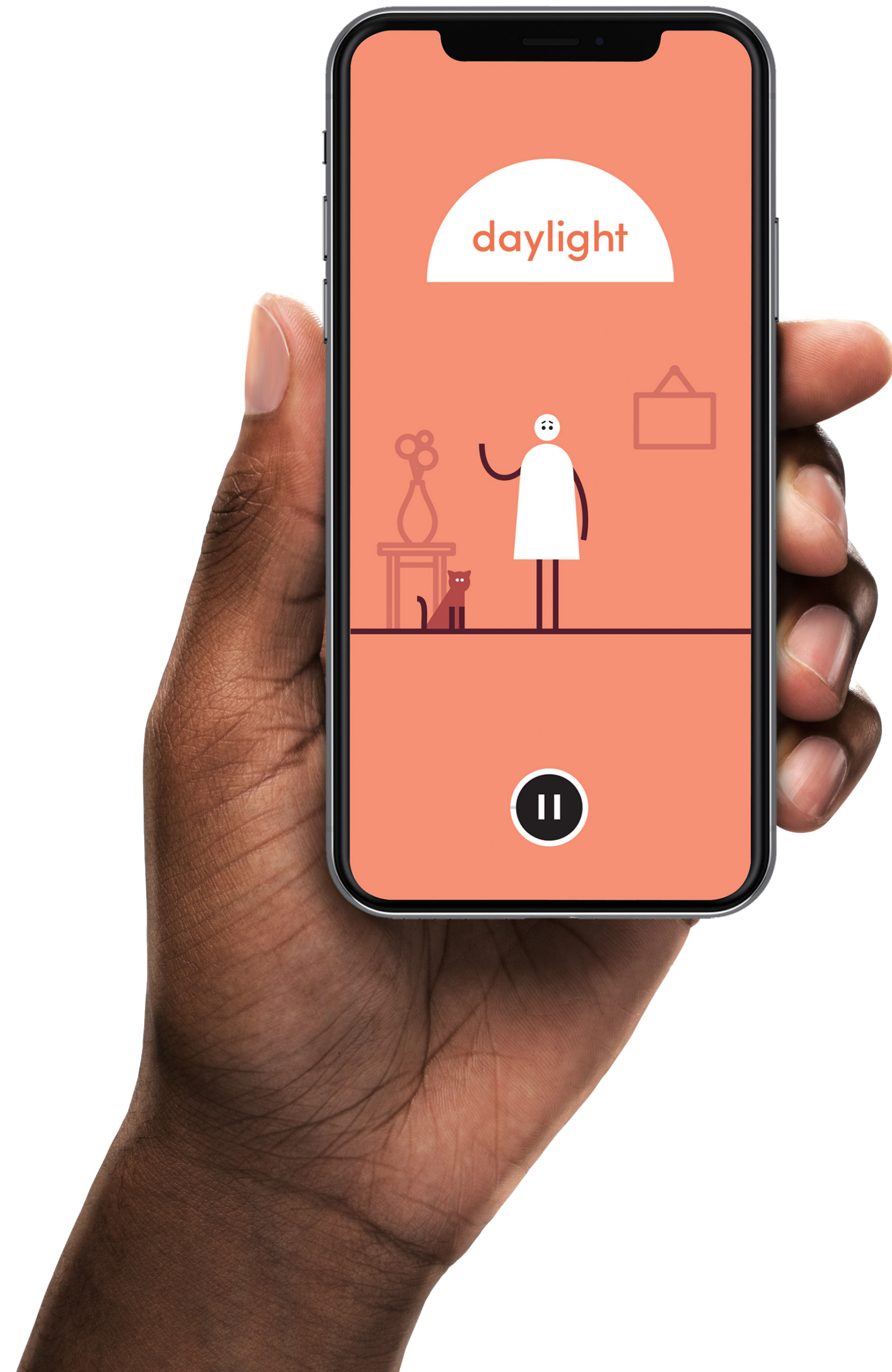
NAMI, National Alliance on Mental Illness
www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Anxiety-Disorders

APA, American Psychological Association
www.apa.org/topics/anxiety-disorders

Daylight

What is Daylight?

Daylight is a fully automated digital worry and anxiety improvement program based on cognitive behavioral techniques. While often initially triggered by a stressful life event, worry and anxiety is maintained by unhelpful behaviors and thoughts. Daylight targets these unhelpful behaviors and thoughts using evidence-based cognitive and behavioral interventions. Reducing these unhelpful behaviors and thoughts leads to a reduction in worry and anxiety symptoms.



