Sleep Well Mate

PRODUCT GUIDE

SLEEP TRACKER AND DREAM DIARY FOR IPHONE — AND IPHONE DUO

Find out what happens *after the lights go out.*

Sleep Well Mate listens for snoring, sleep talking and restless moments, wakes you gently at the right time, and helps you understand your dreams — all from the iPhone on your bedside table.

iPhone | iPhone Duo | No Apple Watch needed | Private



INSIDE THIS GUIDE

Better nights, *no wearable*

Designed for real life — busy days, partners who snore and the dreams you want to remember. Place your phone, sleep as usual, and wake to a clear report.

CONTENTS

3 Getting started
4 Tonight
5 Snore & sleep-talk detection
6 Smart wake-up
7 AI dream diary
8 Dream journal
9 Trends & insights
10 Soundscapes & breathing
11 Privacy & FAQ

01 **Light sleepers**
See what wakes you during the night.

02 **Partners of snorers**
Hear the night back and track snoring.

03 **Dreamers**
Write or speak your dream and explore what it might mean.

04 **Anyone who wakes groggy**
A gentle alarm in a lighter moment.

THREE STEPS, EVERY NIGHT

Place, sleep, wake

Put your iPhone on the bedside table, plugged in. Sounds are analysed on the device; only short clips are kept when something is detected.

1. Place
Tap Start night

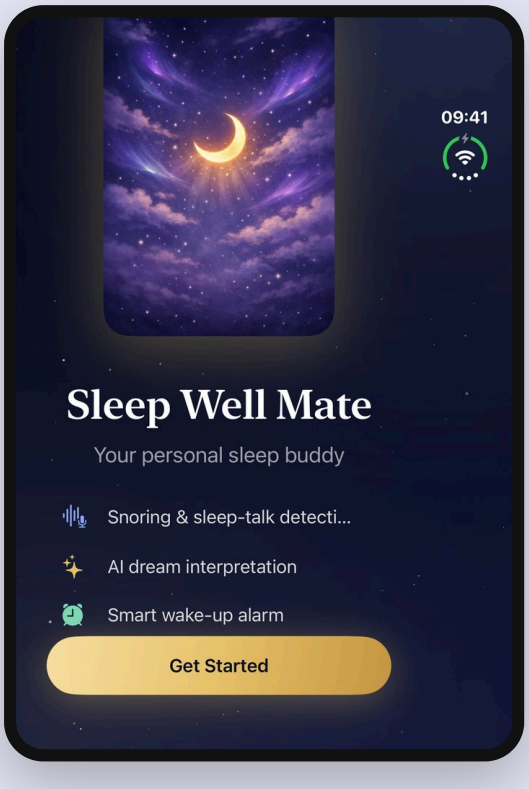
2. Sleep
As usual

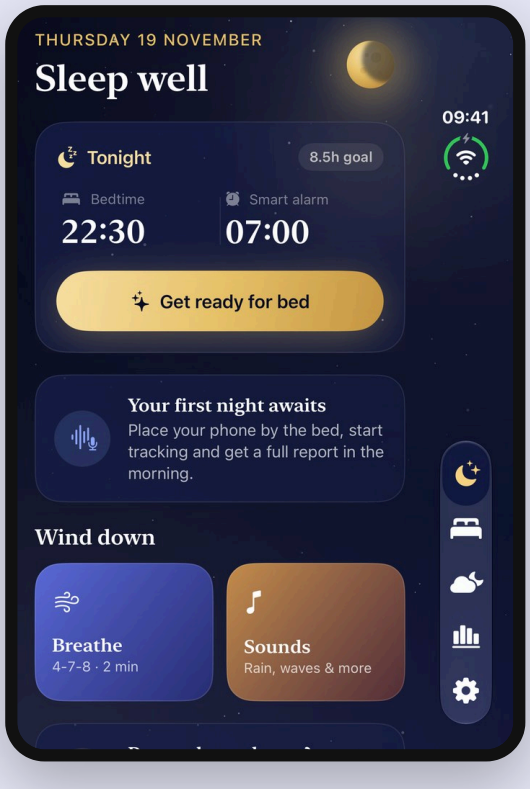
3. Wake
Read your report

GETTING STARTED

Your first night *awaits*

No wearable, no wires, no fuss.





1 **Set bedtime and wake-up**
Your goal and alarm window.

2 **Place your iPhone**
On the bedside table, plugged in.

