

# Discover better sleep with smart sleep technology



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## DISCOVER BETTER SLEEP

Sleep is as important to your overall health and wellbeing as a healthy diet and regular exercise. Getting the quality sleep your body needs on a regular basis can improve your memory and attention span, help you maintain a healthy weight, reduce stress and live a happier, healthier life. But how do you know if you're getting good quality sleep?

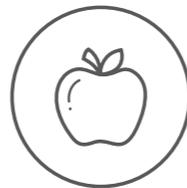
Understanding your sleep patterns is the first step to unlocking the secrets to better sleep. By

monitoring your slumber with a sleep tracking device, you'll not only learn how much sleep you're really getting, you'll uncover how your lifestyle habits may be sabotaging your sleep efforts.

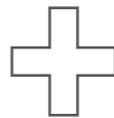
A.H. Beard has developed a range of smart sleep solutions that not only track your sleep quality, but help you fall asleep more easily and wake up refreshed, in an environment that's conducive to better sleep.



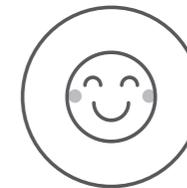
QUALITY  
SLEEP



HEALTHY  
DIET



REGULAR  
EXERCISE



OPTIMUM HEALTH  
& WELLBEING

## SLEEP DOT MINI SLEEP TRACKER

The Sleep Dot is a non-wearable, user-friendly device that monitors your sleep cycles, body movements and sleep quality. Used in conjunction with the Sleep Central app, it delivers your nightly sleep score, sleep analysis and

reports - plus personalised sleep tips - directly to your smart phone.

The Sleep Dot easily attaches to the corner of your pillow with inbuilt magnets, and has a 90 day battery life.



Sleep Tracking



Sleep Cycle



Body Movement



Sleep Advice



Smart Alarm



Sleep Aid

Your nightly sleep score is delivered to the Sleep Central app on your smart phone



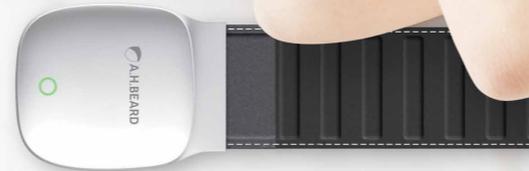
# RESTON SLEEP TRACKER

This comprehensive sleep tracker monitors your sleep cycle, heart rate, respiratory rate and body movements, for a complete analysis of your sleep.

RestOn's thin, super lightweight sensory strap simply slides into your A.H. Beard sleep tracker compatible mattress, or can be placed underneath your sheet. Its advanced sensitivity and proximity to your vital organs provides analysis with 95% accuracy.

In addition to monitoring real-time heart and

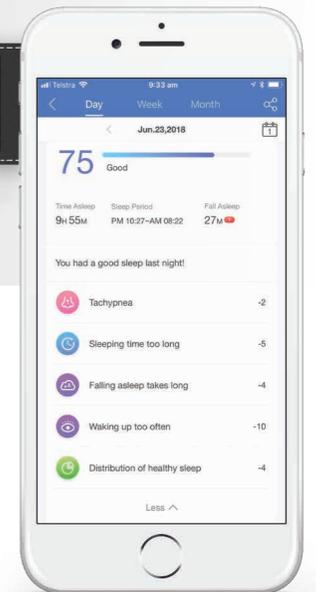
respiratory rates, RestOn measures your sleep time, sleep duration, and number of times waking or turning over. Used in conjunction with the Sleep Central app, RestOn analyses this data and delivers your sleep score, individual reports and personalised tips to improve your sleep directly to your smart phone. It's like having your own personal sleep consultant in the palm of your hand. You'll have a clear picture of your sleep patterns, and know exactly what to do to improve your sleep quality, night after night.



## The Perfect Pair

Pair the RestOn Sleep Tracker with a Nox Smart Sleep Light for a complete smart sleep experience. RestOn will alert Nox when you have fallen asleep, to automatically turn the light and sound off. In the morning, RestOn alerts Nox to wake you at the lightest point in your sleep cycle, so you always wake up feeling refreshed.