Recommended Use

In the Daylight program, a virtual therapist will teach you four scientifically backed techniques to reduce worry and anxiety symptoms. You will learn these four techniques in four main sessions (approximately 10 to 20 minutes in length). After learning each technique, you will be offered shorter (i.e., 5 minutes) practice versions of the technique, or you can repeat the main session to review a technique. After completion of a main session, the next main session for a technique is immediately available.

There are three core components to Daylight:

1. Learning the techniques in the four main sessions
2. Practicing the techniques in Daylight (either by repeating main sessions or using shorter practice versions of the techniques)
3. Practicing the techniques on your own outside of Daylight

It is recommended that you give Daylight sessions your full

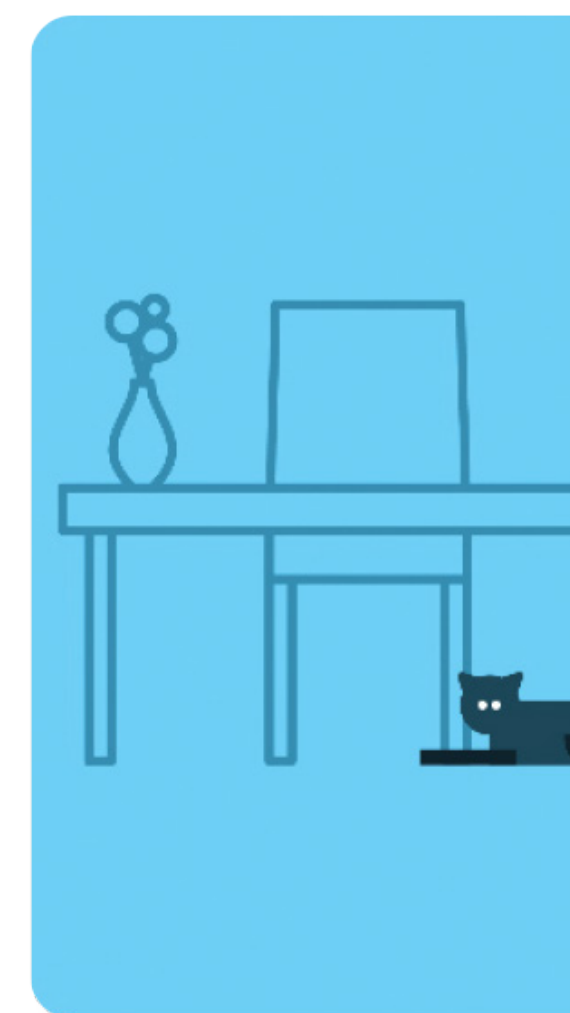
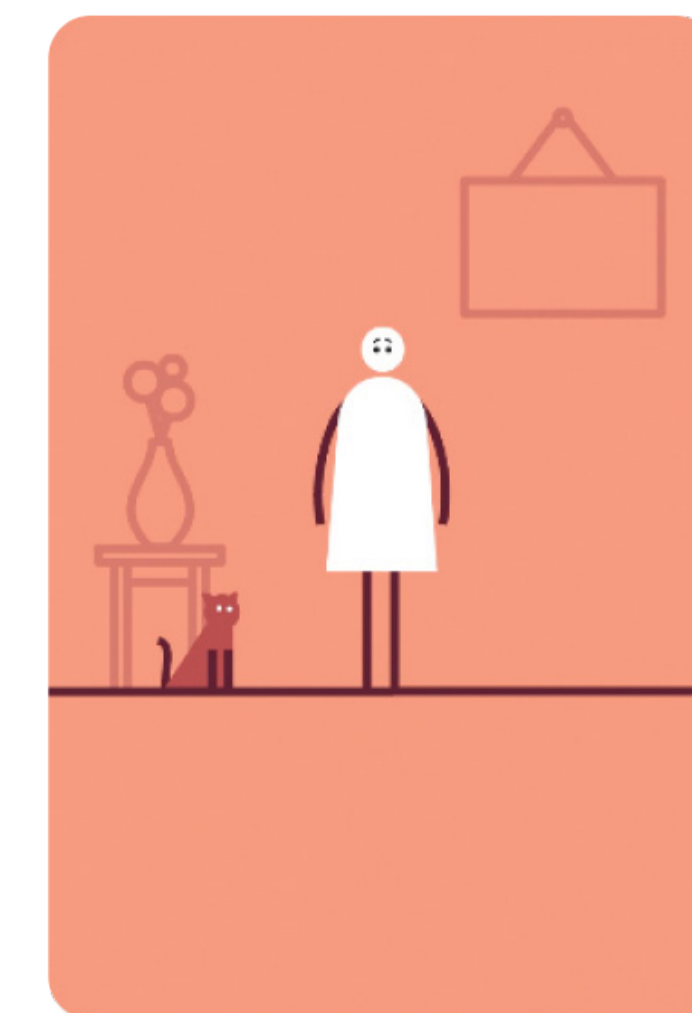
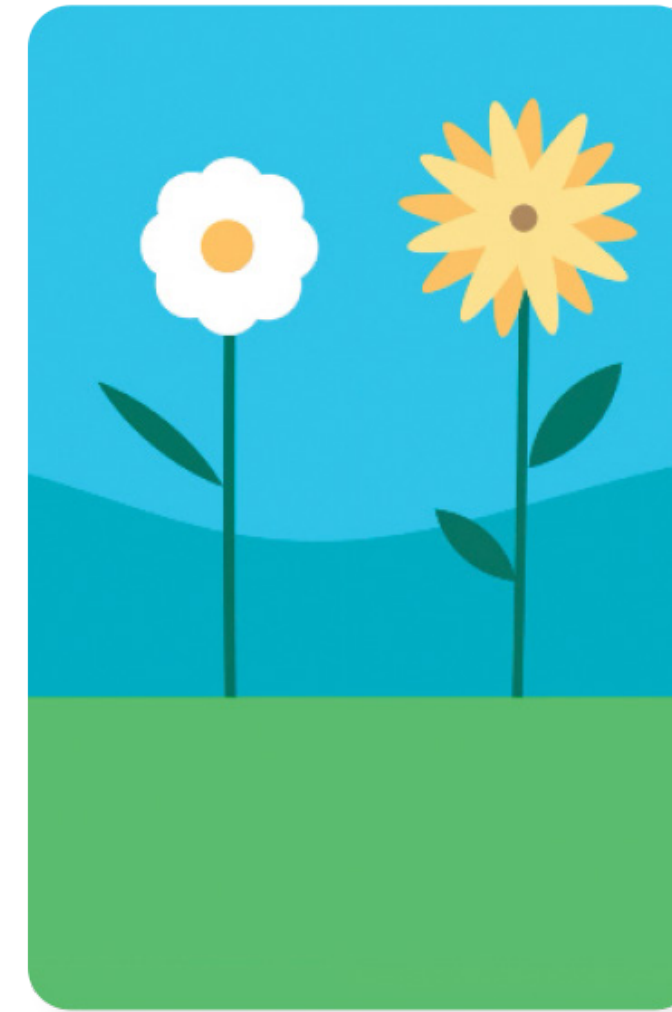
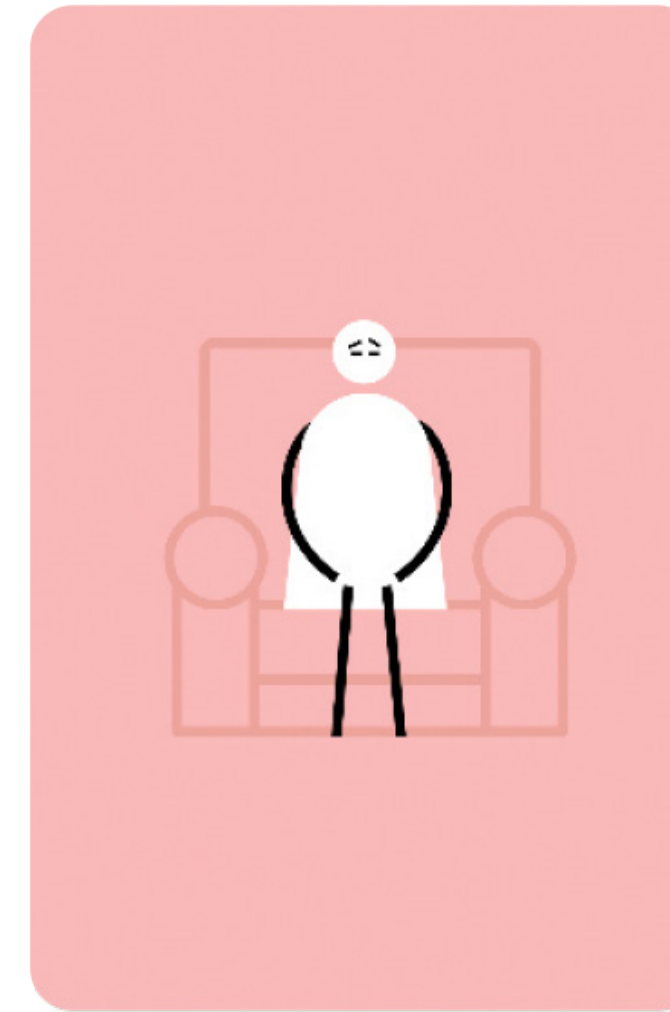
attention and effort to ensure positive results, and that you do your best to incorporate these techniques into your daily life as instructed. Research shows that applying the techniques you learn to your real life and practicing them on your own leads to better outcomes.

