

## The SOLTEC•SMS™

The development of the SOLTEC•SMS™ (Sleep Management System) was started in 1996, in an attempt to figure out a way of reducing stress, with relative ease for the user. At the outset, our intention was not to develop an automated sleep management system. However, our discoveries led to a unique perspective on the science of sleep. Over 30 years of research in sleep, neurology and psychology culminated in a therapeutic system that:

1. monitors your sleep,
2. determines in real time whether you are awake, or in light, deep, or dream sleep,
3. communicates in real time with another device under your bed,
4. tells it to create frequencies that will support the current or desired stage of sleep,
5. reports your results in the morning,
6. stores all of your data in a secure, personalized database
7. reduces stress with great ease for the user

The SOLTEC•SMS™ consists of:

1. The Z•TRACK™ Analyst is a wrist-worn wearable, which measures heart rate variability (in the time and frequency domains), movement, blood oxygen level, and snoring sounds. It stores this information and in the morning transmits this data to your smart phone. Most importantly, it analyzes this information in real time, moment by moment throughout the night, to determine your stage of sleep.
2. Based on its' real time findings, Z•TRACK instructs the Z•GEN™ Magnetic Conditioner what frequencies to produce, in order to support or enhance your current or forthcoming sleep stage.
3. The SOLTEC•Z™ App on your smartphone or tablet can start Z•TRACK and Z•GEN upon retiring to bed. In the morning, it receives the data from Z•TRACK and displays its' findings. SOLTEC•Z also transmits all of the data collected and analyzed to a HIPAA compliant database for retrieval of data if necessary and for later analysis to further refine your stimulus parameters (the frequencies that Z•GEN produces).
4. Some users do not want to take their phone into the bedroom. Therefore, a bedside EZ•BUTTON is provided, which is cabled directly to Z•GEN. When this button is pressed, it will check that the user is wearing Z•TRACK and then it will start both Z•TRACK and Z•GEN.

In essence, SOLTEC•SMS is a real time, personalized, closed-loop feedback system, used to monitor, analyze, and improve your sleep throughout the night. This is why the SOLTEC•SMS is the most sophisticated sleep aid and why Z•TRACK is considered to be the premier nighttime wearable. Sleep right with SOLTEC.

And please don't forget how this all started. SOLTEC•SMS can be used during the day to reduce stress. Simply place it under your desk or by your feet and turn it on using the SOLTEC•Z App. See how much more relaxed you feel.

Please learn more and read about Real Time Sleep Stage Intervention – how it works and its' benefits.