



# Sleeptracker® Application User Guide





# Sleeptracker®

Your **Sleeptracker®** monitor and its companion application are powered by Sleeptracker technology to accurately and continuously monitor a sleeper's movements, heart rate, and respiration rate throughout the night.

Easy-to-understand sleep graphs visually distinguish between periods when you were awake, in light sleep, deep sleep, or REM sleep. These are quantified with a summary "sleep score." Goals and dynamic coaching encourage getting a better understanding of your sleep and ways you can improve your overall sleep health.



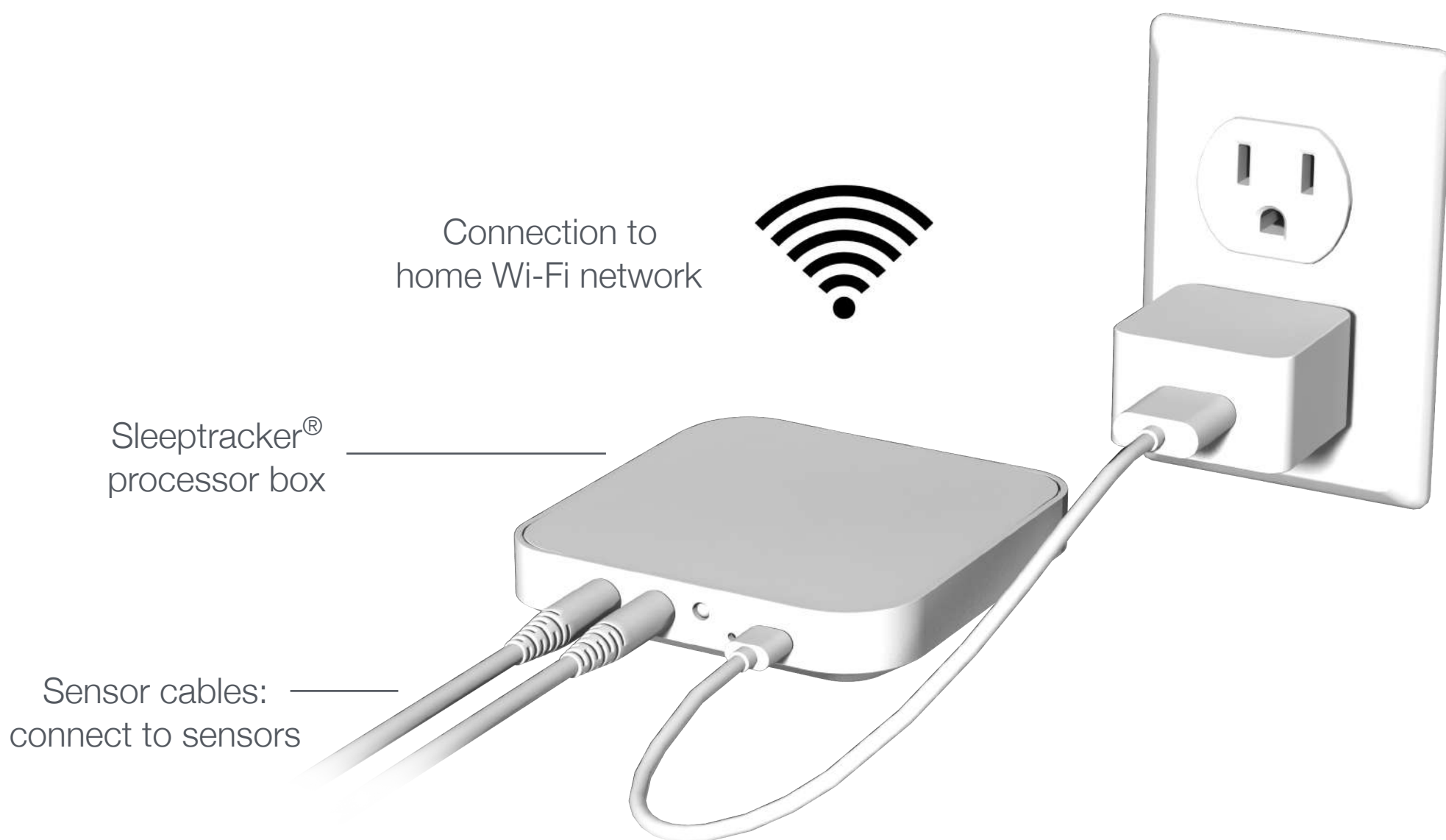
The Sleeptracker® app lets you set a sleep cycle alarm that will help you Wake Up at the Optimal Time™ in your sleep cycle so that you wake up refreshed and more energized throughout the day.

