

Sleep Tracking

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Presented At



This Talk

- What is the Zeo?
- Why would you buy one?
- What the Zeo isn't.

- Note: I'm not a graphic designer or a statistician!

zeo

8:03 AM

80



Sleep Info
View last night's
sleep data: ZQ,
Total Z, Time to Z,
and more

Sleep History
View last 7 nights
of sleep data

Settings
Change alarm music,
+ Zzz length, wake
mode, sensor life,
and more

Arrows
◀/▶ navigate menu
▽/△ select an option
BRIGHTNESS ▽/△

Alarm Time
ON/OFF Tap then △
SET TIME Tap then ▷

Clock Time
SEE DATE Tap
SET TIME Tap then ▷

Home/Snooze
Return to main
menu/snooze

SILENCE ALARM: Tap ☹ then ▷

LIFT ▲



Price as of April 17, 2010

30 Night Risk Free In Home Trial No final purchase decision required! If you don't love it, send it back. [Learn more](#) ▶

Choose the Zeo package that's best for you.



Zeo Personal Sleep Coach

Everything you need for your personal sleep discovery. See all of your sleep phases each morning, discover factors that are stealing your Deep, REM & total sleep, and analyze your sleep patterns through online cause and effect tools.

Zeo Personal Sleep Coach plus Guided Coaching

You'll get all of the benefits of Zeo Personal Sleep Coach **plus unlimited access to guided coaching**. You'll also receive Sleep Fitness™ assessments and personalized coaching advice to address your sleep diet, stress, bedtime routine & more.



Bedside Sleep Tracking

\$249.00

buy now

\$349.00

buy now

Why?

- I've always been fascinated by sleep and dreaming
- Something to do while I'm sleeping
- Data point to use when examining other aspects of your life

