



Better sleep with SleepHub[®]

SleepHub[®] is a ground-breaking sleep aid.
It's a simple and easy way to improve your natural sleep quality.



What is SleepHub®?

Restore natural sleep patterns and optimise your sleep with SleepHub® - the ground-breaking sleep aid by Cambridge Sleep Sciences.

SleepHub® is an electronic sleep aid which sits beside you as you sleep. By using neuroscience and sound technology, SleepHub® helps your brain to revert to natural sleep patterns.

"With increasingly demanding lifestyles and everyday worries, the brain can gradually fall out of sync with natural sleep cycles. By understanding the science behind a good night's sleep, we have been able to develop a product that helps the brain return to those natural sleep cycles and improves health and wellbeing."

Dr Julian Stone, Cambridge Sleep Sciences.

Backed by over 10 years of scientific research and development, SleepHub® uses optimised low-frequency sound waves to simulate the waves your brain should produce through each sleep cycle.

SleepHub® has been developed by scientists for people experiencing insomnia, those with disrupted sleeping patterns and people who want to optimise their sleep.



Key features of SleepHub®

- Trains your brain to restore natural sleeping patterns
- Uses exclusive neuroscience and sound technology to guide you through optimal sleep cycles
- Backed by more than 10 years of research, development and trials
- Aids falling asleep and improved quality of sleep
- An alternative to sleeping tablets
- Helps to fix sleep issues, not mask them
- 4 sleep modes to choose from, to help you achieve your optimal sleep
- Plays optional soundscapes, such as white noise, rain and ocean sounds

How SleepHub® works?

Many products on the market mask sleep issues. SleepHub® guides your brain down the forgotten path towards natural sleep.

While you sleep, your brain produces waves. As you move through different sleep cycles, the shapes and frequencies of these waves change. Reproducing these waves in the right sequence is the key to encouraging your brain to enter those natural sleep cycles.

SleepHub® helps you to achieve quality sleep through scientifically formulated sounds that use rhythms and pulses to simulate the waves your brain should produce through each sleep cycle.

Four modes guide you through a series of sleep cycles to support you throughout the night and imitate your brain's natural sleep patterns. A variety of soundscapes complement each mode, enabling the brain to relax and find its natural sleep pattern.

Essentially, these sounds act as a guide-track for your brain, re-training it to revert to those natural sleep cycles and helping you feel reinvigorated. The best way to break any bad habit is with repetition of a good one, so the more you use SleepHub®, the better your sleep experience will be.



Sleep Modes



Deep Sleep

An eight-hour sleep programme including an 18 minute wake up cycle and alarm (default mode).



Easy Sleep

A customised sleep programme for those who have a set amount of time to get the rest they need.



Fall Asleep

A two-hour sleep programme to guide you into a deep sleep with optional wake-up alarm.



Power Nap

Guides you into an energising nap with optional wake-up alarm. You can choose from 30, 45 and 60 minute sleep programmes.

The Benefits of SleepHub®

Using SleepHub® to achieve better sleep means you will be addressing problems with sleep, rather than just masking them.

When you start to regain natural sleep patterns and optimise your sleep through regular and repeated use of SleepHub® the benefits you may experience include:

- Feeling more relaxed at bedtime
- Drifting to sleep easier
- Waking less frequently
- Getting back to sleep quicker if you do wake up
- Feeling more refreshed when you get up
- Reduced daytime tiredness
- Better mental, cognitive and physical performance during waking hours
- Stress reduction in everyday life
- Reduced headaches and migraines
- Increase in focus
- Overall wellbeing



Age Recommendation

SleepHub® has been developed to support adults in restoring their natural sleep cycles that may have been disrupted and forgotten over time.

Babies, children and teenagers have very different sleep patterns to an adult. Adult sleeping patterns generally settle in very late teens to early twenties. Therefore, we recommend that SleepHub® is only used by adults.



Optimised Sleep for Better Physical Performance

Getting good quality sleep can aid both cognitive and physical performance. It is also essential for recovery from intense exercise. It's no secret that sleep is one of the key pillars of health, and with more and more devices tracking the quality and quantity of sleep these days, sleep is becoming the number one focus to help achieve those marginal gains. There are, in fact, a whole host of benefits that better sleep can deliver.

Better sleep for better:

- Injury prevention
- Recovery
- Injury rehabilitation
- Glycogen stores
- Natural human growth hormone
- Testosterone
- Endurance
- Eating habits
- Weight loss



Clinical Trial of SleepHub®

As part of its development, SleepHub® was tested with a cohort of individuals who had been experiencing established insomnia for a period longer than three months, and who were not taking sleep medication. The positive responses from this trial provided evidence using a validated patient reported outcome tool, the Pittsburgh Sleep Quality Index (PSQI) that SleepHub® can re-train the brain to revert to natural sleep patterns.