# Setting Up the Sleeptracker® Monitor

To get started, make sure your Sleeptracker® processor box is powered on and the sensor cables are plugged in as indicated.

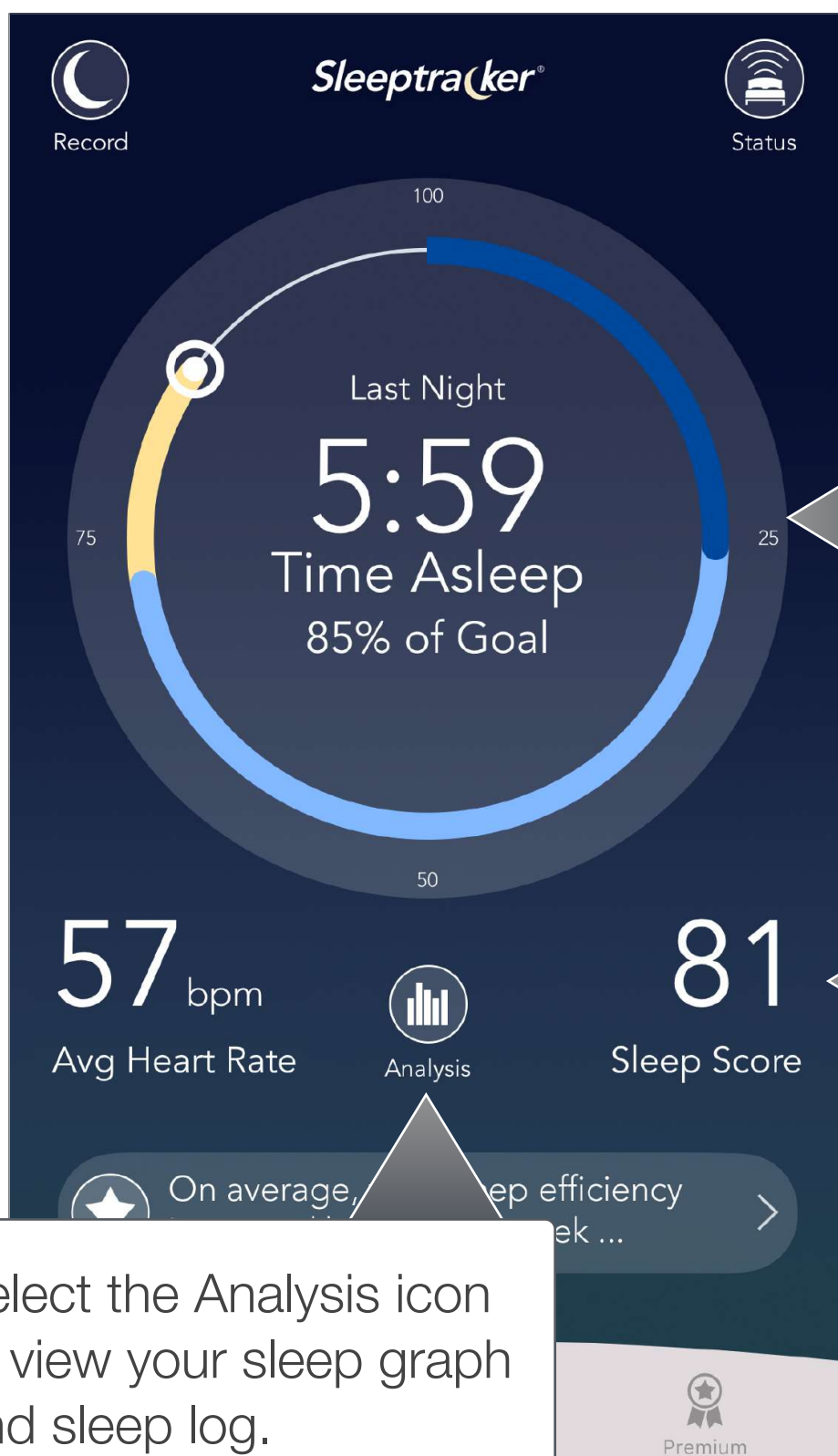
Next, install the Sleeptracker® app onto your phone. The first time you use the app, it will guide you through the easy process of creating a user account and connecting your smart bed to your home Wi-Fi network.

