COUNTRY:United kingdom AUTHOR:Unattributed

PAGE(S) :14

SURFACE: 100~%

FREQUENCY : Monthly



▶ 1 November 2018

Your Home

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

hether 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-teek 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 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.



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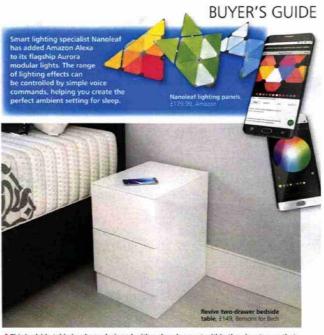
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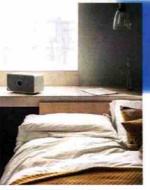
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▲ This bedside table has been designed with a charging port within the glass top so that you can charge your phone without a distracting ambient light for a peaceful night's sleep. It's compatible with all wireless charging enabled smartphones (QI) 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 multiroom system. Use to stream music and sound effects from compatible devices, as well as online music services such as Spotify and Tidal.

▼ 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, ES9.99, 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 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