

beurer



# Beurer SleepLine

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For healthy,  
restful sleep  
and active days

## Expert advice from Dr. Michael Feld, sleep specialist:

### **A restful sleep provides our day-to-day source of energy.**

More and more of us are suffering from sleep disorders. The complex demands of everyday life sometimes make it difficult for us to come to rest. It is worth taking a closer look at the subject of sleep:



### Our sleep – why do we need to sleep?



All our bodily functions recover, organ functions are brought back into rhythm, damaged cells and membranes are repaired, new neural networks are formed and our memory is consolidated! This is the only way that we are able to learn new things each and every day.

### Our sleep – how do we sleep?



It generally takes between 5 and 15 minutes to fall asleep and we sleep for a period of 7 to 8 hours. Our sleep is made up of 4 to 5 approx. 90-minute cycles. We wake briefly around 10 to 20 times a night, although we are barely aware of this, and turn over 5 to 10 times. We experience several dream phases throughout the night, which reach their deepest point between 2 a.m. and 4 a.m. On average, we lose 500 ml of fluid every night.

### Our sleep – what sleep problems can occur?



There are many different types of sleep disorders, each with different symptoms. Difficulty falling asleep and staying asleep through the night (insomnia) are extremely common. Hypersomnia – excessive daytime sleepiness – is also a frequent complaint. Disturbances such as sleep walking, nightmares, sleep talking or teeth grinding are referred to as parasomnia. Sleep apnoea and snoring are types of sleep-related breathing disorders and breathing interruptions.

### Our sleep – what are the potential consequences of sleep disorders?



The effects of sleepless nights are varied and differ from person to person. Tiredness and exhaustion during the day, headaches, metabolic disorders, raised blood glucose levels, weight gain and high blood pressure – everyone reacts differently. Some of those affected complain of loss of concentration, irritability, sensitivity, lack of motivation and susceptibility to stress. Lack of sleep can even lead to depression, heart disease and diabetes.



## Healthy sleep is more important for us than ever.

The demands on our everyday lives are constantly increasing. Family and job, exercise and sport, meeting friends and simply relaxing – we have to fit in all this and much more. Healthy and restorative sleep allows people to regenerate and acts as a source of energy. But what can we do if things don't quite work out like this? If you feel absolutely exhausted in the mornings and would prefer to stay in bed and pull the covers over your head. The **Beurer expert SleepLine range** provides a complete portfolio for healthy sleep and active days.



★ ★  
Fall asleep better

Get to the root of the problem, analyse your sleep at home as precisely as in a sleep lab and use products to help you fall asleep, sleep through and have an active start to the day.

**Beurer can help.** With the coordinated SleepLine product range, sleepless nights and tiredness during the day will soon be a thing of the past.

Create a pleasant, relaxing ambience in your bedroom with aromas, light therapy or sound therapy and a cosy, warm bed! The natural, fragrant SleepWell aroma oil calms the senses, whilst the simulated sunset from the wake up light and the soft red light from the daylight lamp tell your body that it's time to sleep. The soft, melodic sounds of the wake up light help you to fall asleep whilst you enjoy your cosy, warm bed that the heated underblanket automatically warmed up beforehand.



★ ☾  
Sleep through  
the night better

There is no need to wake up at night disturbed by snoring: our snore stopper helps to reduce snoring. The ultra-quiet air humidifier and an elegant compact thermo hygrometer mean that you can always keep an eye on having an optimum room climate. Allergy sufferers can also finally find relief with our air purifier in night mode.



☀  
Wake up better

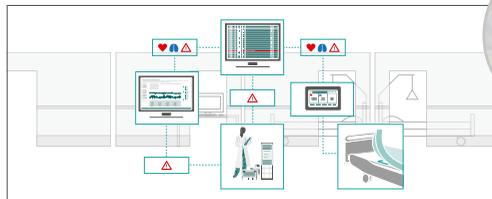
Start the day with a spring in your step with your favourite tune, bring the sunrise right into your bedroom and give yourself an energy boost with the brightlight. Tiredness and exhaustion will have no chance. A day full of energy and power lies ahead.

# SE 80 SleepExpert sleep sensor



- For precise measuring, detailed analysis and improving your personal sleeping behaviour
- Discreet, unnoticeable: placed under the mattress
- Measurement of heart rate, respiratory rate and movement
- Precise sleep phase recording
- With Fresh Wake function to help you wake up well-rested
- Function to detect interruptions in your breathing
- Individual tips to improve quality of sleep

HIGH PRECISION  
**Sleep EXPERT**  
SENSOR



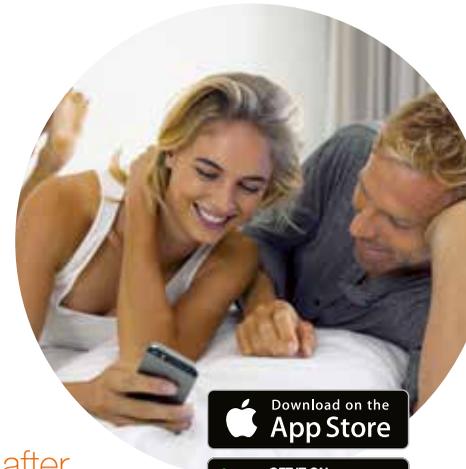
in cooperation with:  
**EarlySense**  
Proactive Patient Care

Precision as used in sleep labs – with the SE 80 SleepExpert from Beurer now usable in your own bedroom.



„beurer SleepExpert“

Become more familiar with your body's sleeping activities to resolve the causes of possible sleep problems. The “beurer SleepExpert” app records your sleeping activities constantly and precisely. Use the personal tips to improve your sleeping habits and determine your individual sleeping quality.



