



# 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: Is there an inverse screen option, as I prefer black-on-white display?

A: Yes.

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: What are the icons at the top of the watch display?

A: Comms working, bluetooth connected and watch battery status.