



# SLEEP ENGINEERING REPORT

FOR

**XYZ**

06 December 2023

Snoozfit Confidential

[www.snoozfit.com](http://www.snoozfit.com)   [contact@snoozfit.com](mailto:contact@snoozfit.com)

<b>Name</b>	<b>XYZ</b>
<b>Sex</b>	<b>Male</b>
<b>Date</b>	<b>06 December 2023</b>
<b>Age</b>	<b>46</b>
<b>Weight (kgs)</b>	<b>77</b>
<b>Objective</b>	<b>Optimize Sleep &amp; Recovery</b>
<b>Email ID</b>	<b>XYZ</b>
<b>Mobile Number</b>	<b>XYZ</b>
<b>Occupation</b>	<b>Working Professional</b>
<b>Typical Time to Bed</b>	<b>11.00 PM</b>
<b>Typical Wake Up Time</b>	<b>05.30 AM</b>
<b>City</b>	<b>Gurgaon</b>

# WHAT IS SLEEP ENGINEERING?



BASELINE



ANALYZE



IMPROVE

*Sleep Engineering is a scientific approach to identify an individual's Unique Sleep Signature and associated influencing factors.*

## ***Baseline Sleep & Recovery***

*Sleep Engineering is a scientific approach of analyzing one's sleep & recovery patterns over three (3) to five (5) nights, using a state-of-the-art, medical-grade, sleep sensor placed beneath one's mattress.*

## ***Analyze Impact Factors***

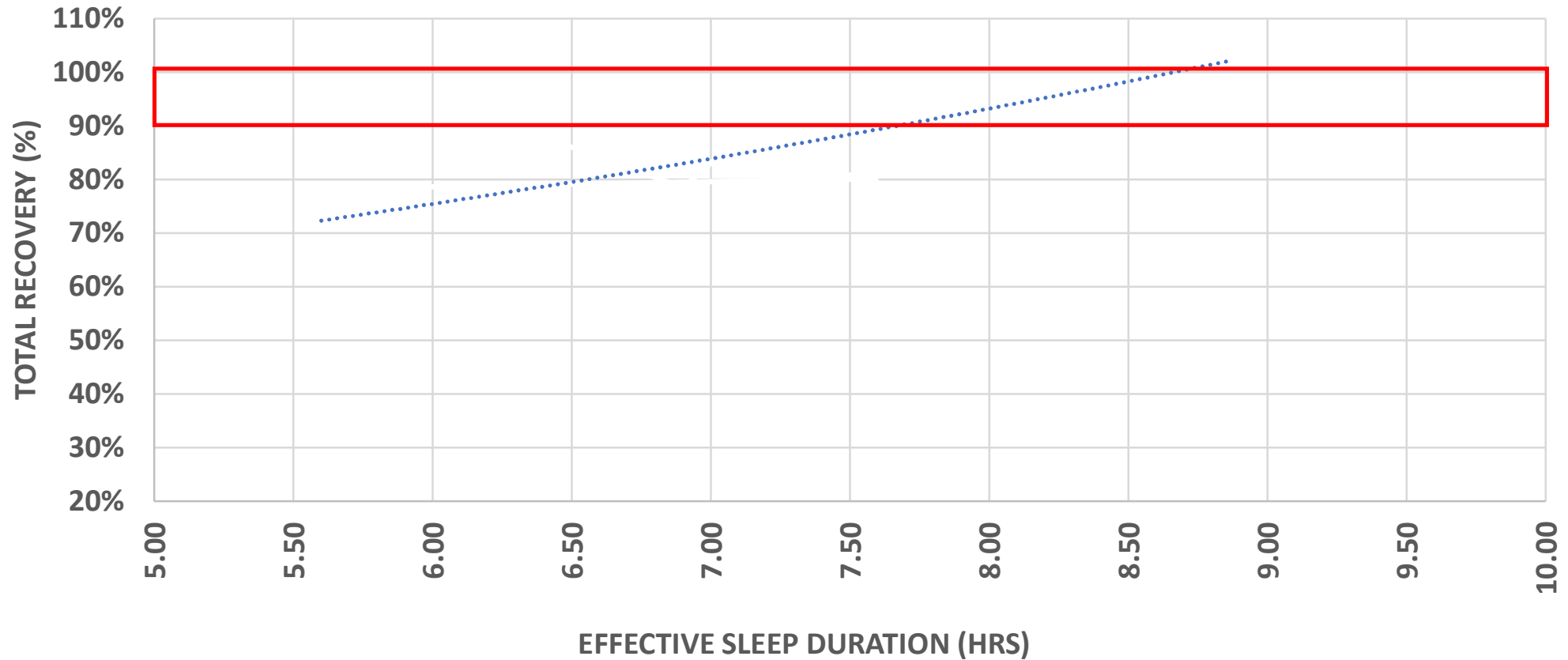
*By integrating sleep data with one's daily activities, we are able to identify factors that impact sleep, and establish one's unique **Sleep Signature**, taking into account one's constraints and physiological needs.*

