

SleepPsychologist

Using Video Conferencing

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Thank you for booking an online session with me. I tend to use **Google Meet** or **Zoom** for online sessions because it is straight forward to use and protects your privacy. In rare occasions we might use WhatsApp Video.

Things to consider

- **Location.** It is important that you have complete privacy and no interruptions for our sessions. It needs to be quiet and comfortable as you will be there for up to 90 minutes. Try to switch off any distractions such as notifications and make sure you are not in a public place. Consider the lighting and the noise, if we are using video it would be best if it is well lit so I can see you and you are wearing headphones for maximum hearing. Also keep in mind that I will be able to see some of the room around you. Please make sure you are safe and comfortable with your choice of location.
- **Which video conferencing platform will you use?**
Zoom works on your laptop through your browser (so you don't need to download anything) and can work on your phone or tablet if you download their free app from your app store. Whatever you use make sure it is fully charged and that you have some way of supporting it or propping it up. With *Google Meet* you may need to download the app or Google Chrome browser onto your laptop or click on the link you have been sent by your host to being the session. You can find a video online with instructions if you are unsure: ' How to use Google Meet in 2024'.
- **Camera On or Off?** I prefer sessions with the camera on because it allows me to see your facial expression and some of your body language.

Technical

Before our session I will send you a link to our personal meeting. If you are on a laptop you simply follow the link a few minutes before our session and I will join you when we are due to start.

If you are using your phone or tablet you download the relevant video conferencing app first and sign up for a free account and then follow the link a few minutes before our session starts.

Try to connect to your broadband via an ethernet cable rather than relying on wifi - this will always give you the better experience. Wifi is normally sufficient. If there are any issues I will ring you on your mobile.

I look forward to seeing you online! If you have any questions please do not hesitate to get in touch.

