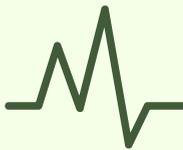


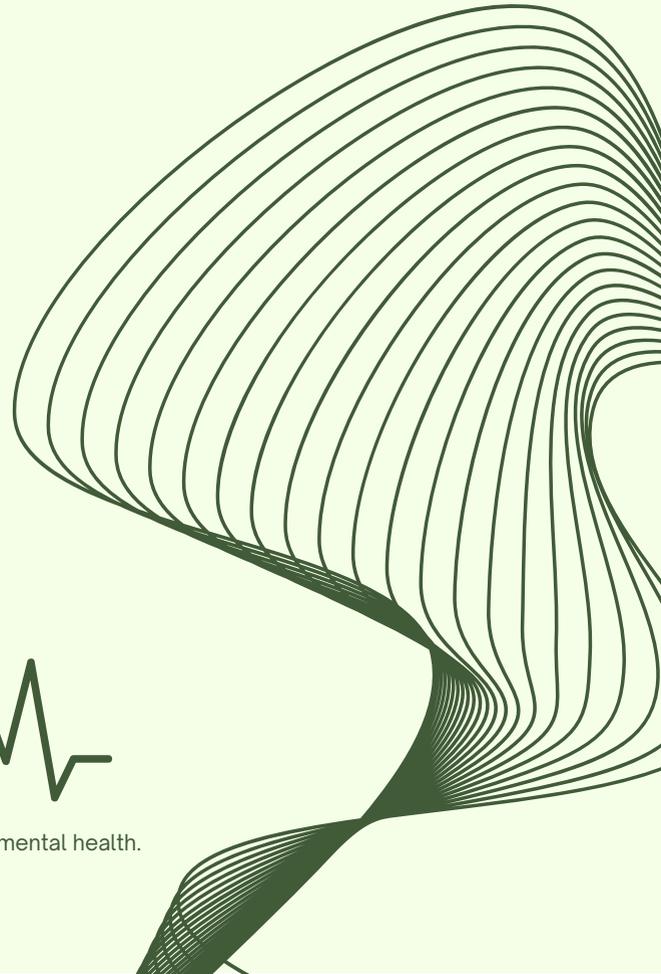
MySherpah App

User Manual

**The
Sherpah
Clinic**



Following your heart towards better mental health.





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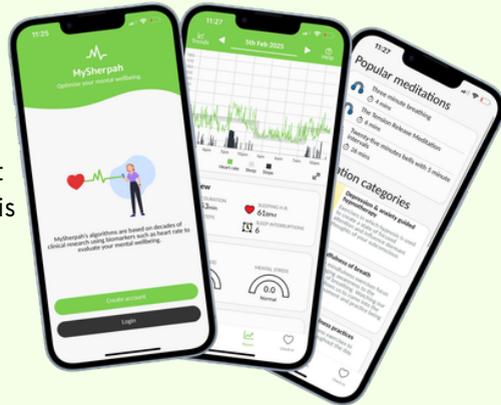
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Introduction

MONITOR YOUR MENTAL WELLBEING USING PERSONALISED, OBJECTIVE WEARABLE DATA, WITH INSIGHTS BASED ON YOUR CIRCADIAN PATTERNS TO SUPPORT EARLY, INFORMED CARE.

Welcome to the MySherpah user manual. This guide will help you set up the app, connect your wearable, confirm your data is syncing, and use the main features including Home, Reports, Content, Check ins, and Settings. You will also find instructions for managing your subscription, linking or switching devices, and optionally sharing insights with your care provider.

MySherpah goes beyond basic sleep and activity summaries by analysing circadian and autonomic patterns and comparing them to your own baseline over time. It is not about physical fitness performance, but mental fitness: understanding how your body's regulation and recovery patterns shift, and flagging meaningful deviations that may align with changes in wellbeing. This approach began with clinical observations by consultant psychiatrists more than 25 years ago and has since been refined into an accessible app. MySherpah does not diagnose conditions, but provides objective, personalised insights to support you and your care team alongside clinical care.



Overview



01 What does it do?

MySherpah helps you monitor your mental wellbeing using objective data from your wearable or smartwatch. It turns your physiological signals into personalised insights by tracking patterns over time and comparing them to your own baseline, so you can see when your body's regulation and recovery rhythms are staying stable or beginning to shift. These insights are designed to support earlier awareness of potential changes in wellbeing and to help you and your care provider have clearer, data informed conversations, alongside clinical care.



