



## What is SleepTank?

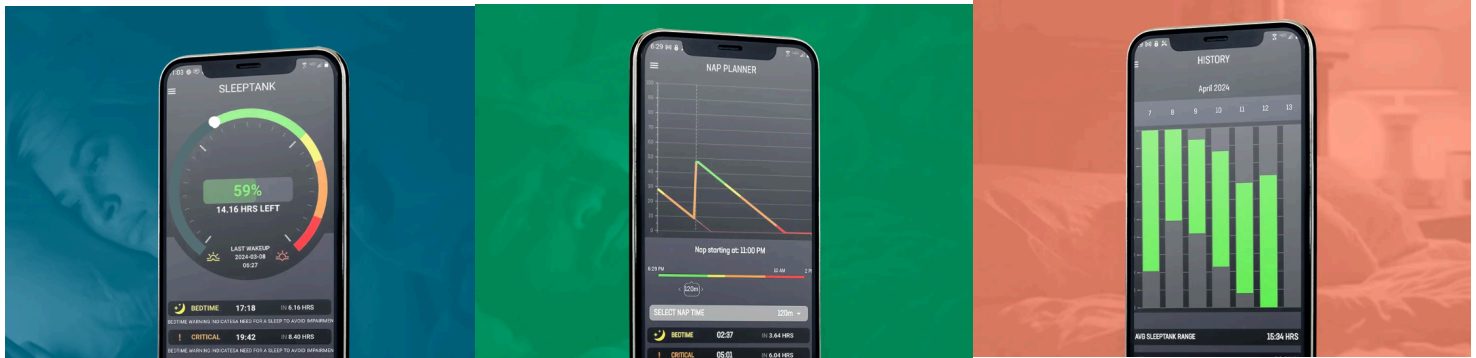
SleepTank continuously **monitors** and **forecasts** alertness using a personalized fatigue model powered by real sleep data from wearables. By providing immediate positive reinforcement for sleep decisions that replenish the SleepTank, it helps optimize rest to reduce fatigue and minimize fatigue-related reports. The platform encourages strategic naps when necessary, extending alertness to meet future duty demands. With its intelligent nap planner, SleepTank guides users on the optimal timing and duration of naps, replacing outdated sleep data tools and fully **leveraging the technology already on their wrists**.

## Supporting the SAFTE-FAST Vision:

Complement your SAFTE-FAST experience by providing employees guidance to make optimal use of sleep opportunities along with developing integrated data models to support your critical reporting needs. The systems seamlessly sync allowing your organization to make better informed decisions.

- Provides a **Sleep Hygiene platform** for individuals raising sleep awareness & reduced fatigue
- An efficient **Data Collection platform** that is accurate and inexpensive, minimizing logistical overhead and protecting the privacy of the users.

## SleepTank At-A-Glance:



<h3>Status</h3> <p>Sleep debt is cumulative across days. SleepTank provides actionable intelligence on the adequacy of your entire sleep history, not just last night. With an intuitive interface, your score gives you the important stats at your fingertips. Make informed decisions to fill your Sleep Tank for optimal performance.</p>	<h3>Nap Planner</h3> <p>Keep yourself rested and alert with our Nap Planner feature. The tool forecasts future alertness and provides the ability to plan a nap, if necessary, to sustain your alertness level. You can explore optimal nap timing and duration.</p>	<h3>History</h3> <p>Get the complete picture with our history view. You will be able to see a more integrated and actionable view of your SleepTank, looking back over days and weeks. Monitor how your SleepTank depletes over time, how well you are recovering from sleep loss, and learn how to optimize sleep patterns to increase alertness.</p>
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## Supported Devices Include: FitBit, Garmin & Oura Ring

Use today's most popular devices and stop worrying about issuing bulky and out of date products. SleepTank works with the devices your team already uses.

For More Information: [www.sleeptank.org](http://www.sleeptank.org) or Contact Murray McGrath [mmcgrath@saftefast.com](mailto:mmcgrath@saftefast.com)