Sleeptracker®

by Beautyrest®

Available on the iPhone — App Store

GET IT ON Google Play

71
SLEEP SCORE
OUT OF 100
LAST NIGHT

7:16
TIME ASLEEP

55 BPM
AVG HEART RATE

96%
OF SLEEP GOAL

On average, your sleep efficiency improved by 15% last week ...
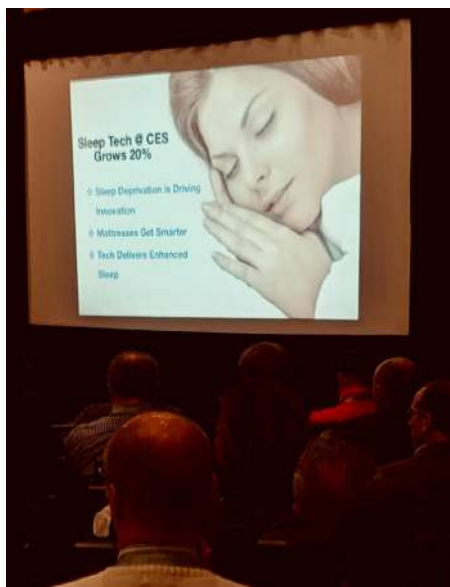
MAKE ANY BED A SMART BED™

Key Features

| AI + Machine Learning | Detailed Sleep Analysis | Fits Seamlessly Under Mattress | Amazon Alexa and Google Assistant Compatible |

Philippe Kahn

At the CES show, at the keynote presentation, Sleep technology grows! Fullpower's Sleeptracker technology platform is the leader. Completely non-invasive, and non-intrusive. Nothing to wear, nothing to charge, makes any bed a smart bed, monitors two sleepers simultaneously accurately to 90+ pct of medical gold standard PSG . Cloud-based AI-powered with a powerful bolt-on cloud-to-cloud API for rapid integration. For example, if you use Alexa, please try the new skill: "Alexa, ask Sleeptracker how I slept last night!" And much more under development to be announced. #sleep #machinelearning

Sleep Tech @ CES Grows 20%

- Sleep Deprivation is Driving Innovation
- Mattresses Get Smarter
- Tech Delivers Enhanced Sleep

Beautyrest Sleeptracker Monitor – Wearable-Free Sleep Tracker – Intuitive App and Alexa Enabled by Beautyrest

★★★★☆ ˅   86 customer reviews | 101 answered questions

Amazon's Choice for "sleep monitor"

Sleeptracker vs. Beddit Monitor	Sleeptracker®	beddit
REM Sleep	Yes	No
Android & iPhone	Yes	No Android
Invisible under the mattress	Yes	No, uncomfortable above mattress, gets in the way when changing sheets
Automatic sleep detection	Yes	Requires iPhone to be connected via blootooth and user to lie directly on top of Beddit sense
Always connected via home for Wi-Fi for reliable functionality	Yes	No, dependent on iPhone
IoT Cloud-Based, AI-powered	Yes	No, bluetooth iPhone accessory
Two Sleeper Accurate	Yes	No
90% accurate as polysomnography	Yes	No
Smarthome integration with Google Assistant & Alexa	Yes	No

Magid: Devices Measure Quantity, Quality of Sleep

Apple's Beddit comes in second to the Sleeptracker by Beautyrest, which has better features for couples.

By Larry Magid

One of the criticisms of the Apple Watch is that there is no native sleep monitoring, but that's not keeping Apple from wanting to measure your sleep. Instead, the consumer electronics giant last year acquired Beddit, a sleep detection device that's composed of a plastic strip that you put under your bottom sheet, to measure how you sleep. Apple just released the newest version of Beddit (3.5) with an accompanying iPhone app.

As is often the case with new Apple product categories, Apple is not the first to market a sleep detection device that connects to the bed. And, as is sometimes the case, the Apple product isn't best of breed. I installed the new Beddit device to compare with the Sleeptracker by Beautyrest monitor that I've been using for about a year and prefer the Sleeptracker.

Beddit is available at Apple stores or at Apple.com for $149.95. Beautyrest Sleeptracker lists for $199, but Amazon is currently selling it for $116.14 while Sears.com now has it for only $69.99.

The Apple and Beautyrest devices have a few things in common, but they differ in important ways. First, the Sleeptracker works with both Android and iPhone while Beddit only works with iPhone. Second, a single Sleeptracker product works with two sleepers so, if you share your bed, you and your partner can both get sleep data. You would have to buy and install two Beddit products to measure two sleepers. With Beddit, you need to have the phone in the room, while Sleeptracker connects to your home Wi-Fi network and can work independently of the phone, once it's set up. During setup, the Sleeptracker app asks if a pet sleeps on your bed to make sure the pet doesn't affect your readings.

Also, Sleeptracker uploads your data to powerful cloud-based servers, according Philippe Kahn, CEO of Fullpower, the Santa Cruz company that developed the product for Beautyrest. Kahn said that the data is anonymously compared with data from thousands of other users to give people a basis of comparison. He said that the company adheres to strict European privacy guidelines in all markets, including the U.S.

Having more information about your health – including sleep data – is a good thing

Another big difference is that the Sleeptracker sensors go under the mattress instead of on top of it. I could actually feel the Beddit strip as I was lying in bed. The Sleeptracker sensors are undetectable, except maybe to the protagonist of Hans Christian Anderson's "The Princess and the Pea."

Larry Magid is a tech journalist and internet safety activist. To read the complete story, please visit the original article in the Mercury News.