

MammothSmartPillow

SleepEngine™
by CAMBRIDGE SLEEP SCIENCES

Even the most comfortable and relaxing sleep surface isn't enough to coax some people into high-quality sleep. With over 80% of adults worldwide experiencing symptoms indicating poor sleep quality*, it can take more to tackle issues like insomnia, disrupted sleep patterns and anxiety.

The Mammoth SmartPillow featuring SleepEngine™ technology is the perfect solution.

*Statistic courtesy of ResMed

Mammoth® 

The SmartPillow

This innovative pillow delivers incredible pressure relief and cooling through the night. A fully moulded MedicalGrade™ foam pillow contains within it a slender pouch which houses the SleepEngine™ unit.




What is SleepEngine™ technology?


SleepEngine™ technology is a compact audio solution that can be physically integrated into the Mammoth SmartPillow. Featuring two in-built speakers, SleepEngine™ technology delivers scientifically-developed sound waves to the brain to restore healthy natural sleep patterns.


Who is the Mammoth SmartPillow with SleepEngine™ technology for?

 Insomnia sufferers

 International travellers

 Night shift workers

 Those who want to improve sleep for better physical and mental performance

 Those who frequently wake through the night

How does it work?

Developed and refined over more than 10 years by a team of researchers, scientists, sound and medical experts, SleepEngine™ technology plays scientific psychoacoustic sounds with sinusoidal waveforms through compact, high-quality audio speakers positioned in the pillow.

Clinical trials: the evidence

In an independent study featuring participants with at least 3 months' history of insomnia, 92% of participants using the SleepEngine™ technology saw a positive sleep improvement with on average per night:

- 155 minutes more time asleep
- 76 minutes less time awake
- 55% reduction in night-time wakings

- 1 The low-frequency tones guide the user into sleep and encourage the brain to follow natural sleep cycles in the correct order.
- 2 When the sleep programme ends, the user is able to wake up at the right point in the sleep cycle, helping them to feel refreshed and energised.
- 3 Regular and repeated use of SleepEngine™ technology helps to retrain the brain to produce the correct sleep sequence and restore a natural circadian rhythm.
- 4 The audio component is managed via Bluetooth, using an app available on both iOS and Android devices to control delivery of the sleep programmes and audio levels. Using this intuitive interface, users may create their own tailored sleep experience.

The benefits

Optimising sleep brings a wealth of benefits to physical health, cognitive function and mental wellbeing. Unlike sleep medication, which typically masks sleep problems, SleepEngine™ technology addresses the underlying barriers to sleep and can enable users to experience better sleep.

The outcomes of improved sleep patterns include:

- Feeling more relaxed at bedtime
- Drifting off to sleep easier
- Waking less frequently through the night
- Getting back to sleep quicker after a night-time waking
- Feeling more refreshed in the morning
- Reduced daytime tiredness
- Improved mental, cognitive and physical performance
- Reduced stress
- Increased ability to focus
- Improved overall wellbeing

SleepEngine™
by CAMBRIDGE SLEEP SCIENCES

About Cambridge Sleep Sciences

Cambridge Sleep Sciences was founded by a team comprised of expertise in medical fields, sound technology, scientific research, innovation and business leadership. Like Mammoth, Cambridge Sleep Sciences are passionate about improving quality of life through the power of natural sleep.