

# TOMORROW STARTS TONIGHT

The Smart Sleep Technology  
Behind Every Great Night's Sleep



**A.H.BEARD®**  
Improving Lives Through Better Sleep.

Powered by Sleepace



Get More Out Of Every Day.

Choose Better Sleep.

One third of our lives is spent sleeping. Learn how you can get the best sleep of your life and feel healthier, happier, and more energetic every day.

With A.H. Beard's Smart Sleep Technology, you'll track the quality of your sleep, learn how much sleep you're getting, how you can fall asleep faster and wake up feeling more refreshed. Pair with the easy-to-use SleepNote app to get personalised sleep analysis and tips directly to your smart phone.



## RESTON SLEEP TRACKER



The RestOn Sleep Tracker accurately measures your sleep cycles, heart and respiratory rate, bedroom humidity, temperature, and body movement.

### Features

- The RestOn Sleep Tracker provides real-time monitoring and delivers your nightly sleep score, comprehensive sleep analysis and personalised sleep tips directly to your smart phone via the SleepNote App
- The non-wearable sensor band is placed under your bed sheet for greater comfort and accuracy
- Fall asleep easier and wake up naturally with soothing sleep aid music played from your smart phone
- The smart alarm wakes you up more naturally



Sleep Cycle



Respiratory Rate



Body Movement



Heart Rate



Temperature



Humidity



Sleep Score



Sleep Advice





## ORB

### SMART SLEEP LIGHT

The ORB Smart Sleep Light helps you fall asleep easily and wake up naturally with soothing music and light.

#### Features

- 9 Soothing wake up music tracks played via Bluetooth speaker
- 9 LED light colors: At bedtime, a calming red light helps to increase your body's natural sleep hormone, melatonin. In the morning, a soft yellow light changes to bright white to simulate the sunrise
- Digital clock display and snooze function
- Compatible with Amazon Alexa and Google assistant
- Can be paired with the RestOn Sleep Tracker to monitor temperature, humidity, light and noise levels in your bedroom



Sleep-Aid Mode



Natural Wake Up



Music Alarm



Snooze Mode



Bluetooth Speaker



Coloured Light



Night Lamp



LED Clock



## Discover a Better Night's Sleep.

## Tomorrow Starts Tonight.



## SLEEP DOT

### MINI SLEEP TRACKER

The Sleep Dot monitors your sleep cycles, body movements and sleep quality.

#### Features

- Used in conjunction with the SleepNote App, the Sleep Dot delivers your nightly sleep score, comprehensive sleep analysis and personalised sleep tips directly to your smart phone
- Nothing to wear. The Sleep Dot simply attaches to your pillow via magnet for greater comfort
- Fall asleep easier and wake up naturally with sleep aid music played from your smart phone
- 60-day battery life



Sleep Analysis



Sleep Advice



Sleep Music



Sleep Cycle



Body Movement



Temperature

# SLEEPNOTE

## APP

The SleepNote App delivers personalised sleep analysis, tips and daily reminders directly to your smart phone. Pair with one or more of the A.H. Beard Sleep Aid Devices to discover how well you sleep each night and what you can do to get the best sleep of your life.



# FEATURES

## AT A GLANCE

	Sleep Dot Mini Sleep Tracker	Reston Sleep Tracker	Orb Smart Sleep Light	Orb & Reston Together
Sleep Tracking				
Time taken to taken to fall asleep & hours slept	●	●		●
Sleep Cycle	●	●		●
Body Movement		●		●
Heart Rate		●		●
Respiratory Rate		●		●
Bedroom Environment Monitoring				
Temperature		●		●
Humidity		●		●
Noise Levels				●
Light Levels				●
Smart Features				
Smart Alarm with Light & Sound			●	●
Sleep Aid Music (via the SleepNote App)	●	●	●	●
Sleep Analysis	●	●		●
Sleep Tips	●	●		●
Personalised Sleep Score	●	●		●

LEARN MORE







ahbeard.com.au



**A.A.H. BEARD<sup>®</sup>**  
Improving Lives Through Better Sleep.

Powered by **Sleepace**