



Morpheuz Sleep Monitor

- * See how well you sleep
- * Wake when you are ready with Smart Alarm
- * iOS and Android
- * Your data is kept on your phone
- * Power Nap
- * Free

Morpheuz Sleep Monitor

Your *Pebble* watch, your phone and the free *Morpheuz* app are all you need to monitor your night's sleep.

Inside the *Pebble* watch is a movement sensor called an accelerometer. Using this *Morpheuz* tracks your movement during the night and transmits this back to your phone.

You view this information on your phone as a graph of movement over the night, and as a chart of the time spent in deep sleep, light sleep and potentially awake states.

Morpheuz includes a *Smart Alarm* facility. This enables you to set an earliest and latest wake-up time. When *Morpheuz* detects that you are stirring within this period, *Morpheuz* will gently awaken you with 30 seconds of watch vibration. If you remain in a deep sleep until the latest wake up time, *Morpheuz* will always attempt to wake you.

Morpheuz also includes a *Power Nap* feature. Once activated (by pressing select for 1.5 seconds), *Morpheuz* starts a countdown once you stop moving, giving an optimum 27

minutes of rest before stirring you with gentle vibration.

You can export a single night's data via an email. You can then easily import this CSV data into a spreadsheet..

FAQ

Q: Does *Morpheuz* work with iPhones and Android phones?

A: Yes.

Q: Is my private data secure?

A: Yes. Your data is only stored on your phone. Data is transmitted across the internet to display charts, but no data is stored.

Q: Does *Morpheuz* store more than one night's data?

A: No, not at present. It will graph for a maximum of 9 hours, but you reset this every night.

Q: Will *Morpheuz* record when showing another watch face or app?

A: Sorry, No. This isn't supported by Pebble at present.



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Instructions

Download Morpheuz from the Pebble App Store.

All charts and settings are visible on the configuration page which can be opened by pressing the Settings button below your loaded app, or configure on the app info screen.

At the top of the settings page are the following:

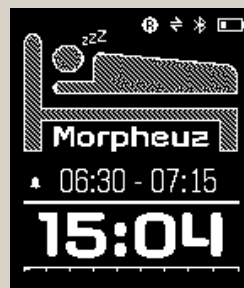
- * Smart alarm - selected this enables the smart alarm feature
- * Inverse - sets the screen to black on white rather than the default white on black.
- * Period from and to - these are the earliest and latest smart alarm wake up times.
- * Save and Reset - this stores the settings and starts the recording period. Cancel leaves everything unchanged.

Next is a Sleep movement graph. Movements are shown in dark blue, a trend in light blue, the vertical dotted green line is the earliest wake up time and the red the latest. The solid vertical amber line is the actual wake up time.

Next is a pie chart of estimated Quality of Sleep which categorises sleep into Awake, Light and Deep sleep.

Statistics provides the same figures in hours and minutes.

The export section allows a mailto (providing your phone permits it) and a copy of CSV data.



The top icons show:

- *Recording
- *Successful communication with phone.
- *Bluetooth available

- * Battery status.

The flashing zzZ show the accelerometer is working. The text above the time shows smart alarm range, Power Nap status or date if neither are operational.

The graduated line below the time shows progress through the night.

Press up for 1.5 seconds to reset sleep period (two short buzzes will confirm this)

Press select for 1.5 seconds for Power Nap. This will show on screen.