# Inside Soltide

A daylight coach for the dark months. It tells you the best time to step outside today, for your place, the weather and the season. Made by a solo developer in Poland, for iPhone and Apple Watch.

## Apple Technologies

Free to use, unless a line says Soltide Pro.

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| **WeatherKit** | The hourly forecast, fetched on device, feeds the day's plan, so a grey morning or a sunny spell changes it. Forecasts come from Apple Weather. |
| **HealthKit Time in Daylight** | With Soltide Pro, Time in Daylight from Apple Watch fills in your light log, and timed sessions are saved to Apple Health. |
| **Live Activities** | A running light session counts on the Lock Screen and in the Dynamic Island. |
| **WidgetKit** | Best Light, Your Day and Sun Time widgets for the Home Screen and Lock Screen. |
| **App Intents and Siri** | Ask Siri when your best light is, or start and end a light session, without opening the app. |
| **watchOS App and Complications** | A native Apple Watch app shows your best light and starts a session from the wrist, with complications for the watch face. |
| **StoreKit 2** | Soltide Pro, a paid upgrade, is sold through StoreKit 2 and verified on device, with no receipt server. |

## Sun Safety

- Light, not a tan. Soltide is never a tanning app. Never look directly at the sun.
- When UV reaches 3, protect your skin: shade, clothing and a hat, sunglasses, SPF 30+. Sunscreen isn't a reason to stay out longer.
- In winter, above about 40°N, the sun is too low for your skin to make much vitamin D, often very little. Ask a doctor or pharmacist about vitamin D.
- Safety information is always free.
- Soltide's light and UV figures are estimates.

## Privacy

- No account needed.
- Apple Health data stays on your devices.
- Location is rounded to about 1 km on your iPhone. To fetch weather, only an approximate area (about 10 km) is sent to Apple Weather.

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Soltide offers general wellness information, not medical advice. If you have health concerns, talk to a doctor.

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