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The Fabric of Things

Your route to the connected home



IFA 2017: Terraillon Homni smart sleep solution

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IFA 2017: Terraillon has created Homni, a smart sleep solution. Developed with the European Sleep Center, Homni helps users fall asleep in the best possible conditions. It then monitors and creates harmonious sleeping conditions throughout the night so you wake up feeling refreshed.



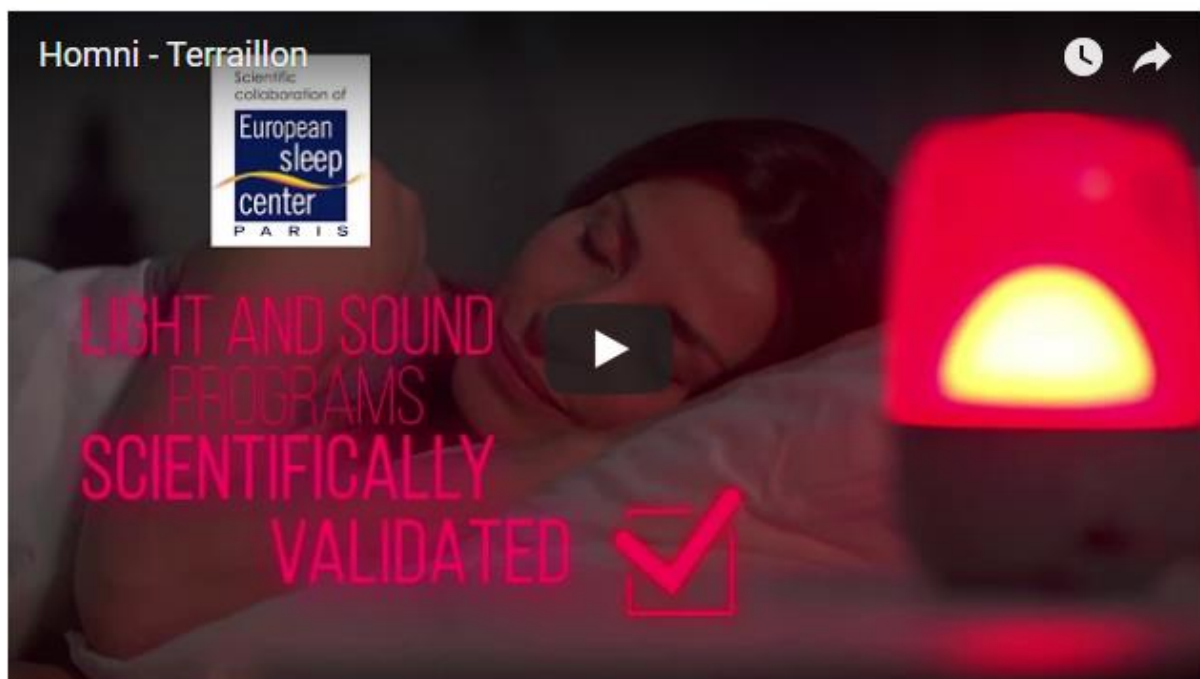
How does it work? Homni gives out a different light for each stage of sleep. From red hues at bedtime to simulate sunset and help you drop off naturally to a sunrise-like blue light that helps you wake up gradually. The Homni device analyses temperature, brightness, noise levels and humidity in the bedroom. This data is recorded on the dedicated Wellness Coach Sleep app, so users can monitor their night's sleep and adjust the bedroom environment as necessary.

Each Homni device is paired with a Dot sleep sensor that is placed under the pillow. It provides detailed analysis of the amount of sleep acquired, sleep cycles and how much each user moves. Add a second Dot sensor to track your partner's sleep as well. For more in-depth analysis, the Reston sensor (just 2mm thick) can be placed under the sheet to monitor heart and respiratory rates.



The data collected by Homni, Dot and Reston all feeds into the Wellness Coach Sleep app to measure your overall sleep performance. The app then offers personalised tips for improving your sleep. For example, it might suggest reducing the temperature or controlling humidity in the bedroom.

The device is also a Bluetooth speaker, great for those who like to relax to music. And the system offers guided relaxation exercises and you can create a personalised lighting and sound programme.



Homni and Dot sensor will be available in October for £199. The Reston sensor will be available separately for £169.

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