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TECH



ROB WAUGH GADGET OF THE WEEK

SLEEP! THAT IS AN ORDER

Homni Smart Sleep Solution

£199, terrailon.com



Seconds after waking up, I was reading a list of shortcomings that began: 'Last night, your sleep was just dreadful. You woke up too many times.

Your restful sleep period was too short.'

I was briefly afraid my wife would join in, miffed that someone else was getting to address my shortcomings, something she usually has a monopoly on.

No sleep-promoting device is more brutal than the Homni 'smart sleep solution'. It offers a relaxing ambient light show at night, then crushes your soul every morning, with a harsh verbal beating via the gadget's paired app.

I'm a hopeless addict to sleep technology. I've tested so many sleep-promoting bangles and mattress inserts that I now no longer know how tired to feel until I've consulted a graph in the morning. But I struggled to cope with the Homni. It even nags you to go to bed on time. That's where it (briefly) offers the 'carrot', with a customisable ambient light show designed to lull you off to sleep, plus music delivered via the lamp's Bluetooth speakers.

It assesses what you're doing wrong via temperature and light sensors in the lamp, and a motion-sensing 'Dot' inserted into your pillow. Naturally, this went missing almost instantly. The sleep graphs are pleasingly detailed – but it's all slightly rough round the edges, with the app messier than Fitbit's equivalent. I also ended up a bit irked – as what I 'did wrong' in terms of sleeping could mostly be filed under 'having small children'.

