

Sleeptracker Pro Product Manual



Waking up has never been easier

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WHAT IS SLEEPTRACKER?

Why is it so hard to wake up to a normal alarm clock? Because a normal alarm clock can't detect where you are in your sleep cycle — a continuous cycle from deep sleep, to brief almost-awake moments, and back to deep sleep again. Occasionally, your alarm may catch you at an optimal, almost-awake moment and you wake up feeling refreshed, but usually you find yourself waking up tired and groggy, groping for the snooze button.

SLEEPTRACKER® puts an end to that tired feeling. Once you set its ALARM WINDOW, it monitors your body and continuously looks for your optimal waking times so it can wake you at just the right moment. Imagine not feeling tired in the morning and getting a few extra minutes out of your day.

SLEEPTRACKER® can also help you discover how well you sleep at night, so you can adjust your habits to get better rest. Using an accelerometer, SLEEPTRACKER® monitors for brief moments of movement (typically lasting less than 30 seconds) during your lighter stages of sleep and records them. The next morning, you can review this data to see how restfully you've slept. (For more information on this, see the "Data Review" section on page 14.)

SLEEPTRACKER® is ideal for anyone who wants to wake up alert and ready to start the day, such as frequent travelers across time zones, business people looking for that extra edge, students with fluctuating schedules, or busy moms who need to wake up easily. When you set the ALARM WINDOW, SLEEPTRACKER® wakes you when you feel like you're already awake — at one of those frequent times during a night's sleep when you're almost awake but usually drift back to sleep.

ABOUT THE SLEEP CYCLE

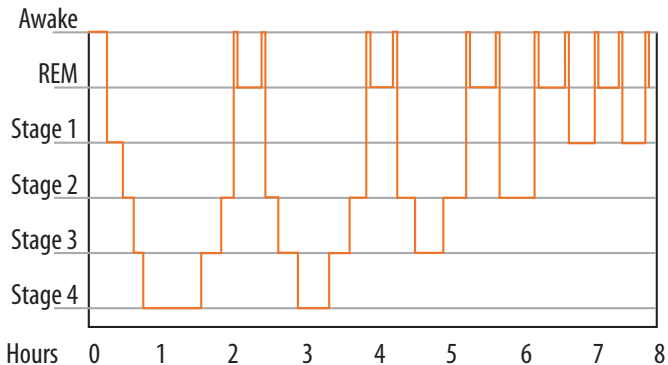
When you sleep, your body goes through a series of sleep cycles. No two people have the same sleep cycles, and nobody has the same cycle twice. Many factors can influence sleep cycles, including diet, exercise, medications, drugs or alcohol, stress, sleep disorders, and sleep deprivation. Age and gender can play a role, too. Women tend to sleep more soundly than men, and as we age, we sleep more restlessly.

The average adult experiences 4-5 full sleep cycles over an 8-hour period. A typical cycle lasts about 90-110 minutes and has five different stages. During Stage 1, you sleep lightly; in Stage 2, your sleep gets progressively deeper. At Stages 3 and 4, also known as "Delta sleep," you sleep most heavily; this is when your body rebuilds itself. Stage 5 of sleep, also known as REM (rapid eye movement) sleep, is marked by extensive physiological changes, such as accelerated respiration, increased brain activity, rapid eye movement, and muscle relaxation. People dream during REM sleep.

In the first third of the night, Delta sleep stages last longer than REM stages, but as the night progresses, Delta sleep becomes briefer. By the last third of the night, Delta sleep usually ceases while REM stages lengthen.

ABOUT THE SLEEP CYCLE (CONT.)

Shown below is a typical adult sleep pattern.



As the chart indicates, several almost-awake moments occur during each sleep cycle. These moments vary in frequency throughout the night. During the ALARM WINDOW that you preset, SLEEPTRACKER® monitors your sleep cycles for optimal waking moments so that it can gently wake you when you're most alert. The result? You wake up refreshed instead of groggy. Waking up has never been easier.

GETTING STARTED

HOW TO WEAR SLEEPTRACKER®

Wear SLEEPTRACKER® with the face on top of your wrist, and with the band tight enough to maintain contact with your wrist. SLEEPTRACKER® can be worn anytime, but it only needs to be worn at night to be effective.