At times, the program will be challenging. Especially the final technique, Worry Exposure, which involves directly facing worrisome thoughts and fears. This technique is introduced last so that you can learn additional techniques to manage anxiety to prepare you to engage in this activity. While facing worrisome thoughts and fears is challenging, it is one of the most powerful tools of the program.

A final component of Daylight are weekly check-ins. Each week, Daylight will ask you to complete a series of questions to assess your progress and provide you with personalized guidance on how to further apply the techniques in the program.

We recommend aiming to use Daylight daily (either in the app or applying the techniques outside of the app in your life) for best results. Our research indicates that many people begin to see benefit after using the program consistently (i.e., approximately daily) for 3 to 4 weeks. However, people tend to see more durable improvement after 6 weeks of regular use. You can use the weekly check-ins to assess your progress and determine what areas to focus on. Once your symptoms have improved, we recommend continuing to complete the weekly check-ins to keep monitoring your symptoms, as symptoms of GAD can come and go over time with stressful events. The techniques in Daylight can be repeated any time you experience an increase in symptoms or to refresh your learning.

Daylight is intended as a self-help program. If you have learned all four techniques, have practiced them within the program, have integrated the techniques into your daily life, and are still struggling with worry and anxiety, you may benefit from the help of a mental health professional. Please consult your doctor if this is your experience.



