

Legal Disclosures

Last Updated: July 10, 2026

This document contains the Privacy Policy, Cookie Disclaimer, and Terms & Conditions governing your use of RestIntelligence.com ("the Site," "we," "us," or "our"), operated by Rest Intelligence, LLC.

1. Privacy Policy

1.1 Introduction

Rest Intelligence respects your privacy and is committed to protecting the personal information you share with us. This Privacy Policy explains what information we collect, how we use it, and the choices you have.

1.2 Information We Collect

We may collect the following types of information:

- Information you provide directly: name, email address, and any details submitted through contact forms, newsletter sign-ups, or comments
- Automatically collected information: IP address, browser type, device information, pages visited, referring URLs, and time spent on the Site, collected via cookies and similar technologies
- Third-party information: data provided by analytics providers, advertising networks, or affiliate partners in connection with your interactions with the Site

1.3 How We Use Your Information

We use collected information to:

- Operate, maintain, and improve the Site
- Respond to inquiries and provide customer support
- Send newsletters or promotional communications, where you have opted in
- Analyze site usage and traffic patterns
- Track affiliate link performance and attribute commissions
- Comply with legal obligations

1.4 Affiliate Disclosure

RestIntelligence.com participates in one or more affiliate marketing programs. This means we may earn a commission when you click on links to, or make purchases from, third-party retailers or partners featured on the Site, at no additional cost to you. Product recommendations reflect our own research and opinions, but our relationship with affiliate partners may influence which products or services are featured.

1.5 Sharing of Information

We do not sell your personal information. We may share information with:

- Service providers who help operate the Site (e.g., hosting, analytics, email delivery)
- Affiliate networks and partners for the purpose of tracking referrals and commissions
- Legal authorities, where required by law or to protect our rights

1.6 Data Retention

We retain personal information only as long as necessary to fulfill the purposes described in this policy, unless a longer retention period is required by law.

1.7 Your Rights and Choices

Depending on your location, you may have the right to:

- Access, correct, or delete your personal information
- Opt out of marketing communications
- Withdraw consent for cookies (see Section 2)
- Request a copy of the data we hold about you

To exercise these rights, contact us using the information in Section 4.

1.8 Children's Privacy

RestIntelligence.com is not directed to children under 13, and we do not knowingly collect personal information from children under 13.

1.9 Data Security

We implement reasonable technical and organizational measures to protect your information. However, no method of transmission or storage is completely secure, and we cannot guarantee absolute security.

1.10 Changes to This Policy

We may update this Privacy Policy from time to time. Changes will be posted on this page with a revised "Last Updated" date.

2. Cookie Disclaimer

2.1 What Are Cookies

Cookies are small text files placed on your device when you visit a website. They help websites function properly, remember preferences, and gather usage information.

2.2 Types of Cookies We Use

- **Essential Cookies:** required for basic site functionality
- **Analytics Cookies:** help us understand how visitors interact with the Site (e.g., Google Analytics)
- **Advertising/Affiliate Cookies:** used to track referrals to affiliate partners and attribute commissions, and to serve relevant advertising
- **Preference Cookies:** remember choices you make, such as language or display settings

2.3 Third-Party Cookies

Some cookies are placed by third parties, such as analytics providers, advertising networks, and affiliate partners. These third parties may use cookies, web beacons, and similar technologies to collect information about your use of the Site and other websites.

2.4 Managing Cookies

You can control or disable cookies through your browser settings. Please note that disabling certain cookies may affect the functionality of the Site. Where required by law, we will request your consent before placing non-essential cookies and provide a mechanism to manage your preferences.

3. Terms & Conditions

3.1 Acceptance of Terms

By accessing or using RestIntelligence.com, you agree to be bound by these Terms & Conditions. If you do not agree, please do not use the Site.

3.2 Use of the Site

You agree to use the Site only for lawful purposes and in a manner that does not infringe the rights of, or restrict or inhibit the use of, the Site by any third party.

3.3 Intellectual Property

All content on the Site, including text, graphics, logos, and images, is the property of Rest Intelligence or its licensors and is protected by copyright and other intellectual property laws. You may not reproduce, distribute, or create derivative works without our prior written consent.

3.4 Affiliate Links and Third-Party Content

The Site contains affiliate links and references to third-party products and services. We are not responsible for the content, accuracy, availability, or practices of third-party websites linked from the Site. Your interactions with third-party retailers or partners are governed by their own terms and policies.

3.5 No Professional Advice

Content on the Site is provided for general informational purposes only and does not constitute professional, medical, or expert advice. You should consult a qualified professional before making decisions based on content found on the Site, particularly regarding health or sleep-related matters.

3.6 Disclaimer of Warranties

The Site and its content are provided "as is" and "as available," without warranties of any kind, either express or implied, including but not limited to accuracy, reliability, or fitness for a particular purpose.

3.7 Limitation of Liability

To the fullest extent permitted by law, Rest Intelligence shall not be liable for any indirect, incidental, special, consequential, or punitive damages arising out of or related to your use of the Site or any products or services purchased through affiliate links.

3.8 Indemnification

You agree to indemnify and hold harmless Rest Intelligence, its owners, employees, and affiliates from any claims, damages, or expenses arising from your use of the Site or violation of these Terms.

3.9 Governing Law

These Terms shall be governed by and construed in accordance with the laws of [insert governing state/jurisdiction], without regard to its conflict of law principles.

3.10 Changes to Terms

We reserve the right to modify these Terms at any time. Continued use of the Site after changes are posted constitutes acceptance of the revised Terms.

3.11 Severability

If any provision of these Terms is found to be unenforceable, the remaining provisions will remain in full force and effect.

4. Contact Information

For questions about this Privacy Policy, Cookie Disclaimer, or Terms & Conditions, please contact us at info@restintelligence.com.