Your smart bed must be connected to a Wi-Fi network in order to sync data with the Sleeptracker® app.

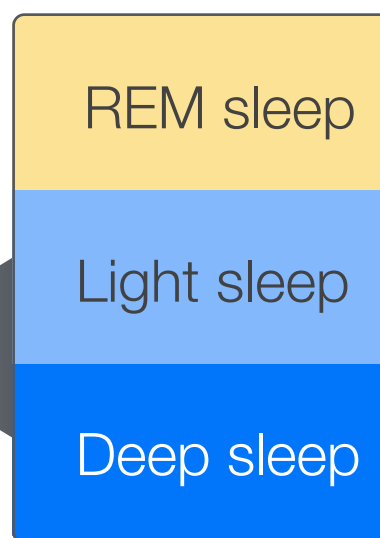


# Home Page

The Home page shows an overview of daily progress toward your sleep goal. Important sleep statistics are viewable in the center ring. Daily tips, personal statistics, and comparisons from the Sleeptracker® Coach will be accessible at the bottom of the page — these tips will become more personalized as the app gets to know your sleep habits.



The center ring cycles through the time spent in each sleep phase:



Your **Sleep Score** combines all sleep metrics into one simple value. Scores range from 0-100. As your sleep improves, your score will go up.

Select the Analysis icon to view your sleep graph and sleep log.



### Home button:

When highlighted it indicates you are currently on the Home page.

Touch this button from anywhere else in the app to return to the Home page.

### Application menu:

Manage your alarm, sleep goal, user profile, and account settings. Add a new user or get help using the app.

### Sleeptracker Premium:

Get the most out of your Sleeptracker<sup>®</sup> monitor with a premium subscription. New users receive a free trial.

# Sleep Recording

Sleeptracker® records your sleep automatically each night by default. Optionally, select the Moon button on the home page to start a recording when you are ready to fall asleep, versus laying in bed reading or watching TV, to improve the accuracy of calculated sleep efficiency values and for a more accurate sleep score. Manual recording is also best for short naps you wish to record outside of your regular sleep routine.

Select the Moon button to begin a sleep recording and adjust your sleep cycle alarm settings.