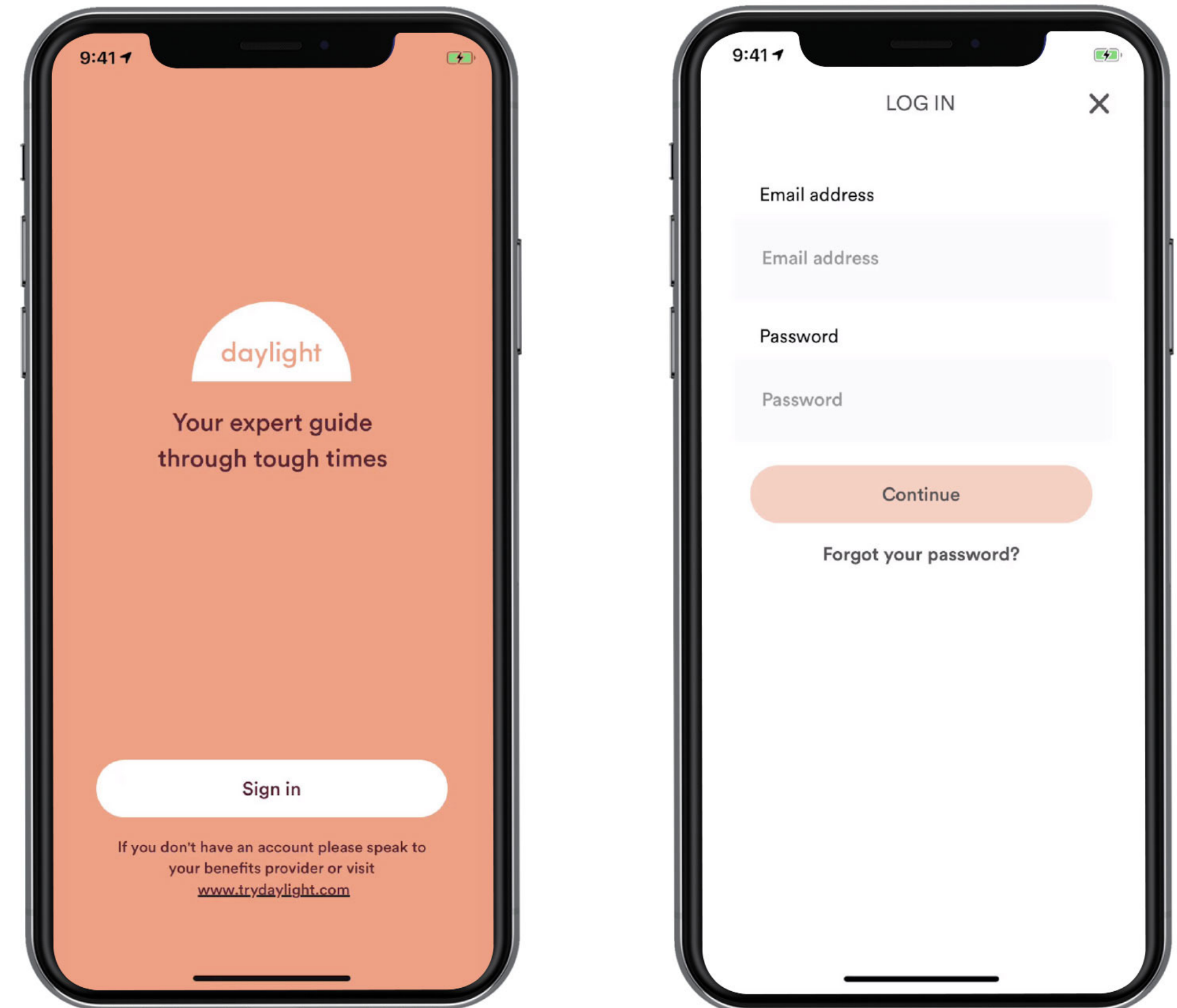
User Instructions

Getting Started: Sign up and download the app

Sign up for Daylight through the link provided by your employer or health care provider. Tap on the card image on the website to start the sign up process. Answer each question, and select “Create Account” below the video. Enter your name, email, and password to sign up.

Note: You may be asked to verify your benefit coverage by entering your employer identification or additional information.

Next, download the Daylight app from the Apple App Store or Google Play Store from your mobile device, and login with your email and password.

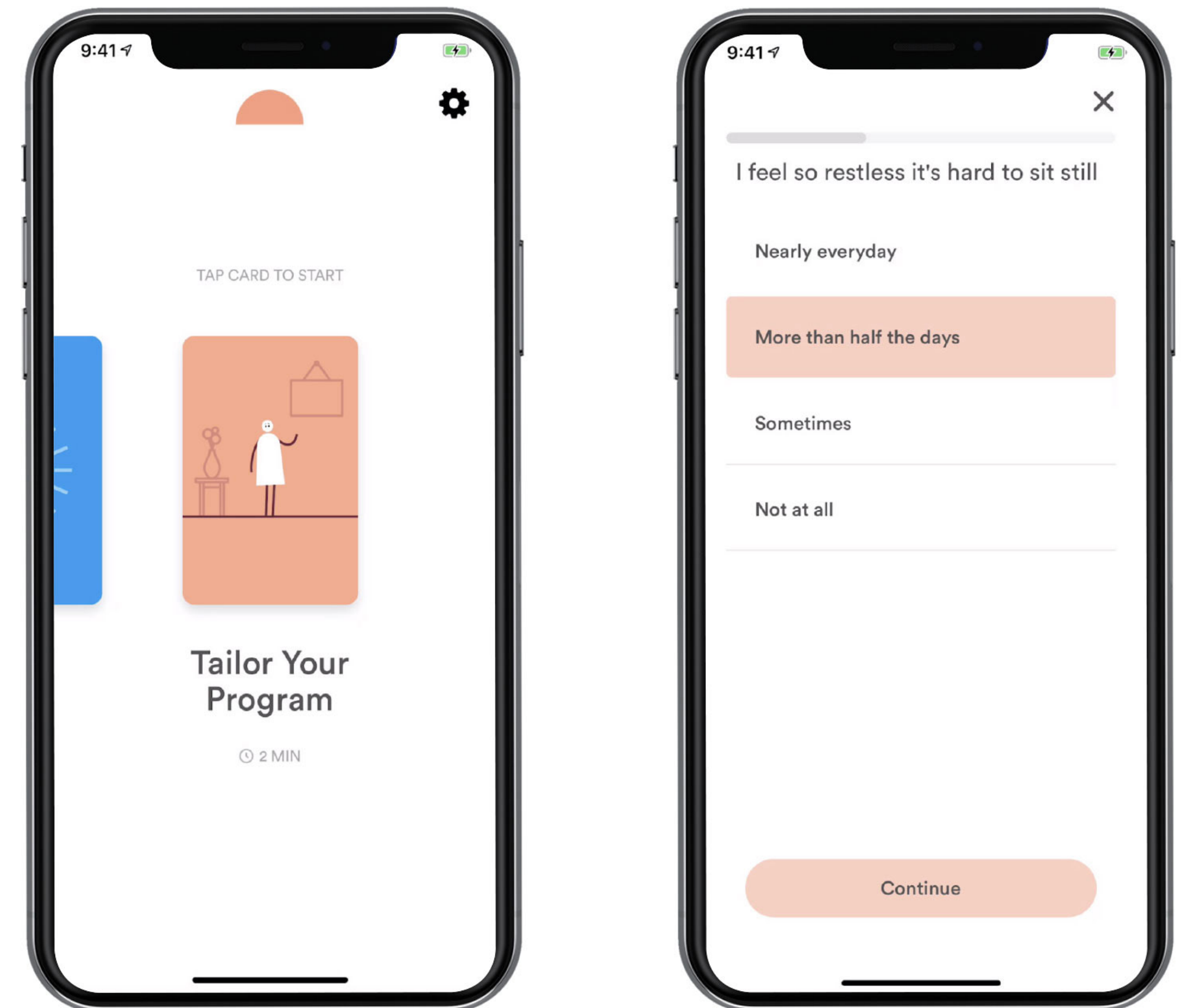


After you download the Daylight app from the Apple Store or Google Play Store you will be asked to sign into your account upon opening.