02 How does it work?

Once you connect your wearable, MySherpah securely syncs your physiological data and analyses your circadian patterns, the 24-hour rhythms that shape sleep, heart rate, energy, and recovery. It tracks trends across days and nights, measures your normal baseline, and flags consistent deviations that may align with changes in mood and stress regulation to evaluate overall mental well-being. MySherpah does not diagnose conditions, but provides trend-based insights to support you and your care team alongside clinical care.



03 Why is MySherpah different?

Most trackers summarise lifestyle or fitness metrics. MySherpah is built for mental fitness, using circadian and autonomic patterns and comparing your data to your own baseline rather than population averages. The approach began with consultant psychiatrists' clinical observations over 25 years ago and has been refined into an accessible app that provides objective, personalised insights to support earlier, informed care.

Compatible Devices

COMPATIBLE DEVICES

MySherpah can connect to selected wearables that provide continuous heart rate and interbeat interval (R-R) data. This data is used to analyse circadian heart rate patterns and generate your trends.

- Supported devices
 - Garmin smartwatches
 - Fitbit devices
 - Samsung Galaxy Watch
 - Sherpah Strap

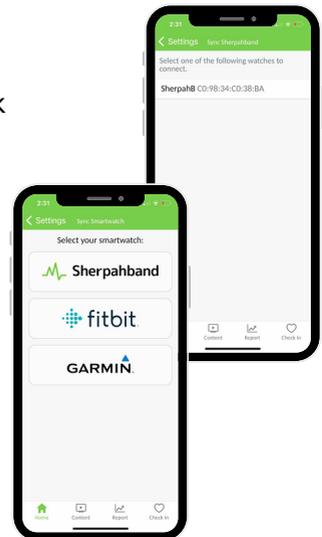
Apple Watch is not currently compatible, due to data sharing and battery life issues that prevent MySherpah compatibility.



CHOOSING A DEVICE

If you do not already own a compatible smartwatch, the Sherpah Strap (AUD\$120) is the simplest option to get started. Key features to look for include:

- Long battery life, so you can wear it overnight and capture sleep and circadian patterns
- Continuous heart rate tracking, rather than on-demand readings only
- Reliable syncing, so your data uploads consistently to the companion app and into MySherpah



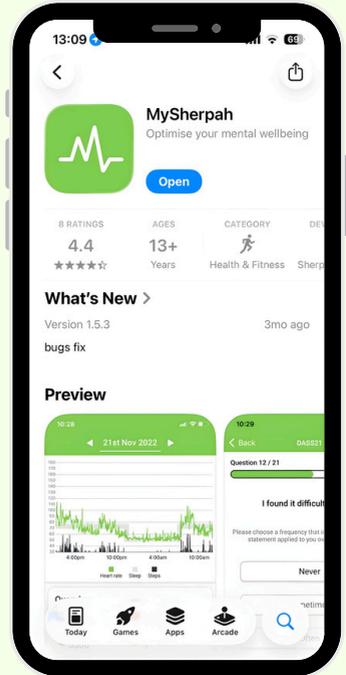
Getting Started

DOWNLOADING THE APP

Visit the Apple App Store or Google Play Store and search “MySherpah” (make sure to include the “h” at the end of Sherpah).

CREATING YOUR ACCOUNT

Open the app, create your account using your email and create a memorable password. A unique confirmation code will be sent to your email. When prompted by the app, use your code to log in.



COMPLETE THE SIGN UP STEPS

Follow the on-screen prompts to:

- Link your wearable device or smartwatch using our secure linking feature.
- Enter your details and current symptom concerns.
- Select a subscription option (your first 2 weeks are free)

Connecting Your Device

CONNECTING & SYNCING YOUR DEVICE

- Open the MySherpah app.
- Go to Settings.
- Select “Link Smart Watch.”
- Choose your brand and model from the list.
 - You will be redirected to your wearable device login page.
 - Log in and enable all data-sharing permissions with MySherpah in your settings
- Once connected, your device status should display “Connected.”
 - Your watch will now sync automatically:
 - Data flows from your wearable → directly to MySherpah app
- No manual syncing is required once connected.



LINK MYSHERPAH WITH YOUR DOCTOR

If you would like to share your MySherpah insights with your doctor, you will need a unique doctor linking code. To request one, email contact@sherpah.com.au.

