World's First Contact Free Sleep Tracker with Heart-Rate-Variability

Contact free recovery, stress and sleep quality monitoring

_____ gives you a detailed description of your sleep quality, stress level, and progression of recovery. With this data you can make well educated choices for daily workouts, meetings and other important events.

There's no need to wear a straining chest strap or wrist band, and no need to turn equipment on and off. Just lay down on your bed, sleep tight and check your bed-time data in the morning from your smartphone, tablet or computer.

Sensor can be unobtrusively installed even under a thick mattress.

Electronics with Wi-Fi; no phone needed!

_____ relies on ballistocardiography, which is a technique for producing a graphical representation of repetitive motions of the human body arising from the sudden ejection of blood into the great vessels with each heart beat.[*] Similarly breathing and all other body motions are sensed and interpreted into data.

*Wikipedia

| Non-contact sleep tracker | Full night Heart-Rate-Variability | All three sleep classes (REM, Deep & Light) | 30 day long term trends | Wi-Fi (no phone needed) | 2 year limited warranty |

Your heart tells your recovery and stress levels

Research links high heart-rate-variability to good health and an optimal level of fitness, while decreased HRV is linked to stress, fatigue and even burnout.

Tracking Heart-Rate-Variability throughout the night will give you a detailed picture of progression of your recovery during the night. The Evening RMSSD value shows accumulated stress over the day, and Morning RMSSD provides recovery status and readiness for a new day.

RMSSD data allows you to optimize your training schedule according to actual body requirements, helping you avoid overtraining and giving you a peak performance at the office too.

Long-term evaluation of HRV will determine how effectively your exercise or lifestyle changes are affecting your wellness.

The Evening RMSSD value shows accumulated strain over the day, and Morning RMSSD indicates recovery status and readiness for a new day. Linear Fit line, Recovery Ratio and Total Recovery indicate efficiency and total amount of recovery (pat. pend.).

Sleep is paramount to peak performance – both physical and mental

It is essential to get enough sleep, but sleep should also be structured properly and contain enough REM sleep for the recovery of the mind, and DEEP sleep for the recovery of the body. Em QS records total amount and structure of sleep, the percentages of recuperating REM and DEEP sleep.