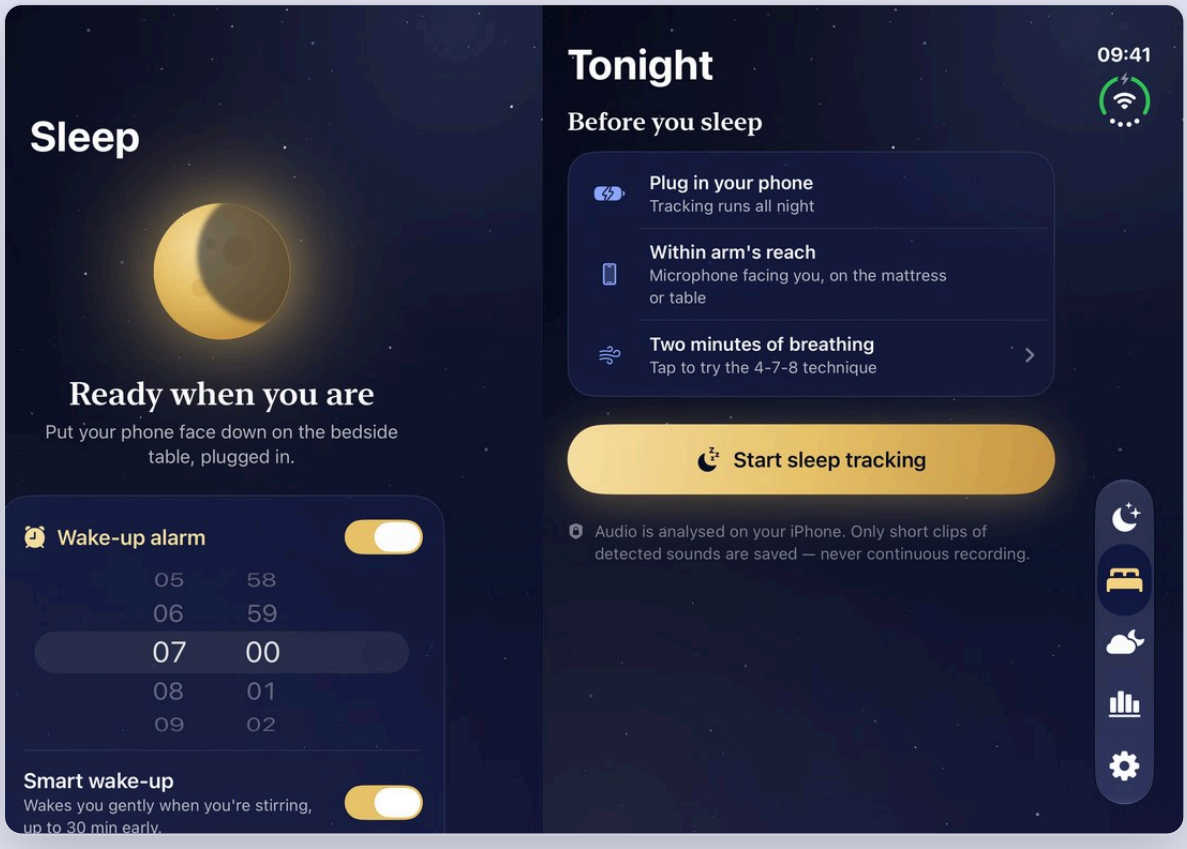
3 **Sleep as usual**
Sounds are analysed on the device.

4 **Wake and reflect**
Read the report and note your dream.

TONIGHT

Ready *when you are*

Start the night in one tap. Sleep Well Mate checks everything is ready before you drift off.



01 **Get ready for bed**
A short checklist before you sleep.

02 **Bedtime and alarm**
See tonight's plan at a glance.