Enjoy life more after  
a good night's sleep

## LB 37 air humidifier



- With ultrasound humidification technology: energy-efficient and quiet
- For room fragrancing – suitable for aroma oils
- LED indicators: white and blue indicate different atomisation levels, while red signifies an empty water tank
- With night mode: quiet operation without LED indicator lamp
- For rooms up to 20 m<sup>2</sup>



Natural scented oil SleepWell



For use with aroma oils



Removable 2 l water tank

## LR 200 air purifier



- Air cleaning using a three-layered filter system
- Additional air cleaning thanks to selectable ion function
- With timer function
- Night mode – quiet operation and dimmed operating panel
- For rooms up to 15 m<sup>2</sup>



For healthy ambient air in your home



Replaceable filter with filter change indicator

# HM 55 – thermo hygrometer



- LCD display showing temperature and relative humidity
- Provides a fast overview: the coloured indoor environment indicator
- Small and elegant: perfect for unobtrusive monitoring of the indoor environment using Bluetooth®
- With free „beurer FreshRoom“ App to download for long-term monitoring
- Multi-room display: multiple devices can be managed using the app



Coloured indoor environment indicator



Easy-to-read LCD display

# „beurer FreshRoom“



The indoor environment affects our daily well-being. The HM 55 thermo hygrometer means you can keep an eye on the indoor temperature and humidity level at all times. Its warning function enables you to always maintain a climate that is comfortable for you. The “beurer FreshRoom” app provides clear, long-term monitoring and can even be used for multiple rooms.



A good indoor environment for our well-being





## TL 55 Day & Night Brightlight

- Daylight for a sense of well-being and a good start to the day
- Fall asleep with soft, red light
- For a regulated day-night rhythm
- Compact design
- Including lithium-ion battery and mains adapter



Red light as a gentle sleeping aid



## WL 75 wake-up light

- Promotes falling asleep thanks to simulated sunset or due to relaxing red light and soothing sleep melodies (with timer)
- Helps you to wake up using a gentle simulated sunrise and invigorating melodies or radio
- Convenient and easy to use, also via free "beurer LightUp" app



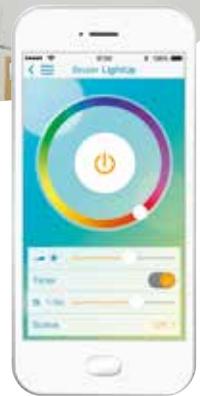
Mood lighting – changing play of colours



## „beurer LightUp“



The „beurer LightUp“ app for the WL 75 wake up light helps you to ease into the day. For many people, it's hard to get up early every morning. Thanks to the app-based control, you can choose whether to wake up with a sunrise and/or a wake-up melody. The app also indicates when you should go to bed in order to reach your personal target sleep duration.



Fresh and rested  
throughout the day



# SL 70 snore stopper



- Gentle snoring therapy
- Real-time detection of snoring through recording of noises and structure-borne noise
- Immediate alleviation using a tone and/or vibration pulse to firm up the throat muscles
- Maximum alarm intensity, sensitivity and start time can be set
- Fixed on the ear: discreet and unobtrusive

No more sleepless nights!



Flexible memory ear hook



Easy to use

# „beurer SleepQuiet“



The user-friendly “beurer SleepQuiet” app enables you to carry out a detailed analysis of your snoring behaviour, helping you to reduce your disruptive snoring. Using the diary function, you can detect and eliminate possible causes of the snoring. A graphic representation shows at a glance the number of snores per hour as well as the volume of the loudest snore during the night. No more sleepless nights!



For a good night's rest



## UB 190 heated underblanket



- Heated underblanket with remote control function (WiFi)
- Convenient control at home or on the move
- Option to program individual heat plans
- Individually adjustable heat zones (body + feet)
- ECO control: electricity consumption indicator in kWh



## UB 200 fully fitted heated underblanket

- Extra-soft surface
- Heated underblanket with remote control function (WiFi)
- Convenient control at home or on the move
- Option to program individual heat plans
- Individually adjustable heat zones (body + feet)
- ECO control: electricity consumption indicator in kWh



## „beurer CosyNight“



Warmth isn't just good for the body, it's also good for the soul. We all love the feeling of getting into a cosy, warm bed, particularly on a cold winter's night! With the „beurer CosyNight“ app you can specify heat programs and put together a customised heat program. You can even switch on conveniently the underblankets whilst you are out and about. The two heated underblankets UB 190 CosyNight and UB 200 CosyNight come with a WiFi switch which enables the device to be controlled externally.



Warm up the bed  
on the way



## SleepLine product series



### LB 37 air humidifier

For optimum humidity and a comfortable climate, day and night. Can also be used for aromatherapy with natural oils, making it a fragrant sleep aid.



### TL 55 Day & Night brightlight

Fall asleep gently with the red twilight and remain full of energy throughout the day with the daylight function.



### SE 80 SleepExpert sleep sensor

The core product in our SleepLine range monitors, analyses and records your sleep data as accurately as in a sleep lab.



### WL 75 wake-up light

Fall asleep naturally with an atmospheric sunset and wake up full of energy to music and/or a gradually brightening light.



### LR 200 air cleaner

Allergy sufferers can breathe easily! The ultra-quiet air cleaner ensures peaceful, relaxing nights.



### UB 190 heated underblanket

The secret to a good night's sleep – warm feet and a cool head. The two heated underblankets UB 190 and UB 200 feature different heat zones. Thanks to the designated „Beurer CosyNight“ app, you can even heat up your bed when you are out and about.



### UB 200 fully fitted heated underblanket



### HM 55 thermo hygrometer

Small and elegant – the practical tool for monitoring your optimum indoor climate at a glance.



### SL 70 snore stopper

Gentle snoring therapy for a soothing night's sleep without interruption. Your partner will be thankful!



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