

The Power of When by Michael Breus, PhD

SLEEP MONITOR RECOMMENDATIONS

Sleep monitors come in all different shapes and sizes. In fact, I have seen them in an app, a watch, wristband, headband, bedside units, a ring, even ones with a pressure sensor that goes under your mattress!

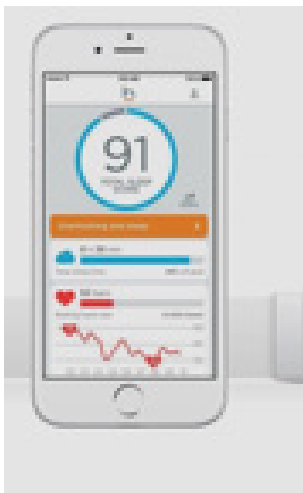
These recommendations are not based on in-lab testing (maybe my next step), but rather as a very knowledgeable consumer, with a little digging on websites, and trying them out at home myself. You can use these to better understand your sleep.

S+ (\$80)

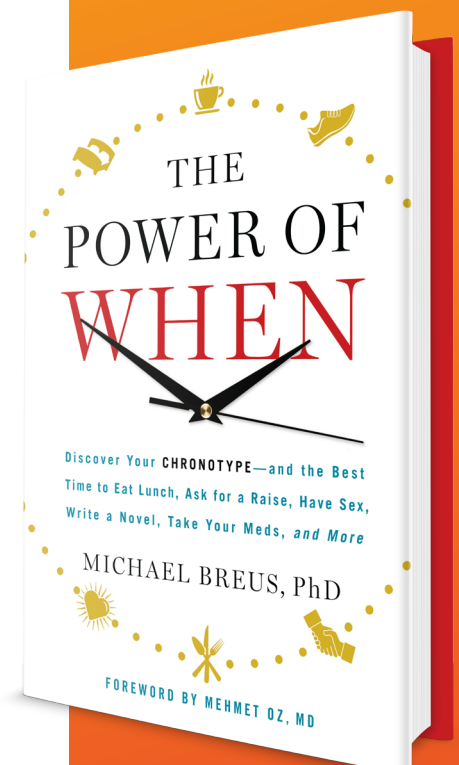


This was one of my favorites for several reasons. First it was a bedside unit with a phone/app activation so I did not need to wear anything. It uses radar to scan my body (not harmful, but if you are EMF sensitive this is not for you) and gave very accurate data. It also had an advice engine where it would analyze my sleep and then give good recommendations. It also measures room light, sound, and temperature, which was an added bonus. There were also soothing sounds that you could play to help lull you to sleep. Very sleek design and looks good on the night stand.

BEDDIT 2.0 (\$99)



This was a pretty cool device. You put the sensor under your mattress or sheets and it uses movement and heart rate (via ballistocardiography), and respiration to determine your sleep stage. It give some detailed reports, and one of the features I like most is that you do not have to turn it on each night. A set-it-and-forget-it device! It works with a Bluetooth connection to your phone. It also has a smartwake feature where it will wake you up at the best time in your sleep cycle. It seems to have some difficulty with movement, in that if you move around it says you are awake, when you may not be.





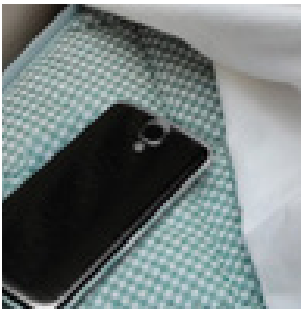
JAWBONE UP3 (\$60)

The website claims that they monitor your sleep using advanced sensors to measure heart rate, breathing rate, body temperature and galvanic skin response. This is how it identifies your sleep stages. It appears to be quite accurate, has a long battery life (7 days) and gives sleep coaching tips. There is no screen display so you see everything from the app.



FITBIT BLAZE (\$177-199)

This is new in 2016, and has good sleep tracking capabilities using movement sensors and heart rate. The app is easy to use and the watch itself is a smartwatch, which is nice. 5 day battery life with a charge time of 2 hours. It has a sleep goals feature which is great for you chronotypes who are trying to set your consistent sleep schedule. Cost: \$177-\$199 (Ouch!-but it has many other functions-activity tracker, smart watch, etc).



SLEEP APPS (NO HARDWARE)

To date I have not found any apps that do more than measure motion with the accelerometer. Thus if you move you are awake, and if you do not you are asleep. This tends to give very inaccurate measurements, and I tend to not recommend them.

