

T O R O N T O

canadā

SleepTank Feedback with Off-the-Shelf Wearables

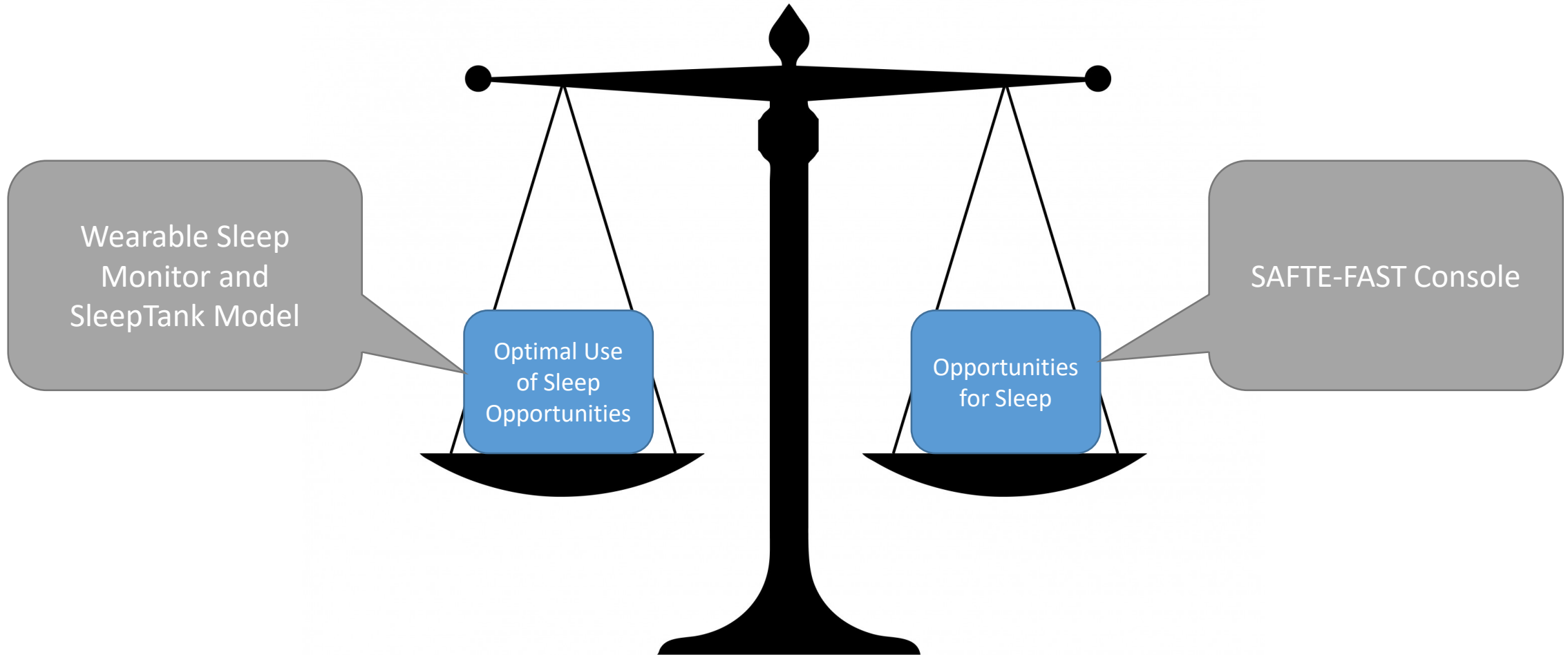
Presented by: Dr. Steven Hursh,
Dr. Lindsay Schwartz

PROPRIETARY INFORMATION: The information contained in this document is the property of the Institutes for Behavior Resources, Inc. (IBR). Except as specifically authorized in writing, the holder of this document shall keep information contained herein confidential and shall protect same, in whole or in part, from disclosure and dissemination to all third parties. © 2019 - All rights reserved. Institutes for Behavior Resources, Inc. (IBR). SAFTE-FAST is a product of IBR.

