# COOKIES POLICY –
# CIRCADIAN SLEEP COACHING

Cookies are small text files that are placed on your computer by websites that you visit. They are widely used in order to make websites work, or work more efficiently, as well as to provide information to the owners of the site.

This website does not require cookies in order to function properly. The information below explains the cookies we use and why.

| Cookie Title and Name | Purpose |
|---|---|
| Cookie Bar (cb-enabled) | This is used to remember whether you have clicked the button to acknowledge our use of cookies. Without this, the bar would always show. |
| Google Analytics _ga | This cookie is installed by Google Analytics and will expire after 2 years. <br><br> Examples of purposes for which a cookie may be used: <br><br> This cookie enables us to: <br><br> a) distinguish users. <br><br> b) store information anonymously and assign a randomly generated number to identify unique visitors. |

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|---|---|
| | c) calculate visitor, session, campaign data and keep track of site usage for the site's analytic report. |
| Google Analytics<br>_gid | This cookie is installed by Google Analytics and will expire after 24 hours.<br><br>Examples of purposes for which a cookie may be used:<br><br>This cookie enables us to:<br><br>a) store information of how visitors use a website and helps in creating an analytics report of how the website is doing.<br><br>b) The data collected including the number visitors, the source where they have come from, and the pages visited in an anonymous form. |
| PHP<br>PHPSESSID | This cookie is native to PHP applications.<br><br>The cookie is a session cookies and is deleted when all the browser windows are closed.<br><br>Examples of purposes for which a cookie may be used: |

| | This cookie is necessary for us to:<br><br>a) store and identify a users' unique session ID for the purpose of managing user session on the website. |
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We do not share the information collected by the cookies with any third parties.

## More Information

To read more about how we respect your personal information please visit our Privacy Notice which may include more information about our use of cookies.

## Taking Control of Your Cookies

You have the ability to accept or decline cookies by modifying the settings in your browser, however you may not be able to use all the interactive features of our site if cookies are disabled. To find out more about cookies, including how to see what cookies have been set and how to manage and delete them, visit www.aboutcookies.org.