

WITHINGS UNVEILS SLEEP ANALYZER, A NON-INVASIVE SLEEP SENSOR THAT PROVIDES MEDICAL-GRADE SLEEP ANALYSIS AND SLEEP APNEA DETECTION FROM HOME

Available in Europe and the United Kingdom, the CE cleared, under-the-mattress pad was created with sleep experts and has been clinically validated through a recent study

Issy-les-Moulineaux, France – April 28, 2020 – [Withings](#), a pioneer of the connected health movement, today announces Sleep Analyzer, an unobtrusive sleep tracker that utilizes the world’s most advanced sensors and technology to analyze sleep and detect sleep apnea, a highly prevalent and underdiagnosed disease. Available in the EU and U.K., after receiving CE marking for medical devices, Sleep Analyzer has been created in conjunction with sleep experts and clinically validated to provide medical-grade analysis and sleep apnea detection all from the comfort of the home. It will be available in the U.S., pending FDA clearance.

Medical Grade Insights from Your Own Bed

One billion people are estimated to suffer from mild to severe sleep apnea, a serious condition that can lead to major health and cardiovascular issues. However, 8 out of 10 people don’t know they have it.¹ An abstract released in 2018 by ResMed, also noted that around 175 million Europeans have obstructive sleep apnea. Continuing Withings’ commitment to design connected health devices that are simple for people to use daily to track and identify major health conditions early, the company has produced the first at-home sleep apnea detection device that doesn't need to be worn.

Requiring only a one-time setup, Sleep Analyzer includes an advanced sound sensor that specifically tracks snoring signals, one indicator of sleep apnea that’s among the numerous monitored by the mat. When users get up in the morning, they can see if any sleep apnea episodes occurred over night in the accompanying Health Mate app. Results can be easily shared through the app with physicians or sleep specialists for further review and diagnosis.

Clinical Validation

Sleep Analyzer’s sleep apnea detection capability has been validated through a clinical study with Hôpital Antoine Bécclère in France and Hôpital St-Pierre in Belgium. The study compared Sleep Analyzer to a Polysomnography (PSG) analysis, the gold standard of medical sleep analysis that is performed on patients in sleep clinics, to confirm the mat’s precision to perform diagnostic test of sleep apnea syndrome to find moderate to severe cases. The clinical study that had 118 patient participants found Sleep Analyzer had similar average Apnea-Hypopnea Index (AHI) results, which measures the severity of sleep, as a PSG. Sleep Analyzer’s average AHI was 32.5 compared to 32.8 by PSG.

Unparalleled Sleep Analysis

¹ Estimation of the global prevalence and burden of obstructive sleep apnoea: a literature-based analysis

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Sleep Analyzer is a sleek 25" x 7.5" mat that fits seamlessly under the mattress and after a one-time setup automatically provides an in-depth look at users' nights. Like its predecessor, Withings Sleep, it uses a pneumatic sensor to measure respiratory rate, body movement and continuous heart rate to track users' sleep cycles (deep, light and REM) and cycle durations as well as users' overall sleep durations and interruptions. Additionally, it uses the sound sensor to also detect snoring and share with users the number of snoring episodes they experience each night and their durations.

Each morning, users can access their Sleep Score in the Health Mate app, which is a simple to understand interpretation of how well they slept that night before, based on sleep duration, depth regularity and interruptions. Along with their Sleep Score, users can see all of their in-depth sleep data in the Health Mate app for each night as well as overarching trends and receive insights into how to better improve their overall sleep. All data collected by Sleep Analyzer can easily be shared with physicians through the Health Mate app.

Thanks to an IFTTT integration, users can create home automation scenarios to control lights, temperature and other smart devices just by getting in and out of bed.

Availability

Sleep Analyzer is available in Europe from April 28 for €129,95 and in the U.K. for £119.95 at withings.com and Amazon and replaces its predecessor Withings Sleep. It will be available in the U.S., following FDA clearance.

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About Withings

Withings leads the connected-health revolution by inventing beautiful, smart products and services that help people become happier and healthier. Founded by visionary innovators Cédric Hutchings and Eric Carreel in 2008, Withings is committed to creating enjoyable, empowering experiences that easily fit into our daily lives. Withings has built a range of award-winning products across the health spectrum including activity trackers (Steel, Steel HR, Steel HR Sport, Pulse HR), connected scales (Body Cardio, Body+, Body), Wireless Blood Pressure Monitor (BPM), and an advanced sleep system (Sleep Analyzer). Every piece of collected data comes to life in the free Health Mate app where users can find coaching, motivation and insights to shape key aspects of their health.

Read more about Withings on withings.com. For high-resolution images and additional press information, visit withings.com/press.