

Privacy Policy for Sleeptopia

Last Updated: 23 August 2024

Sleeptopia ("we", "us", "our") respects your privacy and is committed to protecting it through our compliance with this Privacy Policy. This Privacy Policy describes how we handle your information when you use the Sleeptopia application ("the App").

1. Information We Do Not Collect

Sleeptopia is designed with your privacy in mind. We do not collect, store, or share any personal data from users. This means:

- No Personal Information: We do not ask for or collect your name, email address, phone number, or any other personally identifiable information.
- No Usage Data: We do not track how you use the App, your interactions within the App, or any usage metrics.
- No Health Data: Although Sleeptopia provides exercises and routines to help manage sleep apnea, we do not collect or store any health-related data or any other sensitive information.

2. Local Storage and iCloud Sync

All information related to your progress, exercise routines, journal entries, and settings are stored locally on your device. This data is only accessible to you and remains on your device unless it is backed up to iCloud.

Automatic iCloud Sync:

If you are logged into your Apple account and have iCloud enabled on your device, your data will automatically be synced to your iCloud account. This allows you to access and restore your data across your Apple devices. We do not have access to this data, and it is stored securely in your personal iCloud account, subject to Apple's iCloud terms and privacy policy.

3. Third-Party Services

Sleeptopia does not integrate with or share data with any third-party services, advertisers, or analytics providers. Your use of the App is entirely private and secure.

4. Data Security

Although we do not collect any personal data, we are committed to ensuring that any information stored locally on your device or in iCloud is secure. We recommend that you use the security features provided by your device's operating system and iCloud to protect your data.

5. Children's Privacy

Sleeptopia is intended for use by individuals aged 18 and over. We do not knowingly collect any data from children, as we do not collect data at all. If you are under 18, please do not use the App.

6. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. If we make significant changes, we will notify you by posting a notice within the App. Continued use of the App after any changes to this Privacy Policy will constitute your acceptance of such changes.

7. Contact Us

If you have any questions or concerns about this Privacy Policy or the privacy practices of Sleeptopia, please contact us at andrewaustin_dev@yahoo.com.

Conclusion:

Your privacy is of utmost importance to us, and Sleeptopia is committed to ensuring that your experience remains private and secure. Since we do not collect any user data, and your information is securely stored on your device or in your iCloud account, you can use the App with confidence, knowing that your information stays with you.