READING AND SETTING YOUR SLEEPTRACKER®

SLEEPTRACKER®'s four simple, easy-to-read buttons allow you to read SLEEPTRACKER® in the dark, to set it to wake you at the best time, to record your sleep cycles, and to tell the time, day, and date.

Throughout this manual, the steps for setting SLEEPTRACKER® are shown numerically (1, 2, 3, etc.). Following these steps in order makes setting SLEEPTRACKER® as easy as setting any typical wristwatch.

NOTE: SLEEPTRACKER® does not change your body's need for a full night's rest. It alerts you of your best opportunity for waking up, but it will not keep you from going back to sleep if your body has been deprived of the minimum hours of rest that it needs. If you get enough sleep, and if you get up when SLEEPTRACKER®'s alarm rings, you will wake up refreshed and ready to start your day.

OVERVIEW OF BUTTONS

Press **GLO** to backlight the screen. This button is also used to adjust SLEEPTRACKER®'s settings.

Use the **DOWN** button to adjust SLEEPTRACKER®'s settings after pressing **SET**.



Press **MODE** to scroll through SLEEPTRACKER®'s functions: Time, Alarm, Alarm Window, To Bed, and Data Review. Use the buttons on the left to change the settings in each function. Press **MODE** until the screen stops blinking to save your updated settings.

Press **SET** until the screen blinks to adjust SLEEPTRACKER®. Use the buttons on the left to change the settings. Press **SET** again to move from hours to minutes to seconds.

Please note: The SET button may seem slow to activate.

That is by design so it will be more difficult to inadvertently depress while you are sleeping.

OVERVIEW OF BUTTONS (CONT.)

There are a few things to remember about the buttons:

- 1) If no button is pushed for 60 seconds, SLEEPTRACKER® will default to the time/day/date screen. (Exception: When in DATA mode, SLEEPTRACKER waits two minutes before defaulting to the time/day/date screen.)
- 2) **The SET button must be held for approximately three seconds to activate.** This delay prevents the user from making inadvertent changes to the settings by accidentally depressing buttons while sleeping.
- 3) Excessive use of the GLO backlight reduces battery life.

SETTING THE TIME, DAY AND DATE

To set the Time, Day, and Date, press and hold SET until the date digit blinks. Press the upper-or lower-left buttons to scroll to the correct date. (Hold the buttons down to scroll more quickly.) Then, press SET again to go to minutes, seconds, AM/PM/24hour, day, or date. To store your new settings, press MODE until the screen stops blinking.

2) Press these buttons to adjust SLEEPTRACKER®'s settings.







4) Press **MODE** until the screen stops blinking to save your changes.

1) To set the Time, Day, or Date, press **SET** until the digits blink.

3) Press **SET** again to go to year, month, date, day, minute, hour, seconds, or AM/PM/24-hour.

SETTING THE ALARM

To set the ALARM, press the MODE button until you reach the ALARM screen, and then press and hold SET until the hour digit blinks. Adjust to the desired hour by pressing the buttons on the left. Next, press SET to adjust the minutes using the same buttons. Then press SET to select AM, PM or 24-hour format. To store these settings, press MODE until the digits stop blinking. Then press and hold the top left button (GLO) until . To set the alarm on vibrate, press the GLO button twice until  appears. Press GLO three times to set the alarm to both vibrate  and ring . Press GLO four times to turn the alarm off.

, , or both must be on for SLEEPTRACKER® to record data or for the alarm to be activated.

TURNING OFF THE RINGING/VIBRATING ALARM

The alarm will ring and/or vibrate for 30 seconds. To turn it off, press and hold the DOWN button. Press and hold the GLO button to activate snooze until the default alarm time. (For example, if the ALARM time is 7:00 AM with a 20-minute window, the alarm might ring at 6:52 AM, when an almost-awake moment occurs. Pressing GLO causes the alarm to snooze until 7:00 AM.)

SETTING THE ALARM (CONT.)

CONFIRMING THAT THE ALARM IS SET

When the alarm is set, [symbol 1], [symbol 2] or both [symbol 1] and [symbol 2] appear on the screen.

- 3) Use these buttons to set your alarm time. Once you've adjusted the hour, press **SET** again to move from hour to minutes to AM/PM/24-hour format.



- 1) Press **MODE** to go to the ALARM screen.
- 4) Press **MODE** until the digits stop blinking to save your new settings.
- 2) Press and hold **SET** until the hour digit blinks.