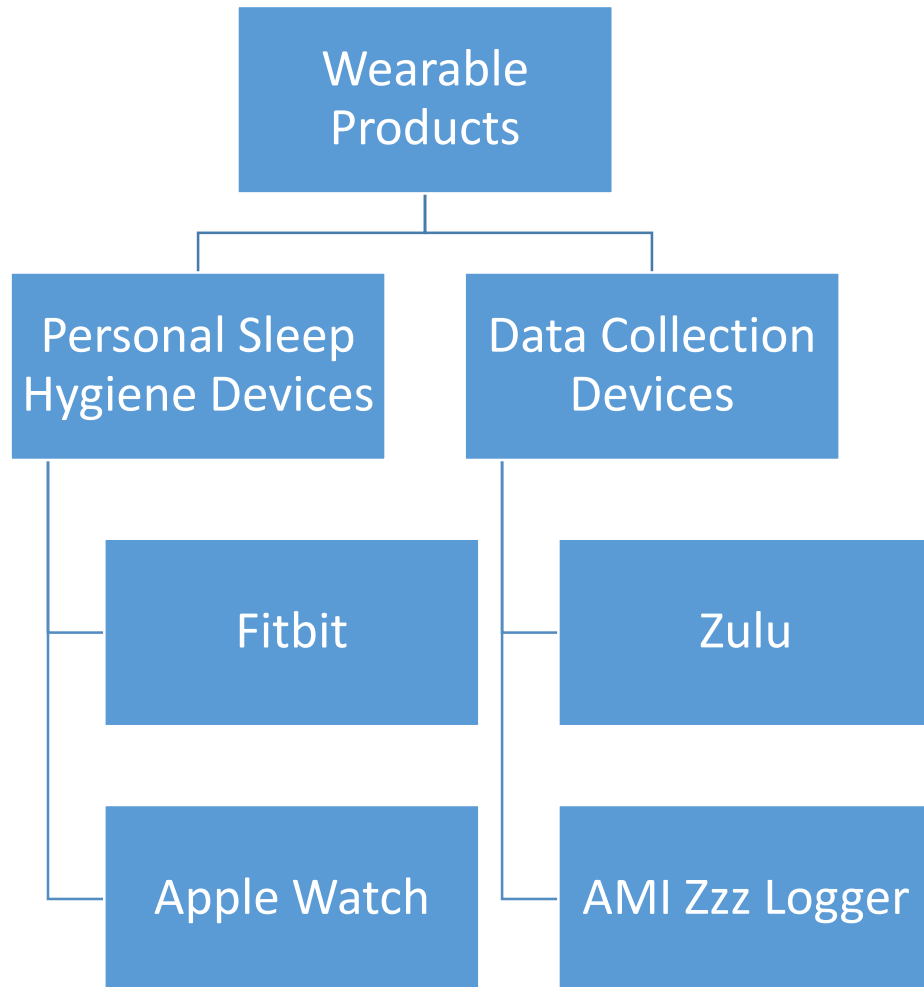


INSTITUTES FOR BEHAVIOR RESOURCES, INC.
shaping a better world

Balancing Sleep Opportunities and Sleep Decisions



IBR Wearable Strategy



Personal Sleep Hygiene Devices

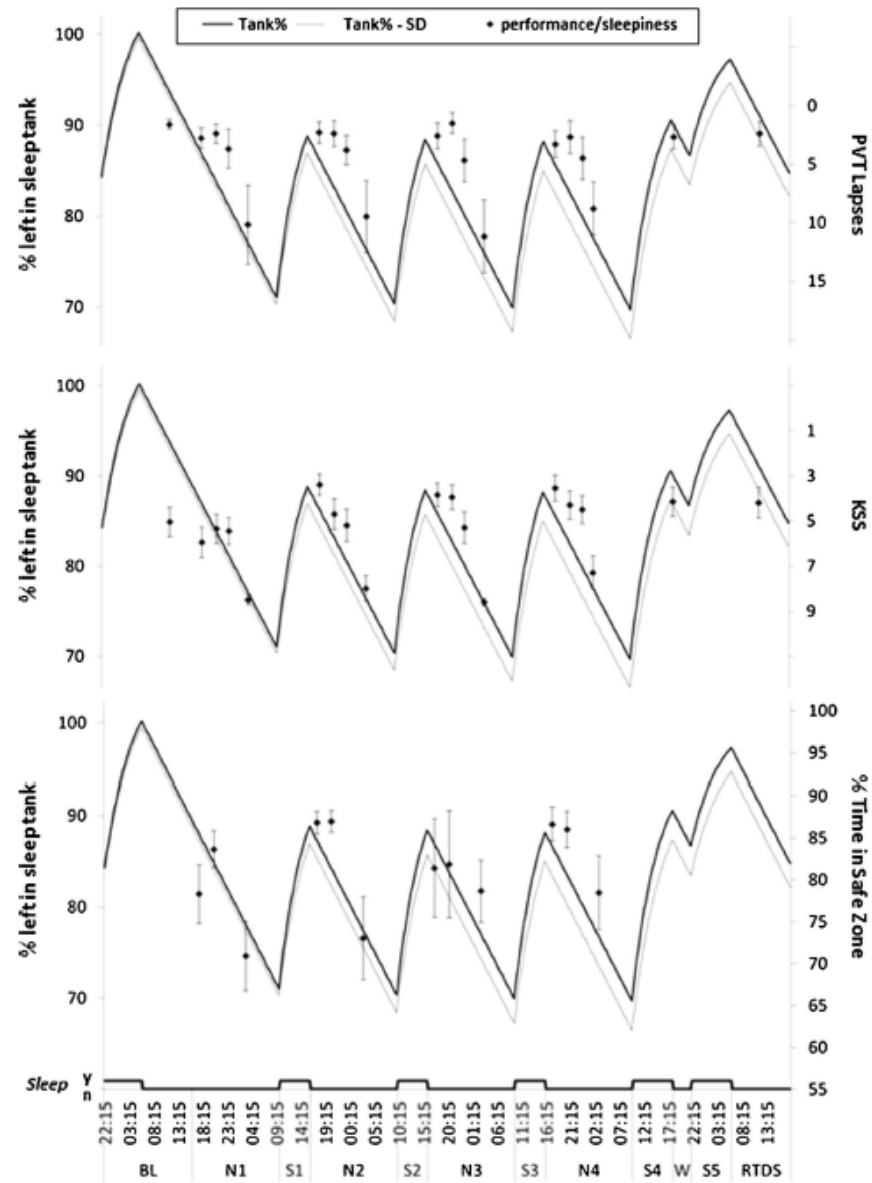
Help people maintain good sleep hygiene by providing them with on-wrist and app data feedback

Data Collection Devices

To be used as an alternative data collection tool with study results incorporated into modeling practices in SAFTE-FAST



- SleepTank Metric Validation
 - Validated with actual sleep and objective metrics



- On-wrist intelligence
- On-wrist feedback
- Companion Mobile App
- Fitbit sleep scoring (validated)
- 4+ days battery

Fitbit Versa



- On-wrist intelligence and feedback
- AMI sleep scoring (validated)
- 1+ days battery

Apple Watch



Apple Watch: Features

- Apple Watch currently has no native sleep scoring
- The SleepTank app will add these features
 - AMI algorithm to score sleep directly from accelerometer data
 - Validated sleep scoring with off-wrist detection
 - Nap detection to 20 min duration
- SleepTank Algorithm and Information Screens
 - SleepTank Circle
 - SleepTank Warnings
 - Nap Advice, on wrist
- iOS Companion App