Some of the results from this study are:

92% saw a positive sleep improvement with, on average per night:

155 minutes more time asleep.

76 minutes less time awake.

55% reduction in number of times waking up.



Display

- Display size: 7.0" (177.8mm) diagonal
- Display format: 1024 x 600 Pixels (RGB)
- Display type: LCD TFT
16.7M colours / normally black / transmissive
- Touch panel type: capacitive



Speakers

- Two speaker units: Full range 3" (76.2mm) aluminium cone drivers
- Usable frequency range: (Hz) 66 - 15,000 Hz
- Speaker impedance: 8 Ω /ohms
- Max. permissible input: 20 W (IEC), 35 W (PEAK)
- Average output sound pressure level: 84.7 dB @ 2.83V/1m
- Input: RCA



Connectivity

- Wi-Fi WLAN standard: IEEE 802.11b/g/n, Wi-Fi compliant
- Wi-Fi frequency range: 2.400 GHz ~ 2.497 GHz (2.4 GHz ISM Band)
- Bluetooth communication system: V4.0 of 1, 2 and 3 Mbps
- Bluetooth range: approx. 10m in line of sight



Charging

- Power supply: AC - DC power supply
- Input: 100 -240VAC ~0.3A
- Output: 12V DC 3000mA
- Power consumption: 15 W
- Power consumption in standby mode: 0.3 W



In the box

- Main SleepHub® device
- Two speakers with two RCA cables (1 x 5m and 1 x 2m)
- Mains power adapter and User manual



Device

- Operating system: custom Android 7.1.2 (N2G48H)
- Rockchip RK3128 SOC Quad-core ARM Cortex-A7MP Core processor
- 8KB internal SRAM on the processor
- 8GB DDR3 RAM
- 8GB eMMC Flash Storage



Audio

- Rated output: 2-channel
- 20W+20W (8 Ω /ohms, 1 kHz, T.H.D. 0.7 %)
- Output connectors: speaker: 6-16 Ω /ohms (impedance)
- Total harmonic distortion rate: (1 kHz, 1 W, 8 Ω /ohms): ANALOG IN: 0.1 %35 W (PEAK)
- S/N ratio: (10 W, 8 Ω /ohms, IHF-A): ANALOG IN: 83 dB
- Frequency response: (1 W, 8 Ω /ohms): 10 Hz-20 kHz (+0.5 dB, -3 dB)
- Cable length: 2m and 5m RCA to RCA braided



Warranty and certifications

- Manufacturing warranty: 1 Year
- Environmental testing: IEC 60068-2-31, Free Fall Procedure 1
- Certification: EMC (CE mark), FCC, ROHS, REACH & Prop65
- Dust and waterproofing - IEC 60529: IP54
- ESD - IEC 61000-4-2 Standard: Contact discharge level 3, air discharge level 3



Environment

- Operating environment: indoors
- Storage temperature: 4°F to 158°F (-20°C to 70°C)
- Operating temperature: 32°F to 104°F (0°C to 40°C)
- Operating Humidity: 10% to 85%

SleepHub® is available in Australia online and through various specialty retail outlets.

www.sleephubdevice.com.au

wenatex®
THE SLEEP SYSTEM

237 Waterworks Road, Ashgrove QLD 4060

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"SleepHub has improved my sleep dramatically. I am lulled to sleep by the sound of rain that continues through the night, so should I wake up at some odd hour, the rain puts me straight back to sleep. Better still, my husband who is a chronic insomniac has never slept better. Something has definitely shifted in his brain wave activity and he is falling (and staying) asleep easily with this device."

Catherine, Journalist, Sydney

"The SleepHub - love it. My quality of sleep and level of sustained alertness is really noticeable after two nights use. I now use it every night and my quality of sleep has improved ++++. I have used all features in the device and adjust the alarm depending on work commitments. The Deep Sleep function is by far the best function."

Leanne, Lecturer, Brisbane

"I first saw the Sleep Hub at a demo at my workplace and decided to trial it. I'm a very restless sleeper, so very keen to try it for myself. Within the first few nights I had such a great change using the Sleep Hub. The Sleep Hub helped me get to sleep easier, as well as to stay asleep. I had much less waking up during the night, and I woke up feeling more refreshed than in a long time! Better quality sleep and more sleep overall. Success! Very easy to use and so glad I tried it for myself!"

Nicole, Occupational Therapist, Brisbane



SleepHub® is the first innovation from Cambridge Sleep Sciences Ltd., a subsidiary of Barkby Group PLC. Cambridge Sleep Sciences strives to improve health and wellbeing through the power of natural sleep. It combines the principles of science with cutting-edge technology to enhance brain activity during sleep and develop innovative products that improve quality of life and re-energise lives.