Sleep Doc

"Your personal sleep dotor"

SleepDoc is a product equipped with a specialized algorithm to **improve sleep disturbance based on the relationship between light and sleep, which is medically proven.** It monitors the daily lighting, illumination intensity, and the amount of activity. It also notifies the good behavior in the sleep by the vibration and the LED light and transmits the sleep pattern of the day to the user smart phone. **'SleepCareOn' is an open healthcare platform** that conveniently manages customer healthcare services through a healthcare master account created using email.

Sleep Doc

Smart sleep management wearable device

Accelleror Meter Senser

Activity monitoring and calculations needed to sleep

Intensity of Illumination Senser

Monitoring and Calculation of intensity of illumination needed to sleep

Smart Band

Calculation the light temperature, intensity of illumination, and amount of activity needed for sleep. If it is not enough or overflows, it notifies by LED and vibration feedback.

Sleep Monitoring

Tracks light sleep and deep sleep along with toss and turn and wake

Light Temperature Senser

Monitoring and Calculation of light temperature needed to sleep

Real-time coaching to control lighting temperature, illumination intensity, amount of activity for good night sleep.

· Provides data management and graphs of lighting temperature, intensity of illumination, and amount of activity.

· Calculation of the collected data, if it is more or less than necessary for sleeping, feedback by LED and vibration of smart band.

· Coach the lighting temperature, illumination and activity for good sleep through the smartphone.

- Daytime intesity of illumination
- Evening intesity of illumination
- Nighttime intesity of illumination

- Daytime activity
- Evening activity
- Nighttime activity

LED/Vibration feedback!

Sleep Doc

100%   09.08 Thu

Step
7,288

Calorie
255kcal
주간비교

Light

Activity

View details >

Activity is insufficient. More activity is required.   up

After 7 o'clock, reduce activity gradually.   down

Real-time coaching to control lighting temperature, illumination intensity, amount of activity for good night sleep.

1 **Daytime sleep cognitive behavioral**
Recommended Activity : over 5,000 steps
Recommended illumination intensity : over 60,000lux
Recommended light temperature : over 6,000k

2 **Eveningtime sleep cognitive behavioral**
Recommended Activity : under 6,000 steps
Recommended illumination intensity : under 100lux
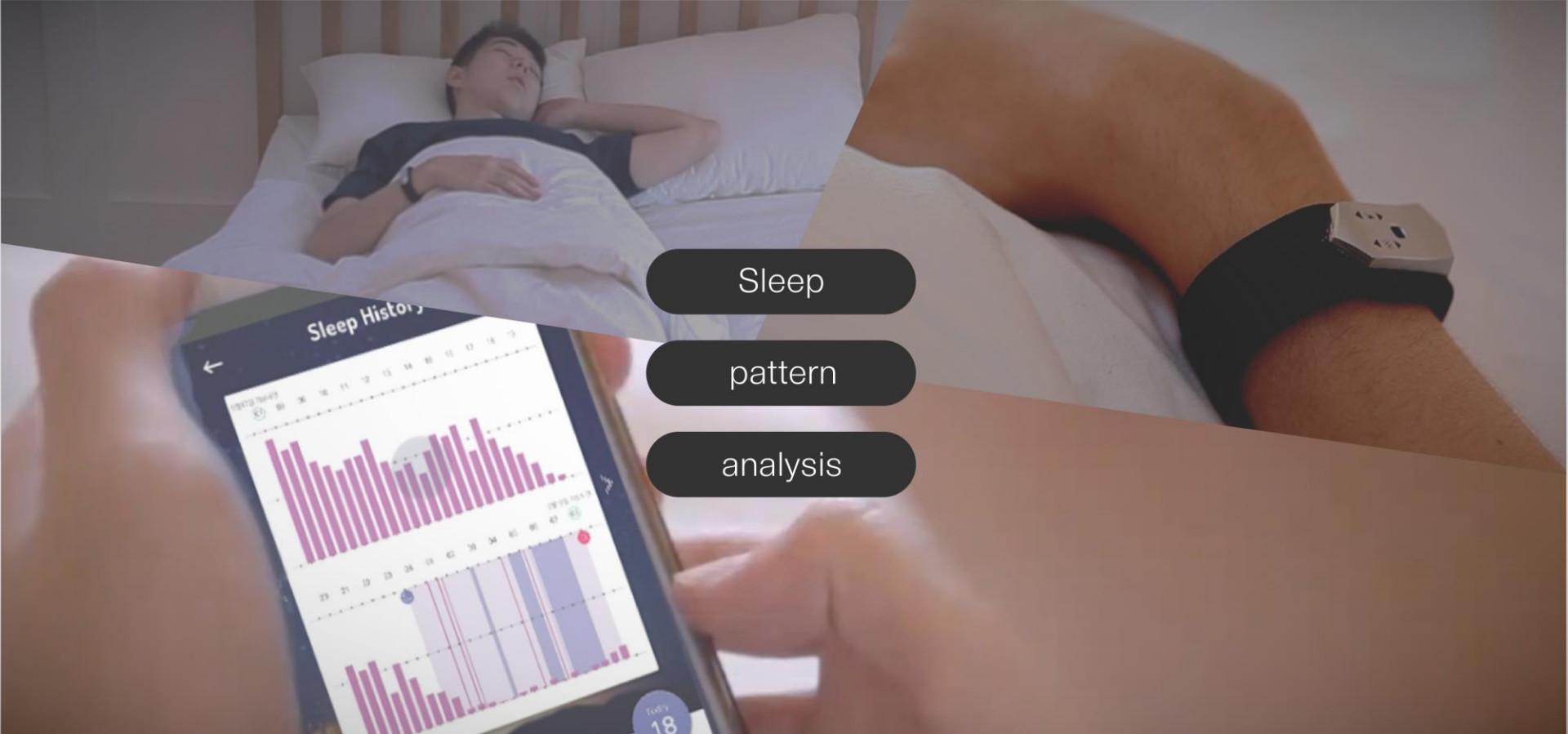**Recommended light temperature :** under 4,000k

