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Zeo Helps You Fight Insomnia... for a Price

Since a good night's sleep is really something vital nowadays

Zeo Sleep Coach will help you avoid insomnia
Zeo

Sleep deprivation is becoming an epidemic around the world, especially given the state of the worldwide economy, which is extremely stressful for pretty much everyone. "Sleeplessness" is now the third biggest health complaint in the world after headache and cold, and there are currently over 80 known kinds of chronic sleep disorders. There is even a new term in the popular press called "economic insomnia."

For this reason, a company called Zeo has rolled out the Zeo Personal Sleep Coach, a new kind of educational tool and motivational program that helps users understand their sleeping behavior, reveals habits that may be helping or hindering one's sleep, and teaches new ways that may help users get a better night's rest.

The Zeo system is formed out of two important components, namely the headband and the bedside display. The headband is quite soft and lightweight and employs the company's SoftWave sensor technology to track one's unique sleep patterns and then send them wirelessly to the bedside display.

The display, on the other hand, shows users a very complex array of personal sleep information, including here Your Sleep Graph (summarizes the pattern of sleep phases each night), Your ZQ (a single that helps users quickly gauge the quantity, quality, and depth of their sleep each night), the Total Z (showing how long people really sleep each night, counting any perceived and unperceived awakenings that can be detected), as well as the time it took one to fall asleep, the Time in Wake & Times Woken and the total amount of REM, Light & Deep sleep.

Furthermore, the Zeo is also able to transfer sleep-related information to a computer (via the built-in SD card), then access the myZeo service, which offers myZeo Sleep Tools, Sleep Journal, and personal coaching section, allowing users to discover the associations between sleep and how it may be impacted by one's lifestyle, including exercise, diet, stress, and environment.

As mentioned right from the start, fighting insomnia with the help of the Zeo is not exactly something cheap. Hence, the device retails for around 400 US dollars, but for this sum, users will be getting the Zeo bedside display, the Zeo headband with SoftWave sensor pad and a replacement sensor pad, as well as six months of guided sleep coaching and unlimited access to the myzeo site.

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