## ***Optimize Sleep & Recovery***

*Finally, our **sleep coaches** will help you maximize your sleep & recovery by providing*

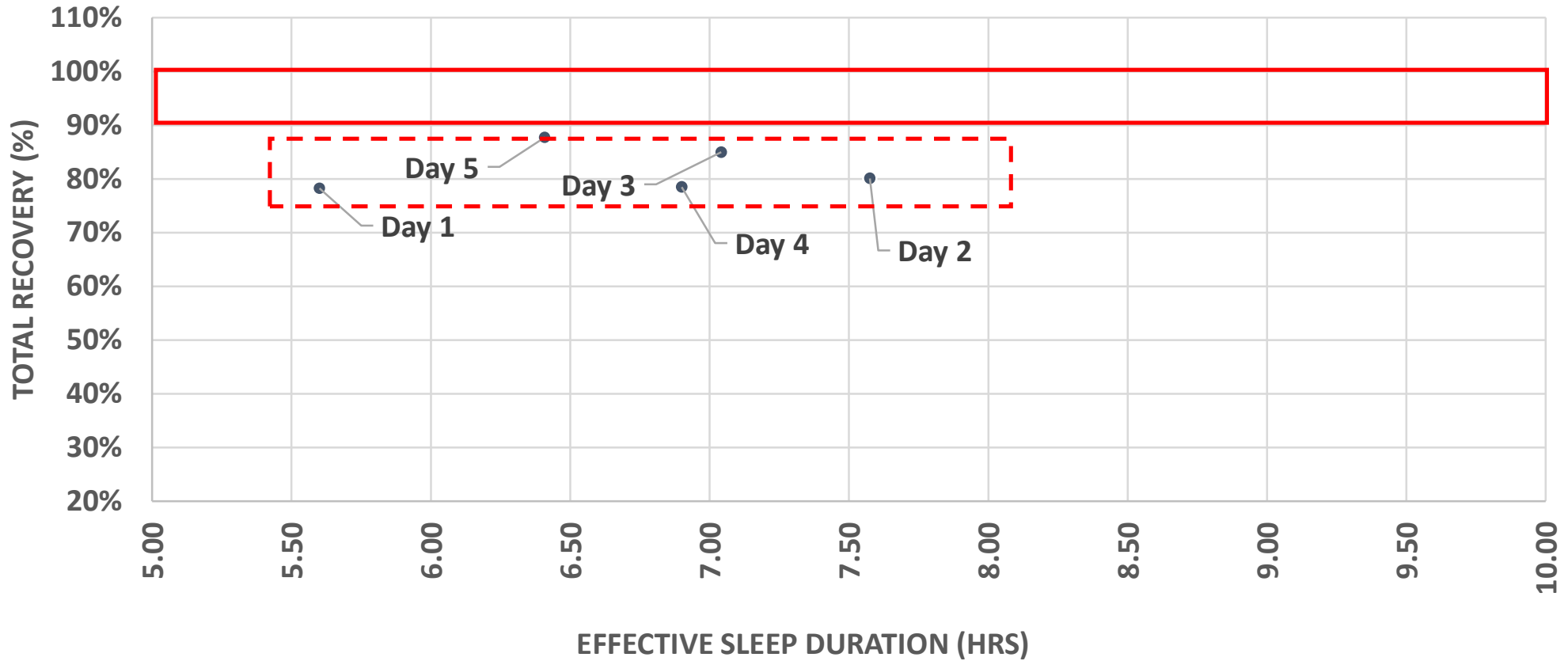
# SUMMARY & RECOMMENDATIONS

# YOUR UNIQUE SLEEP SIGNATURE



This is your unique sleep signature! Use it to plan your sleep routine such that your daily recovery is the 90% to 100% band.

# YOUR DAILY SLEEP RECOVERY



This is your daily recovery patterns! Your ideal recovery should be in the 90% to 100% band.

