

The logo for Sleep Labs features the word "Sleep" in a bold, dark blue, sans-serif font, followed by "Labs" in a lighter blue, sans-serif font. A golden-yellow swoosh underline is positioned above the "p" and "L". Above the swoosh, there are three golden-yellow circles of varying sizes, arranged in a vertical line, resembling bubbles or a trail.

SleepLabs

Building Intelligent Technology to Improve Sleep

Sleep- an important, unmonitored third of our lives

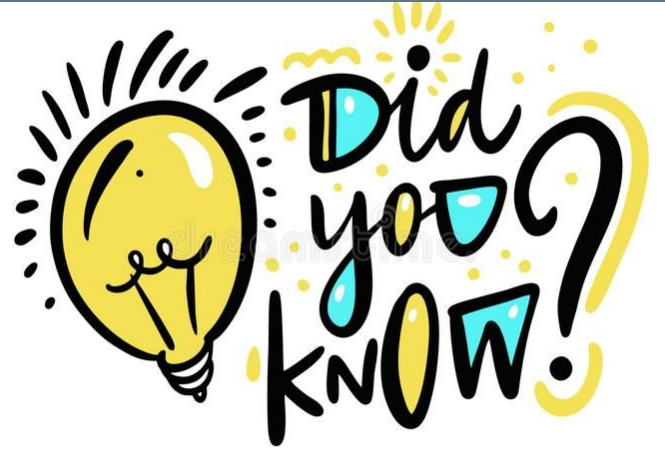
- Sleep is an essential human activity that allows one's brain and body to recover
- The average human spends about **26 years** of their lives sleeping!
- Sleep has 3 stages- Light, Deep, and REM- each with their own essential function
- Studies have shown that poor or inadequate sleep can lead to various **chronic ailments** such as **type-2 diabetes**, cardiovascular disease, obesity, **depression**, and **atherosclerosis**!

And yet, we have no concrete information about how well we spend these essential 8 hours of the day!

Should I Monitor Sleep?

A study in the US showed that only 5% of respondents properly measure sleep. **32% respondents saw a notable increase in energy-levels** after they started monitoring sleep!

Barely 50% of respondents in a survey in India said that they have ever tried to monitor their sleep!!!



59% Indians mistakenly think that snoring is associated with good-quality sleep?



Indians, in general, take the longest to fall asleep?

But how do I monitor sleep?

At present, only Sleep study institutes and labs allow proper observation of an individual's sleep quality

Some wearable devices exist on the market that capture some sleep data which is largely usage dependant and inaccurate

Issues with Available Sleep-Monitoring Solutions



Wearables need to be charged. Most people charge their wearable and smartwatches when they sleep.



Smartwatches, mobile devices, and wearables tend to be inaccurate



Accurate sleep-tracking methods require contact and electrodes and tend to be expensive

The Solution

Sleeplabs, in collaboration with NASSCOM and IIT, has devised a sleep-monitoring solution which

- Is a no-contact solution
- Does not require user-intervention
- Is easy to install and use, and
- Is accurate!



How it Works

Sleeplabs uses its proprietary and patented 'Make-in-India' device to capture the following:

- Sleep duration
- Restlessness during sleep time
- Overall sleep quality

Based on this, we provide a Sleep Score to show how well you slept.

Sample Output



More Features Coming Soon

The upcoming version of the Sleeplabs product will capture more inputs to enhance Sleep Quality computation. Some of these inputs include:

- Snoring
- Cardiovascular activity

With enhanced inputs, Sleeplabs will be able to preempt chronic diseases such as sleep apnea, atherosclerosis, depression and such and enable users to make lifestyle changes to arrest these early on.