

# SleepTracker® Product Manual

||| SLEEPTRACKER |||



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## WHAT IS SLEEPTRACKER®?

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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 interrupted sleep moments, and back to deep sleep again. Occasionally, your alarm may catch you at an optimal, interrupted sleep moment, and you wake up feeling refreshed, but usually you may 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 "Reviewing Your Data" section on page 13.)

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

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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.

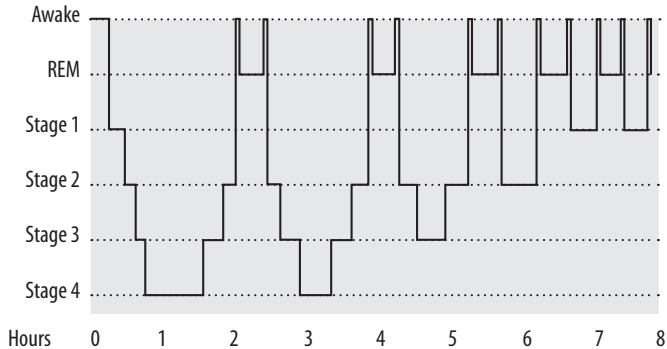
The average adult experiences 4-5 full sleep cycles over an 8-hour period. A typical cycle lasts about 90-110 minutes and has five different stages. During Stage 1, you sleep lightly; in Stage 2, your sleep gets progressively deeper. At Stages 3 and 4, also known as "Delta sleep," you sleep most heavily; 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.)

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Shown below is a typical adult sleep pattern.



As the chart indicates, several interrupted sleep 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

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### 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.

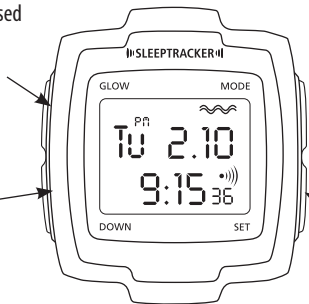
*NOTE: SLEEPTRACKER® does not change your body's need for a full night's rest. It alerts you to your best opportunity for waking up, but it will not keep you from going back to sleep if your body has been deprived of the minimum hours of rest that it needs. If you get enough sleep, and if you get up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

## OVERVIEW OF BUTTONS

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

Press **DOWN** to start and stop recording data. 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.)

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There are a few things to remember about the buttons:

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

Note, you can only begin recording data within 12 hours of the set alarm time

2) 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.)

3) The beeping that occurs when changing SLEEPTRACKER®'s settings can be shut off by setting the alarm on "vibrate." See page 8 for instructions on setting the alarm.

4) Excessive use of the GLO backlight reduces battery life.

## SETTING THE TIME, DAY AND DATE

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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

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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. *Note: The beeping that occurs when adjusting SLEEPTRACKER®'s settings can be shut off by setting the alarm on "vibrate."*

, , or both must be on for SLEEPTRACKER® to record data or for the alarm to be activated. Note, you can only begin recording data within 12 hours of the set alarm time.

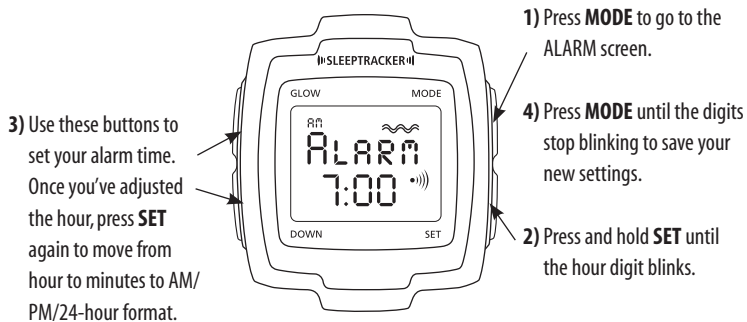
### TURNING OFF THE RINGING/VIBRATING ALARM

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 interrupted sleep 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, ,  or both  and  appear on the screen.



*Note: you can change the alarm anytime (even while recording) by following the same steps above.*

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

## SETTING THE ALARM WINDOW

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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: You can turn off the beeping that occurs when setting the alarm window by setting the alarm on "vibrate."