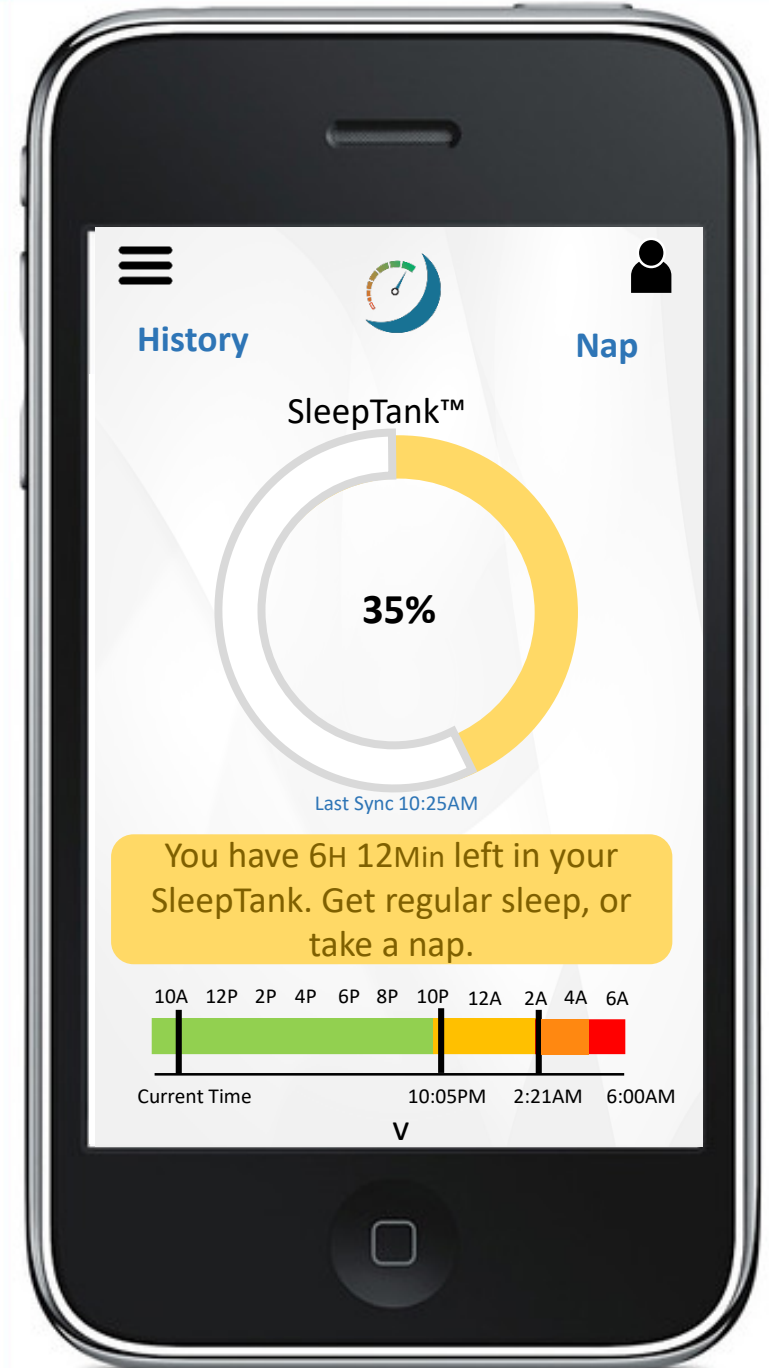
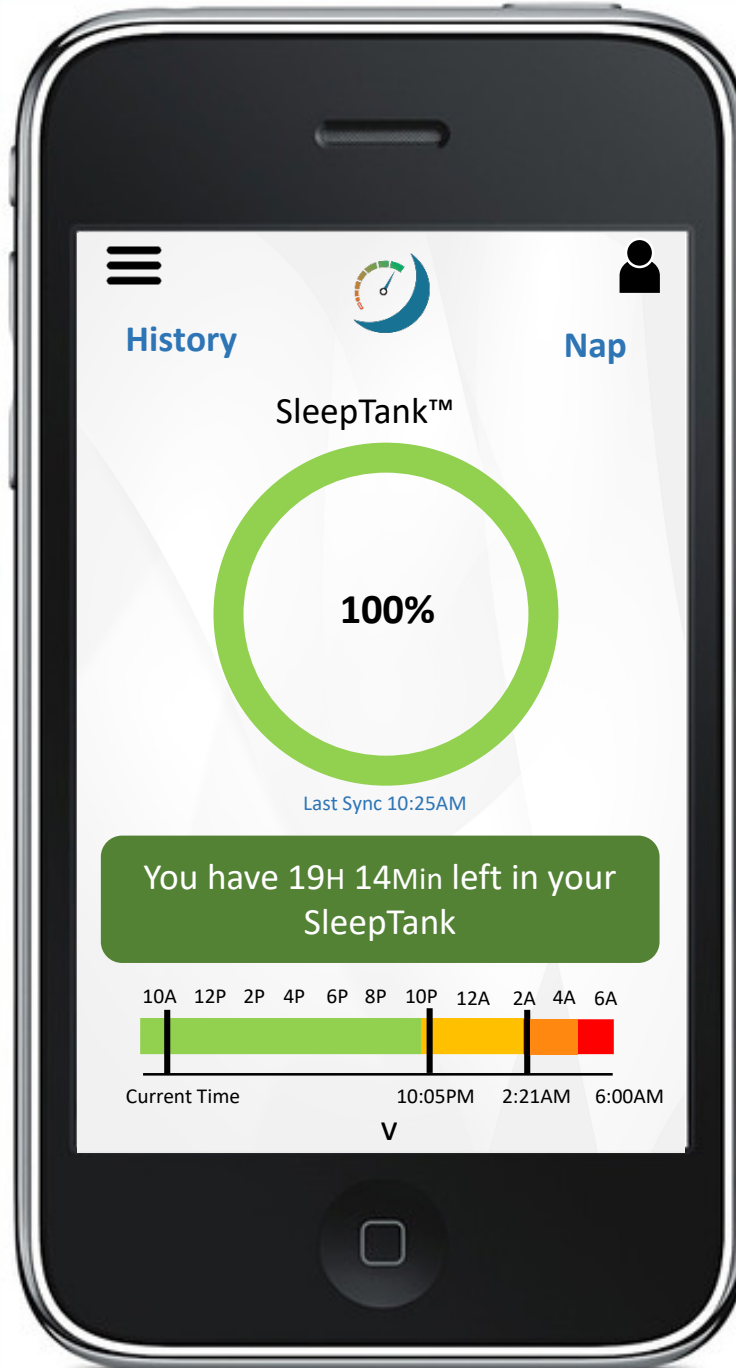


Mobile SleepTank App

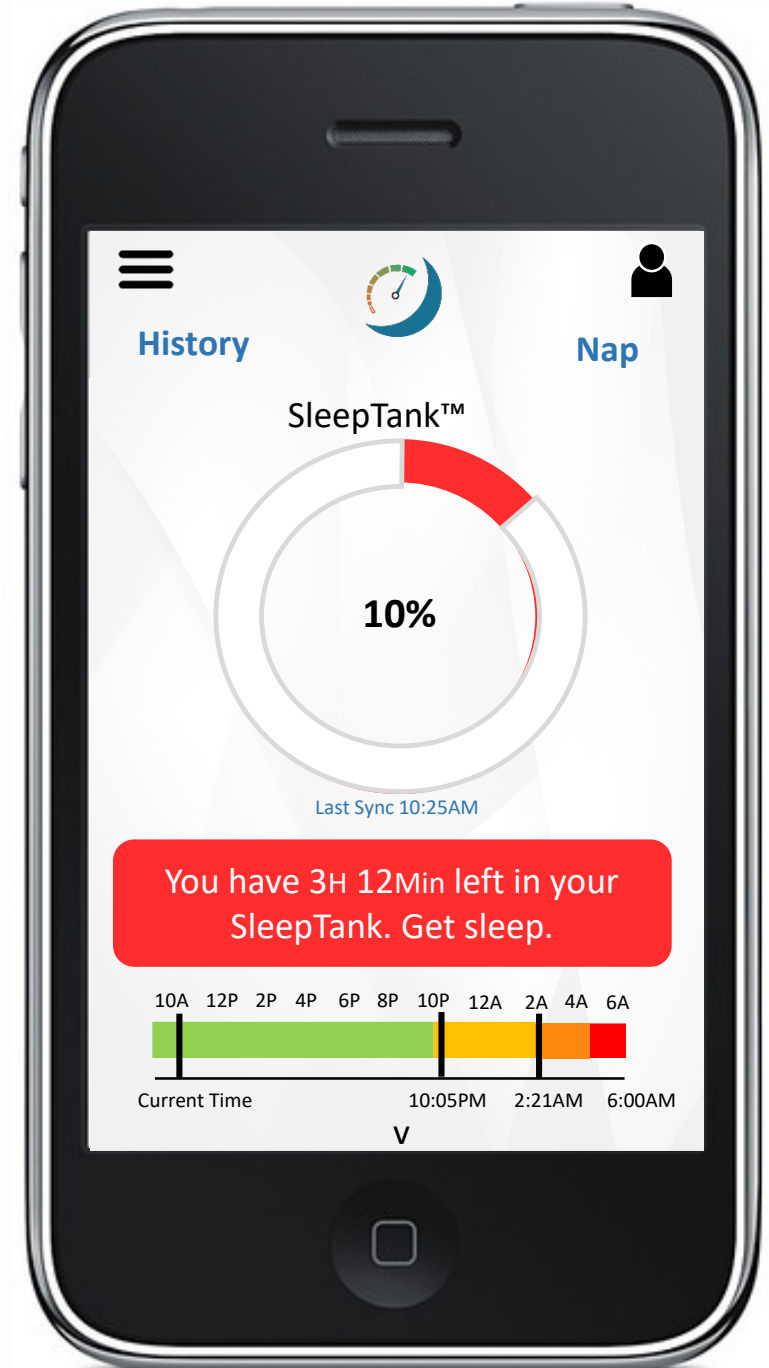
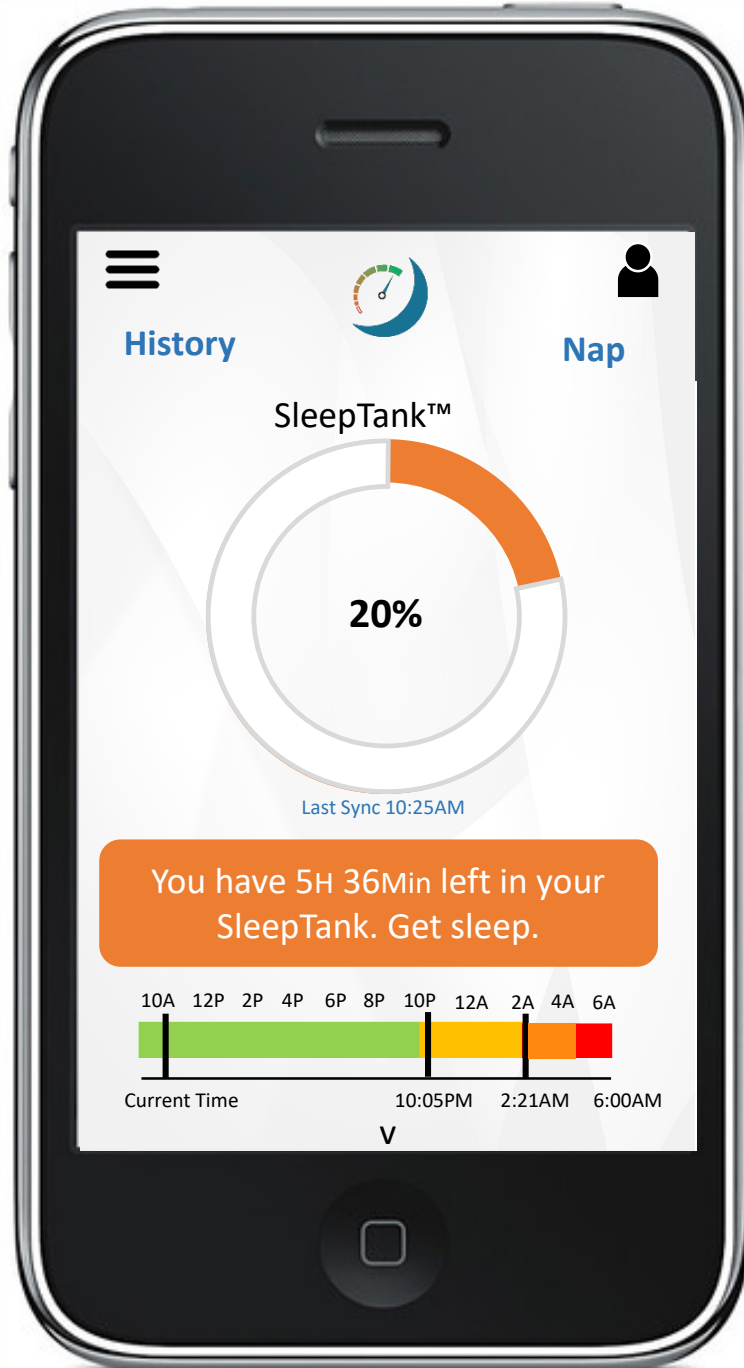
- Companion App to be used with a wearable sleep monitor
- Available on iOS and Android App Stores
- Can be used with any Fitbit device that tracks sleep
- Can be used with Apple Watch