This code securely links your account so only your chosen doctor can view your MySherpah data. Your data remains private and is not shared with anyone else and you can remove access at any time.

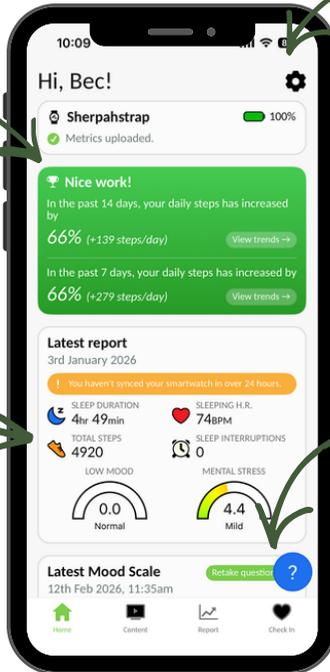
IMPORTANT NOTES

- Ensure Bluetooth is enabled on your phone.
- Keep your wearable’s native app installed and logged in.
- Wear your device consistently for accurate circadian monitoring.
- If your device disconnects, revisit Settings → Link Smart Watch to reconnect.

App Features: Homepage

Here you can see whether your watch is connected and check any change in your movement, sleep or heart rate.

Access your settings here for things like payment and account information.



Latest report:

- A quick snapshot of your most recent data, including sleep duration, sleeping heart rate, steps, and sleep interruptions. For a more detailed look, go to Reports.

Latest questionnaires

- Shows your most recent check in results and when you completed them. Tap to view the full score breakdown, or retake a questionnaire to log an updated check in.

Reports

Left and right arrows:

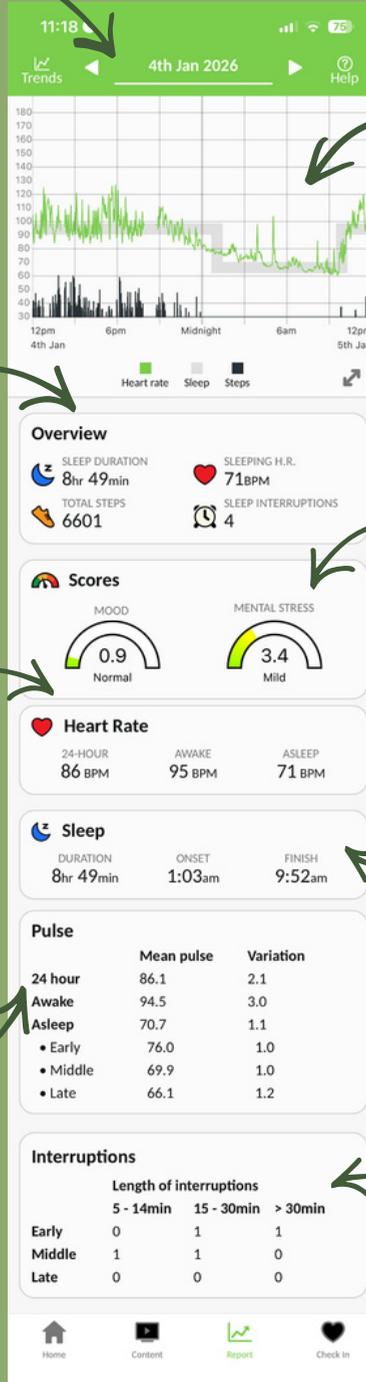
Shows which day you're viewing.

Trends (top left):

Opens longer-term patterns.

Date (centre):

Move to the previous or next day.



Green line:

Heart rate across 24-hours.

Grey bar:

Your sleep and wake patterns.

Black bars:

Your steps over 24-hours.

Overview:

Summary data collected from your smartwatch from the previous 24-hours.

- Sleep duration
- Average sleeping heart rate
- Total number of steps
- Total sleep interruptions

Heart rate:

24-hour is your average heart rate in the last day. Awake is your average heart rate while you were awake and asleep refers to your average sleeping heart rate.

Pulse:

Your average heart rate for each period (24 hour, awake, asleep, and early middle late sleep). Variation shows how steady or changeable it was.

Scores:

The app looks at patterns in your sleep, heart rate, and activity across the day and night, compares them to your personal baseline, then turns that into a single number for things like mood or stress.

Mood scores:

Lower scores here indicate better mood.

