



SMART SLEEPING

Give your bedroom a high tech update with gadgets that can do everything from waking you up with bird song to sending you off into a blissful meditative sleep

Whether you have trouble dozing off or you simply want to keep track of your sleeping habits, the latest smart gadgets and gizmos can help. From soothing Bluetooth pillows and smart lighting to remote-controlled window blinds, this high-tech kit will help you to wake up feeling refreshed and ready to tackle the day ahead.

► The **Awair 2nd Edition** monitors air pollutants in the home, such as fine dust, chemicals, humidity and CO2, alerting you via the app's air quality score if they reach dangerous levels. There are also personalised recommendations on how to improve air quality to boost wellness, sleep and productivity, as well as manage any allergies. Simply connect with smart products such as Nest or Amazon Echo.

Awair 2nd Edition, £169, Awair



Velux Active with Netatmo, £220, Velux

Feature Hayley Gilbert

► Velux has launched a smart window system which enables automatic and sensor-based operation of roof windows, blinds and shutters for a healthier bedroom environment. Developed with Netatmo, it monitors the temperature, humidity and CO2 in the room to improve air quality, ventilation and sun screening.



Wake up naturally thanks to Hue White & Ambiance lights from Philips, which can wake you up, help you feel energised, concentrate, read and relax; great for dark winter mornings. You can also use the app to change the bulb's ambiance from energising daylight to a relaxing warm white light.

White Ambiance Wellness table lamp, £140, Philips



► This music device is app controlled so you can specify a song, playlist, or sounds such as bird song or rainfall at the exact times you want, helping you to fall asleep or wake up on time.

Bluesound Flex, £299, Bluesound



A smart lamp that helps you get to sleep and wake up peacefully with light and ambient sounds, this product is aimed at those with sleep disorders, as well as those who travel regularly and struggle with their body clock. It also doubles as a sleep tracker – simply download its Wellness Coach app to monitor progress.

Homni smart lamp, £195, Terrillon



BUYER'S GUIDE



▲ For an insight into your night's sleep, this sensor monitors sleep cycles, tracks your heart rate and detects snoring. Improve sleep over time by using the Sleep Smart programme on the Health Mate app and use the IFTTT integration to dim lights and turn up the heating.

Sleep Sensing & Home Automation Pad, £99.95, Nokia



In a choice of six different finishes, this music system plays CDs as well as digital and FM radio, and also comes with Bluetooth for wireless streaming from smartphones and tablets. There's a USB port for playback and charging and a headphone jack for quiet listening. It also comes with in-built relaxation and meditation exercises as well as a display light sensor.

Sonoro CD2, from £349, Sonoro



Smart lighting specialist Nanoleaf has added Amazon Alexa to its flagship Aurora modular lights. The range of lighting effects can be controlled by simple voice commands, helping you create the perfect ambient setting for sleep.



Nanoleaf lighting panels, £179.99, Amazon



Revive two-drawer bedside table, £149, Sensors for Beds

▲ This bedside table has been designed with a charging port within the glass top so that you can charge your phone without a distracting ambient light for a peaceful night's sleep. It's compatible with all wireless charging enabled smartphones (Qi) as well as non-wireless with micro USB or Apple Lightning connectors.



The MRx is a connected wireless speaker which can be linked with other Ruark models for a multi-room system. Use to stream music and sound effects from compatible devices, as well as online music services such as Spotify and Tidal.

MRx speaker, £395, Ruark



▼ A stylish and compact air purifier with aromatherapy function, Buldair is ideal for allergy sufferers. It comes with a particle filter and ionizer to help combat air pollution, as well as a built-in night light and USB connection.

Buldair, £59.99, Air Naturel

◀ This Bluetooth speaker pillow aims to help improve sleep. Simply link up to an Amazon Alexa device and the pillow will play sound directly from inside, so there's no need for headphones. It connects to a free app, which has an alarm, sleep playlist, white noise and mindfulness sounds, such as bird song, and there's even a sleep tracker and gentle sound nudge if you start to snore.



Sound Asleep Pillow, £70, Amazon