*Note: There may be times when no interrupted sleep 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.)

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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.

## START/STOP RECORDING

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1) Press and hold the down button for three seconds to begin recording. Note: recording can only begin within 12 hours of the set alarm time; SLEEPTRACKER will beep three times (or if set to vibrate will vibrate three times) if recording is not within 12 hours of the set alarm time.



If you awaken before the alarm, or want to stop tracking at any time, press and hold the DOWN button for 3 seconds

## REVIEWING YOUR SLEEP DATA

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

While you are asleep, SLEEPTRACKER® records your interrupted sleep moments so that, in the DATA REVIEW mode, you can see when those moments occurred and the average time between them. Each interrupted sleep 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 interrupted sleep moments.**

### ABOUT DATA A

Data A can help you determine how soundly you're sleeping. If the average time between your interrupted sleep 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 differ and thus so does each person's Data A. Interrupted sleep moments may be frequent or occasional, sporadic or regular. Moreover, multiple interrupted sleep 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 interrupted sleep moments you have experienced, and the better you have slept.**



## REVIEWING YOUR SLEEP DATA (CONT.)

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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 interrupted sleep moments)
Data 8	2:59 am		

## REVIEWING YOUR SLEEP DATA (CONT.)

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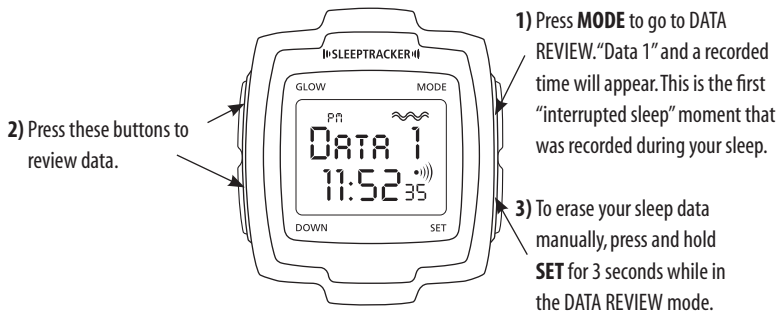
To best assess the quality of your sleep, look to see whether your Data A lengthens as you continue to use SLEEPTRACKER®, and as you adjust your lifestyle to get better sleep. An increasing Data A means that you are getting more restful sleep overall. A short Data A, however, may be no cause for concern if your data shows that you are experiencing occasional extended periods of deep sleep (i.e., sleep uninterrupted by interrupted sleep 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 interrupted sleep 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 interrupted sleep moment, it will ignore any subsequent events for a period of eight minutes. This prevents SLEEPTRACKER® from recording multiple interrupted sleep 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 interrupted sleep moment within the alarm window. If you wish, you can delete or edit this data in the SLEEPTRACKER software after you have downloaded your sleep data.

## REVIEWING YOUR SLEEP DATA (CONT.)

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

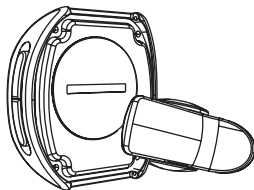
## USING SLEEPTRACKER® ANALYTICS SOFTWARE

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SLEEPTRACKER® Analytics allows you to upload and review your individual sleep data into your own personal account. Note: SLEEPTRACKER® will store up to 14 nights of data and will begin erasing all stored data after 14 days; therefore, be sure to upload your sleep data often.

In order to access SLEEPTRACKER® Analytics you must first download the software to your computer. To download the software go to **www.mysleeptracker.com** and click on the Download tab. From there choose either PC or MAC and save it to your computer.

After you have downloaded the SLEEPTRACKER® Analytics software connect your SLEEPTRACKER® to your computer using the included USB cable. The cable will need to be connected to the back of your SLEEPTRACKER® as shown:



Once you have connected your SLEEPTRACKER® to your computer open the SLEEPTRACKER® Analytics software from wherever you saved it to on your computer. The software will first ask you to register your SLEEPTRACKER® which includes setting up a Username and Password. Once you have registered your SLEEPTRACKER® you will be able to upload your data daily by simply opening the software and following the instructions.

