

Terms of Use Last updated: 14.07.25

Welcome to Otti! These Terms of Use explain the rules for using our app. By using this app, you agree to these terms.

1. **About the App** This app uses artificial intelligence (AI) to provide general information and support for tired families experiencing sleep challenges with their children. The app provides AI-generated coaching, recommendations, and support based on holistic health principles. It does NOT provide medical, legal, financial, or any other professional advice. The information is not personalised or guaranteed to be accurate.
2. **Our Background & Purpose** This app is powered by AI trained using knowledge derived from the founder's accredited Holistic Health Level 6 training. It is designed to provide general wellbeing and sleep-related support for families. The guidance provided is based on holistic, non-clinical approaches and is not a substitute for medical or psychological care.
3. **Who Can Use the App** To use this app, you must be at least 16 years old. By using it, you confirm you meet this requirement.
4. **AI-Generated Information** All content is generated by AI and may be inaccurate or incomplete. You must not rely on it as a substitute for professional advice. You are responsible for your own decisions.
5. **Not a Substitute for Clinical Advice** This app is not a replacement for professional sleep therapy, psychological support, or medical assessment. It does not provide medical diagnoses or treatment plans. Always consult a qualified professional before making changes to your health, your child's health, or your routines.
6. **Limitation of Liability** We do not accept any responsibility for loss or damage resulting from your use of the app. We do not guarantee that the information provided will be accurate, complete or up to date. You use the app at your own risk. We do not guarantee that the AI-generated guidance is suitable for your personal needs. You understand that using the app is voluntary and that [Company Name] is not responsible for how you apply any information provided.
7. **Acceptable Use** You agree not to:
 - Use the app for unlawful or harmful purposes
 - Attempt to reverse engineer or copy the app
 - Disrupt or harm the app's functionality
8. **Data and Privacy** Your personal data will be handled in line with our Privacy Policy. We will only collect and use your data as permitted by law.
9. **Changes to the App or These Terms** We may update the app or these terms at any time. If the changes are significant, we will notify you.
10. **Ending Use of the App** We can suspend or end your access to the app if you breach these terms. You can also stop using the app at any time.
11. **Governing Law** These terms are governed by the laws of England and Wales. Disputes will be resolved in the courts of England and Wales.
12. **Contact Us** If you have questions about these terms, contact us at: [Insert contact email or address]

By using this app, you confirm that you understand and agree to these Terms of Use.