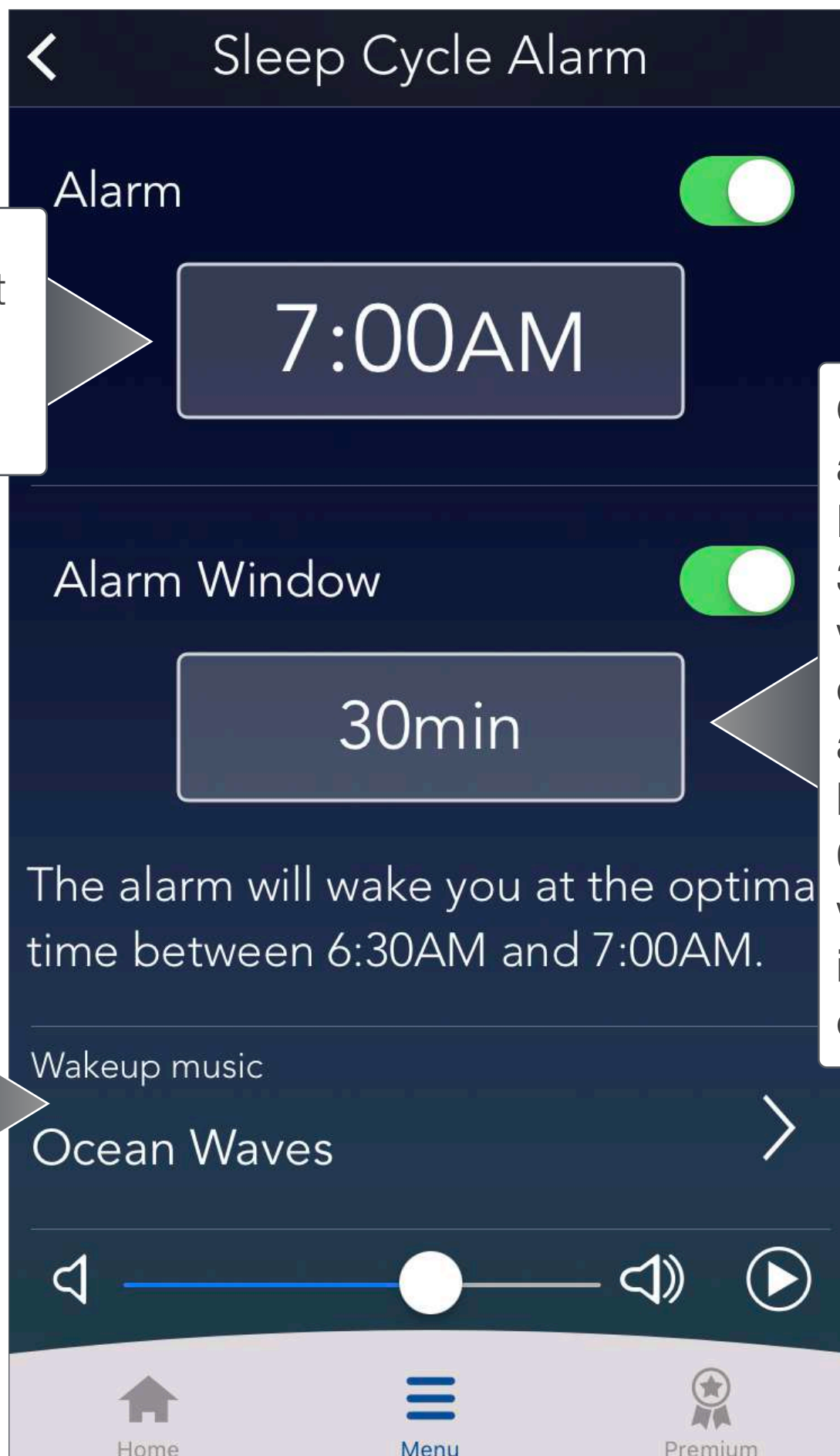


The bed icon indicates your connectivity status to the Sleeptracker® monitor. Select the icon to view your connection status, add a user to your smart bed, change bed name, or change the side of the bed you sleep on.



# Sleep Cycle Alarm

The **Sleep Cycle Alarm** wakes you during your lightest phase of sleep in a given window of time. The alarm set time is the latest time at which the alarm will sound. Access the alarm settings from Menu > Set Sleep Cycle Alarm.



Set the latest time at which the alarm will sound.

7:00AM

Choose an alarm window. For example: a 30 minute window will cause the alarm to fire between 6:30-7:00am if/when you are in a light phase of sleep.

30min

The alarm will wake you at the optimal time between 6:30AM and 7:00AM.

