

Sleep Sensing & Home Automation Pad



Featuring a simple one-time setup under the mattress, Sleep is a sensor that helps improve sleep quality by offering advanced sleep cycle analysis, heart rate tracking, and snore detection. Learn how to improve your nights with a daily Sleep Score and with Sleep Smarter—a dedicated coaching program provided within the Health Mate app. You can also create a better sleep environment by taking advantage of a range of smart home capabilities that Sleep can support.

Features

Advanced sleep tracking

Monitor sleep cycles (deep, light & REM), track heart rate and detect snoring. Algorithms used to analyze the data have been validated with the help of a team of sleep experts.

Better sleep

Every day, wake to a Sleep Score in the Health Mate app that shows you if your night was restorative.

Enhanced sleep environment

Control lights, temperature, and other smart home devices just by getting into and out of bed via IFTTT integration.

Personalized coaching

Sleep Smarter is a dedicated in-app coaching program that can help you reduce fatigue, improve health, and support weight management efforts by leading you towards a more balanced sleep schedule.

All you need to do—is sleep

Easy one-time setup under the mattress makes Withings Sleep fit seamlessly into your life. Wake to all data in the app via Wi-Fi.

Technical Facts & Design

Metrics

Sleep duration, sleep onset and wake ups
Sleep cycles: deep, light, REM phases
Continuous and average heart-rate Snoring detection Sleep quality score

iPhone, iPad, or iPod touch with iOS 10 or later, or smartphone/tablet with Android 5 or later

Free and unlimited online data storage with a Withings account.

Local storage of data between syncs

Price & Availability

£99.95

Online

withings.com, amazon.co.uk

In Store

John Lewis & Argos