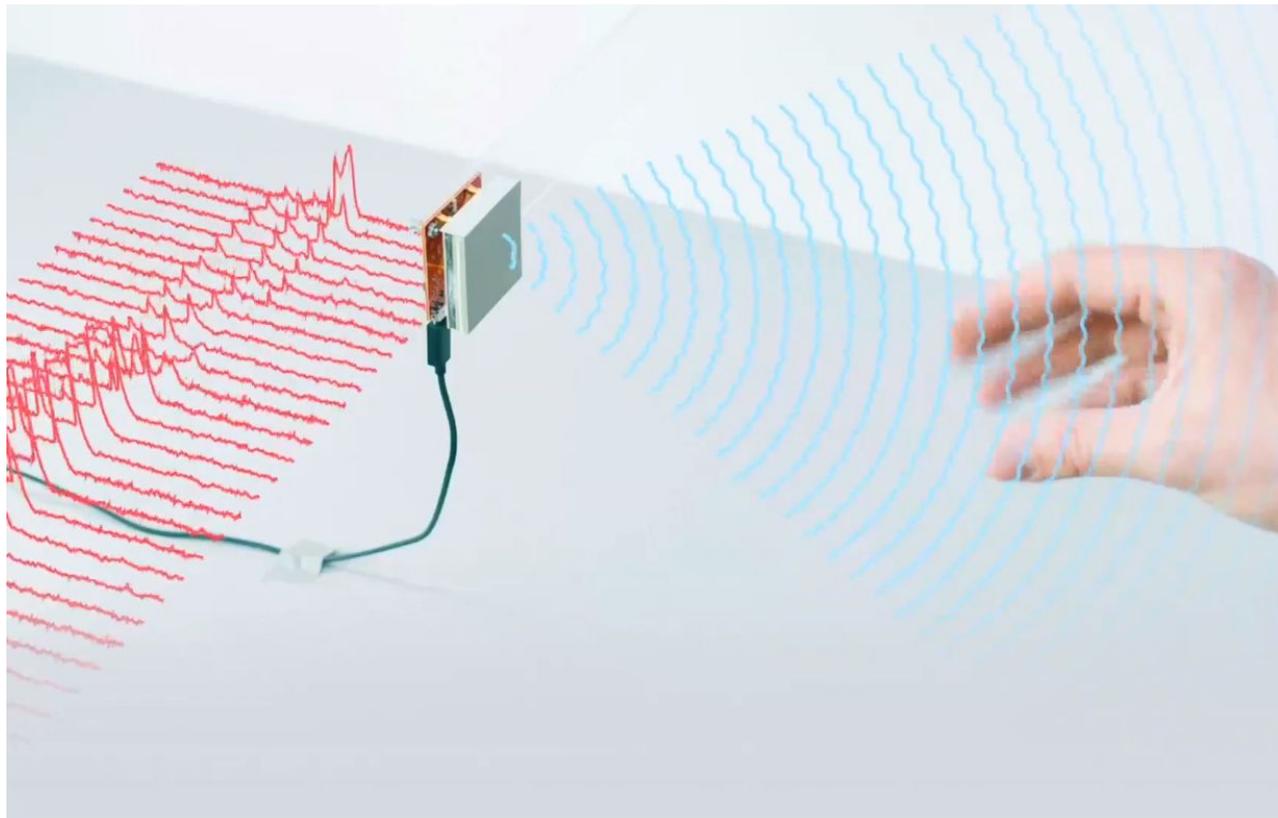


Sleep Sensing: Soli



The **Soli sensor** senses motion through radar by emitting a broad beam of radio waves. When an object, such as a person, moves within the beam, energy is reflected back to Soli's antenna, so it knows you're there. Soli can detect subtle movements, such as your breathing, by detecting changes in reflected energy.

It's the same tech that's used for Pixel 4's **Motion Sense**. Now it's being used to power **Sleep Sensing, Motion Sense, and Quick Gestures** on Nest Hub (2nd gen).¹



¹Google Nest Hub requires a Wi-Fi network, a nearby electrical outlet, and a compatible (Android, iOS) mobile device. Minimum OS requirements are available at g.co/home/req. iOS is a trademark of Cisco and is used under license.

A closer look

Sleep Sensing¹

Enjoy a free preview. And a better night's sleep.^{2,3}



Track

An effortless way to track your sleep.

Get a bedtime schedule tailored for you.

See a **Daily Sleep Summary**.¹

View your sleep data throughout the day with the **Google Fit app**.¹



Learn

Know more about your night's sleep.

Track your respiratory rate, and sleep disturbances like coughing and snoring.³

Review environment factors like light levels and temperature in the room.