Note: GLO will not backlight the screen in the ALARM mode.

SETTING THE ALARM WINDOW

Set WINDOW so that SLEEPTRACKER® can wake you at your optimal moment during a specified window of time. First, press MODE to go to the WINDOW screen. Then press and hold SET until WINDOW display digits blink. Using the left buttons, decrease this setting to zero for a standard alarm, or increase it to a maximum of 90 minutes to widen the window of time during which SLEEPTRACKER® can wake you. A 20-minute window is typically adequate on a full night's sleep. Press and hold MODE until the display stops blinking to save your new setting.

Note: There may be times when no almost-awake moment occurs during the alarm window. When this happens, SLEEPTRACKER®'s alarm is triggered at the default alarm time. The longer the window's duration, the more likely SLEEPTRACKER® is to detect the optimal moment at which to trigger the alarm.

SETTING THE ALARM WINDOW (CONT.)

3) Press these buttons to increase or decrease the window during which SLEEPTRACKER® monitors for your optimal wake-up time.



1) Press **MODE** to go to WINDOW screen.

4) Press **MODE** until the digits stop blinking to save your updated settings.

2) Press **SET** until the digits blink.

SETTING THE TO BED TIME

Setting the TO BED feature on your SLEEPTRACKER® lets it record your sleep data during the night so that you can learn about your unique sleep patterns. To accurately record your data, set TO BED at 30 minutes after you anticipate being asleep. You can also set the TO BED time using the “one touch” feature. If you stay awake later than the time set in TO BED, the data recorded will not be accurate until you are fully asleep, but going to sleep after your anticipated TO BED time will not affect SLEEPTRACKER®’s ability to find your optimal waking moments within the ALARM WINDOW. SLEEPTRACKER® can collect data for a maximum of 12 hours.

To set your TO BED time, press MODE until you reach the TO BED screen. Then press and hold SET until the hour digit blinks. Press the top or bottom buttons on the left to reach the desired hour. Then press SET to go to minutes, then AM/PM/24hour, and adjust accordingly. To store your new settings, press MODE until the screen stops blinking.

You can also set the TO BED time using the “one touch” feature. While in TO BED screen, press and hold DOWN for 3 seconds. SLEEPTRACKER® will automatically assign the TO BED time at 30 minutes from the current time. If you decide to go to bed later, go to the TO BED screen, and press and hold down for another 3 seconds to automatically advance another 30 minutes.

SETTING THE TO BED TIME (CONT.)

3) Use these buttons to change the hour, minute, and format of your anticipated TO BED time so that SLEEPTRACKER can record your data. Once you've adjusted the hour, press **SET** again to move from hour to minutes to AM/PM/24-hour format.



1) Press **MODE** to go to TO BED screen.

4) Press **MODE** until the screen stops blinking to save your updated settings. (If your anticipated TO BED time changes, just press and hold **DOWN** once to automatically advance the time another 30 minutes.)

2) Press **SET** until the hour digit blinks.

REVIEWING YOUR SLEEP DATA

To review your sleep data, press MODE to go to the DATA REVIEW screen. Use the left buttons to review your almost-awake moments.

While you are asleep, SLEEPTRACKER® records your almost-awake moments so that, in the DATA REVIEW mode, you can see when those moments occurred and the average time between them. Each almost-awake moment is displayed in chronological order as “Data 1,” “Data 2,” etc. At the end of this series of times, SLEEPTRACKER® displays “Data A,” the average time between your almost-awake moments.

ABOUT DATA A

Data A can help you determine how soundly you're sleeping. If the average time between your almost-awake moments is lengthy compared to other nights, you've slept more restfully than usual; if it is brief, you've slept more poorly. If you go to bed and get up at the same times most days, your sleep patterns should be consistent — and Data A should be, too.

Remember that individual sleep patterns may differ; therefore, so may each person's Data A. Almost-awake moments may be frequent or occasional, sporadic or regular. Moreover, multiple almost-awake moments can occur within one sleep cycle. On a typical night's sleep, the average person's Data A spans 20-35 minutes, but Data A can last longer. The longer the Data A, the fewer almost-awake moments you have experienced, and the better you have slept.

REVIEWING YOUR SLEEP DATA (CONT.)

