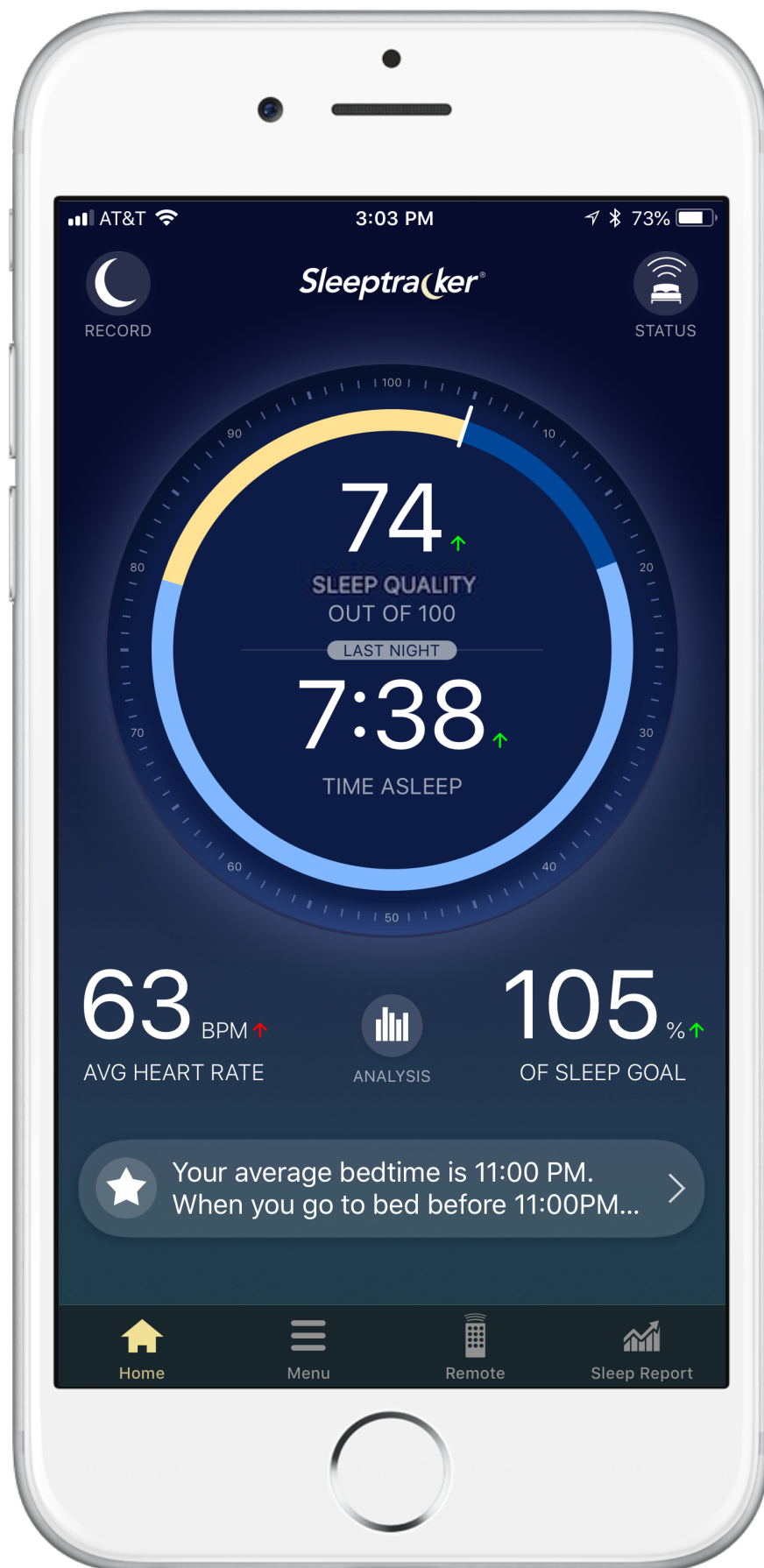# Sleeptracker®
Application
User Guide

Sleeptracker®

Your SmartMotion™ smartbed and **Sleeptracker®**, 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 "Sleep Quality" metric. 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. You can also control your adjustable base according to your personal preferences using the app instead of your physical remote.