Coaching Method

For every 30 minutes, Sleep Doc will calculate the collected data, if it is more or less than necessary for sleeping, feedback by LED and vibration of smart band.

3 **Coaching from your smart phone**

AI doctor prescribes sleep cognitive behavioral for good night sleep

Sleep Doc
100%   09.08 화
Step   Calorie
7,288   255kcal
주간비교
Light   Activity

활동량이 부족합니다. 조금만 더 걸어주세요. up
7시 부터는 서서히 활동을 줄여주세요. down
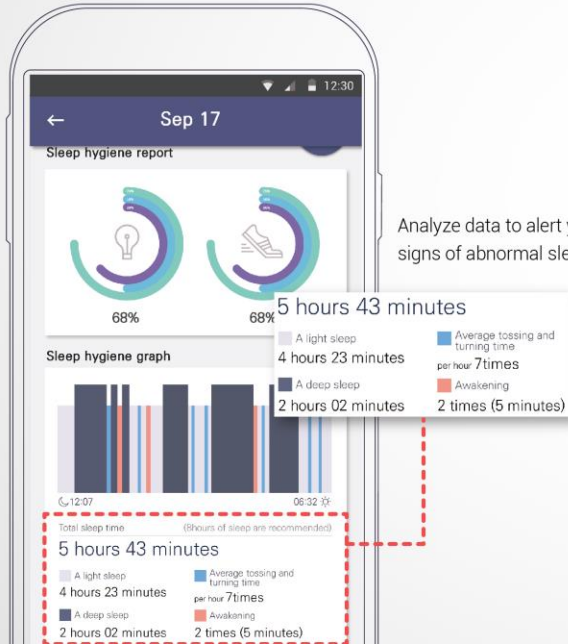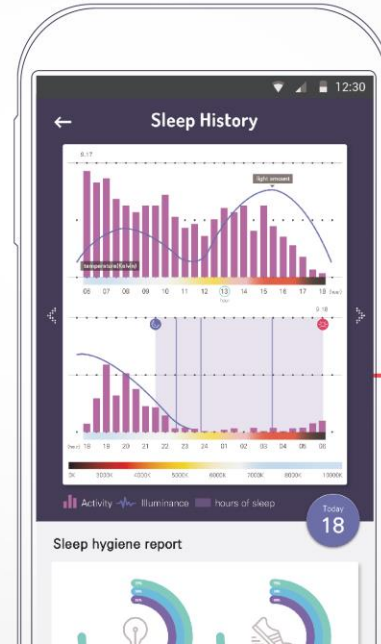
Sleep

pattern

analysis

1. **Wear device** during sleep

▶

2. **monitors** sleeping conditon while sleep

Sleep level, Toss and turn, Wake etc

▶

3. Analyze sleep pattern for **behavior recommendation**

Analyze data to alert you to signs of abnormal sleep.