# YOUR IMPACT FACTORS



Alarm

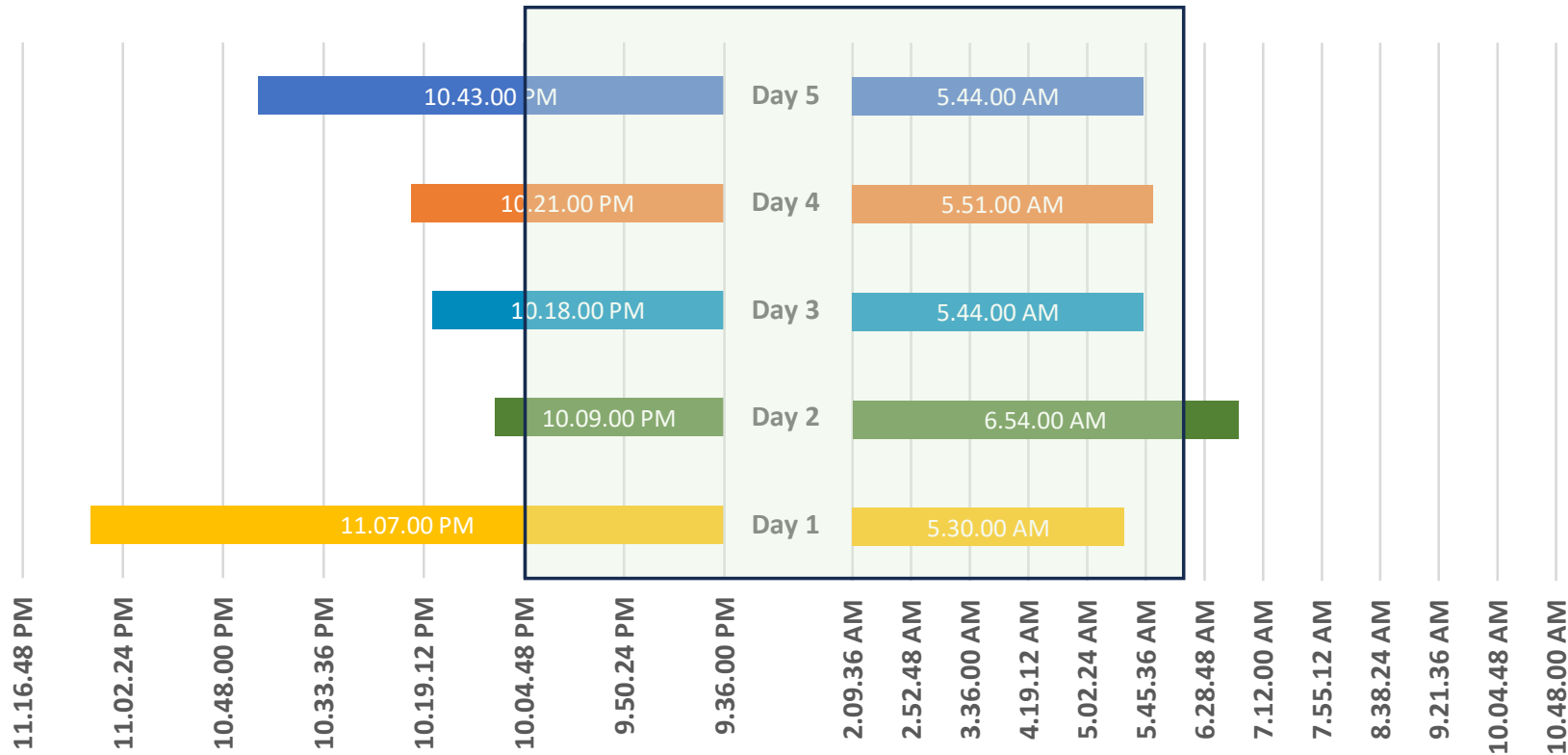
These are your key impact factors. Work on the ones that are under your control and keep a log of the impact on your sleep quality!

# YOUR IDEAL SLEEP ROUTINE

<b>Ideal Time to Bed</b>	<b>10.00.00 PM</b>	range of $\pm$ 30 Mins
<b>Ideal Wake up Time</b>	<b>6.00.00 AM</b>	
<b>Effective Sleep Duration (hrs)</b>	<b>8.00</b>	
<b>Your Expected Recovery (%)</b>	<b>98%</b>	

## TIME TO BED

## WAKE UP TIME



This is your  
unique sleep  
plan!