Mental stress:

Lower scores here indicate lower stress.

Sleep:

This section tells you about how long you slept the previous night, when you fell asleep and when you woke up.

Interruptions:

How many times your sleep was broken and how long those breaks lasted, split into early middle late sleep.

Trends

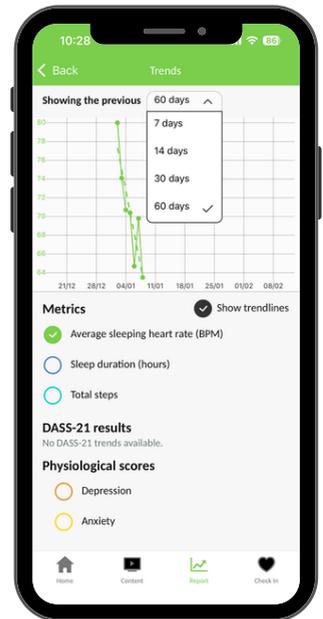
SPOT PATTERNS OVER TIME BY TURNING YOUR KEY METRICS AND QUESTIONNAIRE SCORES INTO TRENDLINES, SO YOU CAN SEE WHAT IS CHANGING RATHER THAN GUESSING FROM A SINGLE DAY.

This page lets you see how your data changes over time, so you can spot patterns rather than relying on a single day. Use the dropdown at the top to choose how far back you want to look: 7, 14, 30, or 60 days.

Under Metrics, tap any item to add it as a trendline on the graph. You can include one or several lines at once to compare changes across different measures, such as:

- Average sleeping heart rate (BPM)
- Sleep duration (hours)
- Total steps

If you have completed questionnaires, you can also add available questionnaire scores as trendlines, such as depression and anxiety (and any other scores shown in the list). This makes it easier to compare how your check ins align with changes in sleep and activity.



Content

Find guided sessions in **Content** at the bottom of your home screen. MySherpah includes guided meditations you can listen to in the app, and based on your recent mood patterns it may recommend sessions that are most likely to support what you need in the moment, such as settling stress, easing low mood, or helping you wind down for sleep. Even a short meditation can help regulate your stress response, reduce mental noise, and support more stable sleep and recovery patterns, which can make your overall trends easier to steady over time.

Body Scan

Body scan meditations invite you to move your focus of attention around the body, being curious about your experience and observing any sensations that you become aware of.



Sitting Meditations

Sitting meditations often use the breath as the central focus of the practice. At times they incorporate the awareness of sounds, bodily sensations thoughts or feelings.



Brief Mindfulness Practices

Quick mindfulness exercises to ground you throughout the day.



Self-Guided Mindfulness

Sometimes we wish to practice a meditation of our choosing without any guidance. These audio tracks use chimes to orient you to the practice.



Guided Imagery

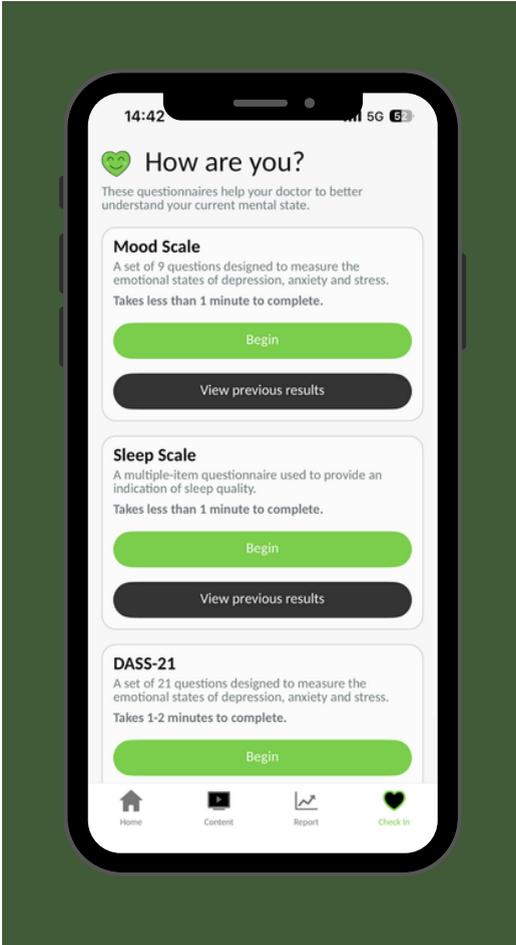
These exercises engage your visual processes to bring your focus to an image.