Here is an example showing how SLEEPTRACKER® records sleep data:

To Bed time:	11:15 pm	Data 9	4:01 am
Alarm time:	7:00 am	Data 10	4:36 am
Alarm Window:	20 minutes	Data 11	4:57 am
Data 1	11:21 pm	Data 12	5:24 am
Data 2	11:48 pm	Data 13	6:10 am
Data 3	12:15 am	Data 14	6:22 am
Data 4	12:50 am	Data 15	6:37 am
Data 5	1:35 am	Data 16	6:53 am—alarm goes off at the optimal time within the window
Data 6	2:15 am		
Data 7	2:27 am	Data A	29:56 (29 minutes and 56 seconds, the average time between your almost-awake moments)
Data 8	2:59 am		

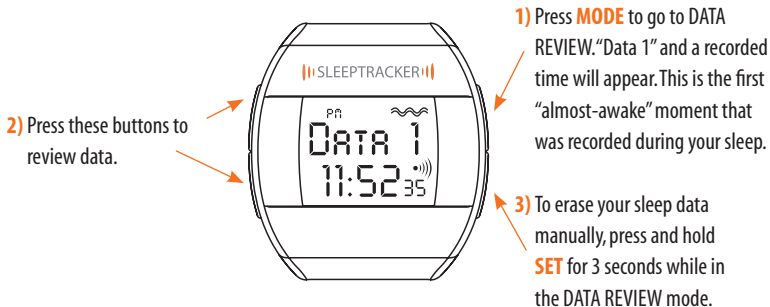
REVIEWING YOUR SLEEP DATA (CONT.)

To best assess the quality of your sleep, look to see whether your Data A lengthens as you continue to use SLEEPTRACKER®, and as you adjust your lifestyle to get better sleep. An increasing Data A means that you are getting more restful sleep overall. A short Data A, however, may be no cause for concern if your data shows that you are experiencing occasional extended periods of deep sleep (i.e., sleep uninterrupted by almost-awake moments) amidst numerous short periods.

To establish your personal baseline, keep track of Data A for 7-10 nights so you can find out how restless each night's sleep was relative to the others. The more almost-awake moments detected (based on your individual norm), the less restful your night's sleep has been. If your sleep is consistent, Data A may only vary by a few minutes from one night to the next. If, however, Data A deviates significantly from your normal baseline during a given night, consider what you did before going to sleep that might have affected your sleep pattern. Factors like alcohol, nicotine, caffeine, late evening exercise, eating late, spicy foods, stress, temperature, lighting, and external sounds can all influence your Data A.

After SLEEPTRACKER® records an almost awake-moment, it will ignore any subsequent events for a period of eight minutes. This prevents SLEEPTRACKER® from recording multiple almost-awake moments if you should get up briefly in the middle of the night. If you remain out of bed for an extended period, SLEEPTRACKER® will record awake moments every eight minutes until you go back to sleep. This artificial data, however, will not affect SLEEPTRACKER®'s alarm function, since SLEEPTRACKER® simply triggers its alarm at your first almost-awake moment within the alarm window.

REVIEWING YOUR SLEEP DATA (CONT.)



Note: Because the GLO button is performing multiple functions in the DATA REVIEW mode, the backlight does not appear.

USING THE SLEEP DATA SOFTWARE

The SLEEPTRACKER® PRO software allows you to download each night's sleep data so that you can track your sleep history and identify factors that may be affecting your sleep.

NOTE: At this time, SLEEPTRACKER® software can only be installed on computers using the Microsoft Windows operating system.

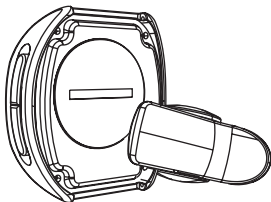
INSTALLING THE SOFTWARE

To install the SLEEPTRACKER® PRO software, insert the included CD-ROM into your computer's CD drive. You will receive a prompt asking which language you wish to install. Choose your preferred language, and the software will install automatically.

Once the software has been installed, you will receive the prompt, "Completing the SLEEPTRACKER® Set-up Wizard." The boxes beside "Launch USB Driver Installation" and "Launch SLEEPTRACKER®" will be checked; do not uncheck them. Click "Finish," and the software will open. (NOTE: Your computer will not recognize SLEEPTRACKER® unless you install the USB drivers.)

USING THE SLEEP DATA SOFTWARE (CONT.)

