




Information for this guide based on data submitted by product manufacturers. Sleep Review strives for accuracy in all data but cannot be held responsible for claims made by manufacturers. All sound therapy makers may not be included. Email [sroy@meqpr.com](mailto:sroy@meqpr.com) to be considered for the next update.

	AcousticSheep LLC	Dreampad LLC	Nightingale Smart Solutions Inc	Rythm
	 SleepPhones	 Dreampad	 Nightingale	 Dreem
<b>Website</b>	<a href="http://www.sleepphones.com">www.sleepphones.com</a>	<a href="http://dreampadsleep.com">dreampadsleep.com</a>	<a href="http://meetnightingale.com">meetnightingale.com</a>	<a href="http://www.dreem.com">www.dreem.com</a>
<b>Number of Included Sound Options</b>	Simple model: 17 preloaded audio tracks featuring binaural beat technology and in a variety of genres; Bluetooth models: Unlimited options wirelessly from your music player.	10 music choices via app, all designed in-house for sleeping. Characterized by: ambient music mixed with nature sounds, frequency filtration, pink noise, and rhythmic nature sounds.	20 sound options (15 ambient; 5 nature).	4 falling asleep features (respiration, cognition, ambiance, meditation), with themes (22 total) and sound options (80 total) within, such as wind, rain, beach, and night. Also includes deep sleep stimulation and smart alarm sounds.
<b>Speaker Type</b>	2 stereo ultra-thin mylar speakers	2 embedded bone conduction transducers	2 micro speakers	2 bone conduction speakers (3.5 mm audio jack)
<b>Recommended Decibel Setting</b>	50-75	5-25	43	30-50
<b>Maximum Decibel Setting</b>	90	45	60	50
<b>User Controls</b>	on/off/pause, volume, timer, forward/back	music selection, volume, play time, alarm	on/off, scheduled on/off, LED light on/off, scheduled LED light on/off, volume, sound frequency, room setup	touch area, sound feedback, RGB LED indicator, on/off, mobile application
<b>Dimensions (cm)</b>	headband: ~40 (circumference)	4 pillows: (3) 51 x 71, (1) 33 x 47	each unit: 10.922 x 6.858 x 4.318/2.54 (plugged in)	head perimeter: 47-61
<b>Weight (grams)</b>	40	Not provided	155.922	120
<b>Power Source</b>	Rechargeable lithium ion batteries; plays 8-16 hours on a full charge, depending on model	None within the Dreampad; power comes from the player, which can be a Bluetooth receiver (available as an accessory), mp3 player, or smart phone	Electrical outlet	1 rechargeable battery (1200mAh)
<b>Connectivity</b>	Simple model: no Bluetooth; Bluetooth models: Pair with smartphones, computers, and most other Bluetooth-compatible devices	Bluetooth and wired options	Bluetooth, WiFi, web browser, Amazon Alexa, Google Home, Nest, Philips Hue, Ring	Bluetooth 4.0 Low Energy, Wifi b/g/n 2.4 Ghz & 5.0 Ghz
<b>Peer-reviewed Sleep Validation Study</b>	Not provided (pending)	Comparative Effectiveness of Three Occupational Therapy Sleep Interventions A Randomized Controlled Study, available (along with other peer-reviewed studies) at <a href="http://www.dreampadsleep.com/research">www.dreampadsleep.com/research</a>	Effect of Background Noise on Sleep Quality, available at <a href="http://www.meetnightingale.com/assets/docs/Nightingale-Research-Abstract_Summary.pdf">www.meetnightingale.com/assets/docs/Nightingale-Research-Abstract_Summary.pdf</a>	Performance of an Ambulatory Dry-EEG Device for Auditory Closed-Loop Stimulations in The Home Environment, available at <a href="https://s3-us-west-1.amazonaws.com/rythm/TechnicalPaper_Dreem.pdf">https://s3-us-west-1.amazonaws.com/rythm/TechnicalPaper_Dreem.pdf</a>
<b>Warranty (years)</b>	1	1 (30-day free trial)	1 (limited; <a href="http://www.meetnightingale.com/warranty">www.meetnightingale.com/warranty</a> ; 30 day money-back guarantee)	2
<b>Additional Features</b>	FDA-listed headphones designed for sleep by a family doctor, SleepPhones allow for listening to relaxing music, audiobooks, or nature sounds comfortably in bed.	Patented music technology activates the body's relaxation response, reducing stress and improving sleep. When the user lays his/her head on the Dreampad, the music travels directly to the inner ear, giving the added benefit of private listening—someone lying even 2 feet away can't hear the music.	Uses proprietary ambient sound specifically tuned to mask common sleep disruption noises. Customizable for room acoustics and personal conditions like tinnitus or snoring in an adjacent room. Dual speakers immerse the entire room in ambient sound.	Falling asleep faster, improving deep sleep with brain stimulation, smart alarm that triggers at the optimal time, mobile application with personalized reports and sleep insights. Includes 6 EEG sensors, accelerometer, and pulse oximeter.

COMPARISON GUIDE CONTINUES ON PAGE 34

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Leah Hanson  
Rhythmlink International, LLC



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## SOUND THERAPIES FOR SLEEP

	Safella Ltd	Uriel Inc
	 Somnuva	 UrielTones
Website	<a href="http://www.somnuva.com">www.somnuva.com</a>	<a href="http://www.urielsound.com">www.urielsound.com</a>
Number of Included Sound Options	4 sleep modes (Deep Sleep, Power Nap, Fall Asleep, Easy Sleep) with 8 sound types each (rain, babbling brook, wind, ocean, rhythmic train tracks, brown noise, pink noise, white noise).	4 program options (calm, serenity, clarity, focus), and 2 more coming soon.
Speaker Type	2 bespoke 3" full range sound drivers	1 pair of headphones and pads on wrists and ankles
Recommended Decibel Setting	20	60
Maximum Decibel Setting	102	75
User Controls	volume, set date, alarm sound, nature sound, brightness	on/off, volume for headphones, volume for pads, program selection button
Dimensions (cm)	main unit: 245 x 115 x 111; satellite unit: 130 x 115 x 111	19 x 13 x 5
Weight (grams)	1,500	900
Power Source	Main unit plugged in to standard power outlet; satellite speaker plugged into the main unit via cable (will accept inputs of 110 to 250 volts; US 2-pin plug included)	Wall wart AC adapter
Connectivity	Bluetooth	N/A
Peer-reviewed Sleep Validation Study	Proof of concept trial available at <a href="http://somnuva.com/Somnuva_SLE001_Insomnia_Report_Final.pdf">http://somnuva.com/Somnuva_SLE001_Insomnia_Report_Final.pdf</a>	Not provided
Warranty (years)	2 (60-day money-back guarantee)	1 (30-day money-back guarantee)
Additional Features	Patented and proven sleep algorithm, built-in smart device USB charger, touchscreen interface.	Patented technology that consists solely of human voiced toning, proprietary modulated to create an oscillating waveform that delivers healthy frequencies and is restorative for the brain (headphones) and body (pads).