Tailor Your Program

Once you login to the Daylight app, you will have access to the first session card, "Tailor Your Program". Tap to play the session, and answer all the questions to personalize the program. Your first technique card will then be offered.

To receive text message reminders from Daylight, provide your mobile number at the end of Tailor Your Program.



After tapping on the "Tailor Your Program" card you will be asked a series of questions that will help personalize your experience.

Pause and Resume Your Session

You can pause your session at any time by pressing the “Pause” button or by exiting the Session. Resume the session by pressing “Play” or tapping on the session card labeled “Ready to resume”. If a session card is not completed within 2 hours, the contents will reset, and you will have to start again from the beginning.

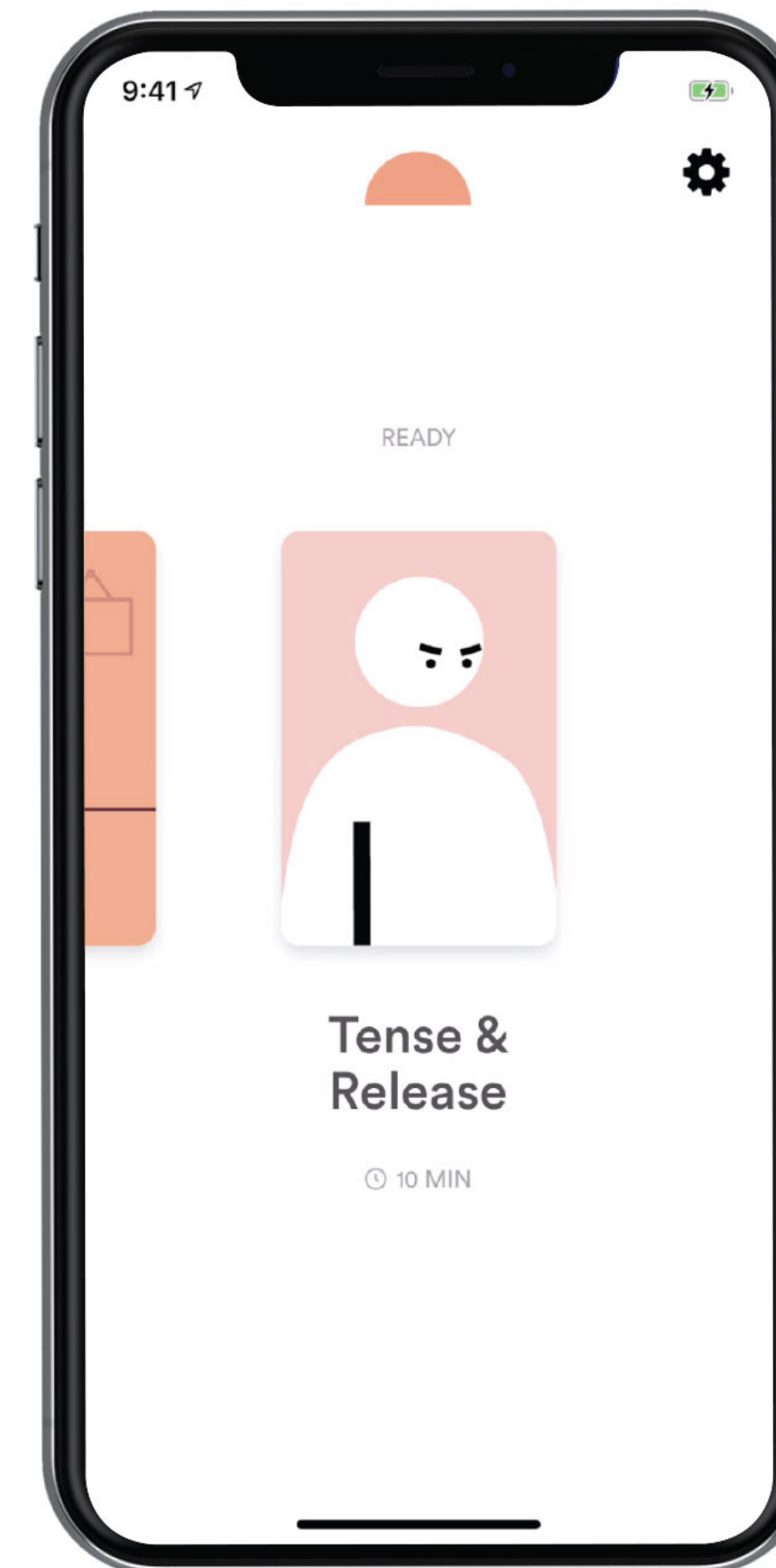


You can pause your session by tapping on the pause icon on the bottom of the screen. To resume your session tap on the card that you exited.

