



Track globally

Plex™ sleep scanner - Shed light on your breathing patterns while you sleep!

Pre-order

Somnology : The Study of Sleep

Somnology, Inc. is the Premier enterprise in the illumination and tracking of sleep patterns. Using real-time mobile technology Somnology provides the user immediate insight into and relief of their sleep disruptions in order to gain a productive, restful sleep.

Somnology, Inc. offers a family of devices, mobile and desktop applications, and clinical services all designed and developed by a practicing sleep specialist to provide meaningful information and resolve a user's sleep disturbance(s). These products are designed for those seeking new information about their sleep, as well as for those who want to track their sleep patterns. The **Plex sleep scanner** and **MobileSleepDoc Pro App** are useful for BOTH insomnia and possible abnormal breathing patterns.



About Somnology

Somnology, Inc. is a business whose products focus on the monitoring of your sleep habits, in order for you to better understand your sleep patterns, and then make the necessary changes in order to optimize your sleep.



Mission Statement

Somnology, Inc. is dedicated to creating mobile, interactive solutions that empower you to get the best night's sleep for your health and optimum performance.

Somnology, Inc. offers a family of devices, mobile and desktop applications, and clinical services all designed to achieve our mission in an integrated fashion.

Our mobile app [MobileSleepDoc Pro](#) provides brief questionnaires to help users identify whether they may have a common sleep disorder, and if so, leads them to possible therapies and nearby sleep centers. The app contains a Sleep Logging tool and Reports to help track a user's sleep patterns and progress, as well as Soundscapes and simple advice to assist users in their sleep programs. The app makes changing behavior—something inherently difficult for all of us!—more fun by offering users a point system, virtual store, and animal dream totems.

We have developed our own sleep tracking wearable device called the [Plex™ Sleep Scanner](#). This device uses medical grade sensors that measure not only sleep behaviors, but also breathing patterns, pulse, and oxygen levels during sleep. When the data are compiled, we are able to give users a comprehensive snapshot of their sleep and breathing patterns. The device can be used to bring real-time information to users and their doctors about the diagnostic possibilities underlying their sleep problems, and may be used also as a treatment monitoring tool to ensure compliance with treatment plans already underway.

How it Works

MobileSleepDoc Pro was created to help people with sleep disorders such as sleep apnea and insomnia. Many people suffer from these problems but may not have access to the help that they need.

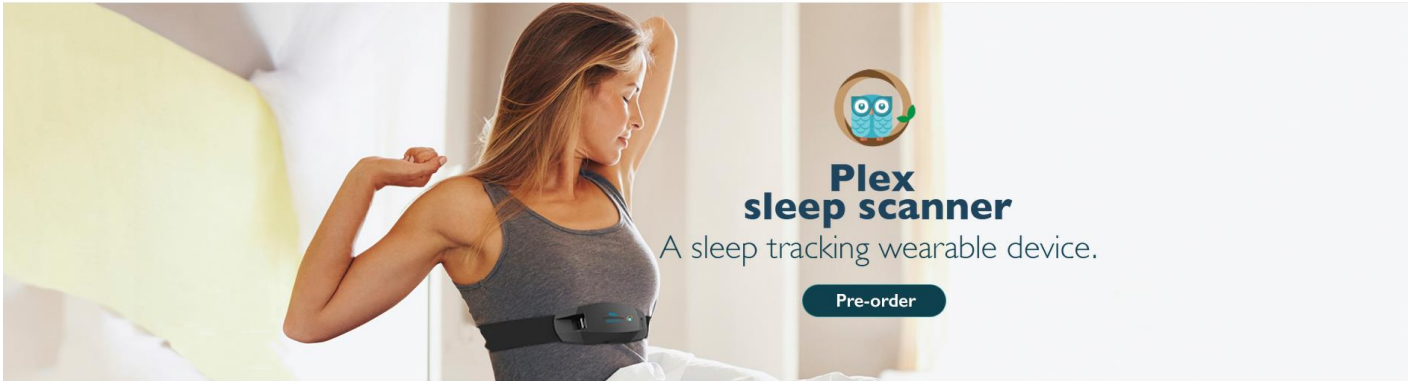
MobileSleepDoc Pro asks questions about your sleep and, based on your answers, determines whether you show signs or symptoms of common sleep disorders. You can store your answers on the app and share them later with your provider. You can use these questionnaires to start a discussion with your provider about your sleep issues, and decide whether you need treatment and, if so, what type of treatment. MobileSleepDoc Pro also includes several therapies that guide you to better sleep. Our goal is to help increase the quality of your sleep in meaningful and lasting ways.

Get it on iOS today!



The Plex sleep scanner
Shed light on your breathing patterns while you sleep.

Pre-order



The Plex™ in 360

Designed by a physician, in conjunction with experts in design, engineering, and software processing of big data.

- > Monitors breathing patterns, pulse, and oxygen levels during sleep
- > Uses medical grade sensors
- > Elegant and simple design
- > Accurate and comprehensive measurements of your sleep behavior and breathing patterns
- > Integrates with a proprietary sleep app, MobileSleepDoc Pro



Sleep well tonight! Download the app today!



Features



Benefits

Plex™ Sleep Scanner focuses on sleep instead of steps	Accurate and more detailed reports about your sleep, not just how much you move
Plex™ Sleep Scanner was designed by a physician, in conjunction with experts in design, engineering, and software processing of big data	Confidence that the device is functional, efficient as well as elegant and that the data collected are relevant, validated, and secure
Integrates with a proprietary sleep app, MobileSleepDoc Pro	Use the app to control the device, sync data with scoring servers, and read the results—right on your phone
Uses medical grade sensors	Accurate and comprehensive measurements of your sleep behavior and breathing patterns
Inexpensive	Purchase the device for personal use and daily monitoring, which gives validity to the findings
Elegant and simple design	Attractive and easy to use
A true Sleep Screener since it targets for both insomnia and snoring	Data from the Plex™ populate the sleep reports within MobileSleepDoc Pro, in addition to the new reports focused on your breathing patterns
Shed light on your breathing patterns while you sleep	Allows you to sleep in your natural sleep environment, and protects your privacy

Sign In

Sign Up

Reasons why monitoring your sleep patterns is important (and these are just a handful!):



If you were already on a program for sleep such as CPAP or a dental device,
you could check for stability over time.

Get Started

Pre-order the Plex™ sleep scanner today!

Pre-order



Sign Up to Receive the Latest Info

Name

Email

Submit