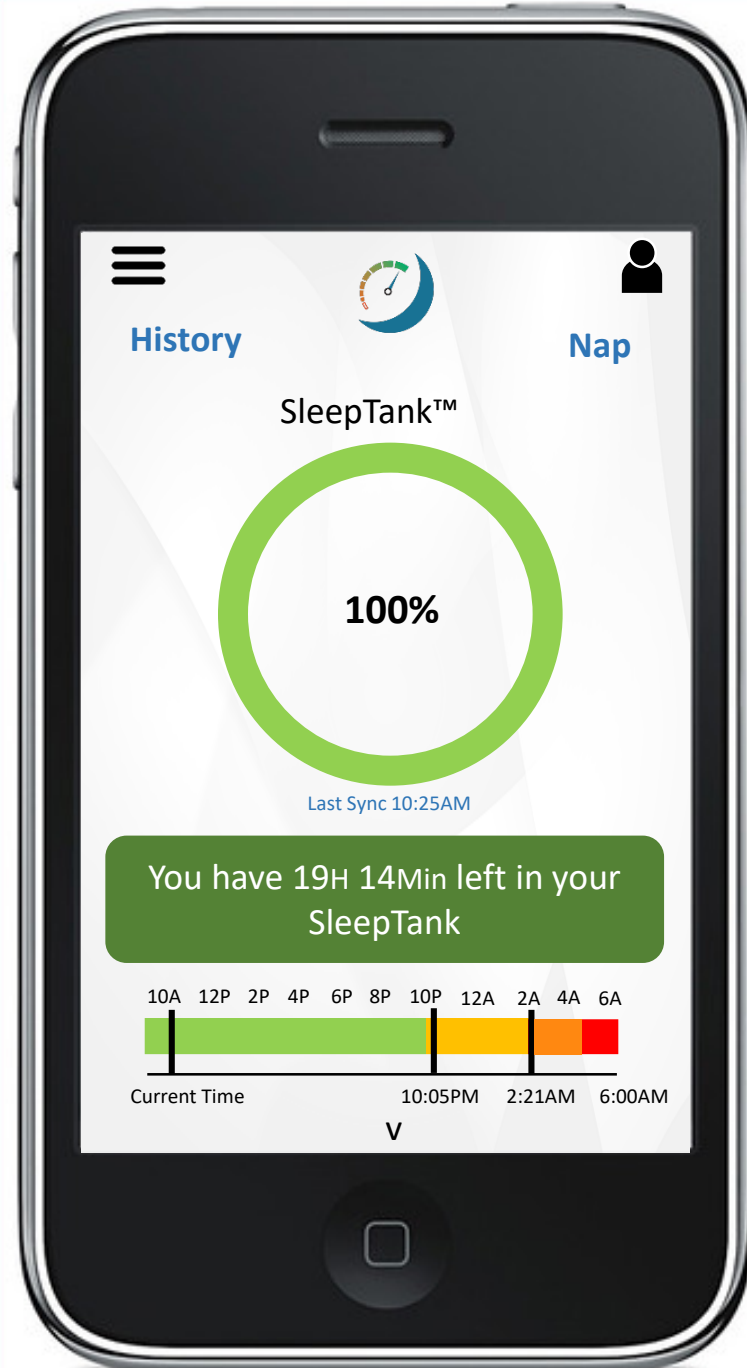
- Fitbit Companion Mobile App
- SleepTank Circle Represents Tank Level



