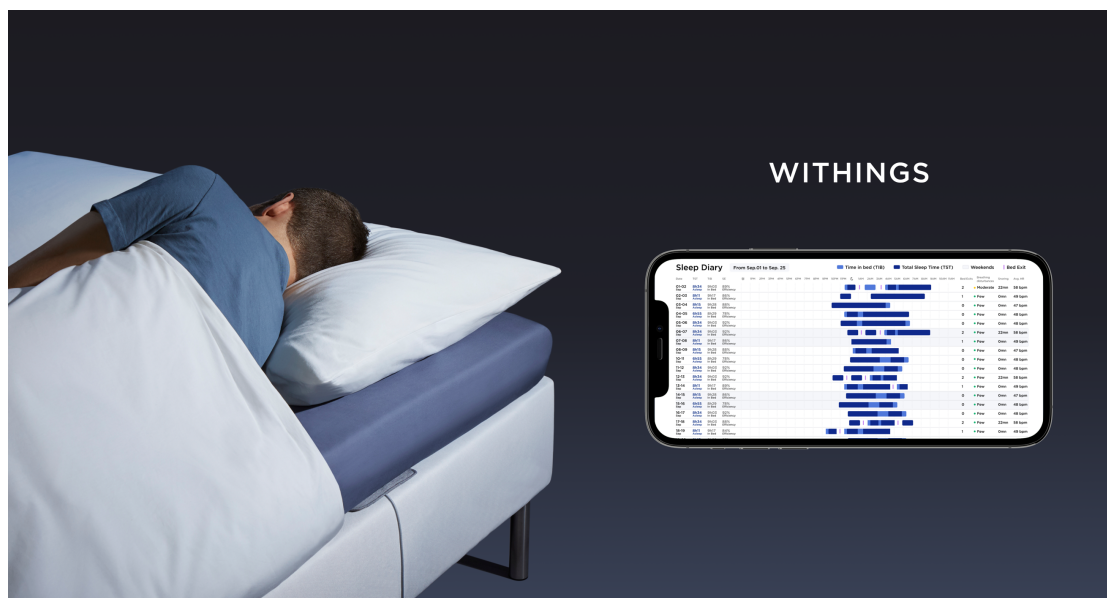


WITHINGS LAUNCHES ADVANCED SLEEP DIARY CAPABILITIES TO HELP DOCTORS BETTER IDENTIFY AND TREAT SLEEP DISORDERS

Digital diaries combine sophisticated sleep tracking data with curated behavioral information as a new study finds 12% of people may suffer from Insomnia without knowing it



Issy-les-Moulineaux, France – March 18, 2021 – As the world marks International Sleep Day (March 18, 2022), [Withings](#), a pioneer of the connected health movement has launched **Sleep Diary**, a solution that automatically collects and analyzes sleep data while channeling user-generated information in a usable and actionable format for physicians. A complement to the [Withings Sleep Analyzer](#), a unique, non-invasive, medical-grade sleep sensor, it can help reveal under-diagnosed pathologies such as sleep apnea or insomnia.

Studies across the world consistently show Insomnia affects about a third of populations, yet despite its prevalence, it is often underdiagnosed. In a new study of over 12,000 of its users, Withings found significant numbers may actually be experiencing Insomnia without knowing it and despite stating the opposite. After initially asking whether someone self-identifies as having Insomnia, further behavioral questions and sleep data revealed 12% of respondents are likely to be experiencing may actually have had Insomnia without knowing it.

From cognitive function, weight management, cardiovascular health, aging to depression, immunity, pulmonary function, and diabetes, studies have shown the importance of sleep to overall health and wellness. In addition, it is estimated one billion people worldwide suffer from mild to severe sleep apnea, a serious sleep disorder. While sleep apnea can lead to major health and cardiovascular issues, eight out of ten people don't know they have it.¹

¹ Estimation of the global prevalence and burden of obstructive sleep apnoea: a literature-based analysis Benjafield, Adam V et al. The Lancet Respiratory Medicine, Volume 7, Issue 8, 687 - 698

It is therefore vital to ensure consistent and restful sleep.

Dear Diary - Bringing State-of-the-Art Sleep Monitoring to the Bedroom

The sleep diary is a common tool deployed by medical professionals for identifying sleep disturbances, their frequency, determining if diagnostic testing is warranted, and to monitor for changes. However, the traditional sleep diary is hard to complete consistently and can be inaccurate, often relying on subjective information.

Paired with Withings Sleep Analyzer, the all-new Withings Sleep Diary combines the automatic collection of sleep data with behavioral analysis based on gold standard sleep disorder medical questionnaires, including the Epworth Sleepiness Scale and Stop-Bang Model. It then generates an easy-to-use and standardized dashboard that users can quickly interpret, track overtime, and share with physicians as a PDF.

The Withings Sleep Analyzer is a clinically tested medical-grade device that helps improve sleep quality. Featuring a simple one-time set up, it is placed under the mattress and measures the movements of the thoracic cage, heart rate and breathing.

It detects sleep duration, sleep onset and time to wake, sleep cycles distinguishing between deep and light, and REM phases. It also measures continuous and average heart rate, snoring duration, and detects the presence and length of breathing disturbances. Withings Sleep can even help to improve the overall sleeping environment. Through integration with IFTTT, it can control lights, temperature, and other smart home devices just by getting into and out of bed.

Designed with sleep physicians, Sleep Diary and Withings Sleep are a powerful combination.

"Sleep Diary ideally complements the data collected by Withings Sleep and gives it meaning," said Matthieu Menanteau, Head of Products at Withings. "Information is power, which is why Withings creates devices that seamlessly fit into people's lives that consistently capture health data over the long-term. By ensuring people have access to the most reliable health data, we help people regain control of their health."

Availability

Withings Sleep Analyzer is available at Withings.com, Amazon, and Curry's priced £119.95. The new Sleep Diary feature is available from March 18, 2022, within the Withings app.

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About [Withings](#)

Established in 2008, [Withings](#), is a world leader in connected health technology. Its team of engineers, data scientists, and healthcare professionals have enthused every day, elegant lifestyle objects with medical and wellness capabilities to efficiently track health vitals. Its range of in-home devices can monitor more than 20 health parameters and are used daily by millions of people worldwide. Its portfolio of devices includes connected scales, hybrid watches, smart thermometers, blood pressure monitors, and sleep trackers to empower individuals to take back control of their health and track medical and wellness data.