Setting Up Your Smart Bed Base

To get started, make sure your Sleeptracker® processor unit 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 smartbed to your home Wi-Fi network.

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

Connection to home Wi-Fi network

Sleeptracker® processor unit
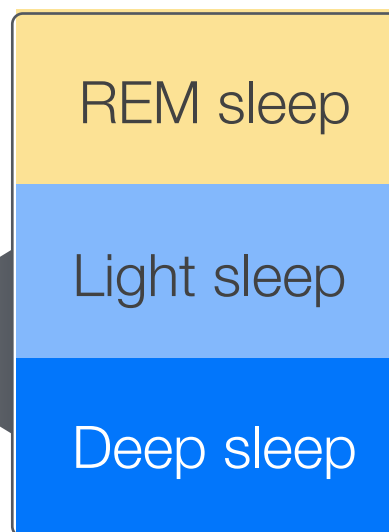
Sensor cables: connect to base
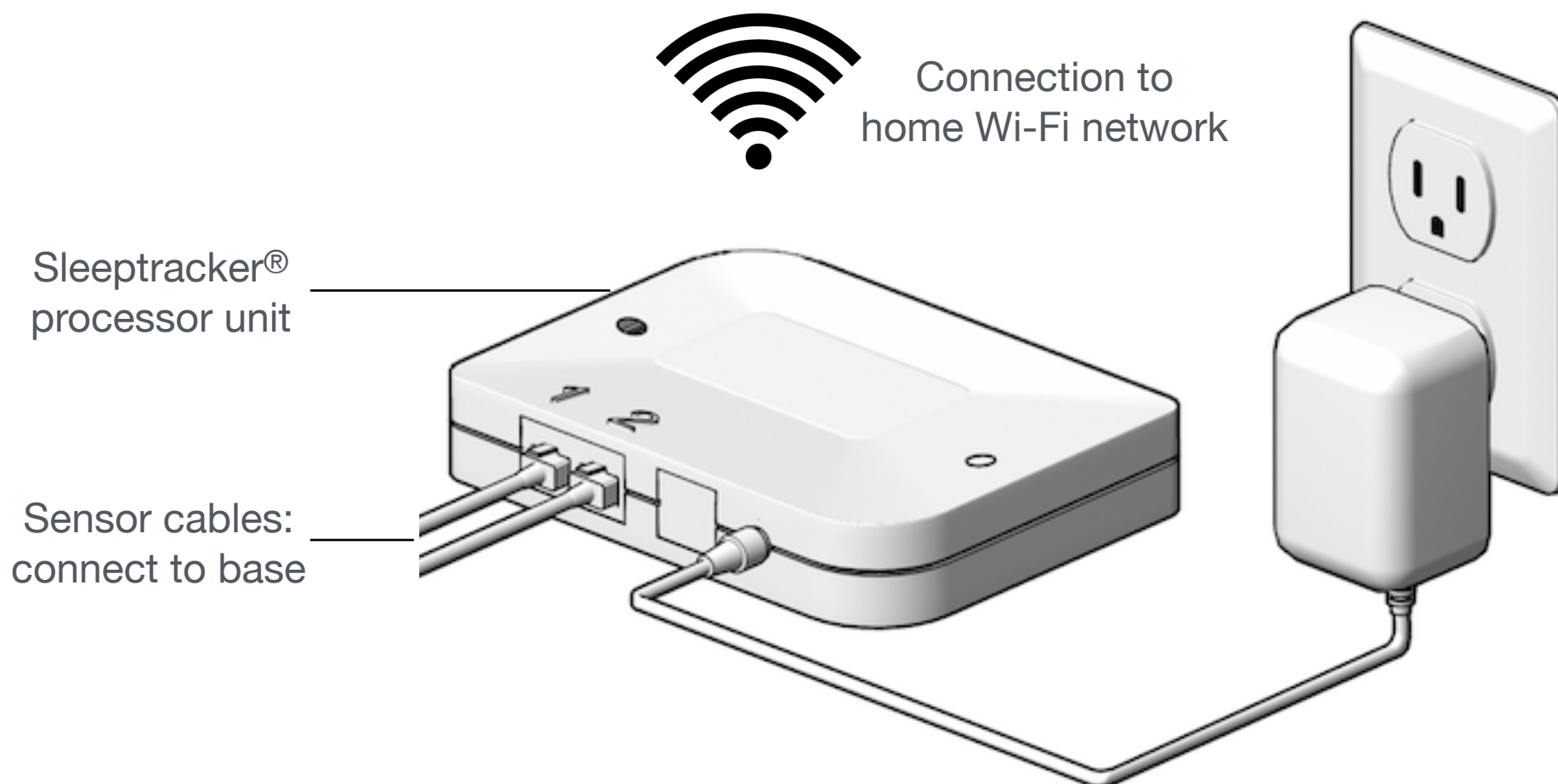
Home Page