Improve

A good night's sleep, night after night.

Improve your sleep with personalized insights and recommendations.³

Get weekly suggestions and coaching for more consistent and restful sleep.³



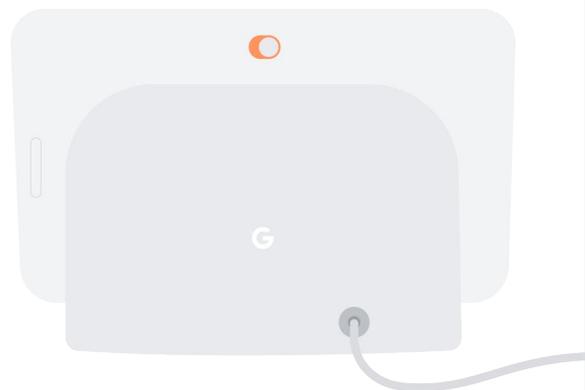
¹ Sleep Sensing features are subject to your permissions and settings. They use motion, sound, and other device and sensor data to work and require placing the device close to the bed and calibrating the device for your sleeping position. Google Assistant, Google Fit app and other Google apps may be required for full functionality. Google Assistant requires a Google Account.

² Preview Sleep Sensing for a better night's sleep. Enjoy a preview of Sleep Sensing for free until next year. Google is learning and innovating on this new technology, and also exploring how Sleep Sensing can become a part of the Fitbit and Fitbit Premium experiences. Google and Fitbit will keep you updated on any future plans related Sleep Sensing. Learn more at g.co/sleepsensing/preview.

³ Sleep Sensing is not intended to diagnose, cure, mitigate, prevent or treat any disease or condition. Consult your healthcare professional for questions about your health. Device placement and nearby people, pets, or noises can cause inaccurate readings.

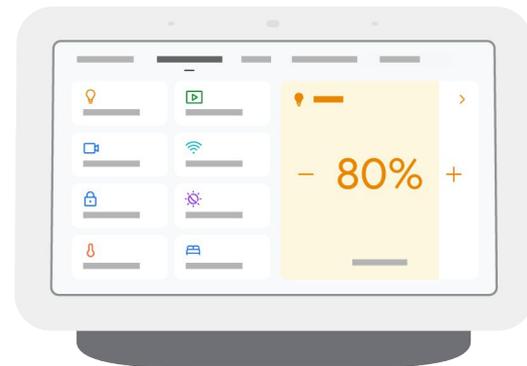


Privacy protection



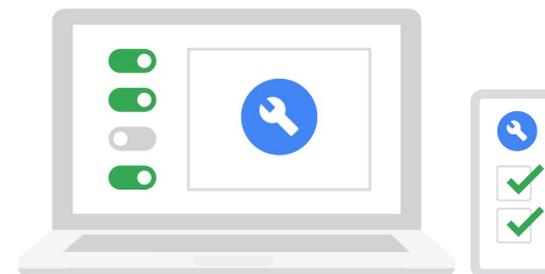
On-device controls

At any time, you can turn off the mic with the mic switch. And easily clear your **Google Assistant history** whenever you want.



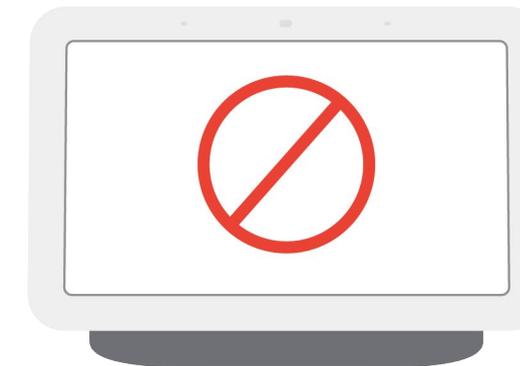
Sleep Sensing settings

Pause **Sleep Sensing** at any time using the screen, or turn it off using the **Google Home app**.¹ An alert at the top of the display shows when Sleep Sensing is off. Nothing is recorded unless you enable it.



Manage privacy

Get quick access to settings and tools that let you protect your data and privacy in your **Google Account** and **Google Home app**. You can manage these settings at any time.



Designed for privacy

Your coughing and snoring sound data doesn't leave the device. Your sleep data is not used for ad personalization, and you can review and delete it at any time.



¹ Sleep Sensing requires a subscription service. Features are subject to your permissions and settings. They use motion, sound, and other device and sensor data to work and require placing the device close to the bed and calibrating the device for your sleeping position. Google Assistant, Google Fit and other Google apps may be required for full functionality. Google Assistant requires a Google Account.