The S+ by ResMed: The World's First Non-Contact, Fully Comprehensive Sleep Tracking System – Now Available in the UK

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ResMed, global leader in sleep and respiratory medicine launches new consumer device in the UK – first and only non-contact tracker that captures data on all sleep stages

Oxford, 22nd March 2016 – ResMed, a leading innovator in sleep that has been changing lives for more than 25 years, announced today that their smarter sleep solution, the S+ by ResMed, is available for consumers in the UK. The S+ features patent-protected SleepSensor technology which makes it possible for the first time to track, analyze and improve sleep at home without needing to wear a wristband or use electrodes or mattress strips. Unlike other sleep trackers it also has the capability to analyse each stage of sleep through the night.

One in three people in the UK regularly suffer from poor sleep1 and experience problems with daytime functioning as a result.2,3 Poor sleep is also associated with long-term mental3,4 and physical3,4,5,6 health consequences including a shortened life span.6 The S+ is designed to improve sleep from the very first night and results from the US, where the S+ is already available, show that below-average sleepers slept an extra 45 minutes each night after just one week's use of the S+.7

The S+ comprises a device that sits beside the bed, a cloud-hosted Sleep Mentor system, and a free mobile app (Apple iOS and Android). The bedside device uses a highly calibrated respiratory and bio-motion sensor to measure and analyse sleep stages. It records movements caused by the expansion and relaxation of the chest with breathing in and out, and overall body movements such as positional changes, arm twitches and shrugs. Each morning, the S+ app delivers sleep scores and sleep charts to a connected phone or tablet, and the S+ Sleep Mentor uses a software algorithm based on over two million nights of sleep data to deliver personalised feedback and suggestions to help users improve their sleep.8

Unlike other smartphone apps and other sleep trackers on the market, the S+ accurately tracks every stage of the sleep process. It provides an accurate breakdown of how the night unfolds, pinpointing sleep onset, and tracking cycles of light, deep and REM sleep to help build up a picture of the quality of sleep achieved as well as the quantity.

"We know that people who want to measure their sleep really need to be able to rely on the results they are given in order to be able to make meaningful changes," said Hanna Salminen, Head of Consumer Strategy, "The SleepSensor technology behind the S+ by ResMed means they can have total confidence, and they have the added benefit of not having to wear or sleep on top of a device. Our commitment to advancing sleep science has helped many people with sleep disorders, and now with the S+ our aim is to help everybody improve their sleep in order to live life to the full."

The S+ app provides daily feedback in the form of a 0-100 Sleep Score and Sleep Charts which provide a breakdown of the light, deep and REM sleep the user has achieved overnight. The S+ has a range of additional features to help improve sleep:
• Relax to Sleep provides a choice of soothing sounds that synchronize with breathing patterns to help with the process of falling asleep at bedtime.

• Mind Clear allows users to record a voice message or type a text note to help clear their mind when trying to settle to sleep.
• Smart Alarm allows users to set a window of time for the S+ to naturally wake them when they are in light sleep, allowing them to wake feeling more refreshed.
As well as the respiratory and bio-motion sensor technology, the S+ has additional sensors that help analyse the sleeping environment by measuring light, temperature and noise levels and evaluating whether the user's sleep patterns are influenced by these factors. The S+ also analyses how lifestyle factors such as exercise, and stress levels, along with caffeine and alcohol consumption affect the user's sleep patterns.

"The arrival of the S+ by ResMed into the UK marks a significant moment for home sleep tracking" said Dr Guy Meadows, Clinical Director at The Sleep School, "It will give people the opportunity to accurately measure their sleep within their homes and play a significant role in improving their sleep quality and daytime performance. In order to live functional, happy, healthy lives we need to ensure we are prioritising sleep. It is arguably the most important thing we do in our day, yet we seem to have forgotten that as a society. The launch of the S+ by ResMed gives us all a chance to reappraise just how important sleep is."

The S+ has been rigorously tested in 10 independent clinical trials, and has also been tested and proven against expert manually scored patient sleep data gathered in several accredited sleep laboratories. It has been recognised for innovation and design by the prestigious RedDot and CES award categories.

The S+ by ResMed will be available at the price of £129.95 at mySleep.resmed.com, ResMed clinics, Amazon and John Lewis.
Please visit http://splus.resmed.com/ and follow @FixMySleep on Twitter.

About the S+ by ResMed Sleep Report
The S+ by ResMed is designed to help analyse and improve sleep from the very first night of use. If sleep is not improving, it is possible that the cause is a sleep disorder. The S+ can produce a sleep report that will help facilitate a discussion between a user and their doctor. It summarises sleep and profile information (quantitative) and feedback (qualitative) into a user-friendly report.

About ResMed
The global team at ResMed (NYSE:RMD) is united in the commitment to change millions of lives with every breath. With more than 4,000 employees and a presence in over 100 countries, the company has been pioneering new and innovative devices and treatments for sleep-disordered breathing, chronic obstructive pulmonary disease, and other chronic diseases for more than 25 years. ResMed's world-leading products and innovative solutions improve the quality of life for millions of patients worldwide, reduce the impact of chronic disease, and save healthcare costs. For more information about ResMed and its businesses, visit www.resmed.com or follow @resmed on Twitter.

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7. Users with average sleep scores between 50-60 improved their sleep by an average of 44.71 minutes per night after one week of use. Below average users are those with an average sleep score below 75. Poor sleep is defined as an average sleep score between 50-60. Very poor sleep is defined as an average sleep score between 30-50. Users with average sleep scores between 30-50 improved their sleep by more than 70 minutes per night after one week of use. Aggregate S+ user data as of 03/19/2015. All data is derived from a sample size of [5932] users as of 03/19/2015. Your results may be different.

8. ResMed recorded and analysed 2,000,000 nights of sleep in the development of S+