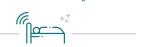


Snapshot of

CORE MEASURES of SLEEP









91 Identified technologies



200 Pieces of evidence... so far. It's still growing!

(Excluding general/healthy populations)



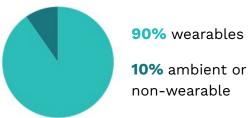
Sleep-wake



Neurological



Mental/behavioural/neuro developmental disorders





Watch or wristband



Strap or brace



Smartphone or tablet

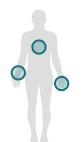
Using $\sqrt{3}^{+}$

Verification: • technologies

Usability validation: 7 technologies

Analytical validation: 83 technologies

Clinical validation: 115 technologies



- Wrist
- Chest/torso/waist/trunk
- Finger(s)

Source: Sleep *Last updated March 15, 2024