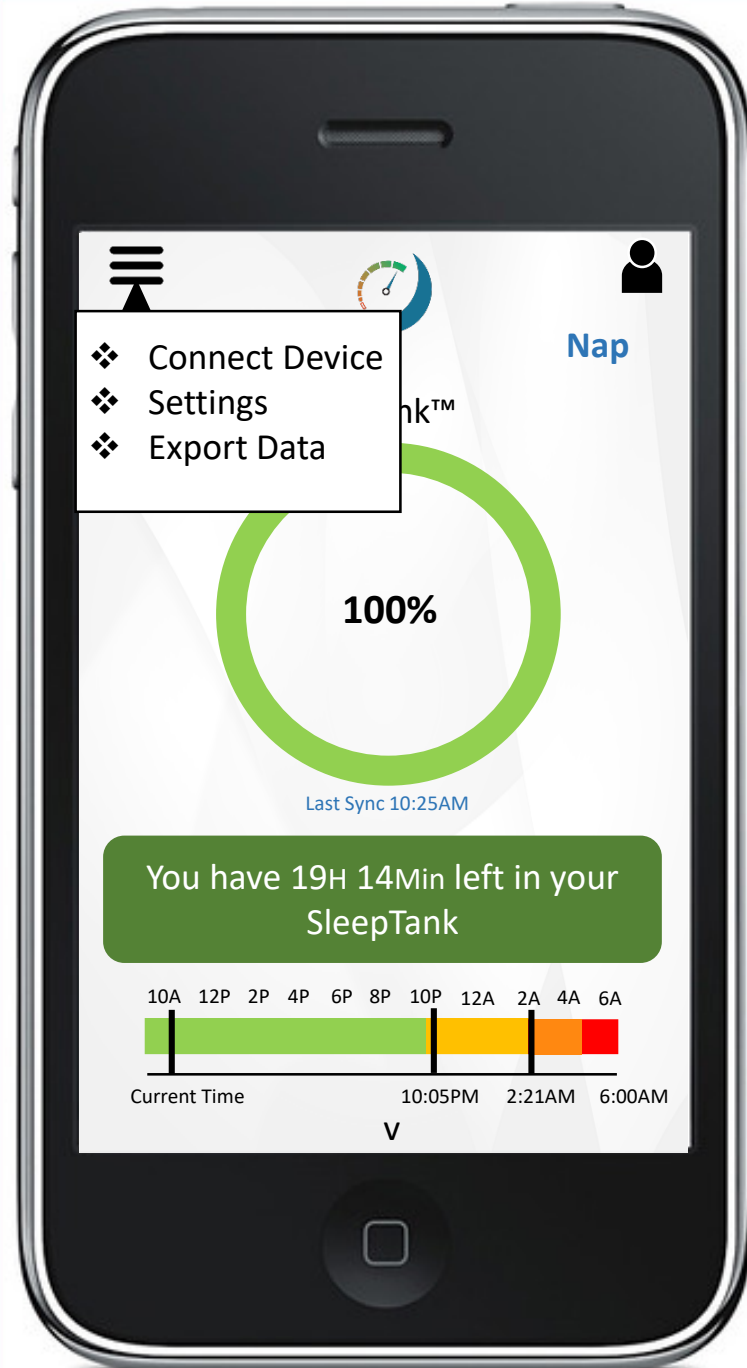
- Fitbit Companion Mobile App
- SleepTank Circle Represents Tank Level



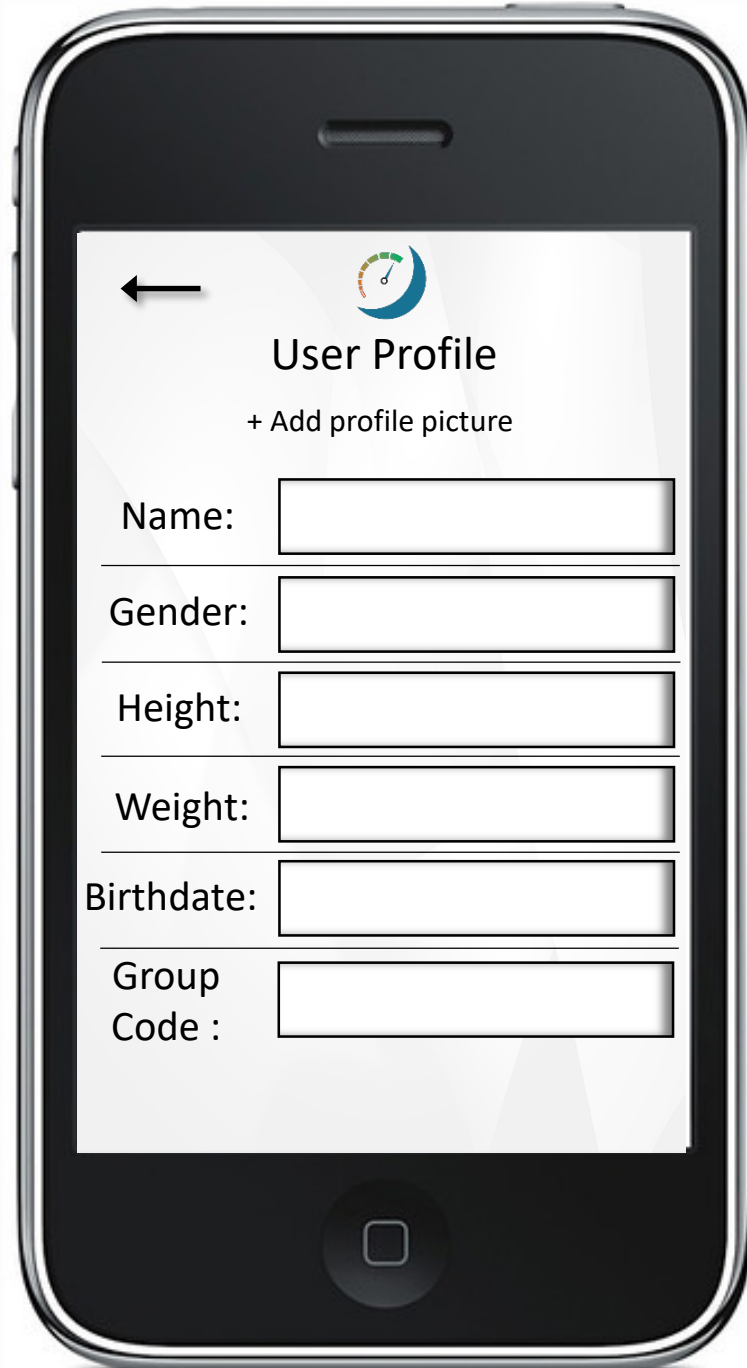
- Fitbit Companion Mobile App



- Fitbit Companion Mobile App
- App Menu



- Fitbit Companion Mobile App
- User Profile



← 

User Profile

+ Add profile picture

Name:

Gender:

Height:

