SleepIQ™ System FAQs

Q: How does SleepIQ™ monitor my sleep?

SleepIQ™ couldn’t be easier to use. Sensors work directly with the DualAir™ technology inside your SLEEP NUMBER® bed so there’s nothing to wear, nothing to turn on. All you have to do is sleep.

Q: What makes up my SleepIQ™ score?

Your individual quality and length of sleep, consisting of restful time in bed, average heart and breathing rates, motion and bed exits. Your SleepIQ™ score is information that will empower you to sleep better—there’s no such thing as a bad score.

Q: What does my sleep goal mean?

Your sleep goal is the number of hours you’d like to sleep every night to feel your best. You can enter and update it in your profile settings. Your sleep goal, entered in hours, should be realistic and based on what a typical good night’s sleep is for you. If you overestimate the hours, it could result in a lower SleepIQ™ score.

Q: What is a good heart rate? What is a good breathing rate?

With SleepIQ™ you can view your average heart rate and average breathing rate over the night. This is a question best addressed by your physician since every person is different. Keep in mind, the data from SleepIQ™ technology is averaged and not provided in real time for diagnostic purposes.

Q: How can I view my SleepIQ™ data?

You can access your SleepIQ™ data via the Web, iOS app and SLEEP NUMBER® remote. Data is viewable on the following browsers:

Desktop: Safari 4+, Chrome 4+, Firefox 7+, IE9+  
iOS: 5+  
Android: 2.1+
Q: If I read, watch TV or relax in bed before I go to sleep, will this affect my score?

Your SleepIQ™ score is specific to you and your habits. SleepIQ™ will track your time in bed and it will be part of your overall habits. Over time, SleepIQ™ will know and understand your patterns to give you the best possible information.

Q: How long can I view my SleepIQ™ data?

You can view your data for a rolling 2 year period.

Q: What happens if the power goes out? Will I lose my data?

After your power is restored, your SleepIQ™ system will automatically power on and reconnect to the Internet. Based on the length of the power outage, you may have a gap in your data.

Q: Do I need Wi-Fi in my bedroom?

Yes, in order for you to get your SleepIQ™ score and view your data, the SleepIQ™ system needs to be connected to the Internet via Wi-Fi.

Q: Can I turn off SleepIQ™ technology?

Yes, you can turn off SleepIQ™ through your SLEEP NUMBER® remote, SleepIQ™ app or SleepIQ™ website at any time. Press the Home button on your remote and hold for 2 seconds. You’ll be asked if you’d like to turn off SleepIQ™. It will stay off until you turn it back on.

Q: Is my data kept private?

Yes, your SleepIQ™ data is confidential to you and your sleep partner. See End User Agreement for detailed information at SleepNumber.com.