

## **@SnoozetoLose.sg Instagram Sleep Challenge Terms and Conditions**

By your participation in the Challenge (as set out below), you (hereinforth referred to the “participant” or “participants” or “person “or “persons”, as the case may be) are deemed to have (a) agreed to these Terms and Conditions; and (b) consented to the collection, use and disclosure of your personal information by Nanyang Technological University Final Year Project - Snooze to Lose (“Snooze to Lose”) for the purposes of administering the @snoozetolose.sg Instagram Sleep Challenge (“Challenge”), by your participation in the Challenge: Eligibility

1. Participation in the Challenge is free of charge and open to all undergraduate students who are enrolled in a public or private university in Singapore at the time of submission.
2. Persons below the age of 21 are required to obtain their parents’ or (guardians’) consent before participating in the Challenge and confirm to Snooze to Lose that such consent has been given, by their participation in the Challenge. Snooze to Lose reserves the right to not allow participation by any person, at its discretion.
3. Each participant is solely responsible for ensuring that participating in the Challenge is not illegal or prohibited by the laws or regulations of any country relevant or applicable to the participant.

### Challenge Mechanics

1. The Challenge commences at 20:00 on 20 January 2020 and ends at 20:00 on 20 February 2020 (“Challenge Period”).
2. To enter this Challenge, all participants must:
  - a. Sign up for the Challenge on the Snooze to Lose Website.
  - b. Download the Sleep Cycle application onto their individual mobile device, which they will use to take screenshots of to upload onto their own Instagram Story.
  - c. Track their time in bed (of at least 8 hours a day) on the Sleep Cycle Application for as many days as possible between 20 January to 20 February 2020 and upload all captured screenshots of their sleep hours shown under the “Journal” tab on Sleep Cycle onto their Instagram Story, tagging @snoozetolose.sg
  - d. Create an Instagram highlight reel, add all captured screenshots into it, and title it “#snoozetolose”.
3. Participants must set their Instagram account as “visible to public” in order to participate in the Challenge.
4. All entries must be submitted within the Challenge Period, in accordance with these Terms and Conditions. Entries posted after the Challenge Period will not be valid. Snooze to Lose accepts no responsibility for late, lost, delayed or misdirected entries.
5. Entries with negative, inappropriate and offensive content/captions will be disqualified.
6. Entries will be judged on the information submitted by the participant, in accordance with the Challenge criteria which includes the total number of nights of adequate sleep (with at least 8 hours of time in bed and a reasonable amount of time asleep) tracked, and creativity shown in the Instagram Stories submitted. Snooze to Lose reserves the right to decide whether the submission is valid.

### How to Submit an Entry

1. Each entry must be uploaded onto Instagram using the participant’s own Instagram account, specifically on the participant’s Instagram Story Highlight Reel titles “#snoozetolose” accompanied by the @SnoozetoLose.SG tag in their Instagram stories. Participants are also to ensure that they follow Snooze to Lose on both Instagram and Facebook at “snoozetolose.sg” to qualify.

2. By submitting an entry, the participant warrants and represents that (a) the submission of all captured screenshots of their tracked sleep on the Sleep Cycle application is original work which have not been previously published; (b) s/he owns all rights to the captured screenshots (c) the submission is not infringing or in violation of any intellectual property rights or proprietary rights of any third party, (d) the submission is not pornographic, obscene, defamatory, libellous, anti-social, seditious or in any way contrary to public policy in any way or in violation of any applicable laws of Singapore. Participants agree to indemnify and hold harmless Snooze to Lose from any third-party claims to the contrary.

#### Prizes

1. The winning entries will be announced on 23 February 2020.
2. One grand prize entry, one second prize entry, one third prize entry and nine consolation prize entries will be chosen at the end of the Contest Period. The grand prize entry will receive one (1) AirPods Pro, the second prize entry will receive a 2D1N staycation at Hotel Soloha, the third prize entry will receive one (1) JBL Flip 5 Portable Waterproof Speaker (black colour). The consolation prize entries will receive either one (1) pillowcase pair or one (1) bolster case in any given colour.
3. Participants will be notified if they have been shortlisted as one of the winners, via Instagram® Direct Message. Winners must provide the information required for prize redemption, by the date indicated to them in Snooze to Lose 's Instagram® message to winners. Winners will then be notified of the prize redemption details.
4. Details of winners (including but not limited to Instagram handle and winning entry) will be published on the official Snooze to Lose Facebook and Instagram page.
5. All prizes must be collected by winners within two weeks of the date of the notice of prize redemption, failing which the prizes will be forfeited. Winners will be required to bring along their original University Student Identification Card upon collection of the prizes for verification purposes.
6. Prizes are strictly not transferable and cannot be exchanged for cash, credit or kind or for any reason whatsoever and howsoever arising. Snooze to Lose reserves the right to redistribute any unclaimed prizes to other participants and replace the prize with another prize of equivalent value.
7. Participants acknowledge that all prizes have been received in good condition at the point of prize collection. Snooze to Lose will not entertain any prize exchanges.
8. By accepting any prize, the winners agree to release Snooze to Lose and their affiliates, agencies, directors, officers and employees from any loss or damage arising from their use of prizes.
9. Snooze to Lose will not be responsible for any loss, claim or damage suffered or incurred in connection with the prizes and/or Challenge (including but not limited to any error in computing any transaction, any breakdown or malfunction in any computer system or equipment). To the fullest extent permitted by law, Snooze to Lose excludes: (a) all conditions, warranties and other terms which might otherwise be implied; and (b) any liability for any direct, indirect or consequential loss or damage incurred by any participant in connection with this Challenge. This shall not be deemed to exclude or restrict liability for death or personal injury resulting from the negligence of Snooze to Lose. Snooze to Lose does not accept liability for entries or prizes lost, damaged or undelivered, nor does it accept any liability for technical or communication errors of any kind.

#### General

1. The Challenge is in no way sponsored, endorsed or administered by, or associated with, Instagram®.

2. Snooze to Lose's decision on the winners and in all matters relating to the Challenge shall be final and no correspondence will be entertained. In the event of any dispute, Snooze to Lose's decision is final and no correspondence will be entertained.
3. To the extent permitted by law, Snooze to Lose reserves the right to at any time in its absolute discretion amend or vary any of these terms and conditions without prior notice. Snooze to Lose will, where it is practicable to do so, give participants advance notice (which may be through electronic mail, Snooze to Lose website, Snooze to Lose Facebook Page, Snooze to Lose Instagram account or such other forms as Snooze to Lose deems appropriate) of such changes.
4. Snooze to Lose shall not be liable to any participant or any person in respect of or arising from the Challenge, or under any circumstances whatsoever. If Snooze to Lose is deemed liable to such participant or other person by a court of law, the sole remedy shall be the award of the prize or a substitute of similar value, to such participant or person.
5. Snooze to Lose reserves the right to terminate any participant's participation in the Challenge at any time in its discretion in the event of such participant's breach or suspected breach of any of these terms and conditions without prior notification or any liability to such participant whatsoever.
6. Snooze to Lose's General Terms and Conditions available at [snoozetolose.com](http://snoozetolose.com) are deemed incorporated herein and shall apply. In the event of any conflict or inconsistency between the terms, such conflict or inconsistency shall, in the absence of any express agreement to the contrary, be resolved in a manner most favourable to Snooze to Lose, to the fullest extent permissible under applicable laws.
7. This Challenge is governed by the laws of Singapore and is subject to the exclusive jurisdiction of the Singapore Courts.