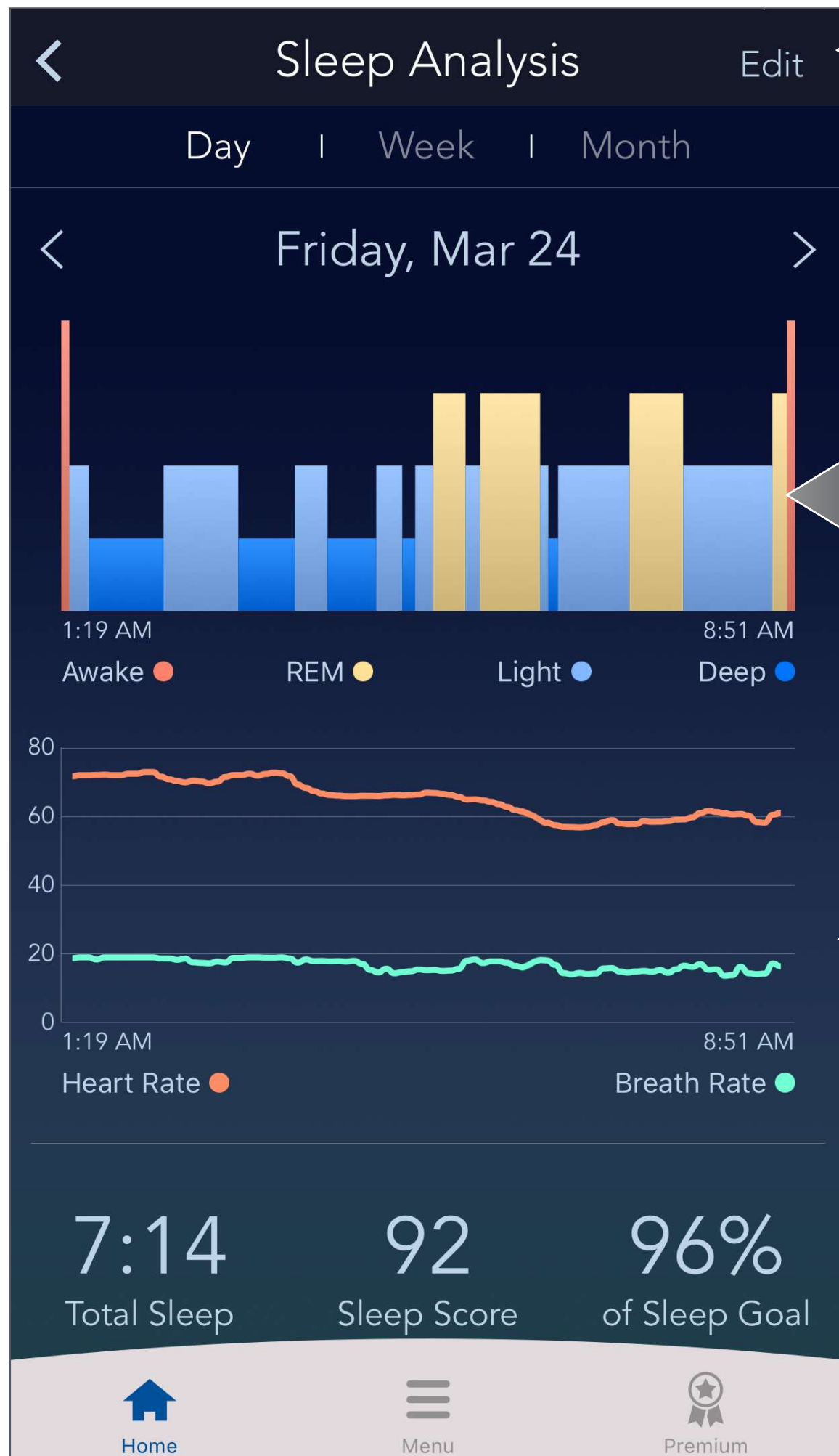
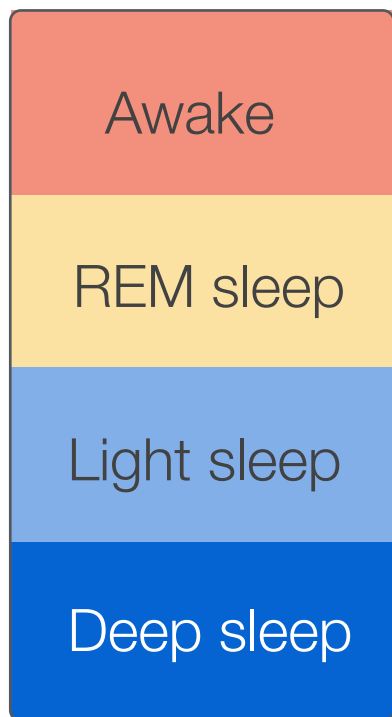
Wake up to a preset sound, or select your own music.

Wakeup music

Ocean Waves



# Sleep Log



Edit your bed time or rise time.\*

The sleep graph indicates periods of deep sleep, light sleep, REM sleep and awake time over the course of the night.