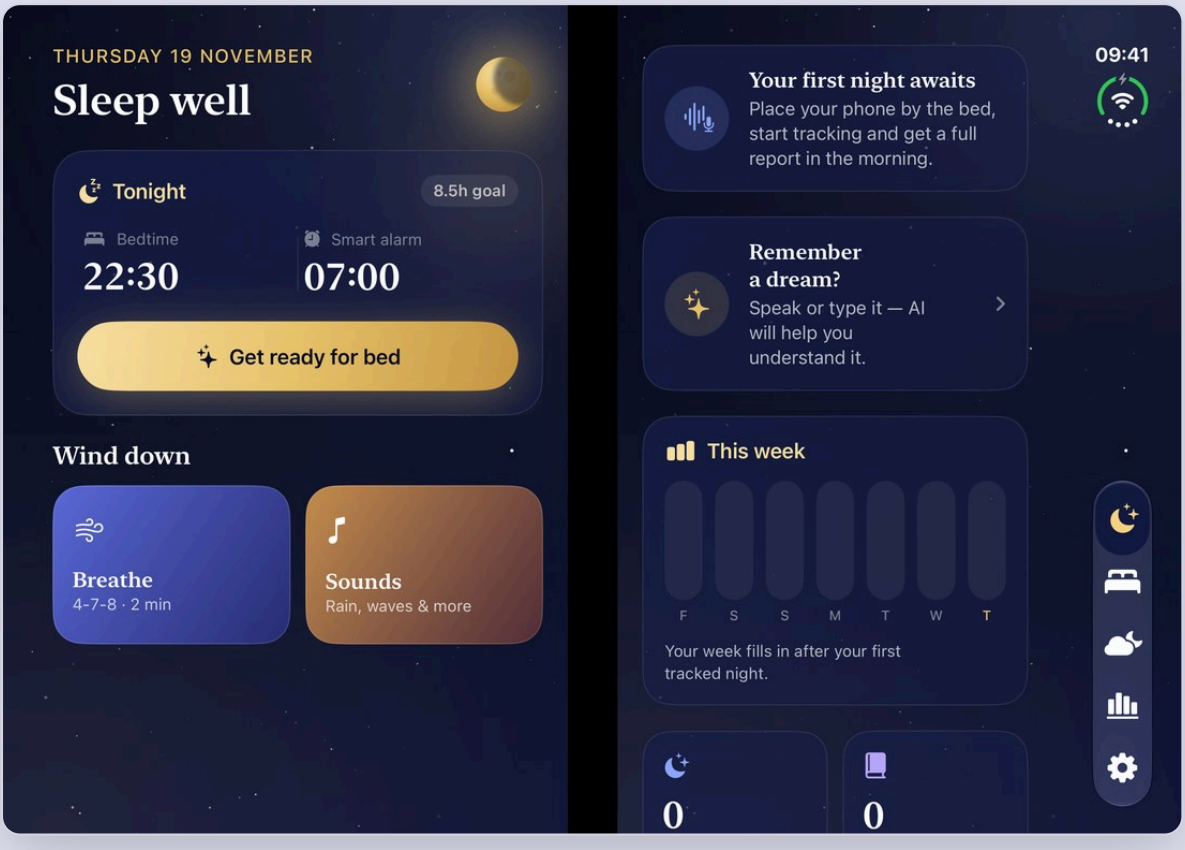
03 **Screen dims**
Designed to stay light on battery.

04 **Clips only**
Never a full-night recording.

DETECTION

Snoring *and sleep talking*

Recognises snoring, talking and coughing on your iPhone and saves short clips so you can hear your night back.



01 **Snoring**
Minutes of snoring each night.

02 **Sleep talking**
Moments you talked in your sleep.

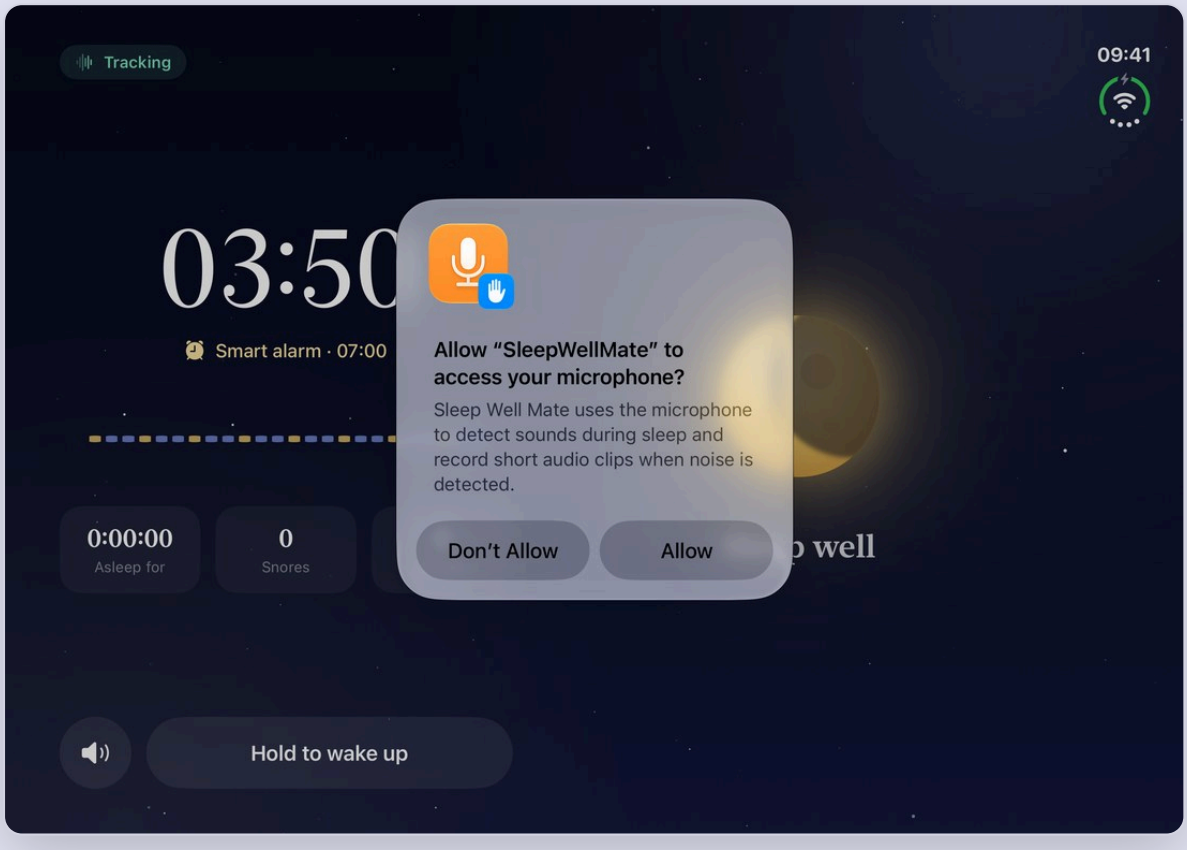
03 **Short clips**
Around 15 seconds, only when something is detected.