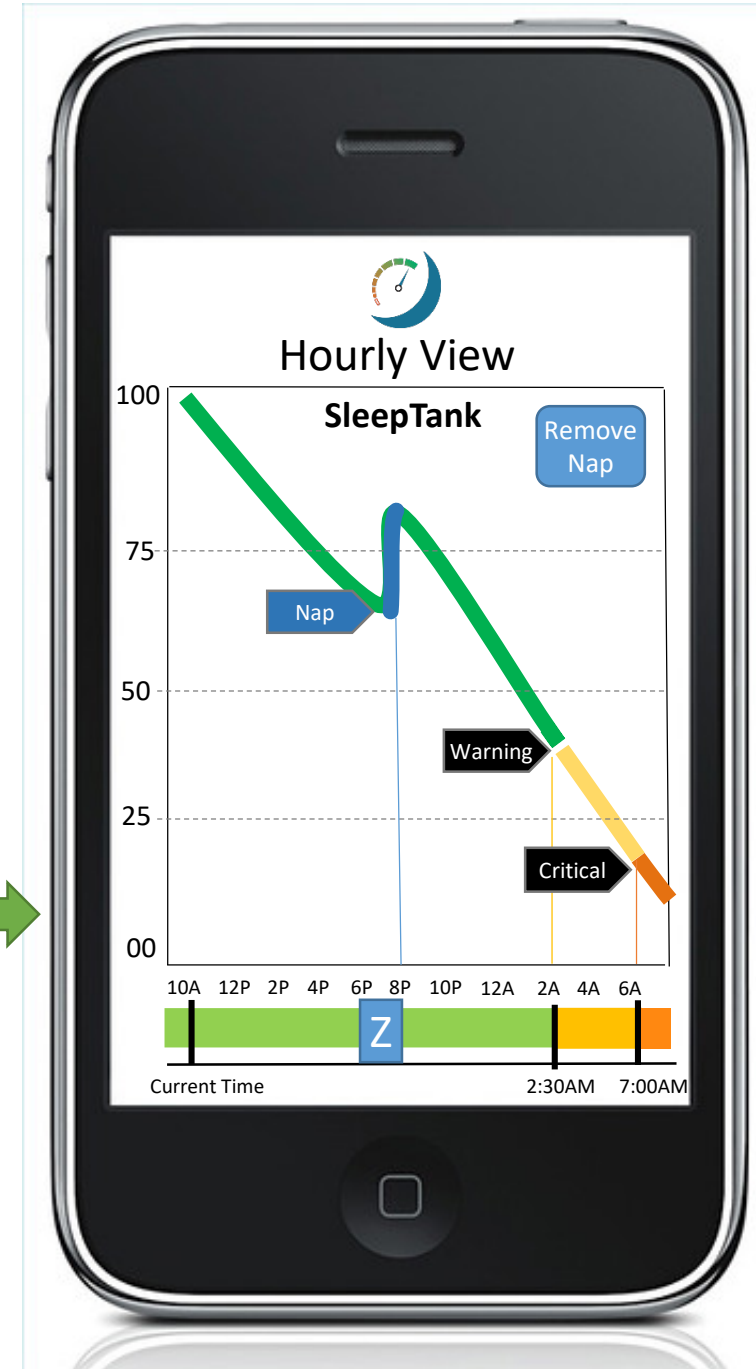
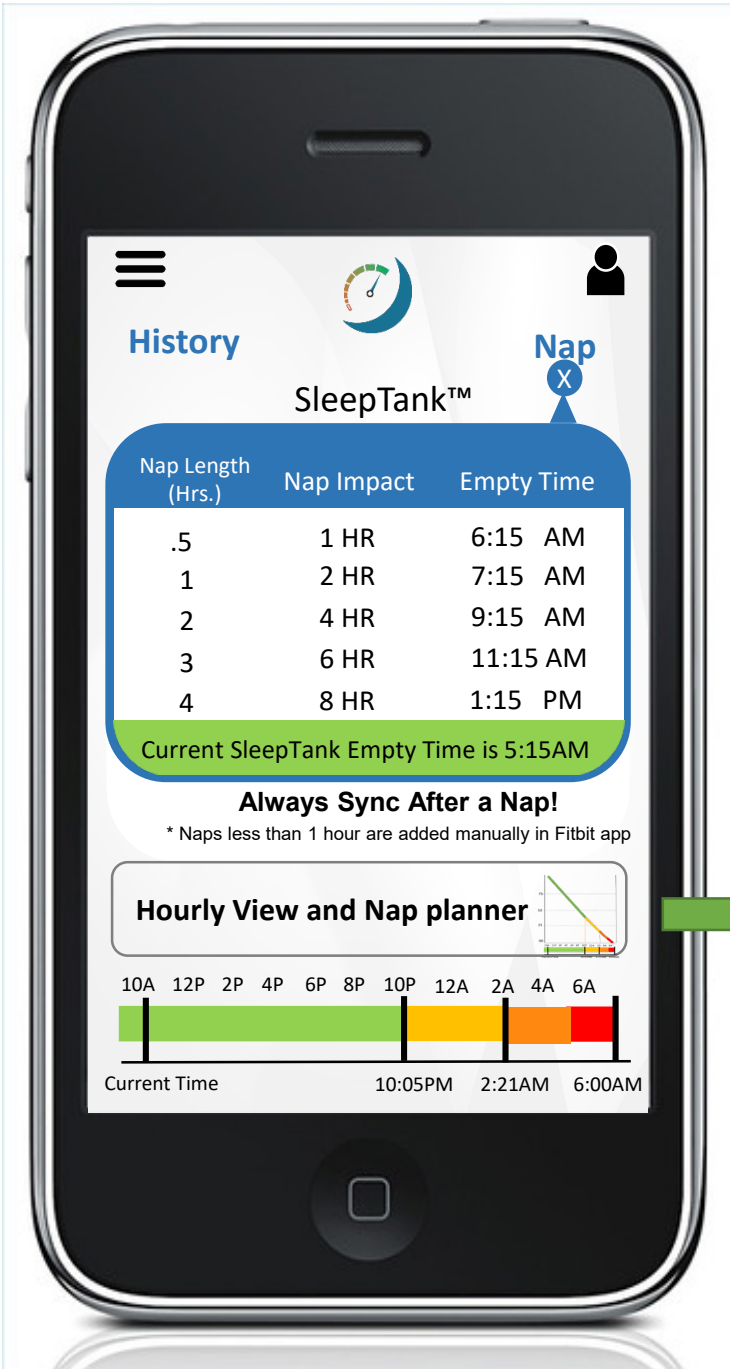
Weight:

Birthdate:

Group Code :



