



Sleep Number® SleepIQ® Technology

Available with all Sleep Number® beds, SleepIQ® technology gives you the knowledge to adjust for your best sleep. SleepIQ technology provides a simple, intuitive way to know more about your sleep by monitoring your sleep and providing information you can use to make adjustments to your Sleep Number setting or daily routine, such as diet and exercise. Best of all, it empowers you so you can achieve your best possible sleep, night after night.

SleepIQ technology couldn't be easier to use. Nothing to wear, nothing to turn on. All you have to do is sleep.

Sensors working directly with Advanced DualAir™ technology inside the Sleep Number bed measure average breathing rate, average heart rate, movement and bed presence to show you the quality of your sleep.

Sleep Number first introduced SleepIQ technology on its award-winning [x12 bed](#) at the International Consumer Electronics Show 2014.

SleepIQ technology also extends to Sleep Number's [SleepIQ Kids™ bed](#), introduced at the 2015 International Consumer Electronics Show and now available at Sleep Number stores nationwide or www.sleepnumber.com.

Features and Benefits

- Because SleepIQ technology is integrated into the Sleep Number bed's DualAir technology, there's nothing to wear or turn on – all you have to do is sleep.
- Using effortless technology, SleepIQ combines individualized sleep knowledge and adjustability to empower you to achieve your best possible sleep. You can use this knowledge to identify trends and make changes over time; from the ideal comfort, firmness and support of your bed, your Sleep Number setting, to adjusting daily routines like diet and exercise.
- SleepIQ technology results include personal data over time consisting of restful time in bed, goal time in bed, average heart and breathing rates, movement and time out of bed.



- SleepIQ data helps identify routines and factors that affect sleep. Using an intuitive activity tracker, you can monitor things like caffeine intake, diet, exercise, television, media usage and medications.



- SleepIQ technology captures approximately 500 pressure readings per second for the duration of time in bed. SleepIQ technology utilizes a full-body algorithm to assess each individual's quality of sleep and provides both sleep partners with data, including a SleepIQ score, each night. Users can view personalized data via a smart phone, tablet, PC or Sleep Number remote.
- The SleepIQ technology sleep dashboard lets parents see how the whole family is sleeping. Designed to be flexible and adaptable for each child's situation and age, the SleepIQ technology can be used by parents to help guide and coach good sleep routines for young children.



- Users can turn off SleepIQ technology, using the privacy feature.
- SleepIQ technology is powered by Silicon Valley-based BAM Labs.

Price and Availability

- SleepIQ technology is fully integrated into Sleep Number's x12 and SleepIQ Kids beds.
- SleepIQ technology can be added to any new Sleep Number bed for \$299.99 plus tax and shipping.
- SleepIQ technology is available exclusively at more than 460 company-owned Sleep Number stores across the United States and at www.sleepnumber.com.