The New Science of
How and Why We
Dream

THE MIND
AT NIGHT



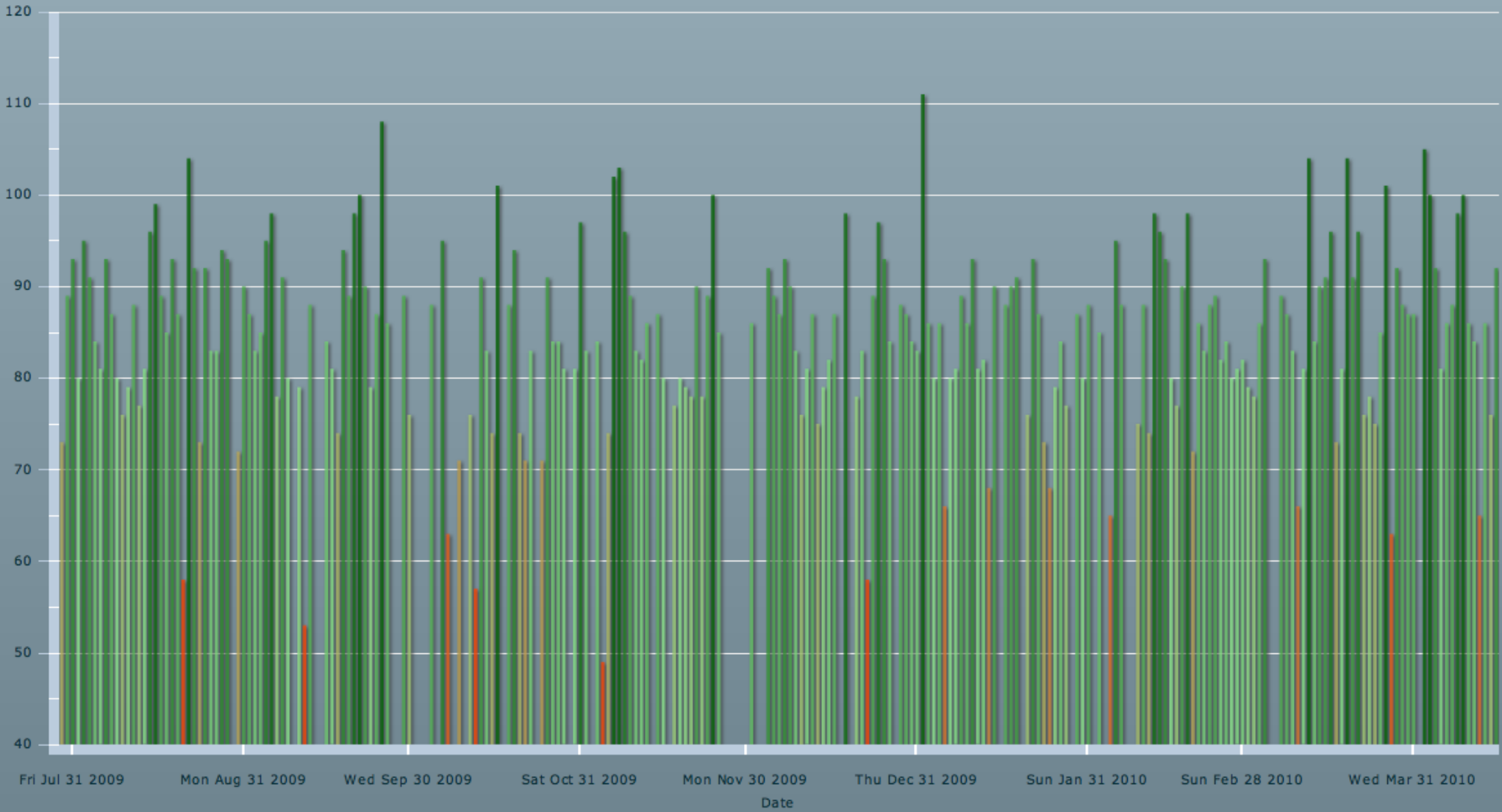
ANDREA ROCK



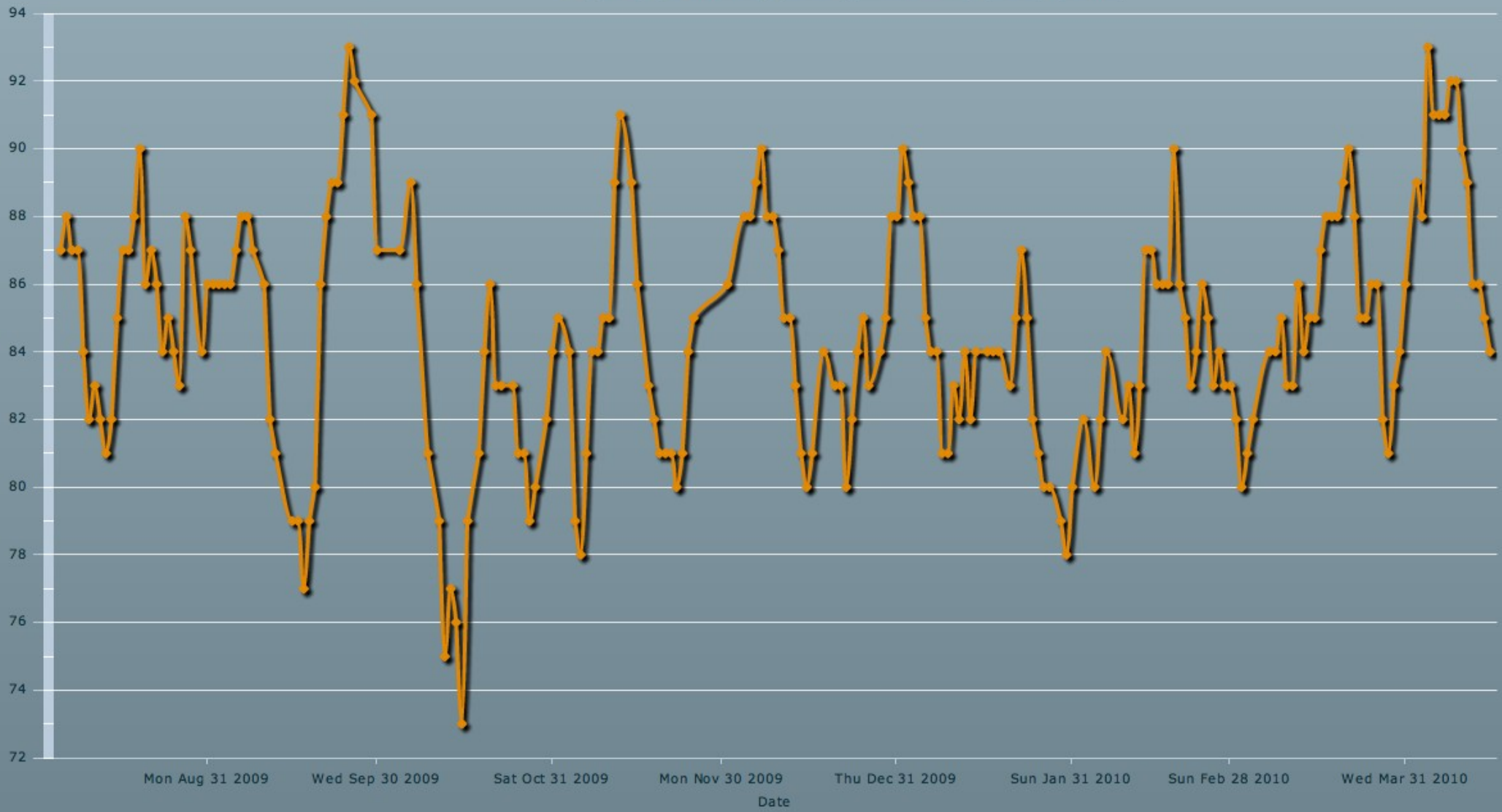
Results

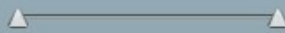
- Some custom data visualization
- Work in progress, looking to open source release it
- Looking for feedback/ ideas

▲ → ▲ **ZQ** **7-Day Avg** **TIME** **TIME 100%** **DTZ** **Night**



▲ → ▲ **ZQ** **7-Day Avg** **TIME** **TIME 100%** **DTZ** **Night**





ZQ

7-Day Avg

TIME

TIME 100%

DTZ

Night

