



Beddr's mobile app provides data analytics, makes recommendations on how to improve your sleep, and includes a sleep coaching programme | Photo source [Beddr](#)

Innovation > Health & Wellbeing > A wearable tracks key metrics to improve sleep

A WEARABLE TRACKS KEY METRICS TO IMPROVE SLEEP



HEALTH & WELLBEING

Sleep startup Beddr has developed a compact sleep sensor and a complete programme to help improve sleep

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