Depression & anxiety guided hypnotherapy

Exercises in which hypnosis is used to create a state of focused attention and influence dormant thoughts of your subconscious.

Check-Ins



Check ins let you quickly log how you are feeling and sleeping, using short questionnaires that help your doctor understand your current mental state over time.

Tap **Begin** to complete a scale, or **View previous results** to see your past scores and trends.

Mood Scale: quick snapshot of mood, anxiety and stress.

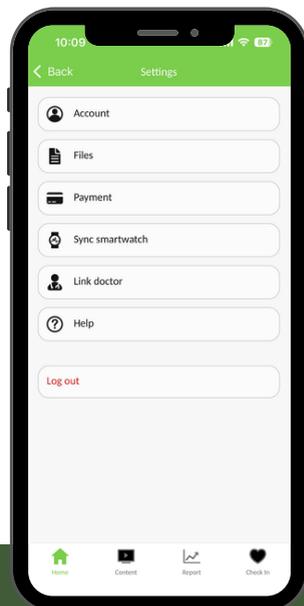
Sleep Scale: brief check of perceived sleep quality.

DASS 21: more detailed measure of depression, anxiety and stress.

Settings

Manage your account, data, and connections via settings at the top right hand corner of the home page.

- **Account:** Update your personal details and login information.
- **Files:** Your doctor can upload files for you to view, and you can share them with other health professionals so everyone is on the same page.
- **Payment:** View and manage your subscription or billing details.
- **Sync smartwatch:** Connect or reconnect your wearable to keep your data up to date.
- **Link doctor:** Enter your doctor code to securely link your account, so your chosen doctor can view your results and trends.
- **Help:** Get support, troubleshooting, and answers to common questions.
- **Log out:** Sign out of the app.



Scientific Background

Mental wellbeing is closely linked to the body's circadian system, which regulates 24-hour rhythms in sleep, activity, and autonomic function. When circadian rhythms are stable, sleep and daytime functioning tend to be more predictable. When they become disrupted or misaligned, changes often appear in sleep quality, energy, and stress physiology.

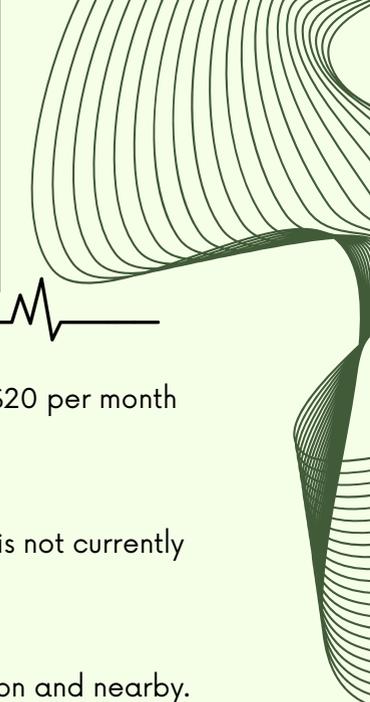
Sleep is a key interface between physiology and mental state, and patterns such as fragmented sleep or altered sleeping heart rate can indicate reduced recovery or increased arousal. Objective signals do not replace symptoms, but they add context and can be especially useful when changes are gradual.

Tracking trends over days to weeks helps identify meaningful deviation from a person's usual baseline and supports earlier, more informed conversations between patients and clinicians.

Unlike many wellbeing apps that rely mostly on self report or generic content, MySherpah combines objective smartwatch data with trend based analysis. It uses clinically informed methods developed by specialist psychiatrists and researchers, and the underlying approach is protected by patented software. This helps ensure the analysis is delivered consistently and remains tied to the clinical research it was built on, rather than being replicated in simplified forms elsewhere.

1. Stampfer HG. The Relationship between Psychiatric Illness and the Circadian Pattern of Heart Rate. *Aust N Z J Psychiatry*. 1998;32(2):187-198. doi:10.3109/00048679809062728
2. Stampfer HG, Dimmitt SB. Biomarkers of Mental Illness—What Can We Learn from Circadian Heart Rate? *Open J Psychiatry*. 2019;09(02):107-123. doi:10.4236/ojpsych.2019.92009
3. Stampfer H, Dimmitt. Variations in circadian heart rate in psychiatric disorders: theoretical and practical implications. *ChronoPhysiology Ther*. Published online April 2013;41. doi:10.2147/CPT.S43623

FAQ's



How does much does that app cost?