Sep 17

Sleep hygiene report

68%   68%

Sleep hygiene graph

🌙12:07   06:32 ☀️

5 hours 43 minutes

A light sleep
4 hours 23 minutes

Average tossing and turning time
per hour 7times

A deep sleep
2 hours 02 minutes

Awakening
2 times (5 minutes)

Total sleep time   (8hours of sleep are recommended)

5 hours 43 minutes

A light sleep
4 hours 23 minutes

Average tossing and turning time
per hour 7times

A deep sleep
2 hours 02 minutes

Awakening
2 times (5 minutes)

Sleep History

Activity   Illuminance   hours of sleep
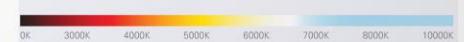
Today
18

Sleep hygiene report

The amount of activity displayed through bar graph

The intensity of illumination displayed through waveform graph
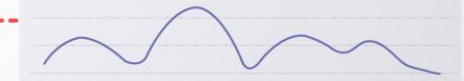
Light temperature displayed through color bar graph

0K   3000K   4000K   5000K   6000K   7000K   8000K   10000K

Monitor and Report Sleep Hygiene

✓ Sleep disorder analysis

✓ Provides sleep pattern graph (Sleep Level, wake, toss and turn etc.)

✓ Provides sleep hygiene behavior ratings and graphs

✓ Grade your sleep quality

✓ Prescription for improvement of abnormal symptoms of sleep from artificial intelligence doctor

Transfer data to smartphone

SleepDoc monitors sleeping condition while sleep and analyzes sleeping pattern.

5 hours 43 minutes

☐ A light sleep	☐ Average tossing and turning time
4 hours 23 minutes	per hour 7times
☐ A deep sleep	☐ Awakening
2 hours 02 minutes	2 times (5 minutes)

Sleep History

Sep 17

Sleep hygiene report

68%   68%

Sleep hygiene graph

⏱ 12:07   06:32 ⏰

Total sleep time   (8hours of sleep are recommended)

5 hours 43 minutes

Sleep hygiene report

☐ A light sleep   ☐ Average tossing and turning time
4 hours 23 minutes   per hour 7times
☐ A deep sleep   ☐ Awakening

Sep 18

☐ Illumination intensity account

Information of activity & illumination

🏃 Daytime activity		😊 Sufficient
☀ Daytime illumination		😟 Shortage
💧 Nighttime activity		😊 Sufficient
🌙 Nighttime illumination		😞 Bad

Plan of sleep hygiene behavior

Daytime activity	Lack of evening activity. Need more activity during lunch time.
Daytime illumination	Enough of daytime illumination. Keep the amount of sunlight.
Nighttime activity	Lessen your nighttime activity for sleep.
Nighttime illumination	You are in to much of bright room. Change the light to yellow or make environment dark.
Total sleep hour	You sleep too much depends on your age. Increase your activity and illumination.
An average of stir	Your average of stir is normal. Keep activity and illumination as yesterday.
Wake	Your wake is normal. Keep activity and illumination as yesterday.

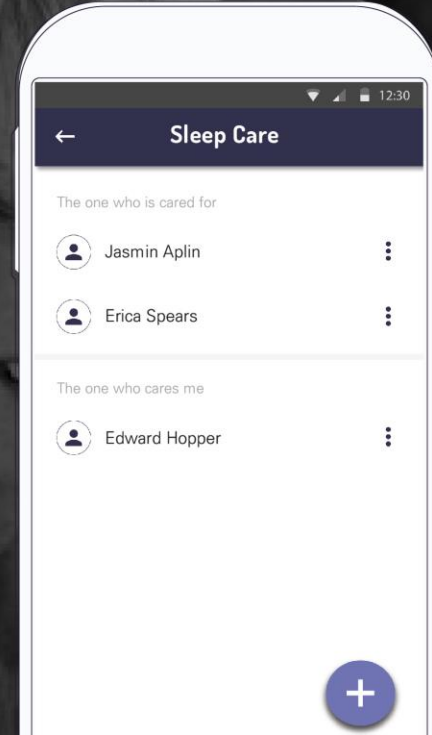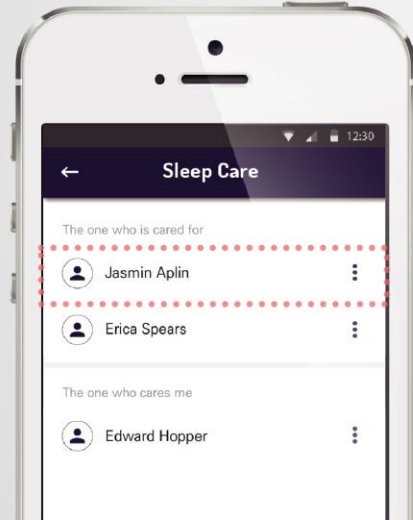Today 18

Sleep care with the ones you love

· Sleep Doc lets you **share your sleep pattern** with your family, friends, or caretaker.