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 are 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:

REM sleep

Light sleep

Deep sleep

Sleeptracker®

RECORD

STATUS

74

SLEEP QUALITY
OUT OF 100

LAST NIGHT

7:38

TIME ASLEEP

63 BPM↑
AVG HEART RATE

ANALYSIS

105%↑
OF SLEEP GOAL

Your average is 11:00 PM.
00PM...

Sleep Report

Percentage of Sleep Goal: Set your initial sleep goal at a realistic time for you. Adjust from Menu>Set Sleep Goals.

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

LAST NIGHT

7:38 ↑

TIME ASLEEP

63 BPM ↑
AVG HEART RATE

ANALYSIS

105 % ↑
OF SLEEP GOAL

★ Your average bedtime is 11:00 PM.
When you go to bed before 11:00PM... >

🏠 Home   ☰ Menu   📱 Remote   📈 Sleep Report

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.

Remote Control:

Control your adjustable base

Sleep Analysis Report:

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

Sleep Recording

Select the Moon button on the home page to start a sleep recording. Start the 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 Quality metric.

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

The **Status icon** indicates your connectivity to the Sleeptracker® cloud. 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.

Sleeptracker®

RECORD

STATUS

74
SLEEP QUALITY
OUT OF 100

LAST NIGHT

7:38
TIME ASLEEP

63 BPM
AVG HEART RATE

ANALYSIS

105 %
OF SLEEP GOAL

Your average bedtime is 11:00 PM. When you go to bed before 11:00PM...

