

New trends in **sleep monitoring** *Simple, Discreet, Contact-free...*

Tactex Controls Inc introduces new SLEEPSensing technology - a simple, portable, contact-free tool for measuring trends in sleep patterns over time.

How it works...

Tactex monitors quality of sleep using our proven under-mattress sensor technology. A thin, water-proof sensor pad is placed discreetly under a person's mattress where it can gather information on the number and types of movements made by the bed occupant throughout the night. Up to five different sleep "scores" are calculated by applying the same algorithms that are used in the science of Actigraphy (the study of sleep-based movement). These scores are trended over time and reported through user-friendly software. In addition, the Tactex sensor can provide real-time data on bed exit and entry routines.

What it measures...

- ✓ Sleep latency
- ✓ Number of awakenings
- ✓ Wake after sleep onset
- ✓ Sleep efficiency
- ✓ Total sleep time
- ✓ Bed exits

Why monitor quality of sleep?

Research indicates that disrupted sleep can be an early indicator for poor lifestyle habits or even the onset of certain illnesses. Monitoring quality of sleep can:

- Help to create a healthy lifestyle
- Help athletes track optimal performance days
- Assist with monitoring the effects of treatments or medications
- Help to identify a medical problem or monitor the progress of a known condition
- Alert caregivers to deterioration in a patient's physical or mental wellbeing.

The Tactex Advantage

Non-contact device

Monitors unobtrusively from beneath the mattress.

Place and forget design

Calculates data based on automatic bed entry and exit logs. No programming or manual input required.

Trending software

Easily view changes in quality of sleep trends over time.

Patented Kinotex technology

Accurate, reliable sensor technology.