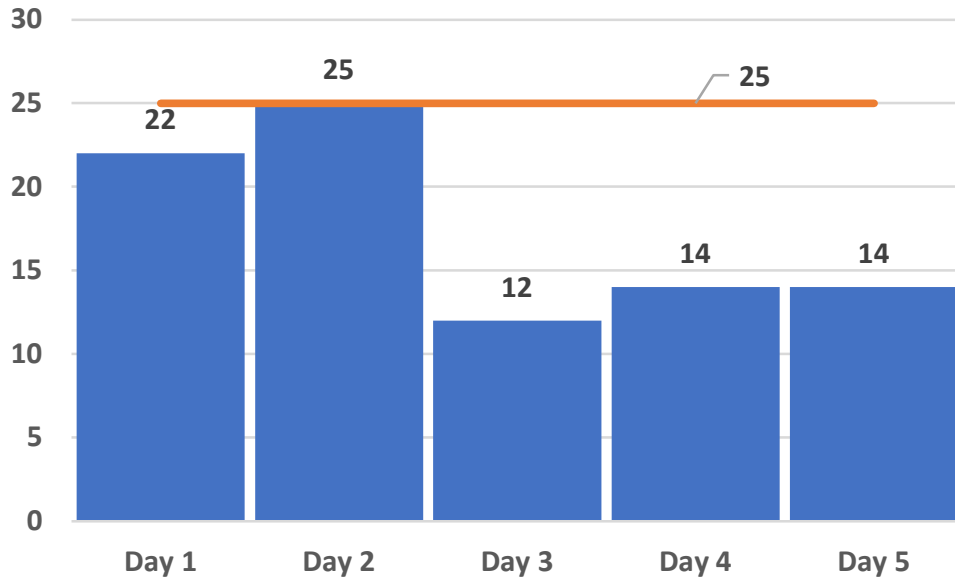
Consistency is  
the key.

Your body will  
recover better if  
you maintain a  
consistent sleep  
routine, even on  
weekends.

