



SMART MASK REDUCES USERS' NEED FOR SLEEP



WORK & LIFESTYLE

NeuroOn is a brainwave-monitoring sleeping mask that enables wearers to develop polyphasic sleep patterns.

This is part of a new series of articles that looks at entrepreneurs hoping to get their ideas off the ground through crowdfunding. At the time of writing, each of these innovations is currently seeking funding.

A good night's sleep can be vital in order to have the optimum energy to carry out the day's tasks upon waking, but constant traveling and other commitments can get in the way. While innovators in Australia recently developed the **Re-Timer** headset, using light therapy to reset users' body clocks, **NeuroOn** is a brainwave-monitoring sleeping mask that enables wearers to develop polyphasic sleep patterns.

Currently seeking funding on [Kickstarter](#), the mask is worn during sleep and encourages users to develop sleeping patterns known as polyphasic. Rather than sleeping for six-to-eight hours each night, polyphasic sleepers combine their night-time snoozes with small naps in the daytime, and can even reduce their sleeping time to just two hours in every 24 without feeling tired. Apparently Leonardo Da Vinci, Nikolai Tesla, Winston Churchill and Napoleon all kept such regimens. The NeuroOn features EEG, EMG and EOG sensors that detect brainwave activity, muscle tension and eye movements, and uses algorithms to determine sleepers' individual patterns. Through a companion app, users can then set the polyphasic sleep setting they would like to achieve and the mask wakes them up at the exact moment their REM sleep ends, leaving them feeling refreshed rather than groggy. The video below explains more about the product:

The NeuroOn helps tackle jetlag and sleeplessness, and also gives busy users more time to complete their work, enabling them to become more productive. Are there other ways to take advantage of sleep monitoring to help consumers to truly wake up feeling refreshed?

Kickstarter: www.kck.st/1bdq1jj

3rd January 2014

Website: www.intelclinic.com

Contact: www.more.intelclinic.com/#contact