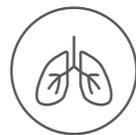
See page 10 for more on the Nox Smart Sleep Light



In-depth analysis of your sleep at your fingertips



Heart Rate



Respiratory Rate



Body Movement



Sleep Advice



Smart Alarm



Sleep Aid

# NOX

## SMART SLEEP LIGHT

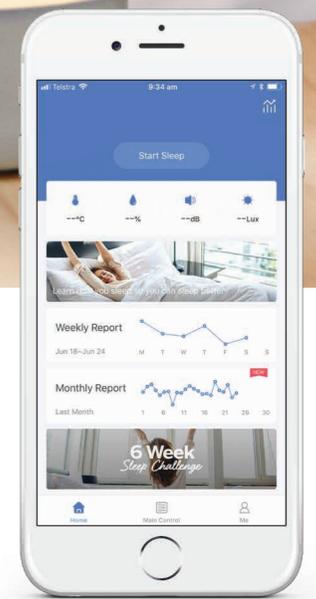
The Nox Smart Sleep light produces soothing light and sound to help you fall asleep easily and wake up refreshed.

Nox has a spectrum of coloured lights that enhance your natural sleep cycle. From soothing red light, which increases your levels of melatonin - the body's natural sleep hormone, to soft yellow and bright white, to simulate sunrise. Relaxing music and sounds help you drift off to sleep, while nature sounds gently wake you in the morning.

Nox will switch itself off once you have fallen asleep, and when used in conjunction with

an A.H. Beard sleep tracking device and the Sleep Central app, it will wake you during your lightest sleep, within 30 minutes prior to your set time. So you always wake up feeling refreshed.

The Nox Smart Sleep Light also provides insight into how your bedroom environment impacts your sleep. Built-in sensors monitor the ambient temperature, humidity, light and noise levels, and deliver this data to the Sleep Central app on your smart phone. You can then make changes to create the ideal environmental conditions for better sleep.



Monitors your Bedroom Environment



Sleep Aid



Smart Alarm



Smart Analysis & Sleep Tips



Sounds of Nature

Monitor the temperature, humidity, noise and light in your sleep environment

# SMART ANALYSIS

## Sleep Central App

The Sleep Central app is like a sleep consultant in the palm of your hand. When used in conjunction with an A.H. Beard sleep tracking device, it provides comprehensive individual

sleep analysis, reports, tips and personalised daily reminders. No more guessing - understand exactly what you need to do to achieve your best sleep!



Sleep Central App



The Sleep Central app is like a sleep consultant in the palm of your hand

# CHOOSING THE RIGHT SMART SLEEP SOLUTION

## Sleep solutions at a glance

Achieving your best sleep starts with choosing the right smart sleep solution for you. Whether you are looking for an introduction to sleep tracking, like the Sleep Dot, or a more

comprehensive sleep monitoring our range of smart sleep products will help you take the guesswork out of achieving better sleep.

	Sleep Dot Mini	RestOn Sleep Tracker	NOX Smart Sleep Light	NOX & RestOn Package
<b>SLEEP TRACKING</b>				
Time taken to fall asleep & hours slept	•	•		•
Sleep Cycle	•	•		•
Body Movement	•	•		•
Heart Rate		•		•
Breath and Respiratory Rate		•		•
95% Accuracy		•		•
<b>BEDROOM ENVIRONMENT MONITORING</b>				
Temperature			•	•
Humidity			•	•
Noise Levels			•	•
Light Levels			•	•
<b>SMART FEATURES</b>				
Smart Alarm with Light & Sound			•	•
Smart Alarm with Sounds Only	•	•	•	•
Sleep Aid Music	•	•	•	•
Comprehensive Sleep Analysis (Nightly, Weekly & Monthly)		•		•
Sleep Coaching and Tips	•	•		•
Personalised Sleep Score	•	•		•





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