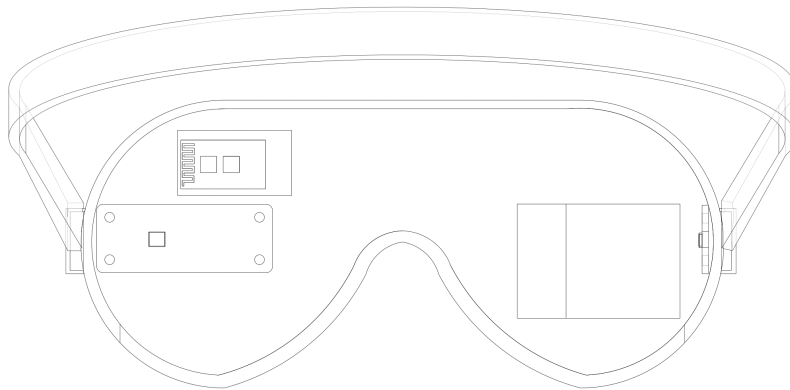# MorpheusOne

REM sensing night-mask and alarm app

USER MANUAL

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1 Introduction

Sleep has many different stages that go in a cycle many times during the night. Dreams happen in the rapid eye movement (REM) part of sleep, this is also when the brain and the body rest the most. All of this makes the REM the worst possible moment for the alarm to go off! The aim of the **MorpheusOne** is to measure your eyes movements during sleep to identify when a REM phase is happening, know how long they are, and make sure your alarm doesn't go off in the middle of one. Additionally, it can be used as a simple yet effective sleep-quality measuring device thanks to the incorporated microphone, which will tell you if you snore or talk in the night, and if it disturbs your sleep.

2   Alarm mode set-up

The **MorpheusOne** has a mode for everything you might ask for:

- Do you need to wake up before 8 a.m. but don't want to suffer when the alarm sounds?

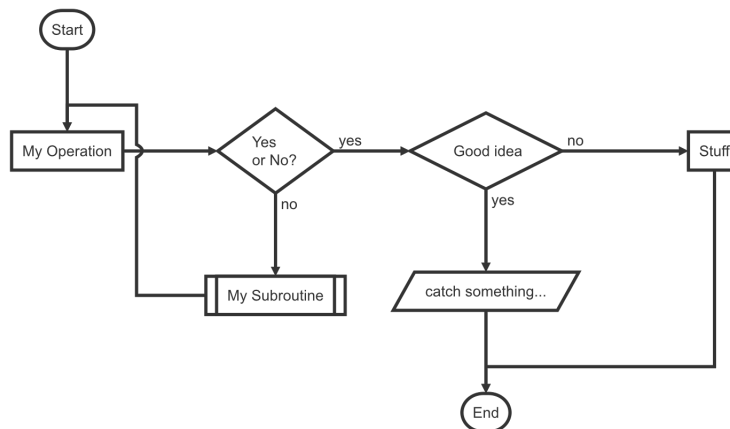Go for the **One Before** mode

- Do you want to take a quick nap of just one or two REMs?
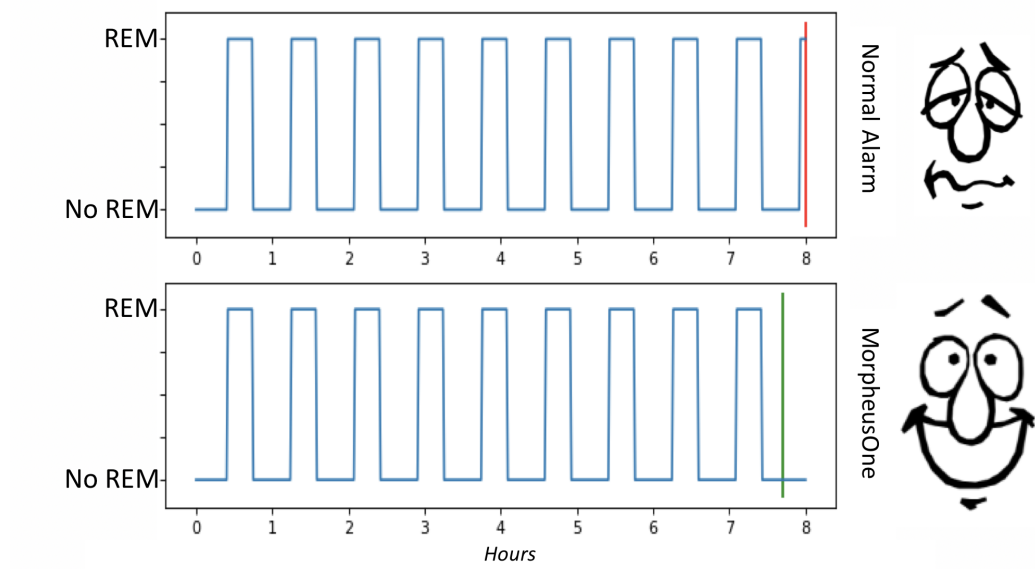
Go for the **One and Done** mode

