



13 Apr 2016

Herald Sun, Melbourne

Author: Ian Royall • Section: General News • Article type : News Item  
Classification : Capital City Daily • Audience : 344,061 • Page: 7  
Printed Size: 163.00cm<sup>2</sup> • Market: VIC • Country: Australia • Words: 240  
Item ID: 575387392

isentia.mediaportal

Copyright Agency licensed copy (www.copyright.com.au)

Page 1 of 1

# SLEEP MONITORING IS A DREAM COME TRUE

**IAN ROYALL**

IT'S been described as a Fitbit for your brain.

A world-first sleep-monitoring device, the Somfit, is tipped to revolutionise the way we think about our bed rest.

The wearable device is the modern equivalent of spending a night at a sleep clinic, says Abbotsford-based medical technology company Compumedics.

Information from the

Somfit, which is the size of a 20c piece and weighs 20g, can be downloaded to a smartphone via an app.

Compumedics chief executive David Burton believes people will want to know more about their sleep patterns and learn how to manage their sleep. He said wrist gadgets claiming to monitor sleep were mere

gimmicks because they could not measure brain activity.

The Somfit is expected to hit the shelves later in the year, priced at under \$200.

The device monitors three key measures of sleep — brainwaves, eye movement and muscle activity — and records temperature, light, breathing, pulse, sleep position and movement. It can check sleep patterns and sense how much REM (rapid-

eye movement) and deep sleep the user is getting.

Dr Burton said that of the three pillars of health — exercise, nutrition and sleep — sleep monitoring would be the next big thing in health.

“In five to 10 years, we’ll look back and be amazed that our own sleep management was something that we couldn’t control. Eventually, I believe everyone will manage their sleep,” he said.



Alex Lowen wears a Somfit device, which monitors sleep.