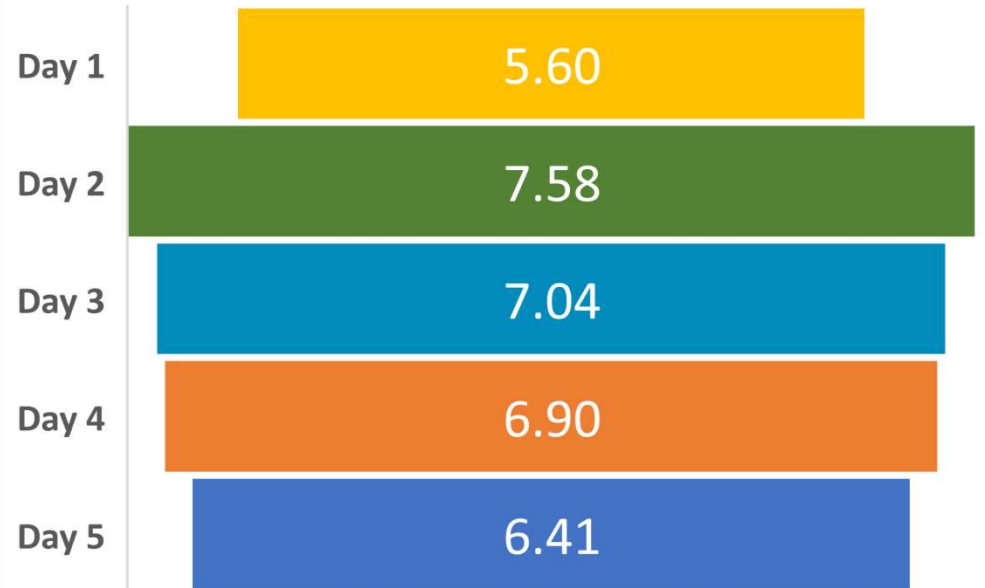
SLEEP DATA

# YOUR SLEEP PARAMETERS

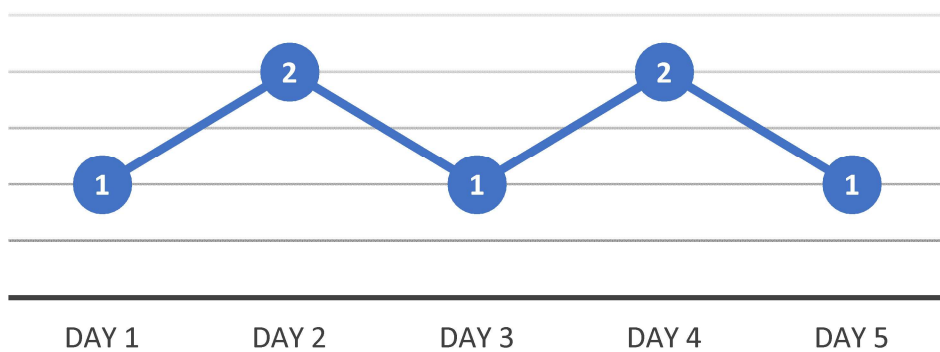
## TIME YOU TOOK TO INITIATE SLEEP



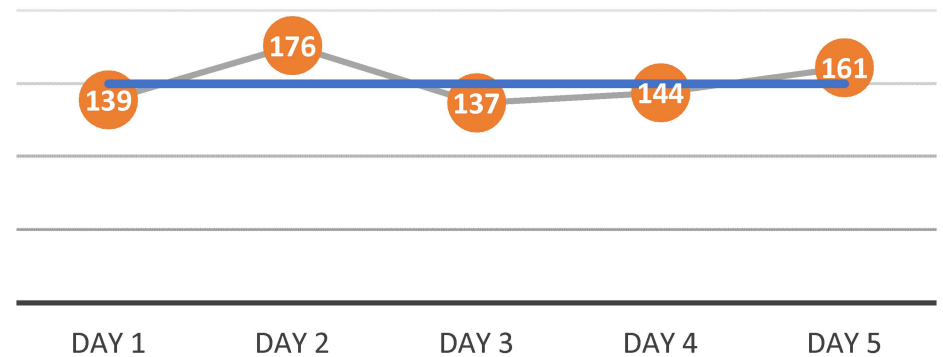
## YOUR EFFECTIVE SLEEP DURATION



## MID SLEEP AWAKENINGS

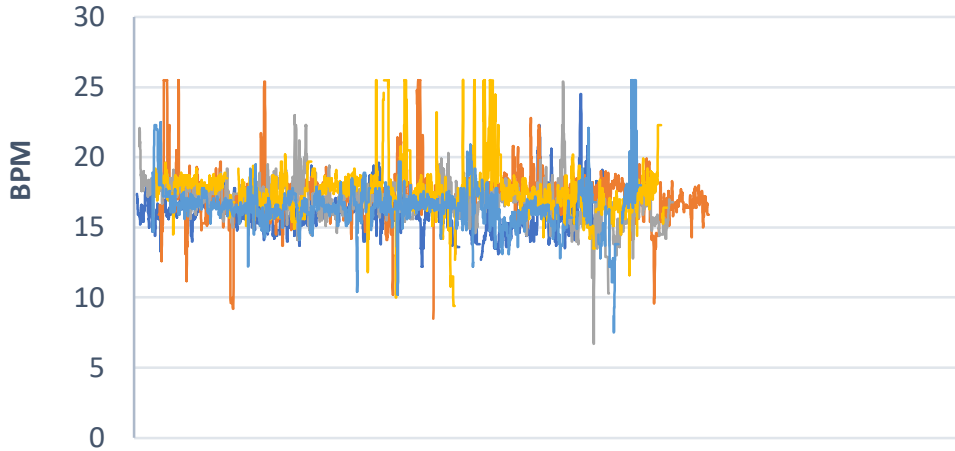


