

Welcome to better sleep

- + World's first non-contact sleep system that helps you analyze and improve your sleep
- + Delivers personalized feedback and suggestions
- + Smart features that help you fall asleep and stay asleep

Over 3.5 million nights of data have led to insights about how people sleep and how they can sleep better. The S+ by ResMed is a personalized sleep solution that can help improve your sleep from the very first night. The S+ uses advanced technology to monitor your breathing and body movement while you sleep to provide daily, customized feedback, and smart features that help you understand short-term sleep issues and longer-term sleep trends.



6 ways the S+ helps improve your sleep

1. Release and let go

The Mind Clear feature allows you to record a voice clip or type a quick text note to clear your thoughts and get on with a good night's sleep.

2. Breathe and relax

The Relax to Sleep and Relax Daytime features provide soothing sounds synchronized to your own breathing to help you fall asleep at bedtime or simply just relax during a busy day.

3. Monitor your sleep

Measuring your breathing and physical movements, the S+ monitors your three sleep stages (light, deep and REM) and creates a personalized sleep chart from each night.

4. Optimal wake-up

The Smart Alarm gently wakes you during a light stage of sleep to help you feel more refreshed and ready to begin your day.

5. Discover your sleep score

In the morning, the S+ gives you your Sleep Score, which combines multiple elements of your sleep measured against known averages for your age and gender.

6. Personal sleep coach

Through push notifications or daily emails, the S+ Mentor delivers personalized and actionable feedback that can help you get a better night's sleep, ultimately leading to improved sleep performance.

Product specifications

Size and weight

- + S+ Pod – Dimensions: 3.7" L X 2" W X 3.7" H
Weight: 3.4 ounces
- + S+ Frame – Dimensions: 4.21" L X 2.1" W X 8.1" H
Weight: 9.5 ounces

List of compatible operating systems

- + Apple operating systems – iOS 9 and higher
- + Android operating systems – 5.0 and higher

In the box

- + Frame
- + Pod
- + Power supply unit
- + 59" USB cable
- + User manual
- + Quick start guide

Pricing

- + MSRP: \$129.99

S+ can currently be purchased directly from MySplus.com.



For more information visit MySplus.com.



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