

# Sleep Shepherd Blue

Wake up feeling great and get the most out of your night with the only sleep tracker that actively improves your sleep



EAN: 743724472707

UVP: 273,-€

The Sleep Shepherd Blue is a complete sleep enhancing system that uses scientifically proven technology to actively improve your sleep quality. The Sleep Shepherd Blue is unique in that it works with your brain's natural structure to slow your brainwaves down and guide you to better sleep without altering brain chemistry in any way. This technology incorporates a biofeedback system that utilizes specialized tones to help entrain your brainwaves to a slower frequency in preparation for sleep. While wearing the Sleep Shepherd Blue, you will begin to perceive a rhythmic pulse over a constant carrier tone. This phenomenon is created by your brain deciphering the difference in frequency between the two tones that are played into either ear. The forehead and ear sensors contained within the Sleep Shepherd Blue closely monitor your brainwaves. The data is used in real time to adjust the tones delivered to each ear such that the resultant frequency of the tones is always slightly slower than your current brainwave frequency.

- Brainwaves slow as they entrain to the Sleep Shepherd's output tones
- Tones automatically adjust based on data obtained from sensors in real time

The specialized tones automatically shut off when your brain has reached a sleeping state. However, the unit continues to passively monitor your brainwaves and movement throughout the night and is ready to come back on whenever needed.

## BENEFITS

- **Actively Improve Your Sleep** - Because the Sleep Shepherd is the only sleep device that actively improves your sleep, you can get the most out of your sleep, every night.
- **Track Your Sleep, For Real** - Other sleep trackers just track your motion as you sleep, the Sleep Shepherd tracks sleep at its source by monitoring your brainwaves in real time.
- **Wake Up Refreshed** - The Sleep Shepherd's Smart Alarm slowly lifts your brain out of sleep before waking you up. So you wake up feeling great – and on time.
- **Lightweight Fabric That Breathes** - Designed with ultra lightweight fabric that is designed to be extremely breathable, non-intrusive and

comfortable.

- **Backed By Data** - Sleep with confidence knowing that studies show 4 out of 5 people sleep better with the Sleep Shepherd.
- **Goes Wherever You Are** - Because the Sleep Shepherd requires zero set-up, it's effortless to travel with. Build better sleep no matter where you are.

## FUNCTION

### 1. Charging

To charge the Sleep Shepherd Blue, use the included charging cord. Connect the micro-USB plug into the unit's micro-USB port (Figure A). Connect the USB plug into the included charging adapter (Figure B). The unit should be fully charged between every use. The orange charging indicator LED will appear when the device is being charged. Once the device is fully charged, the orange LED will automatically turn off, indicating the device is fully charged and ready for use. The device will generally take two hours to charge fully.

### 2. Positioning the Sensors

The Sleep Shepherd Blue is able to passively monitor your brainwaves through conductive fabric sensors integrated into the inside of the headband. In order to obtain accurate readings, the sensor pads must be in firm contact with the wearer's skin. The two sensors along the side of the headband should align over the wearer's ears. The front sensor should come in contact with the wearer's forehead above the left eye. Hair must be pulled back away from the forehead and behind the ears to ensure adequate contact.

- Place left and right sensors such that the conductive fabric makes contact with the skin on your ears.
- Place the front sensor above your left eye, ensuring the sensor makes contact with the skin on your forehead.

### 3. Adjusting the Speakers

Thin speakers are incorporated into the headband within the conductive fabric pockets located over the ears. The speakers can be positioned within these pockets so that they align comfortably over the natural indentation of your ears. Volume levels can be adjusted on the electronics casing. Volume balance can be adjusted using the Sleep Shepherd companion app.

### 4. Using the App

The Sleep Shepherd Blue offers unparalleled sleep tracking insights by collecting brainwave data in combination with head orientation and movement to comprehensively and accurately track your nightly sleep. This data can be used to beneficially analyze and adjust your sleep routines to help optimize your sleep like never before. Download the Sleep Shepherd app by scanning the QR code above. Alternatively, the app can be downloaded by accessing the Google Play store for Android devices or the Apple App store for iOS devices. Upon first opening the app, you will encounter a prompt to complete a detailed tutorial for syncing your Sleep Shepherd Blue. Please follow these in-app instructions prior to navigating the app.