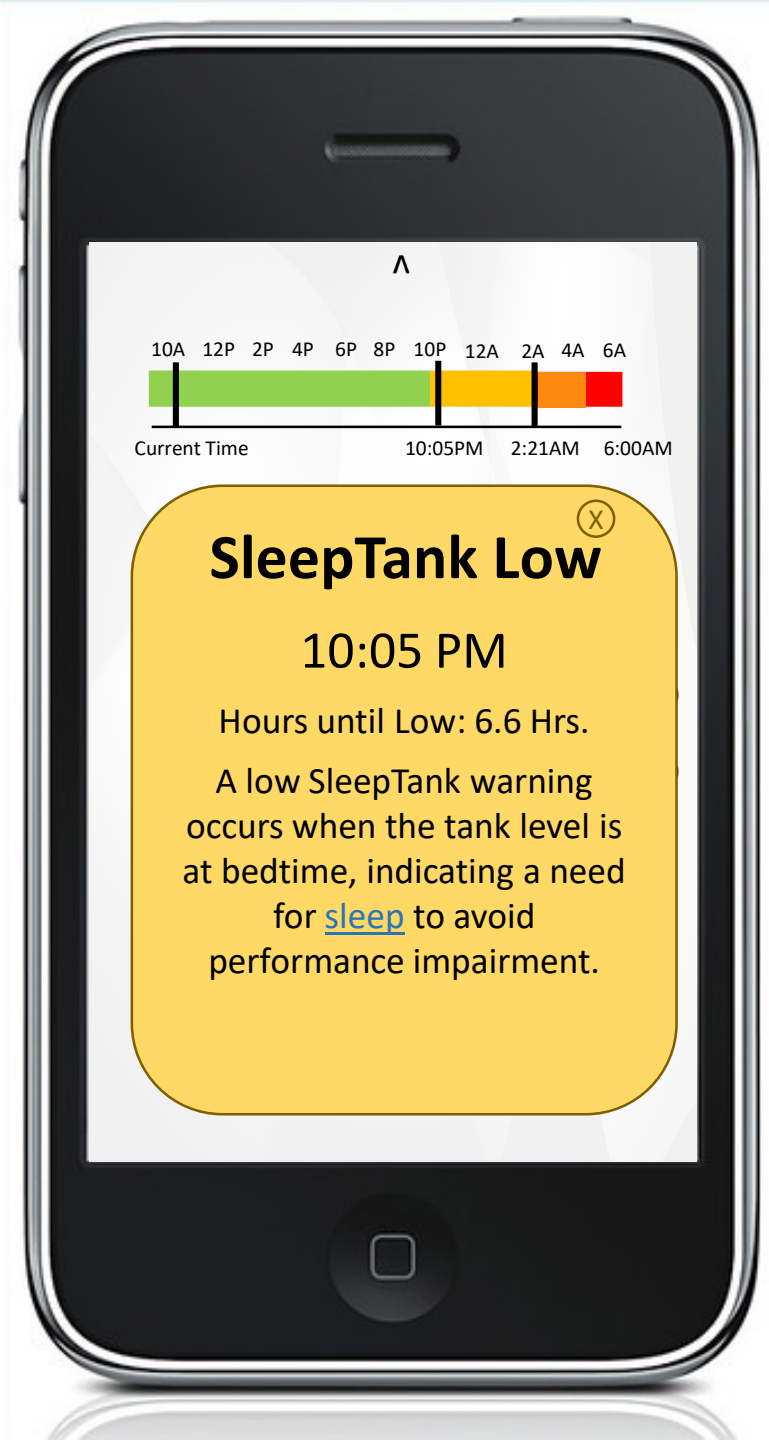
- Fitbit Companion Mobile App
- Nap Advice
- Note: naps under 1 hour must be manually added to Fitbit app



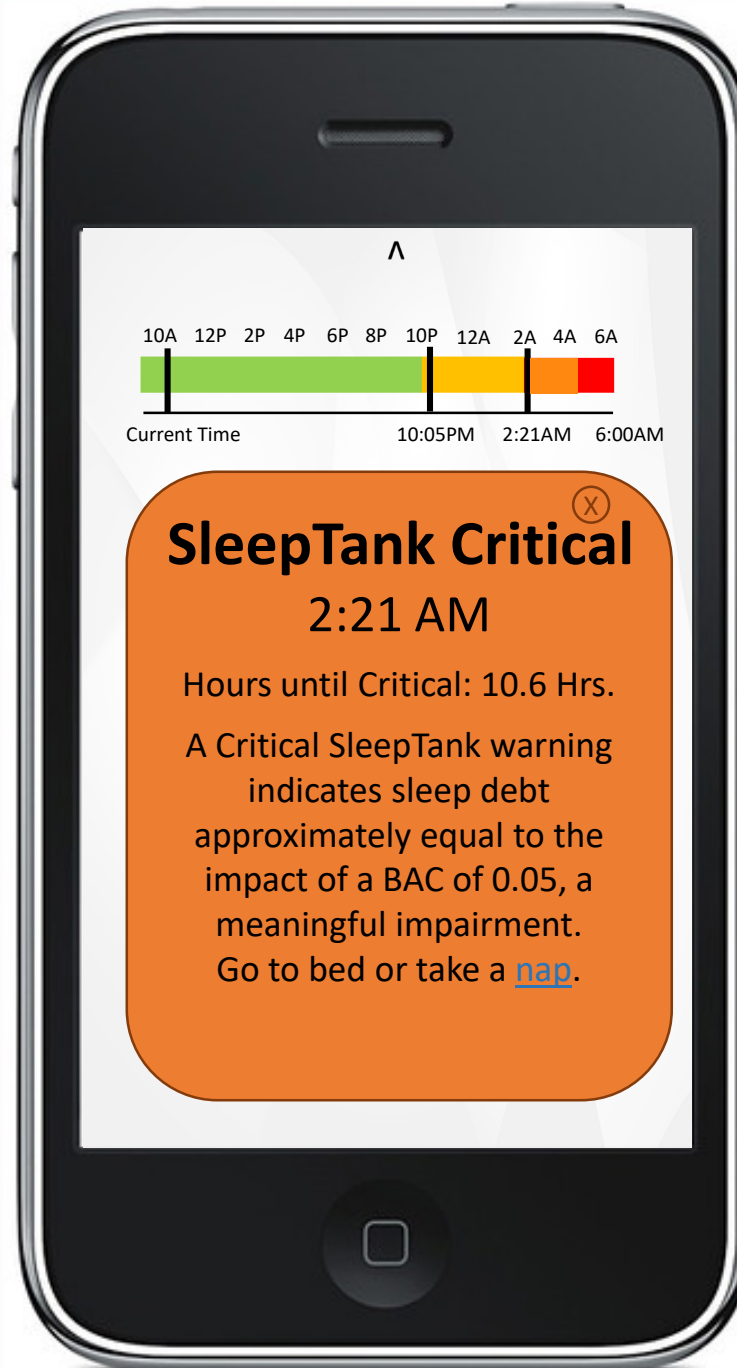
- Fitbit Companion Mobile App
- SleepTank Warnings Page