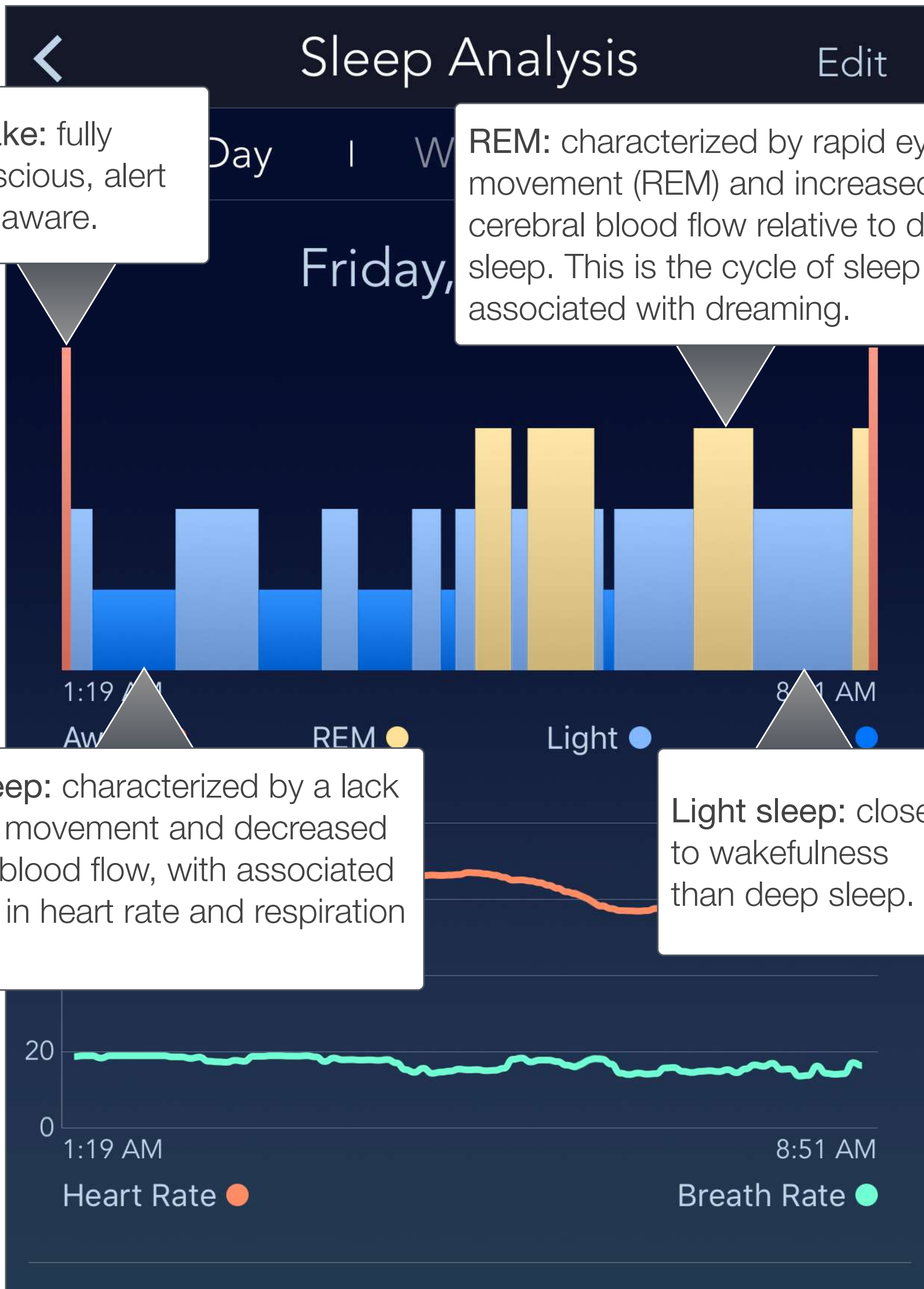
View heart rate and respiration rate graphs.

\* For example: if you started your sleep recording too early, or if you manually start/stop your sleep recording and forgot to stop your recording in the morning





# Sleep Phases



**Awake:** fully conscious, alert and aware.

**REM:** characterized by rapid eye movement (REM) and increased cerebral blood flow relative to deep sleep. This is the cycle of sleep associated with dreaming.

**Deep sleep:** characterized by a lack of bodily movement and decreased cerebral blood flow, with associated changes in heart rate and respiration rate.

**Light sleep:** closer to wakefulness than deep sleep.