To review your sleep data including your sleep score visit **www.mysleeptracker.com**. Your username and password will be the same that you entered when registering your SLEEPTRACKER®.

## WARRANTY, RETURN, AND BATTERY INFORMATION

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Innovative Sleep Solutions, LLC, the maker of SLEEPTRACKER®, warrants, for a period of one (1) year from the original purchase date, SLEEPTRACKER® to be free from defects in material and workmanship. If SLEEPTRACKER® proves to be defective, Innovative Sleep Solutions, LLC will, at its option, after you return the defective SLEEPTRACKER®, repair your SLEEPTRACKER® with new or reconditioned parts or replace it with the same or similar model, without charge, after SLEEPTRACKER® is returned to: Innovative Sleep Solutions, LLC, 2870 Peachtree Road, #140, Atlanta, Georgia 30305. If you have questions, call 1-800-617-4509. SLEEPTRACKER® is CE-, RoHS-, and noWaste-certified.

While there is no charge for repair or replacement of a defective SLEEPTRACKER®, a check in the amount of \$10.00, payable to Innovative Sleep Solutions, LLC, must accompany a returned SLEEPTRACKER® to cover postage, handling, insurance, and related costs. As a condition to this warranty, you must include the original retail purchase receipt or purchase information, such as store and address, when returning your SLEEPTRACKER®. Please also include your name, street address, and phone number to ensure proper return, as well as a written statement explaining what is wrong with your SLEEPTRACKER®. This warranty gives the purchaser of SLEEPTRACKER® specific legal rights. The purchaser may also have other rights that vary from state to state.

### NOT FOR SALE IN JAPAN

This guarantee does not cover products sold in Japan. Please contact the proper agency in Japan for details. It is prohibited to alter the product and packaging of Sleeptracker in any way, it is also prohibited to sell an altered product or product in altered packaging. This product is not guaranteed in Japan and does not include an ID code for Sleeptracker Japanese language software. This product is not covered by the full guarantee available to other countries' customers and is not suitable for sale in Japan therefore the sale of this product is prohibited in Japan.

## WARRANTY, RETURN, AND BATTERY INFORMATION (CONT.)

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### **THIS WARRANTY DOES NOT COVER:**

1. Any repair or replacement needed after the warranty expires
2. SLEEPTRACKERs® that were not purchased from an authorized dealer
3. Damage or defect caused by misuse or abuse (including repairs or alterations by anyone not authorized by Innovative Sleep Solutions, LLC)
4. Lens or crystal, strap or band, watchcase, attachments or battery. The purchaser may be charged for repair or replacement of any of these parts.

## PRECAUTIONS AND WARNINGS

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- Misuse or abuse of SLEEPTRACKER® may affect its ability to operate properly and void the manufacturer's warranty.
- SLEEPTRACKER® is water-resistant up to 10 meters.
- Innovative Sleep Solutions, LLC, the maker of SLEEPTRACKER®, recommends taking SLEEPTRACKER® to a qualified technician or sending it back to SLEEPTRACKER® to replace the battery. Improper replacement of the battery may damage the watch and void the manufacturer's warranty. SLEEPTRACKER®'s battery size is CR2032.
- SLEEPTRACKER® should not be used to intentionally deprive yourself of a full night's sleep. Physicians recommend getting eight hours of sleep per night.
- SLEEPTRACKER® cannot cure sleep disorders. If you think you suffer from a sleep-related illness, consult a physician immediately.



*The foregoing warranty is exclusive and in lieu of all other written, oral, or implied warranties of quality and performance; all other warranties, including any implied warranties of merchantability or fitness for a particular purpose, are hereby disclaimed. In no event shall Innovative Sleep Solutions, LLC or its affiliates be liable for special, indirect, incidental, or consequential damages whether in contract, tort, negligence, strict liability, or otherwise. Some states do not allow limitations on how long an implied warranty lasts and/or the exclusion or limitation of incidental or consequential damages, and so the above limitations and conditions may not apply to you.*



U.S. Patent #7,306,567

## **INNOVATIVE SLEEP SOLUTIONS**

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*Innovative Sleep Solutions, LLC reserves the right to change product specifications without notice.*