04 **Clips off**
Turn clip saving off entirely if you prefer.

SMART WAKE-UP

Wake *in a lighter moment*

Choose a 15, 30 or 45-minute window and wake during a calmer moment with a soft rising melody.



01 **Wake window**
15, 30 or 45 minutes.

02 **Soft melody**
A gentle, rising sound.

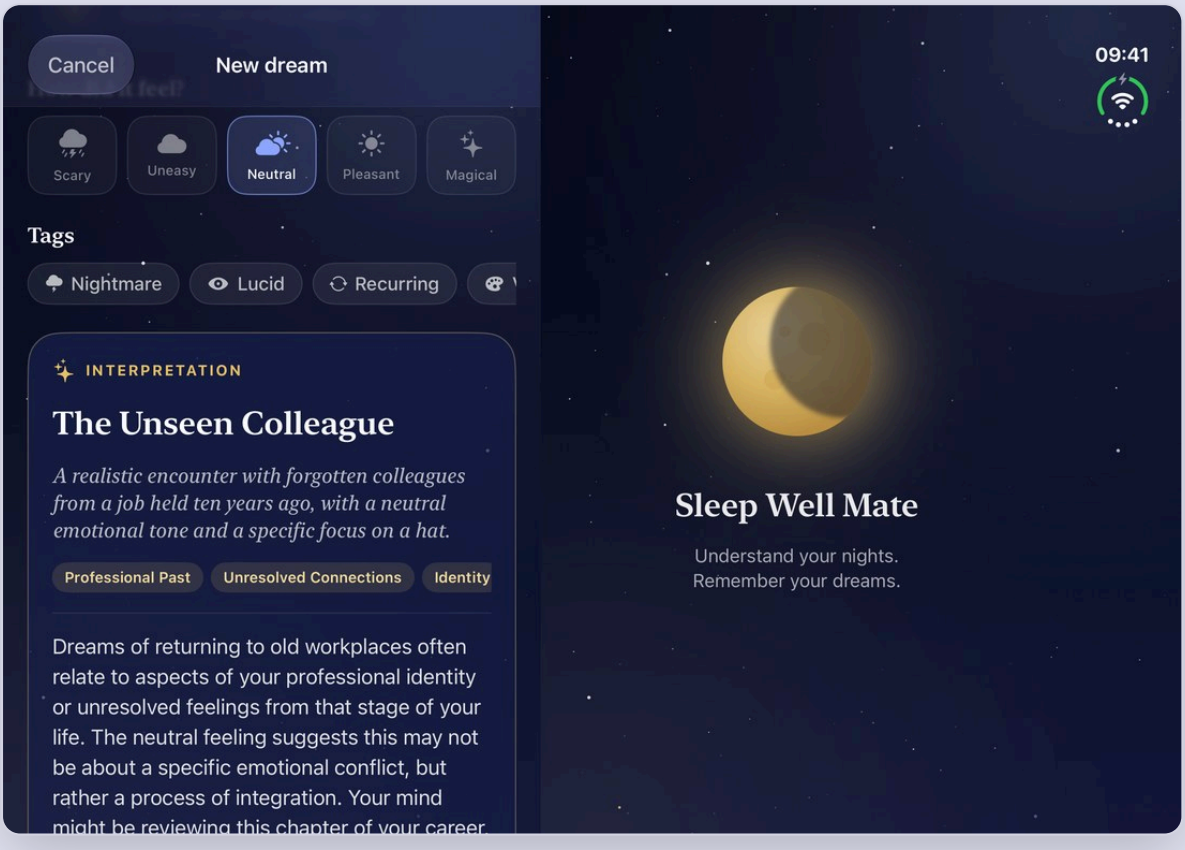
03 **Snooze**
When you need five more minutes.