The first two weeks are free. After that, it costs \$20 per month on a subscription. You can cancel anytime.

Which devices are compatible?

Fitbit, Garmin, and Sherpahstrap. Apple Watch is not currently supported.

How do I sync my smartwatch?

Settings → Sync smartwatch. Keep your device on and nearby.

How do I link my doctor?

Settings → Link doctor, then enter your unique doctor linking code.

Where do I see more detail?

Go to Reports for detailed breakdowns, and Trends to see changes over time.

Why do my results sometimes look different from how I feel?

Wearable data captures physiology, and questionnaires capture your subjective experience. When they do not match, it can be a useful prompt to check in on sleep, stressors, illness, or routine changes.

Who can see my data?

Only you by default. If you link a doctor, your linked clinician can view your results. You can unlink at any time.

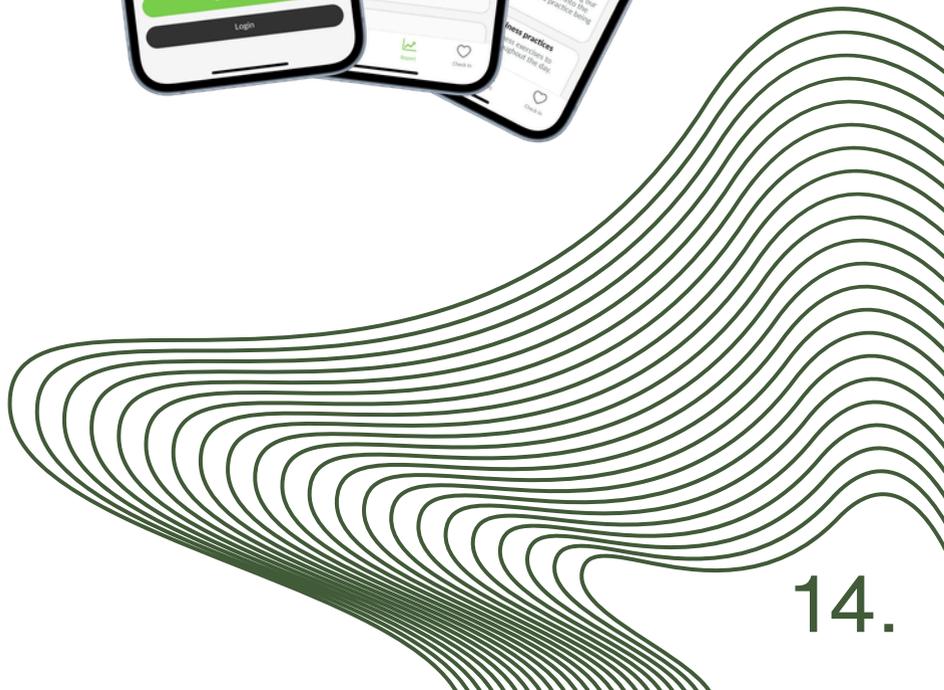
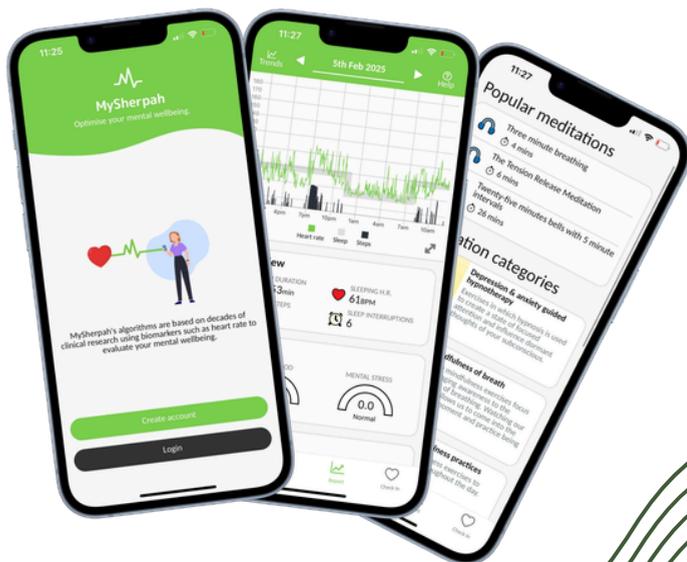
Can MySherpah be used for diagnosis?

