

GO2SLEEP Wearable Smart Ring Detects Sleep Apnea and More

By **Sam Draper** - 22. August 2018



SLEEPON, a new startup, has launched GO2SLEEP, a revolutionary way to track your sleep, screen for Sleep Apnea, and improve your Sleep health. It is the world's smallest sleep apnea detection ring, according to the company.

Read more [Alphabet's Verily Partners Up With ResMed to Study Sleep Apnea](#)

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. There may be a choking or snorting sound as breathing resumes. If you snore loudly and feel tired even after a full night's sleep, you might have sleep apnea. As the disorder disrupts normal sleep, those affected may experience sleepiness or feel tired during the day. Left untreated, sleep apnea increases the risk of numerous serious health issues, including high blood pressure, irregular heartbeat, and stroke. Sleep apnea affects around 25 million Americans, but many more people likely remain undiagnosed. In children it may cause problems in school, or hyperactivity. Many big companies such as Fitbit and Apple have taken great interest in the sleep apnea arena.

GO2SLEEP is a Home Sleep Test (HST) device that is mainly used for monitoring your sleep and evaluating Obstructive Sleep Apnea. It is used to classify the severity of your Sleep Apnea and determine the best treatment options. It also tracks a set of indicators during sleep, offers a lifetime free sleep reports.

The ring is made of waterproof medical silicone, weighing in at only 6 grams. The user slips the ring on a finger before going to bed and then takes it off and places on the charging dock upon waking up, [reports MedGadget](#).

Once you've slip your GO2SLEEP on before falling asleep, the 3-axis sensor along with blood oxygen and heart rate sensors records data including perfusion index (pulse strength), heart rate and blood oxygen saturation. As far as unique sleep metrics are concerned, the company claims the device is able to even track your tossing and turning during the night.



This Bluetooth enabled device continuously captures and stores this data while you're sleeping. An artificial intelligence algorithm is utilized to interpret the data and provide the user with daily and weekly sleep reports via the free SleepON App or e-mail.

GO2SLEEP is not FDA approved to be used as a diagnostic test for sleep apnea. Users still need to consult with their healthcare providers to reach a definitive conclusion. Also, since the device cannot directly measure airflow or respiratory effort, it is unable to differentiate between the main two types of sleep apnea: Obstructive Sleep Apnea (OSA) vs The Central Sleep Apnea (CSA).

Read more [Pegasi Light Therapy Smart Sleep Glasses Helps You Sleep Better at Night](#)

The battery runs for three days without charging. The band comes in three different sizes and is designed to ensure comfort and minimize sleep disruption.

For people with signs and symptoms of sleep apnea, GO2SLEEP may be a useful tool that provides an easy-to-use and affordable way to monitor one's sleep and screen for this condition.

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