



aXbo Research – new software for evaluating your sleep data

Getting a good night's sleep is essential to be productive during the day. For your work and your wellbeing. These days life in the fast lane often means we don't get enough of one of the most important things in life – sleep. But now you can make your night's rest meaningful again: the Austrian inventors of the aXbo sleep phase alarm clock have developed a mini 'sleep lab' for your own home.

Vienna, 6 May 2008. Having a good night's sleep and getting up at the right time has an influence on our daily lives. How we sleep, how long we sleep and how we get up in the morning determines how our day is going to be. The inventors of the aXbo sleep phase alarm clock have been working in co-operation with sleep researchers for over ten years to understand more about the effects of (going to) sleep and above all waking up. The newest feature of the aXbo sleep phase alarm clock is "aXbo Research", the mini sleep lab for your home.

The aXbo sleep phase alarm clock records the movement data of two people for two weeks. The sleep data can then be transferred to your computer using the enclosed USB cable and the new evaluating software "aXbo Research" then represents it in the form of a graph. The data from individual nights and even the whole month can be compared and analyzed. In this way you can learn more about your individual sleep rhythm and sleep patterns.

Gain more time – every day!

How long you sleep, when you go to sleep, when you wake up and the window for your optimal waking time can all be seen with aXbo research. Even the number of movements per hour or per night can be shown as a diagram or as figures by the new software. It also allows you to compare individual days with each other and can calculate the average time you spend asleep per week or per month, making it easy to check your sleep rhythms or to say that in the last month you have gained (for example) 8:08 hours of productive time awake.

However, aXbo doesn't just let you find out more about your sleep patterns and maybe even help you to identify ways to improve them, it also learns from them.

Just download

Anyone who already wakes up with aXbo can update their sleep phase alarm clock with the new software over "aXbo up2date". Your aXbo must be updated with all the latest software to be able to use all the functions in the new "aXbo Research" program. These can be downloaded directly to your aXbo from the website using the enclosed USB cable. Both "aXbo Research" and "aXbo up2date" are available free for all registered aXbo users on the website www.axbo.com.



SCHLAFPHASEN*WECKER

infactory innovations & trade gmbh
mayergasse 5, 1020 vienna/austria

phone +43-1 8900 722
fax +43-1 8900 722-88
email office@axbo.com
web www.axbo.com

How aXbo works

Everyone goes through several sleep phases during the night, alternating between deep sleep, light sleep and dream phases. Each of these phases is recognizable through different body movements. The sleep phases can therefore be differentiated purely through these body movements and the optimal time for waking up can be found – within the last thirty minutes before the preset waking time. This lets you wake up in the morning feeling as if you'd woken up naturally.

Available online

The sleep phase alarm clock is available online at www.axbo.com at the price of € 199.00. aXbo is delivered in a set for two people.

Making sleeping restful and getting up relaxed.

Good morning. Every day.

Photos:

Photos of printing quality are available to download from our website www.axbo.com

Press Information:

identum communications
Sabrina Maier, M.A.
maier@identum.at

Sandleitengasse 32/1, 1160, Vienna
Mobile: +43 699 1770 18 99
Tel: +43 1 480 22 71

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www.axbo.com