At present, MySherpah is designed as an adjunct clinical tool that can help inform diagnosis but alone, cannot act as a replacement for a diagnosis by a clinician.

Troubleshooting



If you are experiencing any issues with the app email: **support@sherpah.com.au** with a detailed outline of your problem and we will get back to you promptly with a solution.



Pricing

Start free for two-weeks

Choose from one of our pricing plans. You will not be charged until the end of your free trial.

➤ **\$20 per month**
Cancel or change anytime.

➤ **\$180 per year**
Best value (equivalent to \$15 per month)

After 14 days, your selected plan will automatically start and you'll be charged unless you cancel before the trial ends.

Pricing FAQ

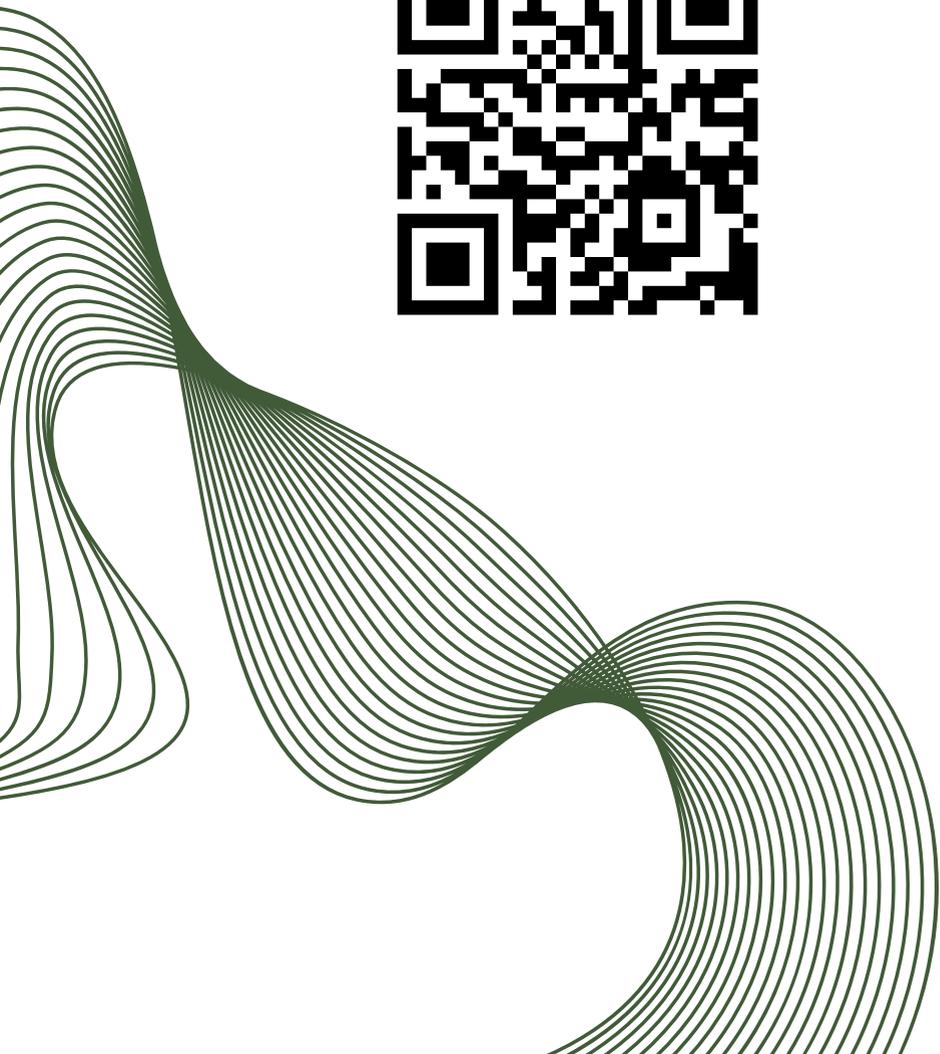
Can I cancel?

Yes, you can cancel any time. If you cancel within the month/year you have already paid for then you will continue to have access until the date of your next billing round. Cancel in the payment section of your settings.

Can I switch from monthly to yearly?

Yes, navigate to your settings, select payment and manage billing.

**Scan the QR code
to get started**





The Sherpah Clinic



Following your heart towards better mental health.

