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.

Get more information on our products at www.withings.com
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 Heath 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
Jonh Lewis & Argos