It also records heart rate, respiration rate, and activity during the entire night. Overall, it enables you to find sleep affecting patterns and improve them. Results of training or lifestyle changes can be studied with the long term trends feature.
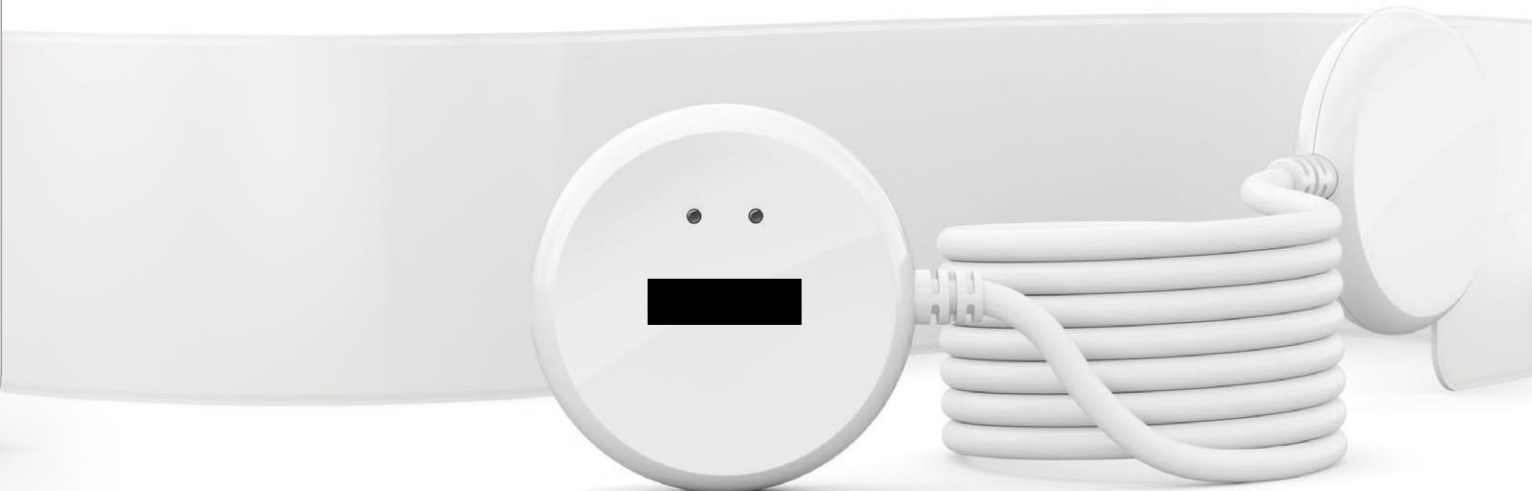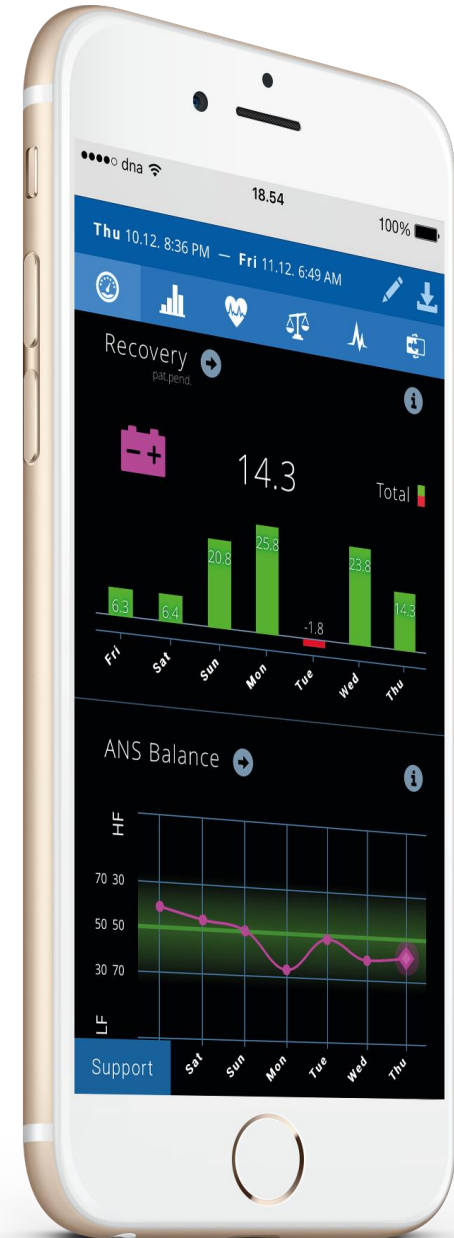
Em QS – backed by independent research

Em sensor technology has been utilized over decades in several different health & human tech applications, ranging from basic vitals measurement, to different care taking, medical and mental applications. As a result of this work, close to one hundred scientific research articles have been published. For the list of selected works, please go to

Device (model IP-9360)
• Non-contact
• Under mattress, passive, medical grade sensor technology
• Wi-Fi (no mobile phone needed)
• Web-based application, mobile optimized
• Robust and durable
• High sensor sensitivity
• 2 year warranty
Data
• Heart rate, respiration rate and physical activity (sampled at every 2 seconds)
• Real 3-stage sleep classification (REM, light, deep)
• Whole night Heart-Rate-Variability -measurement (100-200 three minute epocs)
• Recovery indices: Recovery ratio, total recovery, Integrated Recovery, evening and morning RMSSD
• Whole night autonomic nervous system balance (LF/HF ratio)
• 30 day long term trends
• Support for groups

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