



How it Works



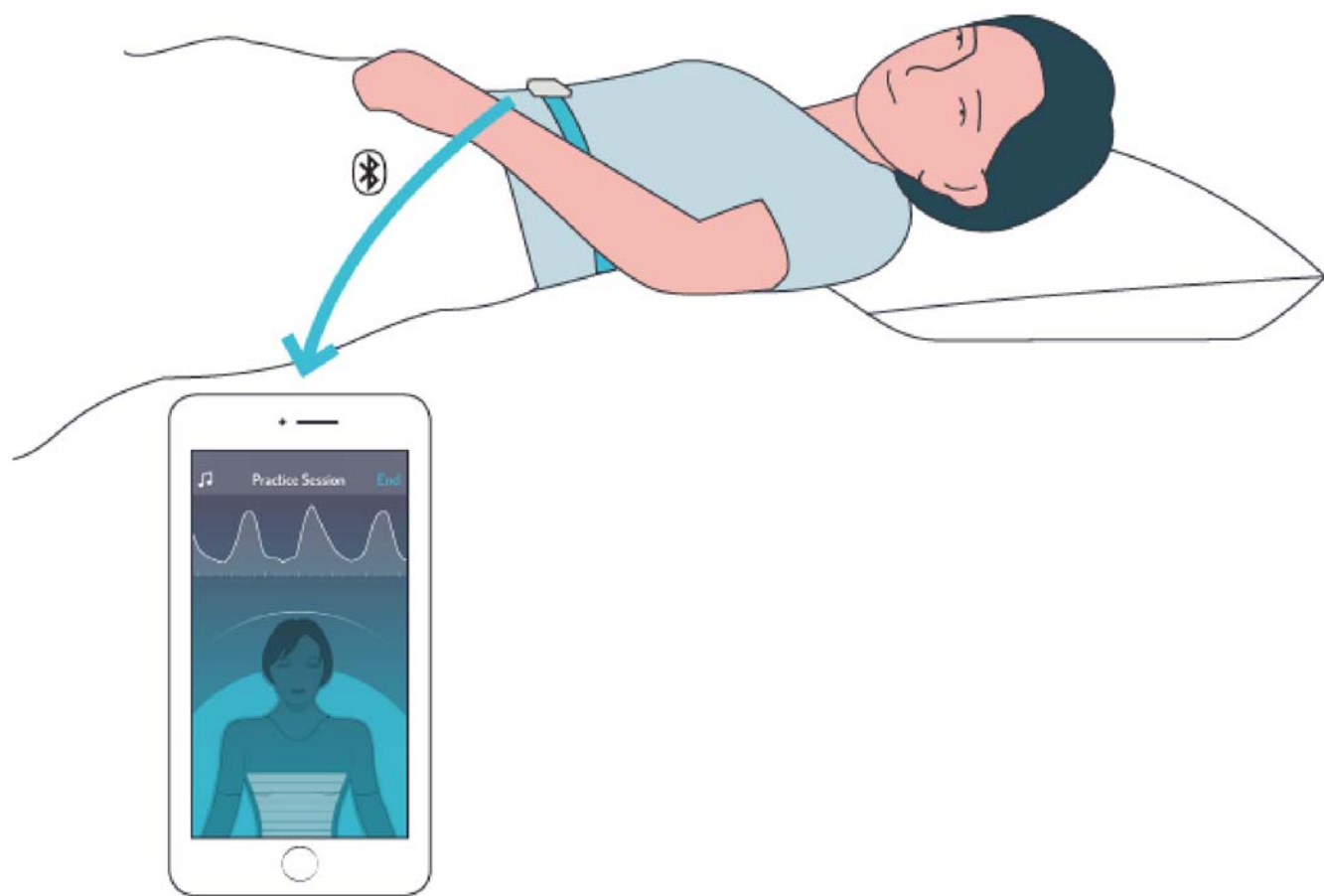
Tossing & Turning

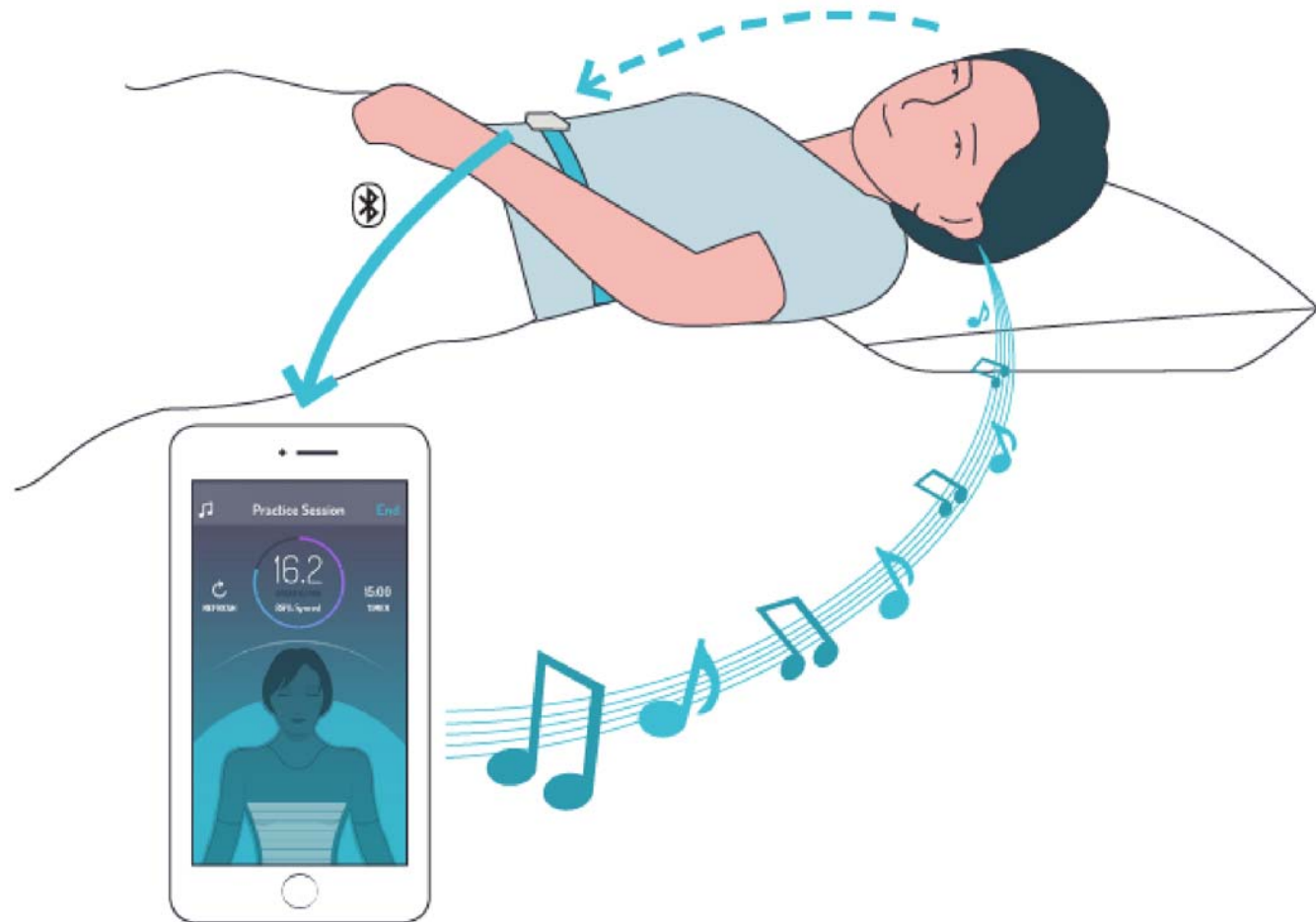
You are determined to fall asleep but your mind keeps racing...

2breathe to the rescue

Wear the sensor around your abdomen.

Every inhale and exhale movement is wirelessly sent to your smartphone using low-energy bluetooth.