Home   Menu   Remote   Sleep Report

Sleep Cycle Alarm

The **Sleep Cycle Alarm** wakes you during your lightest phase of sleep in a given window before 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.
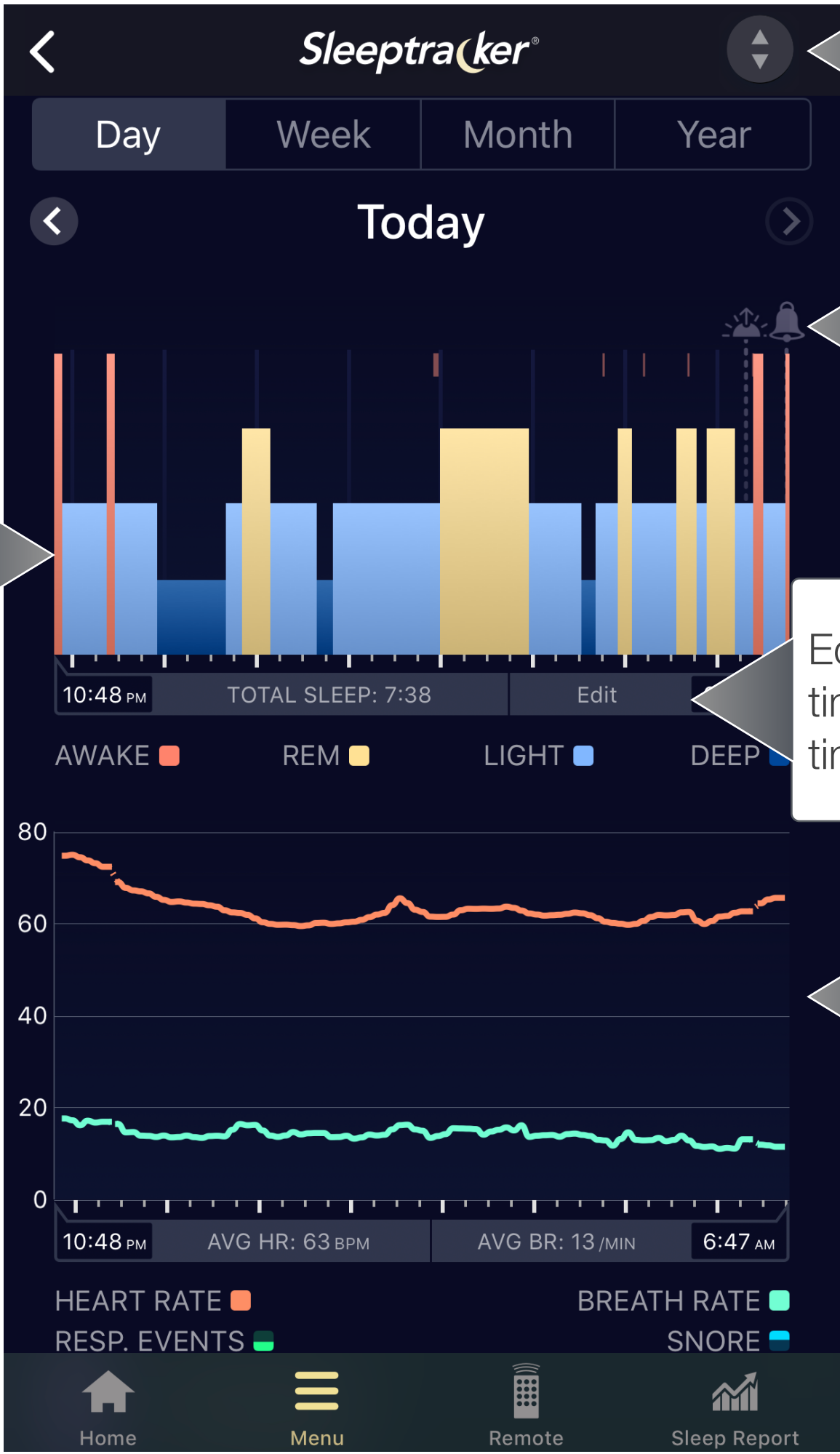
Sleep Cycle Alarm

Alarm

Set the latest time at which the alarm will sound.