## TOSSING & TURNING COUNT

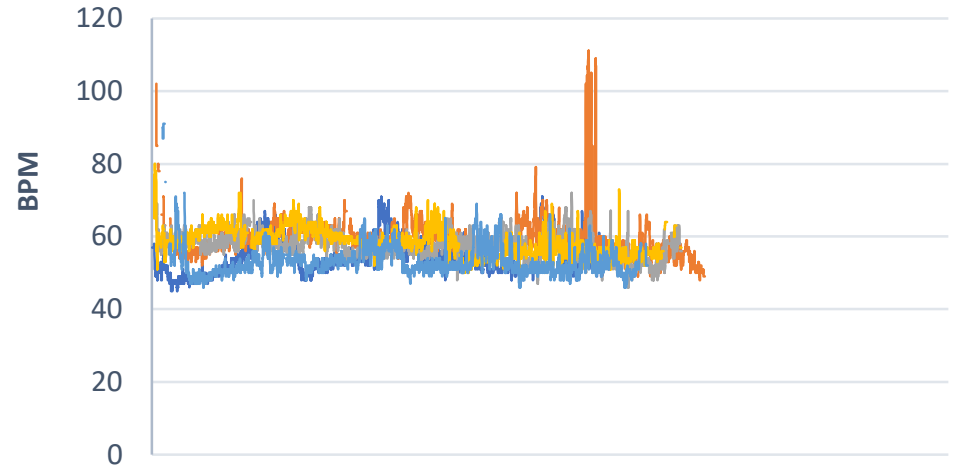


# YOUR VITALS DURING SLEEP

## RESTING BREATHING RATE TREND

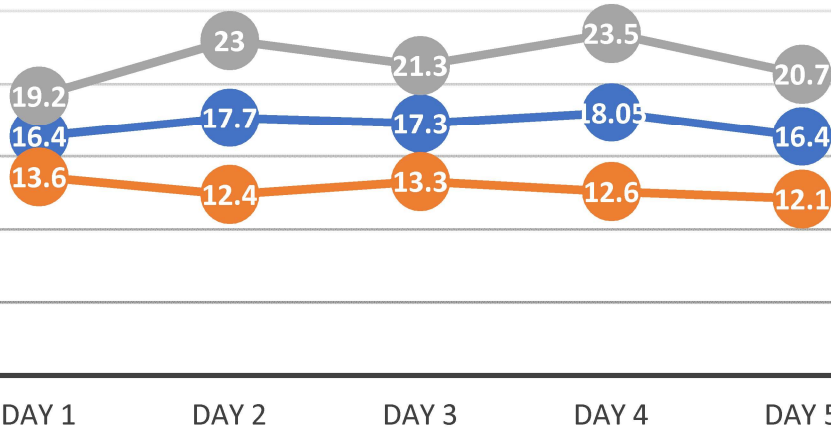


## RESTING HEART RATE TREND



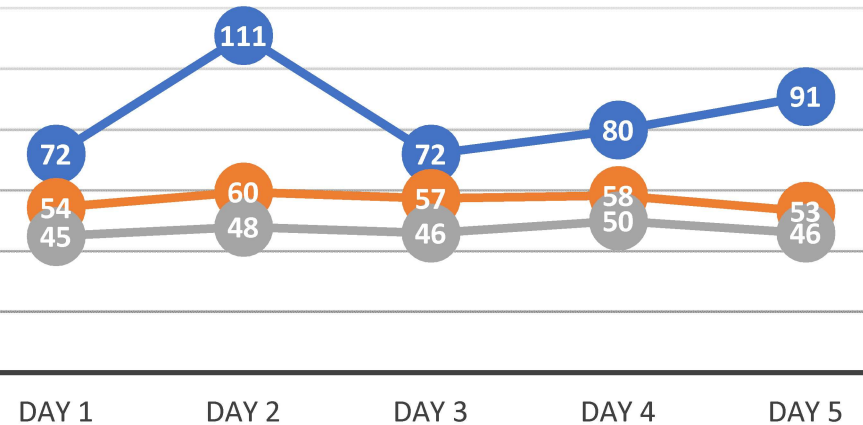
## RESTING BREATHING RATE

● Avg BR ● Min BR ● Max BR



## RESTING HEART RATE

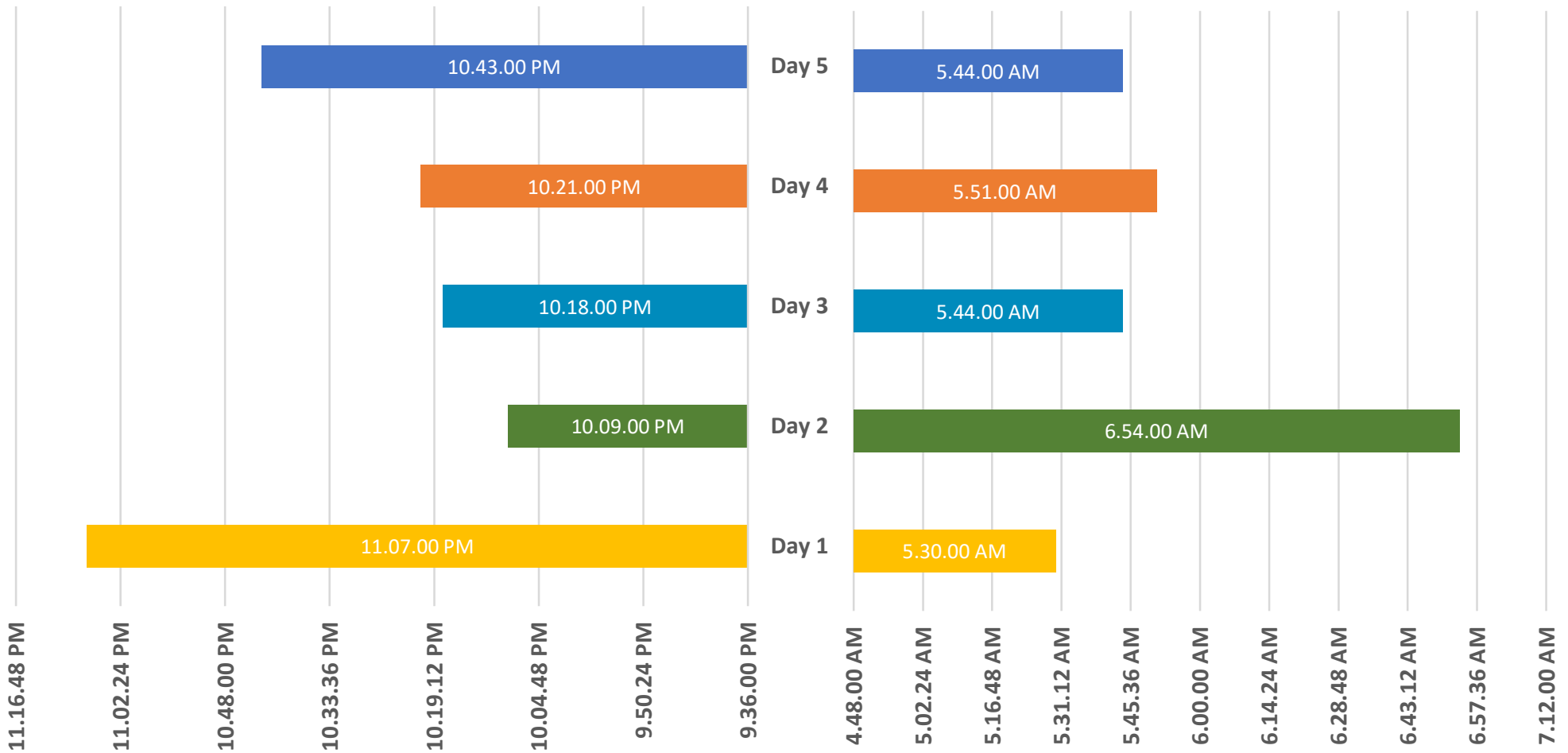