Accessing Techniques

Techniques are 5–20 minutes long and consist of explanation videos, question prompts and guided exercises.

As you complete each technique, new technique cards are offered to you through the “Next Session” card until you have completed all the techniques in your program. Be sure to complete the whole session, or you may not be offered a “Next Session” card or new techniques.



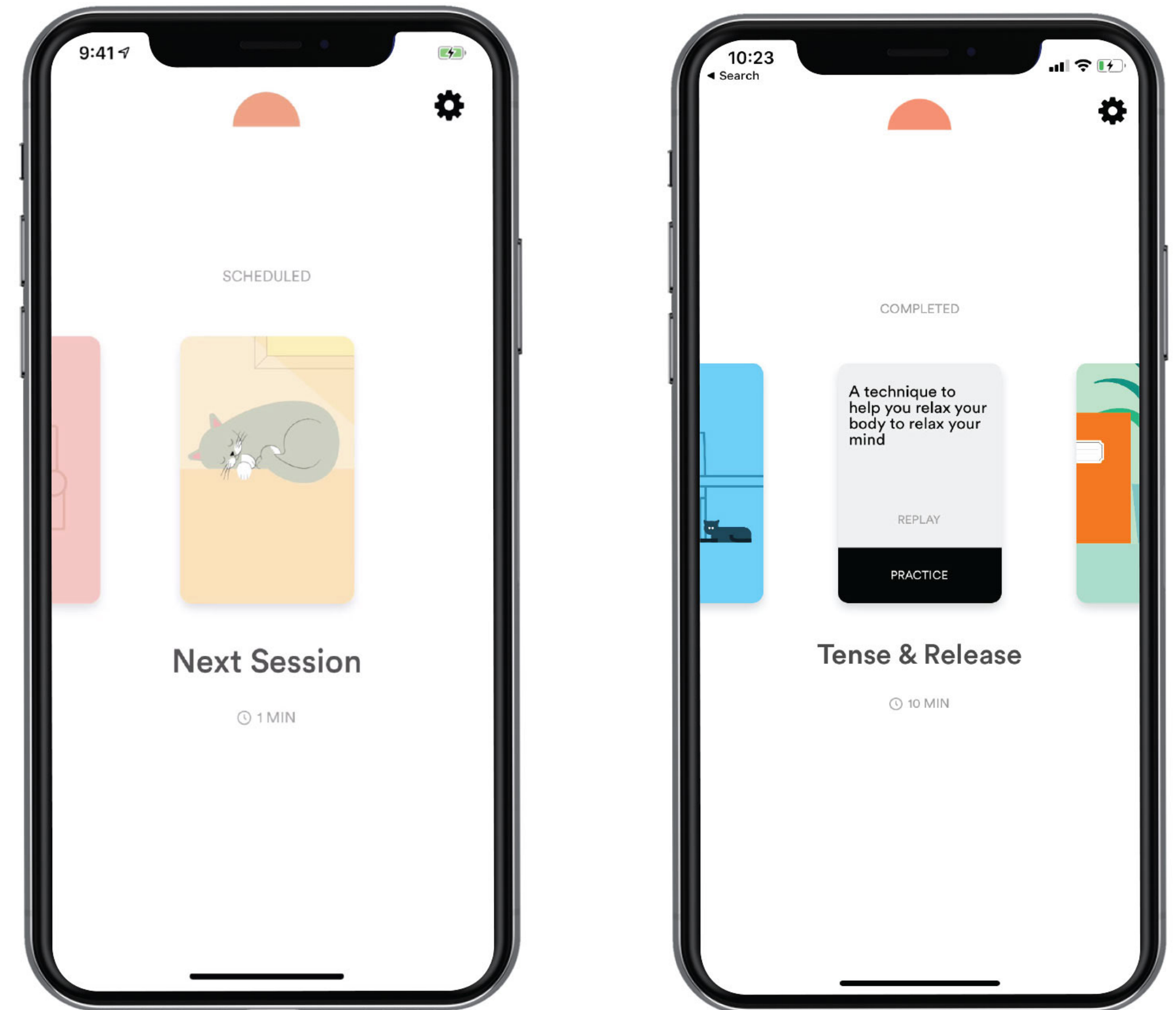
Technique cards will populate your screen as you complete them.

Starting the Next Session

When you start a new session, you will first be asked a few questions to help guide your experience. Then, you will be offered opportunities to practice techniques, or learn a new one. After you learn all the techniques, you will only be offered practices.