6:50AM

Repeat Alarm: Mon Tue Wed Thu Fri

S M T W T F S
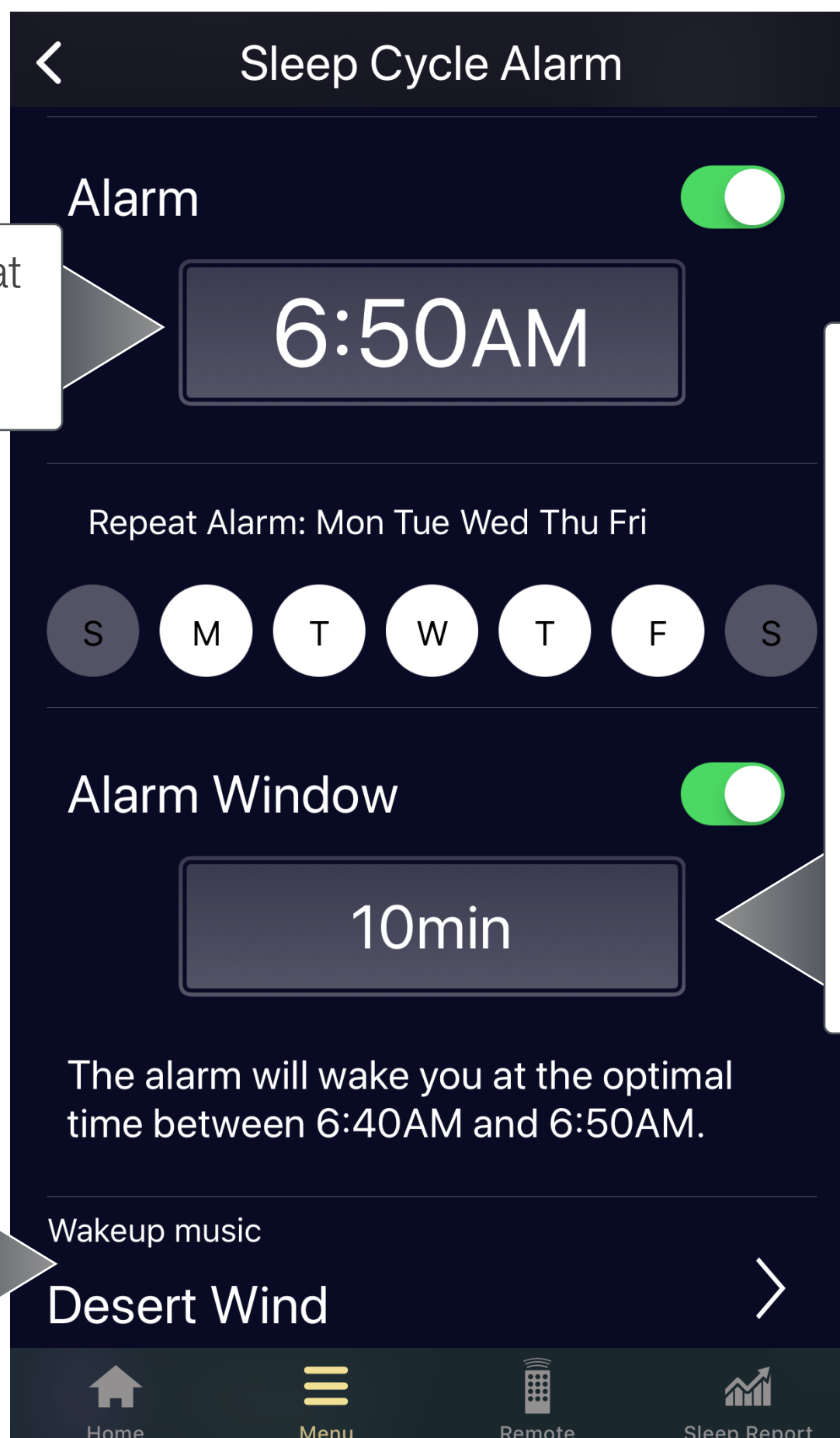
Alarm Window

Choose an alarm window. For example: a 10 minute window will cause the alarm to fire between 6:40-6:50am when you are in a light phase of sleep.

10min

The alarm will wake you at the optimal time between 6:40AM and 6:50AM.

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

Wakeup music

Desert Wind >

Home   Menu   Remote   Sleep Report

☾ Sleep Log

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

Analysis table of contents.

Tap on brief awake, sunrise or alarm icons for more info.

Edit bed time or rise time.*

View heart rate and respiration rate graphs.

