Snapshot of CORE MEASURES of SLEEP

Technology types

- 90% wearables
- 10% ambient or non-wearable

Using √3+

- Verification: 0 technologies
- Usability validation: 7 technologies
- Analytical validation: 83 technologies
- Clinical validation: 115 technologies

Top 3 Therapeutic areas (Excluding general/healthy populations)

- Sleep-wake
- Neurological
- Mental/behavioural/neuro developmental disorders

Top 3 Technology form factors

- Watch or wristband
- Strap or brace
- Smartphone or tablet

Top 3 Locations for wearables

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

Source: Sleep

*Last updated March 15, 2024

91 Identified technologies
200 Pieces of evidence... so far. It’s still growing!

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