Replay or Practice Techniques

You may replay or practice a technique card at any time. Tap on a completed card, and then select “Replay” or “Practice”.



When you complete a technique, a new card with the words “Next Session” will appear on your screen. You can revisit techniques you have already completed by scrolling through the cards on your screen.

Check-in Cards

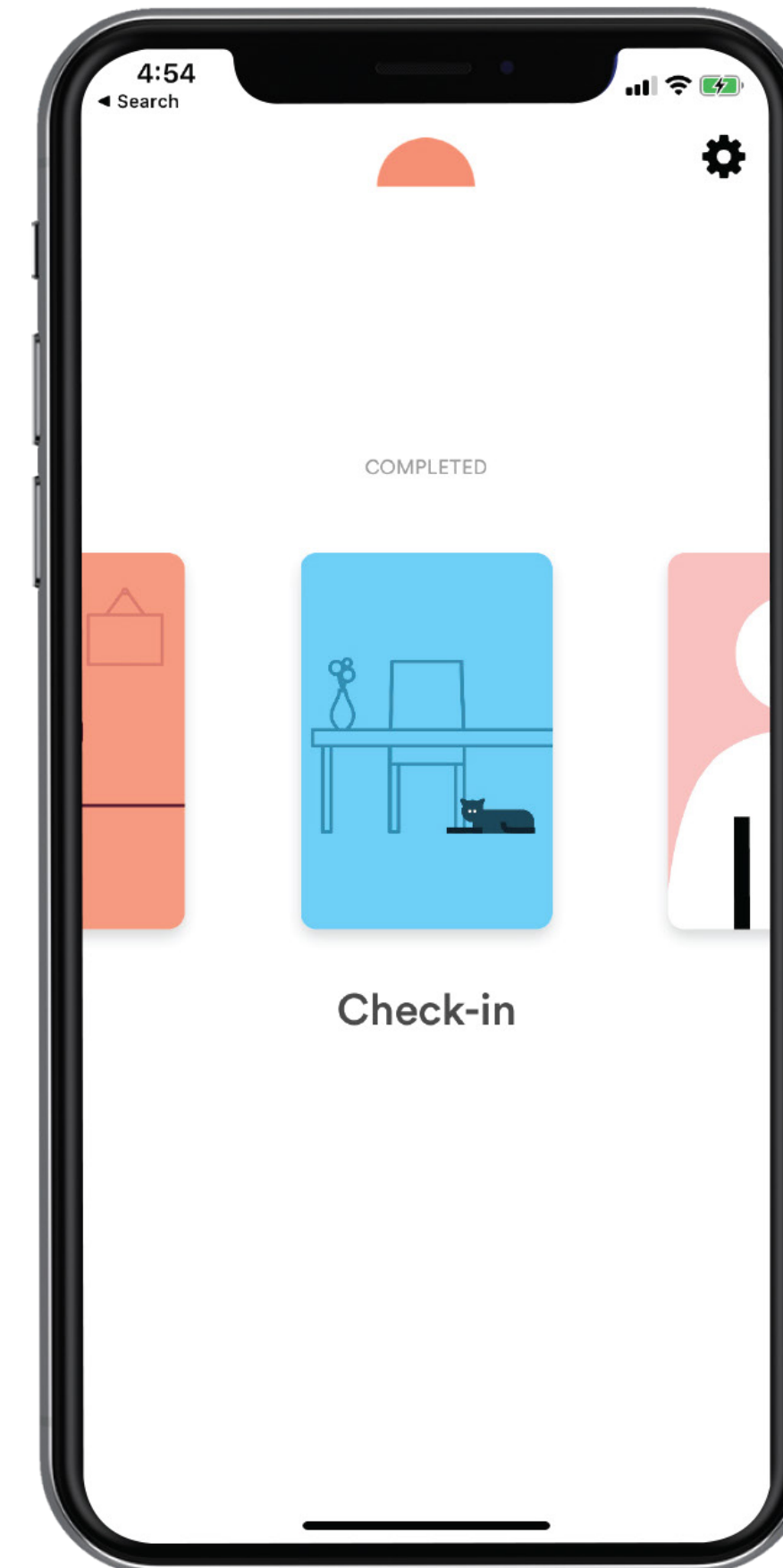
Seven days after you complete “Tailor Your Program”, your first “Check-in” card will appear. Answer the questions in the “Check-in” to track your progress and receive personalized recommendations for you, based on your feedback.

Getting Support to Use Daylight

If you have a question about how to use Daylight, please email our support team at hello@trydaylight.com. We are here to help!

Compatible Devices

You can access Daylight on mobile and tablet devices running Android (5.1 or higher) or iOS (9 or higher).



Your first “Check-in” card will appear seven days after completing the “Tailor Your Program” questionnaire.