- Do you have some extra time to wake up in the morning?
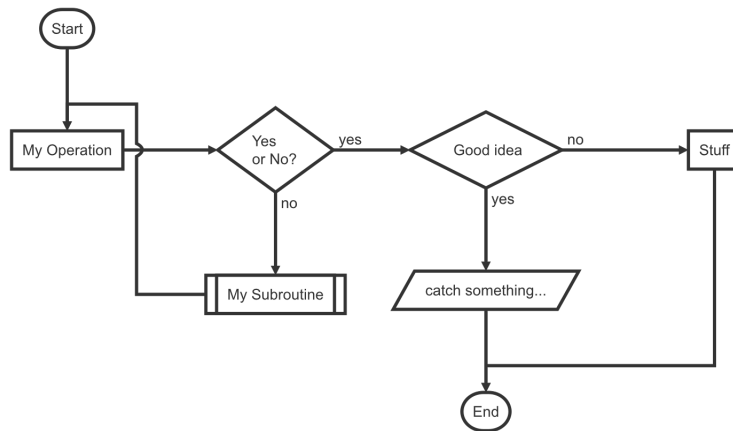
Go for the **One After** mode
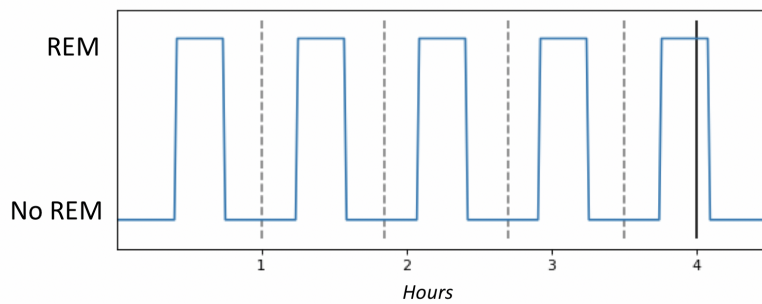
2.1   One Before

In this mode the **MorpheusOne** will sound the alarm one REM before the time you set as the limit
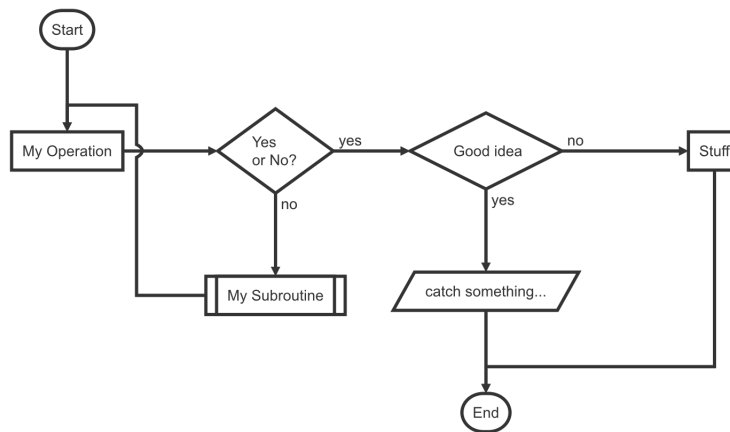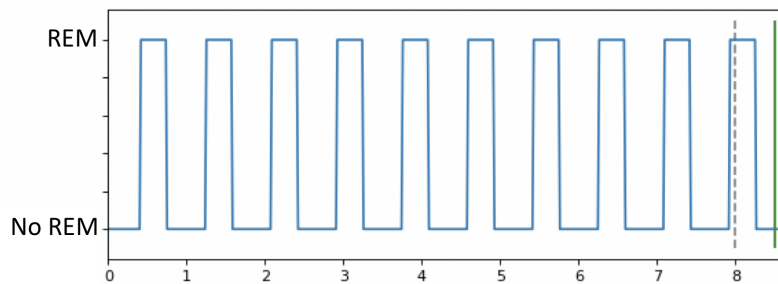
2.2   One and Done

In this mode the **MorpheusOne** allows you to choose how many REMs you want to have before you wake up. Don't worry, there is also a time limit, just in case.
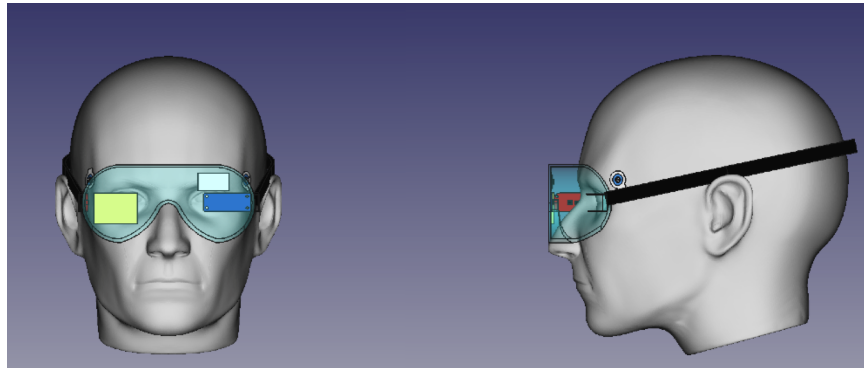
2.3   One After

In this mode the **MorpheusOne** will sound the alarm at the time you set, but if you happen to be in the middle of a REM at that time, it will wait until you finish the dream to sound the alarm

3 Mask Placement

Once you have chosen the alarm mode you prefer you will need to put on the mask. To do this first extend the elastic strip behind your head and place the mask on your forehead. Then, make sure your both your temples aren't covered with hair or anything else, that is where the sensors go. Now attach the reference probe to one of your cheeks, this functions as a reference for the sensors to know which signals come from your eyes and which don't. Finally, place the mask over your eyes. You should hear a short beep, that means the **MorpheusOne** is recording properly, if you don't hear the beep check that the sensors on your temples are in contact with the skin and that the reference hasn't fallen off. You are now ready to have a good sleep and a pleasant wake up. Enjoy!

4 FAQ