Sleeptracker®

| Day | Week | Month | Year |

‹ Today ›

10:48 PM   TOTAL SLEEP: 7:38   Edit

AWAKE ▪   REM ▪   LIGHT ▪   DEEP

80
60
40
20
0

10:48 PM   AVG HR: 63 BPM   AVG BR: 13 /MIN   6:47 AM

HEART RATE ▪   BREATH RATE ▪
RESP. EVENTS ▪   SNORE ▪

Home   Menu   Remote   Sleep Report

| Awake |
| REM sleep |
| Light sleep |
| Deep sleep |

* For example: if you started your sleep recording too early, or if you forgot to stop your sleep recording in the morning
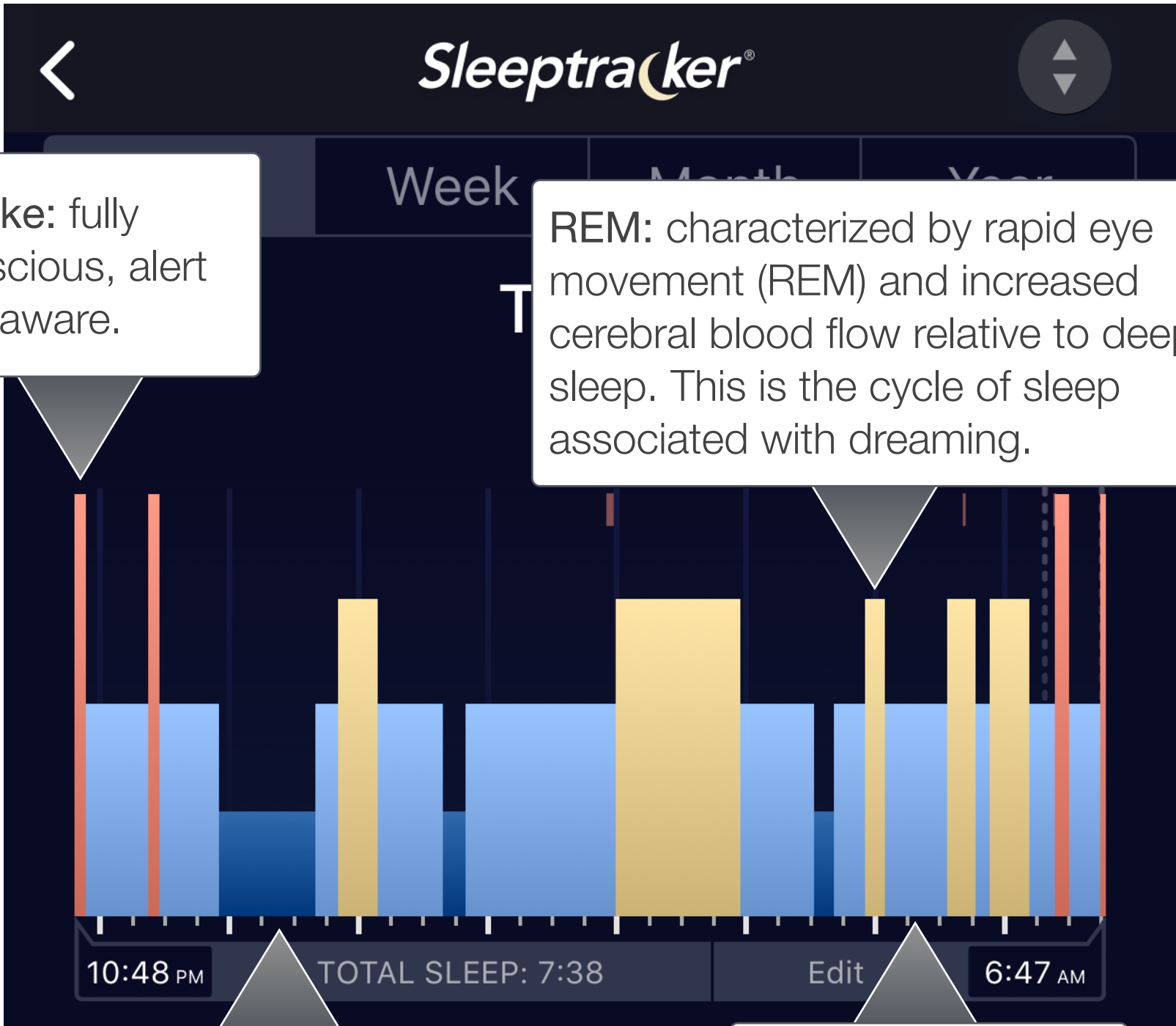
Sleep Phases

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.

Week

10:48 PM   TOTAL SLEEP: 7:38   Edit   6:47 AM

40

20

0

10:48 PM   AVG HR: 63 BPM   AVG BR: 13 /MIN   6:47 AM