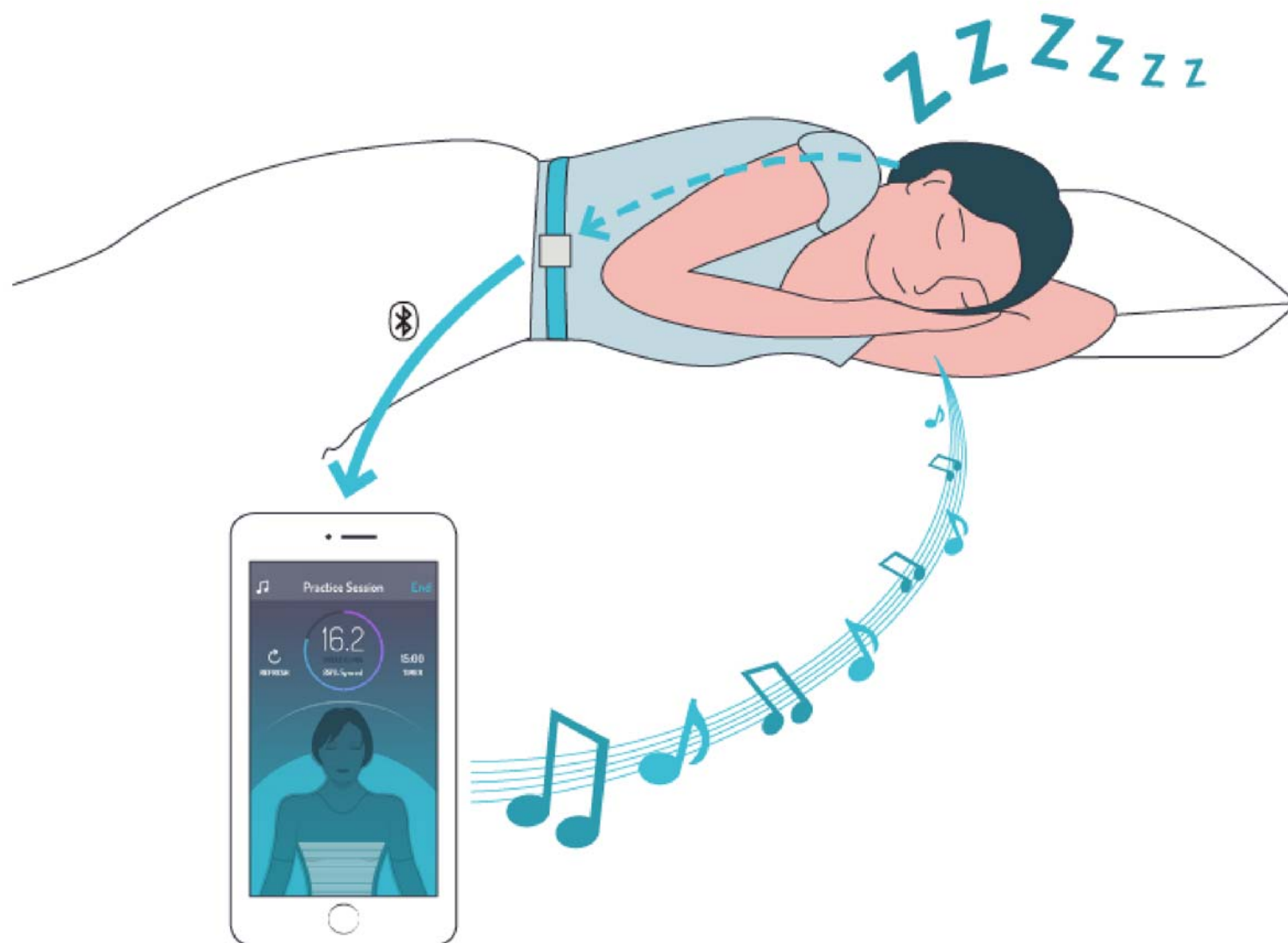
Just breathe with the guiding tones ...

2breathe then transforms your breathing into tones that gradually guide you to prolong exhalation and slow breathing.

... and then you fall asleep

Within minutes, neural sympathetic activity is reduced, relaxing your mind & body into sleep.

(If your breathing doesn't follow the tones, 2breathe automatically re-adjusts and begins to prolong exhalation and slow your breathing again.)





See how you breathe yourself to sleep. Literally.

As you wake up, a session report shows the time it took you to fall asleep and how you got there.

The graph shows how your body begins to drowse into sleep, your ability to sync with the tones is diminished. Once asleep your autonomic system takes over and your breathing rate changes into fast shallow breathing.

Five minutes after you fall asleep, 2breathe automatically shuts-off both app and sensor.

Sleeplessness breathed away within days

You can track how well your sleep has improved by filling a 30-second sleep diary sent by notification.

2breathe will proactively offer tips and tutorials, should it detect that your sleeplessness is not improving,

... and human assistance is always on call.



What's included

2breathe™ sensor.

Access to free mobile iPhone app.

Battery & Life

Standard 3V coin battery (CR2032).

Lasts 6 months of daily use.

Connection method & OS

Bluetooth Low Energy.

iOS 8.2 and above: List of compatible devices...

Warranty

1 year limited manufacturer's warranty. Read more...



Copyright © 2014–2015 2breathe Technologies Ltd. All rights reserved.

[Home \(http://www.2breathe.com/\)](http://www.2breathe.com/) • [How it Works \(/how-it-works/\)](/how-it-works/) • [About Us \(/about-us/\)](/about-us/) • [Reviews \(/reviews/\)](/reviews/) • [Contact \(/contact/\)](/contact/) •
[Privacy Policy \(/privacy-policy/\)](/privacy-policy/) • [Terms of Use \(/terms-of-use/\)](/terms-of-use/)

Note: 2breathe is not a medical device. If you are seeking information on how to treat a sleep disorder, you should talk to your healthcare provider.