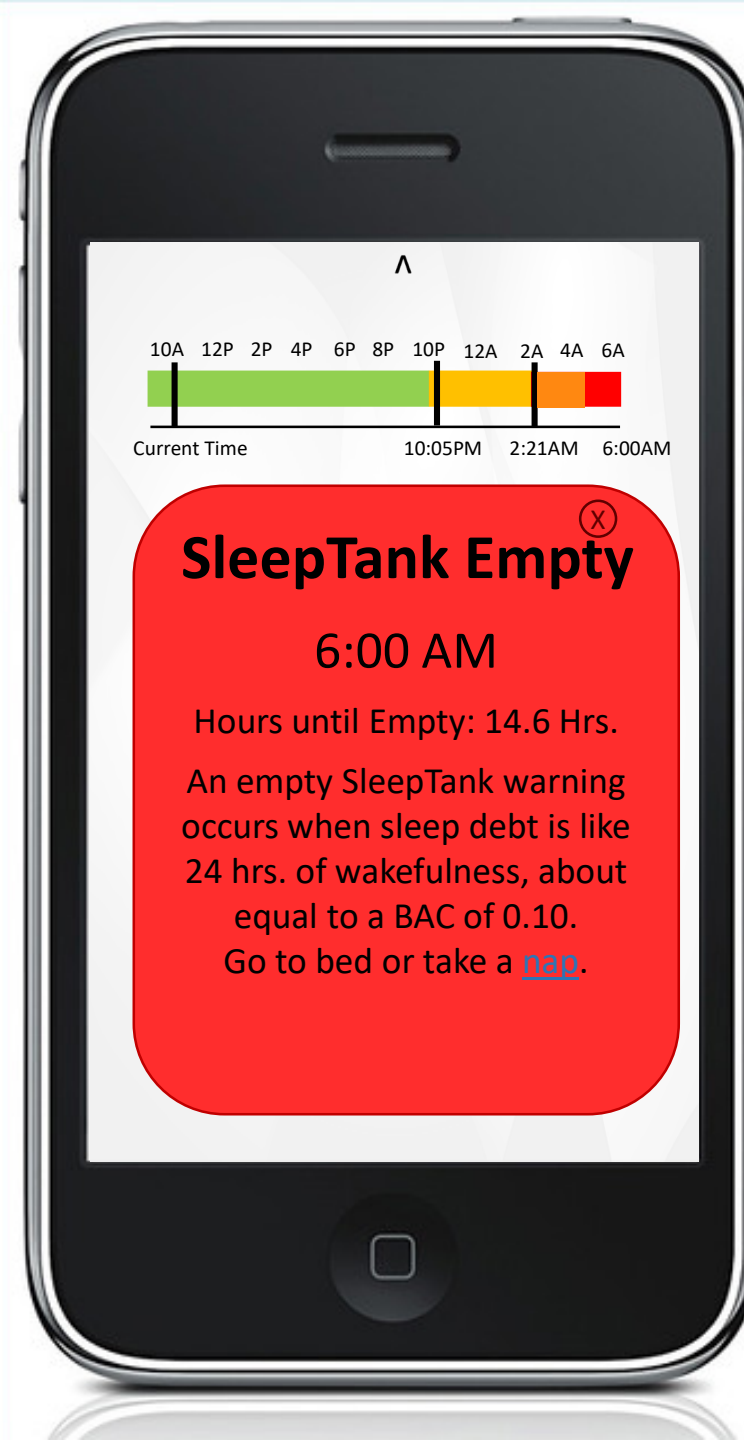
- Fitbit Companion Mobile App
- Low SleepTank Warning



- Fitbit Companion Mobile App
- Critical SleepTank Warning



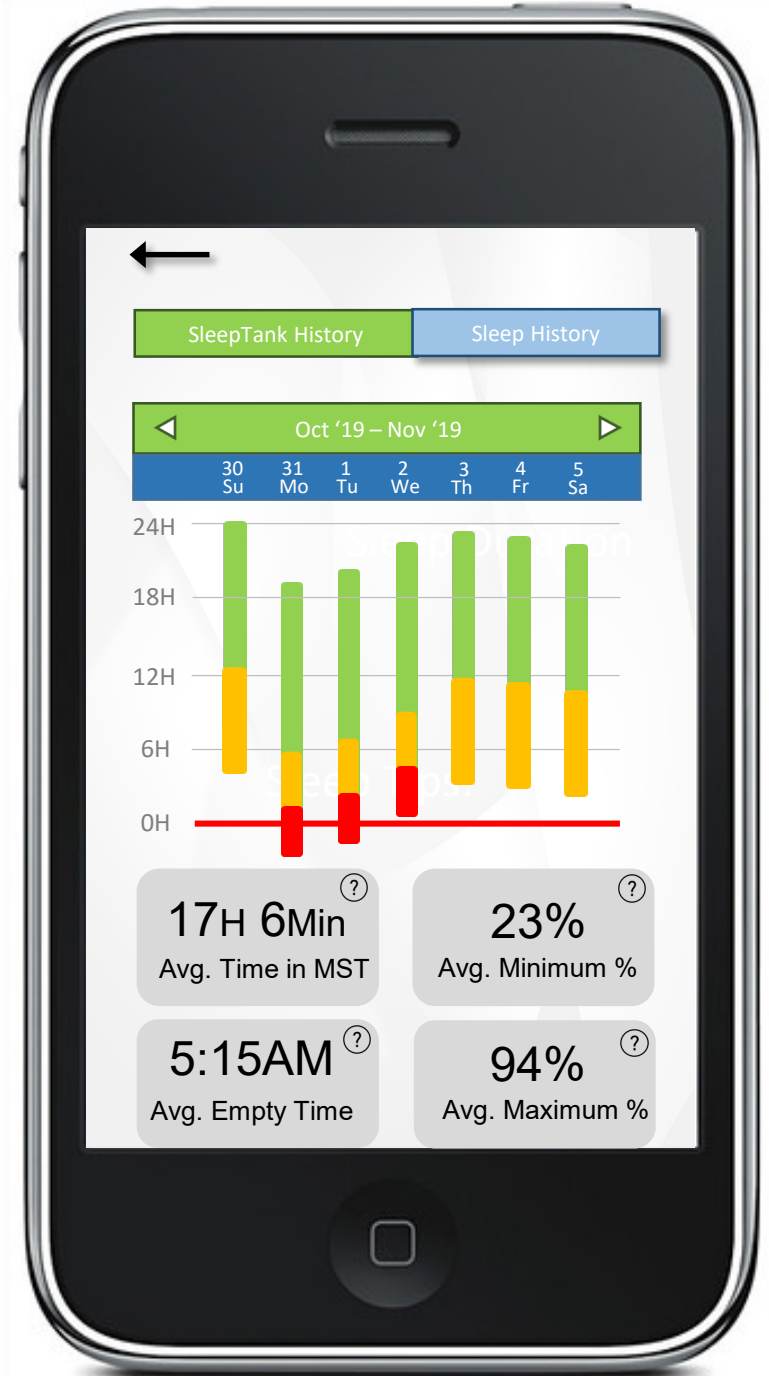
- Fitbit Companion Mobile App
- Empty SleepTank Warning



- Fitbit Companion Mobile App
- Sleep History



- Fitbit Companion Mobile App
- SleepTank History



Wearables for Data Collection

- IBR Zulu Watch
 - Watch and fitness features
 - On-wrist intelligence, companion app
 - Near research grade sleep scoring
 - Positive off-wrist detection
 - Optional SleepTank feedback
 - Syncs to mobile device for data extraction
 - On-demand BLE
 - Rich source of research grade data
 - 9 month+ battery life
- AMI Zzz Logger
 - Wristwatch features, step counting
 - FDA validated sleep scoring
 - On-wrist intelligence for sleep scoring
 - Off-wrist detection
 - Optional SleepTank feedback
 - IR and BLE models
 - Rich source of research grade data
 - 60 day battery



Launch Plan

- Fitbit SleepTank app is now available for Beta testing
 - Volunteers are welcome – we will provide the Versa and the app, user must agree to provide usability feedback – limited supply available
- Once tested, introduce into pilot and corporate groups for individual sleep hygiene feedback
- Watch app will be free
- Companion app will have a on-time fee after a trial period
- Corporate wellness programs can pay for the companion app to encourage utilization
- Long-range plan is to collect anonymous data from sleep wellness tracking



A large commercial airplane is shown from a low-angle perspective, flying towards the viewer against a dramatic sky with a sunset or sunrise. The sky transitions from a deep orange near the horizon to a clear blue at the top. The airplane is centered in the frame, with its wings and tail clearly visible.

The Worldwide Leader in Aviation for
Fatigue Management Solutions



Questions?

Conclusion of Presentation