# SmartPillow

## 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 SmartPillow featuring SleepEngine™ technology is the perfect solution.

*Statistic courtesy of ResMed

## 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 is physically integrated into the pillow. Featuring two in-built speakers and controlled by a bespoek app, the unique technology delivers scientifically-developed sound waves which helps the brain restore healthy natural sleep patterns.

## Who is the SmartPillow with SleepEngine™ technology for?

- Disrupted sleepers
- Night shift workers
- Those who frequently wake through the night
- International travellers
- Those who want to improve sleep for better physical and mental performance

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## 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.

**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 wakening
- Feeling more refreshed in the morning
- Reduced daytime tiredness
- Improved mental, cognitive and physical performance
- Reduced stress
- Increased ability to focus
- Improved overall wellbeing

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