

CSTs

Mobile device Applications



Calm

Advantages

- Convenience
- Flexibility
- Ease of use
- Offers data and feedback

Disadvantages

- Light pollution (blue light)
- Noise
- Less capabilities when comparing to high-end standalone electronic devices



Sleep Cycle



Headspace



Buddhify



Wearable Devices



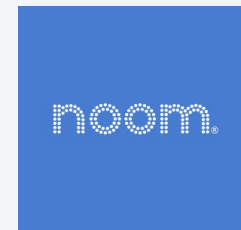
Smart watches

Advantages

- Attached to the body
- Can be embedded in clothing
- More accurate

Disadvantages

- Discomfort
- Limited battery life
- Sensor damage
- Potential displacement during sleep



Fitness trackers



Sleep Profiler



Smart Ring



WHOOP Strap

Embedded Devices

Smart mattress **pads**, digitally-enabled **luxury beds** and environment control systems

May be connected to wearables

Sensor embedded into a sleep mattress

A **camera** embedded into a bedroom wall

Advantage:

- Accurate biometrics
- Incorporates a smart alarm
- Independently adjust the mattress temperature for each partner's half bed

Disadvantage: Privacy concerns



Internet resources

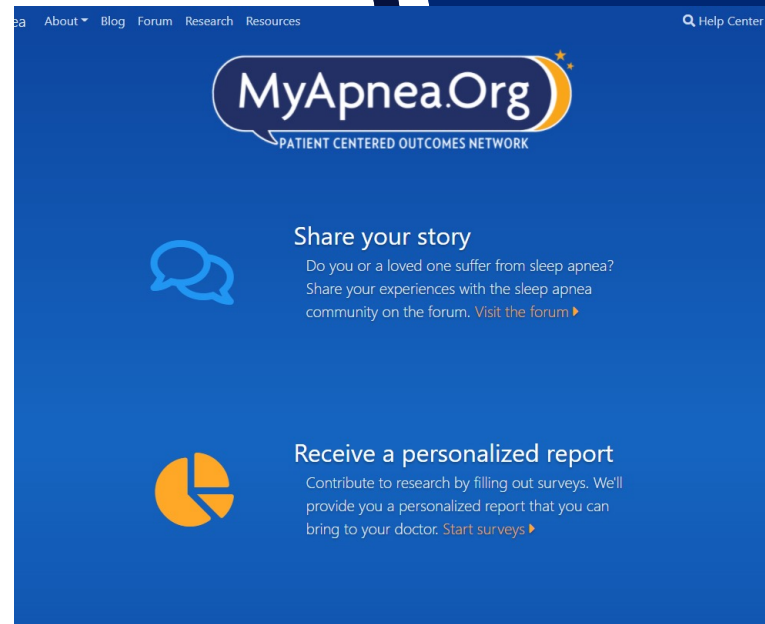
Computer programs or websites that are designed to run on a full desktop operating system.

Advantage:

Richer exchange of high-quality data

Disadvantage:

Cost, Portability, Complexity



cpap.com



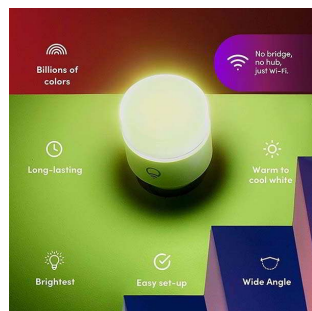
Accessory Appliances

Advantages

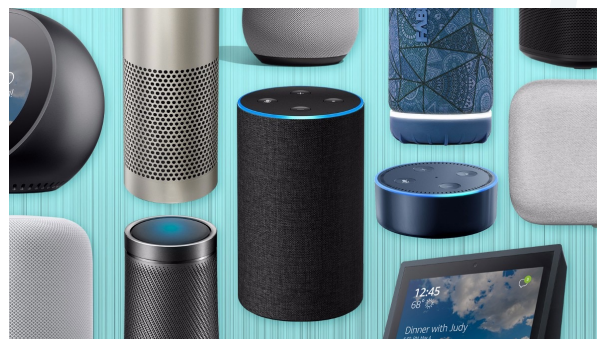
- Improved functionality
- Flexible options
- Alert/cue time for sleep
- Can simulate light/dark cycles

Disadvantages

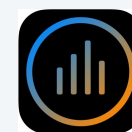
- Cost
- Space occupying
- Complexity



Smart Bulbs



Smart Speakers



myNoise



Atmosphere



Noise machines