· These sleep patterns can be managed and monitored in multiple devices including PC.

(Communicare, a postnatal care center, retirement village, senior center, sanatorium, recreational facilities, managinggrowing youth etc)

▼ ⊿ ▮ 12:30

← **Sleep Care**

The one who is cared for

👤 Jasmin Aplin ⋮

👤 Erica Spears ⋮

The one who cares me

👤 Edward Hopper ⋮

⊕

Sleep care with the ones you love

Get help for your sleep pattern from the ones you love! Sleep Doc lets you share your sleep pattern with your family, friends, or caretaker.
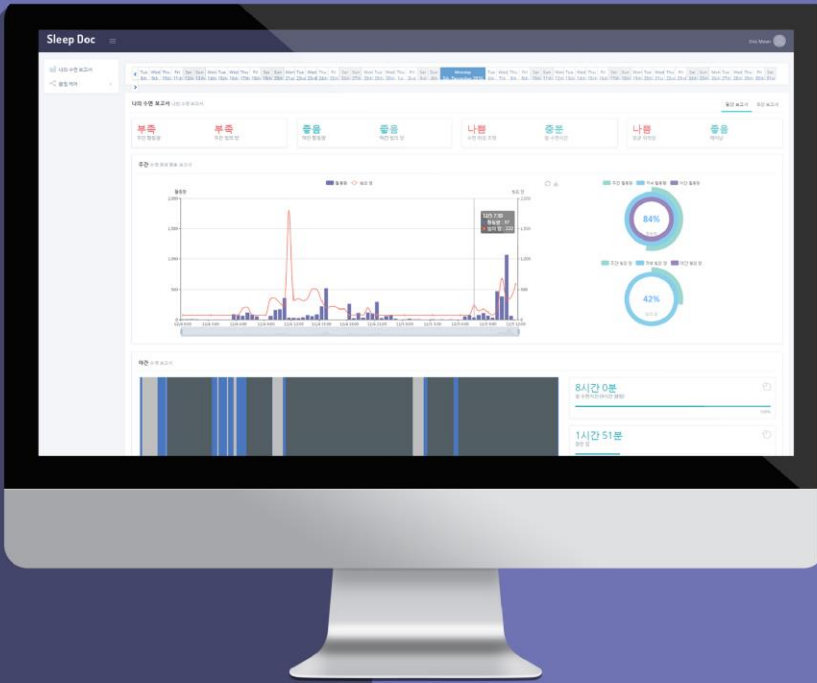
Sleep history of your loved one is in your hands!

Click someone you are managing

Sleep Care

The one who is cared for

Jasmin Aplin

Erica Spears

The one who cares me

Edward Hopper

Sleep History

Sleep hygiene report

Monitor sleep data via mobile and PC

Sleep Doc Web Service

Open platform for managing your sleep hygiene on cloud

Create an easy and fast master account by email, and provide an open healthcare service platform that conveniently manages healthcare services

Share your sleep data personally or publicly

Either share your sleep data personally with your familiar, friends, and caretakers. By sharing your sleep data publicly, you can receive suggestions from social welfare organization or health product companies.

Sleep Doc is light and comfortable on your wrist

Simple and sophisticated design, practical as a bracelet.

band device | Charging cable | Manual

Sleep Doc's strengths

Developed by Sleep Specialist

Sleep Doc's algorithm and suggestion is scientifically proven by experts

Quick connection to smart phone

Sleep Doc is very simple to connect to your smart phone.

Intuitive analysis of your sleep quality

Monitor your sleep condition from data recorded every 30 minutes

Prescribed by AI doctor

AI doctor provides behavior suggestion based on your sleep data.

Share data on cloud

Share your sleep data on cloud to get help from people around you

Real-time coaching

Detects what helps/disturbs your sleep to suggest improvement in real-time.