



About Sleepwave

Sleepwave is the revolutionary motion-sensing smart alarm and sleep tracking app that wakes you up feeling fresh.

Patented PureTone Motion Technology

Sleepwave has invented breakthrough **PureTone Motion** technology that transforms your phone into a contactless motion sensor using inaudible sound waves.

PureTone Motion uses the phone's speaker to transmit silent sound waves and senses your movements by listening for energy reflected back using the microphone. This patented technology enables accurate sleep tracking from a phone beside your bed and powers a motion-sensing smart alarm that gently wakes you in lighter sleep.

The problem Sleepwave is solving

Fixed-time alarms often jolt us awake at a bad moment for our brain and body, causing lingering morning tiredness that negatively impacts how we start our day.

- 73% of people wake up tired at least half the week
- 69% say waking up tired negatively affects their mood
- 65% snooze their alarm regularly

Data from March 2023 survey of 2000 adults in the US, conducted by OnePoll and commissioned by Sleepwave.

Sleepwave is proven to improve your morning wake-up experience with a smart alarm that works in sync with your body movements. Whenever we move in bed, we are naturally more awake.



Rather than setting a fixed-time, you set a 15-minute wake up window and Sleepwave will gently sound when you're naturally more awake.

- 91% of testers reported that Sleepwave had a positive impact on their awakenings
- 88% prefer Sleepwave to their current alarm clock
- 82% prefer Sleepwave alarm sounds to their standard alarm

Findings from May 2023 results of 70 testers conducted by BetaTesting.

Fast facts

- Sleepwave was founded in February 2021 by Jules Goldberg.
- Since launching in 2022, Sleepwave has since become a top-rated sleep tracking and smart alarm app with over 1.5 million downloads.
- The company is fully bootstrapped, having been funded entirely by revenue from [SnoreLab](#), a leading app for tracking, recording and reducing snoring.
- SnoreLab was developed by Jules as a self-taught developer and published in 2012. The app has since received over 15 million downloads and has helped people around the world with their snoring problems.
- Jules has created a portfolio of successful apps under [Reviva Softworks](#).
- Based in Shoreditch, London, Sleepwave is a growing company with team members dotted around the UK and Europe.
- The idea for Sleepwave came from the team's desire to create improved technology for sleep tracking and a smart alarm. Whilst researching ways to detect movement during sleep, the team discovered breakthrough techniques to measure motion with high accuracy which led to the development of Sleepwave as a standalone app.
- All of the design has been directed and developed in-house. The team has collaborated with world-renowned artists and music producers to create original artwork and sounds.



Key features



MOTION-SENSING SMART ALARM

- Wake up more easily and feel more energised with Sleepwave's motion-sensing smart alarm that works in sync with your body movements. Set a 15-minute wake up window and Sleepwave will gently sound when you're naturally more awake.

ACCURATE AND CONTACTLESS TRACKING

- Place your phone beside your bed and let Sleepwave track your sleep using motion-sensing technology. Wake up to a detailed yet easy-to-understand analysis of your sleep.

RECORD YOUR SLEEP SOUNDS

- Do you snore or talk in your sleep? Discover what happens while you sleep with sound recordings.
- Capture and listen back to the sounds you make while you sleep, and even save or share your favourite moments.



FALL ASLEEP AND WAKE UP TO RELAX RELAXING SOUNDS

- Choose from a collection of original alarm sounds made by renowned musicians.
- Ease your wake up even more with a “gentle awakening” soundscape that plays a soft sound 5 minutes before your main alarm.
- Create your own unique soundscapes. Build your own custom mix from a selection of soothing sounds in Sleepwave’s sound library.

SLEEP MEDITATIONS

- Designed to relax your mind and body, these sessions will help you achieve a restful night’s sleep, every night.

WAVESCAPES

- Relax or play with immersive visuals that respond to movements near the phone.

DREAM JOURNAL

- Write or speak about your dreams to help you remember and keep track of them.

HAPTIC SMART ALARM FOR APPLE WATCH

- Wake up at a great moment with silent taps on your wrist and get even more detailed insights on your sleep.

APPLE MUSIC AND APPLE HEALTH INTEGRATION

- Fall asleep or wake up to your favourite music or select from playlists with calming and relaxing sounds.



- Write your sleep data to Apple Health to track your sleep cycle and monitor your wellbeing.

RESPECT FOR YOUR PRIVACY

- No login is required to use the app. We don't collect your personal details. Sleepwave uses your phone's microphone to detect movement but no audio data leaves your phone.

APP STORE REVIEWS

- "I struggle with waking up in the morning but this app has made a world of difference. Most alarms are jolting but the gentle wake feature is PERFECT. It always wakes me up gently before the true alarm goes off. Much better way to start my day. The tracking features are also amazing. Definitely recommend!"
- "I find it so hard to wake up as I'm such a deep sleeper and since I've had the app I've been waking up with my first alarm and not snoozing! Highly recommend!!"
- "I'm encouraged to go to sleep on time and I wake up with ease at times as early as 6:35 when beforehand I struggled and lay in bed till at least 7:30. This app is absolutely wonderful and I would 1000% recommend!"

Subscription model

Most of Sleepwave's core features, such as the smart alarm, are free to use without a subscription.



Technology FAQ

How does Sleepwave track sleep?

Detecting movement is essential for accurate sleep tracking, as the amount we move in bed indicates how awake we are. Sleepwave plays an inaudible sound wave and listens to reflections to sense your movements using the phone's speaker and microphone. The technology accurately detects motion within 1m of a phone, enabling advanced estimation of wakefulness, sleep depth and even breathing to inform its sleep stage analysis.

How does Sleepwave compare to wearable sleep trackers?

The detailed motion signal enables sleep tracking that approaches the accuracy of wearable devices, without you needing to wear anything to bed.

How does Sleepwave compare to other sleep tracking apps?

Built from the ground up, Sleepwave has been developed from the experienced team behind SnoreLab to create an innovative product that moves beyond existing approaches.

Many sleep apps use sound recognition to monitor noises made by a user throughout the night. However, sound-based techniques can misinterpret noises as movements and have limited capabilities for detecting respiratory rate or distinguishing between bed partners.

Sleepwave's PureTone Motion technology provides highly accurate motion tracking that rivals wearable devices from a phone beside your bed.

In addition to its technology, Sleepwave has an intuitive, beautiful design inspired by nature and a non-judgmental philosophy that empowers you to understand your sleep.



Technology for good is one of Sleepwave's guiding principles. The app has been designed to have a healthy impact on the lives of its users but beyond that Sleepwave also wants to maximise how many people they can help by making the app accessible.

While it's not possible to make Sleepwave entirely free, the app has a generous free tier that means everyone can use the app's core features. This contrasts Sleepwave from many other health apps that lock their best features behind a paywall.

General FAQ: <https://sleepwave.com/faq/>

About the founder

Jules Goldberg, Founder

Jules is the creator of Sleepwave and its groundbreaking patented motion-sensing technology. As the founder of [Reviva Softworks](#), Jules has developed several revolutionary apps including the acclaimed SnoreLab and, more recently, Motionscape.

His journey into the world of apps started in 2012 when he taught himself to code and created SnoreLab, an app to record and measure snoring. To date, SnoreLab has amassed over 15 million downloads and helped countless people around the world with their snoring issues.

The company is fully bootstrapped with no external investors. Jules studied at the University of Cambridge and lives in London with his wife and two children.

Full bio and headshot can be [downloaded here](#).
