

Your connected-home queries answered by T3's experts

NON-WEARABLE SLEEP TRACKERS

Enjoy a better night's sleep at the touch of a button

How well do you sleep at night? If you are particularly sensitive, having a sleep monitor, or even a watch, strapped to your person might be too distracting for you. Luckily, there are other ways to keep tabs on how well you sleep. The Terraillon Homni (£199, terraillon.com/en) sits by your bedside and pulls double duty as a sleep coach, with scientifically formulated 'retire and rise' lights and sound routines, plus a monitor that uses a host of sensors to analyse your sleeping patterns. For something a little more discrete, try the Beddit 3 (£149, beddit.com). This tracking system lies between your ground sheet and mattress to keep tabs on your nocturnal moves. The Emfit QS (£234, emfit.com) non-contact monitor is even less detectable, given how it can measure your heart rate and breathing while sitting out of the way beneath your mattress.