Now connect the included USB cable to your PC. Set your SLEEPTRACKER® to the DATA screen, where it will remain for two minutes. Then connect the watch to the USB cable by inserting the three-pronged clip into the three holes on the back of the watch, as shown:



Now you are ready to download your sleep data into the software.

INPUTTING YOUR SLEEP DATA

Once you have launched the SLEEPTRACKER® PRO software, **set the watch to the DATA screen**, where it will remain for two minutes. Connect SLEEPTRACKER® to your computer using the USB cable. Now you are ready to input your sleep data. Open the software and click on the “Add Sleep Event” button. **MAKE SURE THAT THE WATCH IS SET TO THE DATA SCREEN.** If the USB cable is connected properly, you will see a “Ready” prompt. Click “OK,” and the watch will automatically populate the fields with your sleep data. The text box contains the times of all of your almost-awake moments of the night, listed as Data 1, Data 2, etc.

USING THE SLEEP DATA SOFTWARE (CONT.)

Click on “Next” to add additional data about your sleep event, or click “Save” to input your data and finish. You will see a list of factors that may have affected your sleep. To the right of each check box is an icon that will appear on your sleep chart representing that particular factor. Check all that apply, and choose your mood—energetic, neutral, or tired—when you woke up that day.

Click again on “Next” to add any notes about your sleep, or click “Save” to populate the Sleep History chart with your data and finish. (At any time while you are inputting your sleep data into the software, you may click on “Previous” to return to the previous screen.)”

Note: You may also manually enter your sleep data without connecting your watch. Simply click on “Add Sleep Event”; instead of a “Ready” prompt, you will see the message, “SLEEPTRACKER® device not found.” Click “OK,” and you will go to the “Edit Sleep Event” mode, where you can manually enter the data recorded by your SLEEPTRACKER®.

USING THE SLEEP DATA SOFTWARE (CONT.)

READING YOUR SLEEP HISTORY

The Sleep History chart displays the data for all of your sleep events by date. Here is how to read your chart, from left to right:

- 1) The date of **each night's data** is listed in the column on the far left. To edit, delete, or view the details of a particular night's sleep, roll your mouse over that date; when the text turns red, click on that date to view the data.
- 2) The column to the right of the date column is the **Mood** column, which indicates the mood you were in when you woke up on that date.
- 3) To the right of the mood column is the **Sleep History chart**. The **horizontal lines** on the chart show the time you went to bed, when you woke up, and how long you slept. Each **vertical tick mark** on the line indicates an almost-awake moment. Roll over the tick marks with your mouse to see the time when each almost-awake moment occurred.

At the right end of the vertical line, you will see an **orange area**. The orange area represents your sleep window. The **white area within the orange area** spans the time between when you woke up and when the default alarm was set to go off. If no white area appears, then you did not wake up within the window but instead at the default alarm.

USING THE SLEEP DATA SOFTWARE (CONT.)

- 4) The column labeled **Data A** shows the average time between almost-awake moments for a particular night's data.
- 5) In the column labeled **Factors** you will see all of the factors you entered that may have affected the quality of your sleep during each night. You can see what each of the icons represents by rolling over the top, horizontal row showing all of the icons.

The top row of the chart, labeled "**Averages**," shows your sleep averages based on all of the sleep data you have entered. The vertical line spans the average time when you went to bed through the average time when you woke up. The Data A column in this row shows your average time between almost-awake moments for all of the sleep data entered. You can view your averages recorded by week (the last seven calendar days), by month (the last 30 calendar days), or for all of the sleep data entered.

You may view your **best sleep events**—and their averages—by clicking on the "Best Sleep Sessions" button at the bottom left of the sleep history screen. To see your **worst sleep events** and their averages, click on "Worst Sleep Sessions" on the bottom right.

USING THE SLEEP DATA SOFTWARE (CONT.)

CUSTOMIZING YOUR DATA VIEWS

You may customize the display of your sleep data. Use the **View Mode** function to view your sleep data averages by week, month, or “all.” Using the same function, you can choose to view your data as AM/PM times or 24-hour times.

You may also choose to hide certain categories of data. To hide the mood data, click on the “Hide Mood” button at top. Click on “Show Mood” to restore the mood view. To hide the Data A column, click on the “Deep Sleep Average” button. To hide your factors, click on the “Factors” button.

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www.TheSleepWatch.com

**SleepWatch
2700 Braselton Hwy
Suite 10280
Dacula, GA 30019**