● Max HR ● Avg HR ● Min HR



# YOUR SLEEP HYGIENE

## TIME TO BED

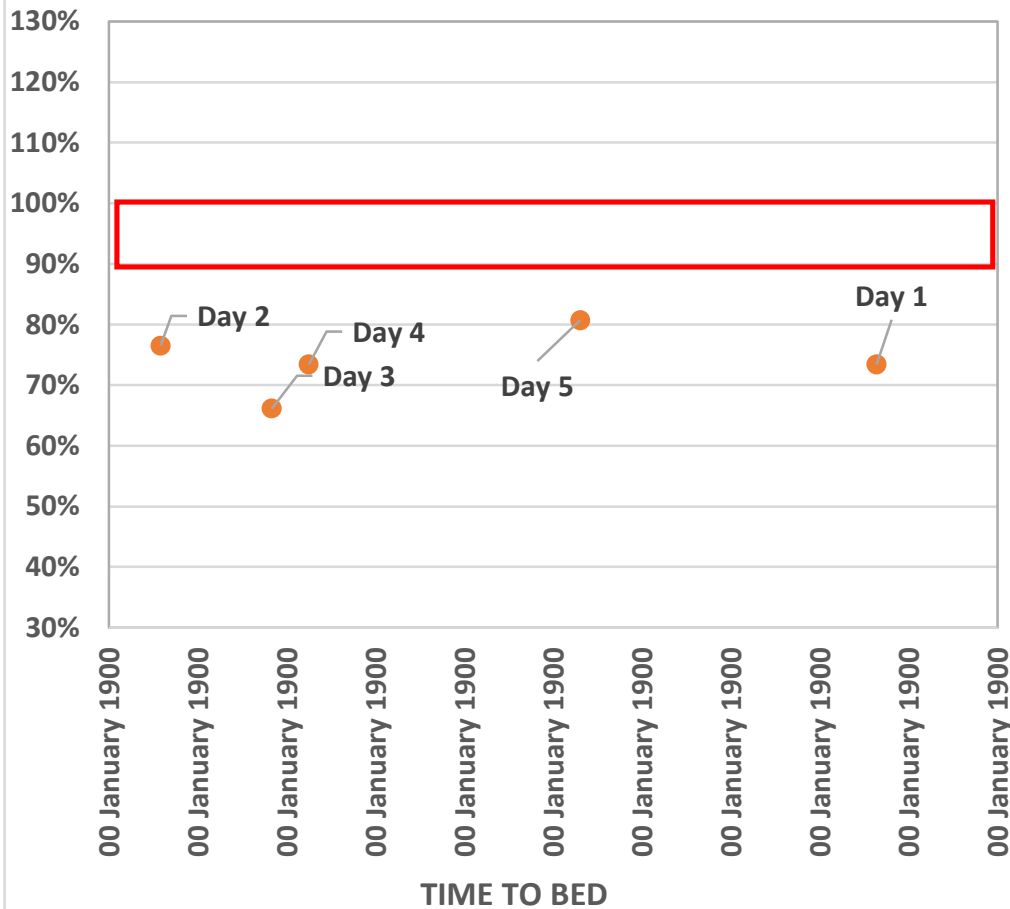
## WAKE UP TIME



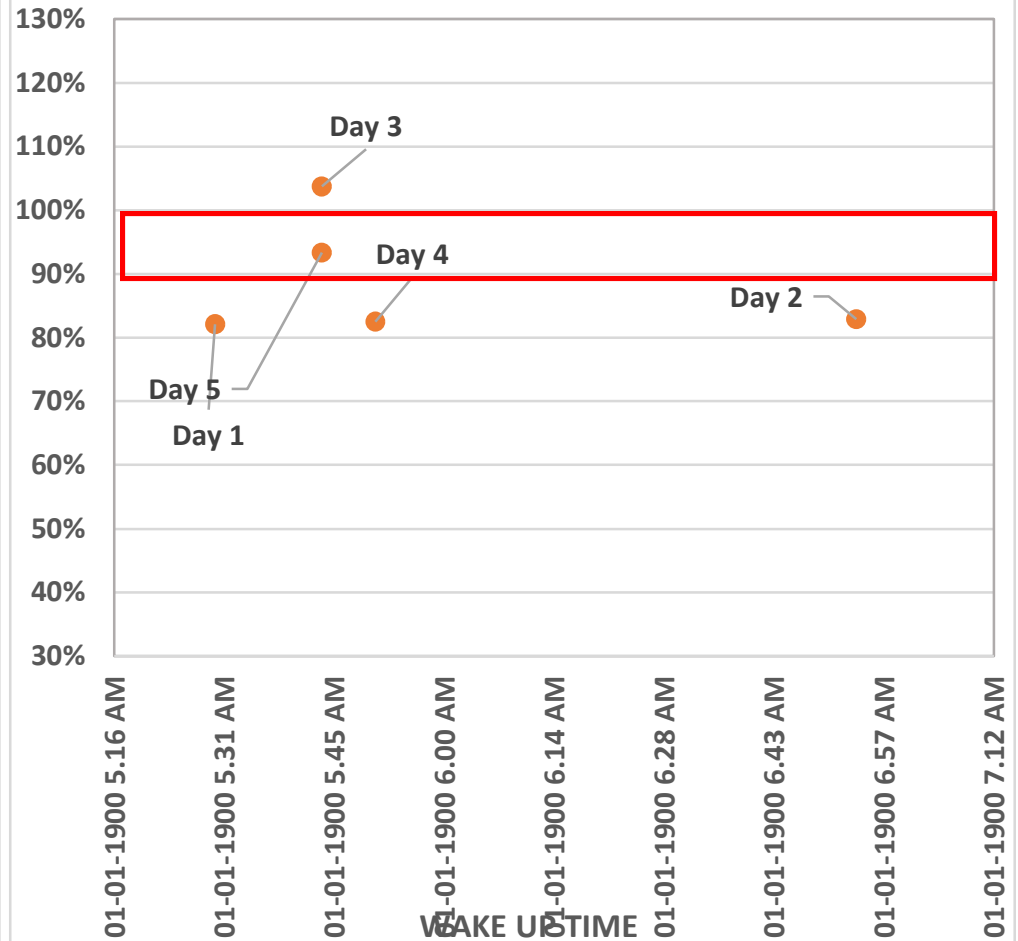
**IDEALLY, YOUR TIME TO BED & WAKE UP TIME VARIANCE SHOULD BE AROUND  $\pm$ 30 MINS ACROSS NIGHTS**

# MIND & BODY RECOVERY

## PHYSICAL RECOVERY



## MIND RECOVERY



***Physical recovery is important for your organs; Mind Recovery is exclusive for your Brain. Physical***

***recovery happens in the 1st half of sleep, while Mind Recovery happens in the 2nd half of sleep!***

# WHAT YOU TOLD US ABOUT YOUR SLEEP





SLEEP ENGINEERING EXPERTS!

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