04 **Morning report**
Ready with your first cup of tea.

DREAM DIARY

Speak or type *your dream*

Note your dream while it's fresh and receive a thoughtful interpretation — only after you allow AI in the app.



01 **Speak or type**
Capture the dream before it fades.

02 **Thoughtful interpretation**
Themes and symbols explained.

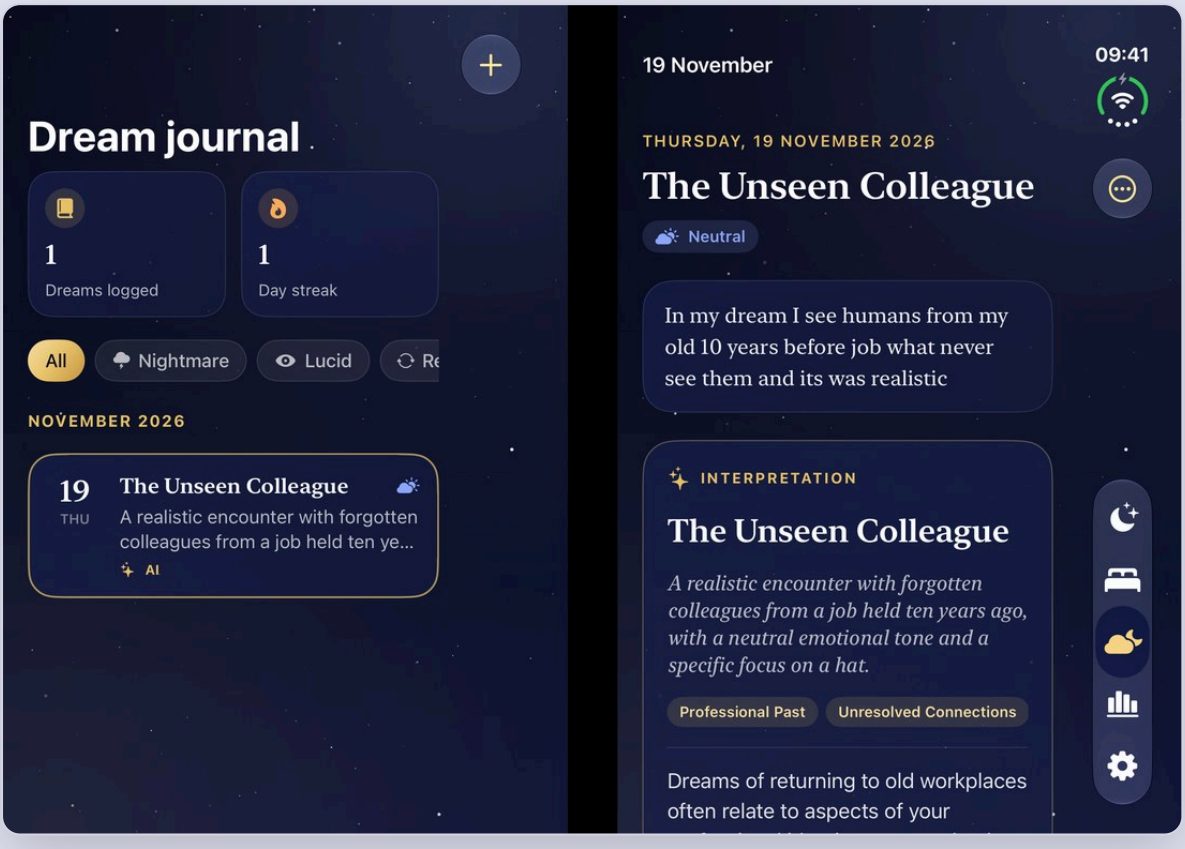
03 **200+ dream symbols**
A library to explore.

04 **Your consent first**
Only the dream text you choose is sent, securely, after you allow it.

JOURNAL

Every dream, *remembered*

Your dreams in one place, with titles, tags and interpretations to look back on.



01 **Dream journal**
All your dreams by date.

02 **Tags**
Mark recurring themes and people.

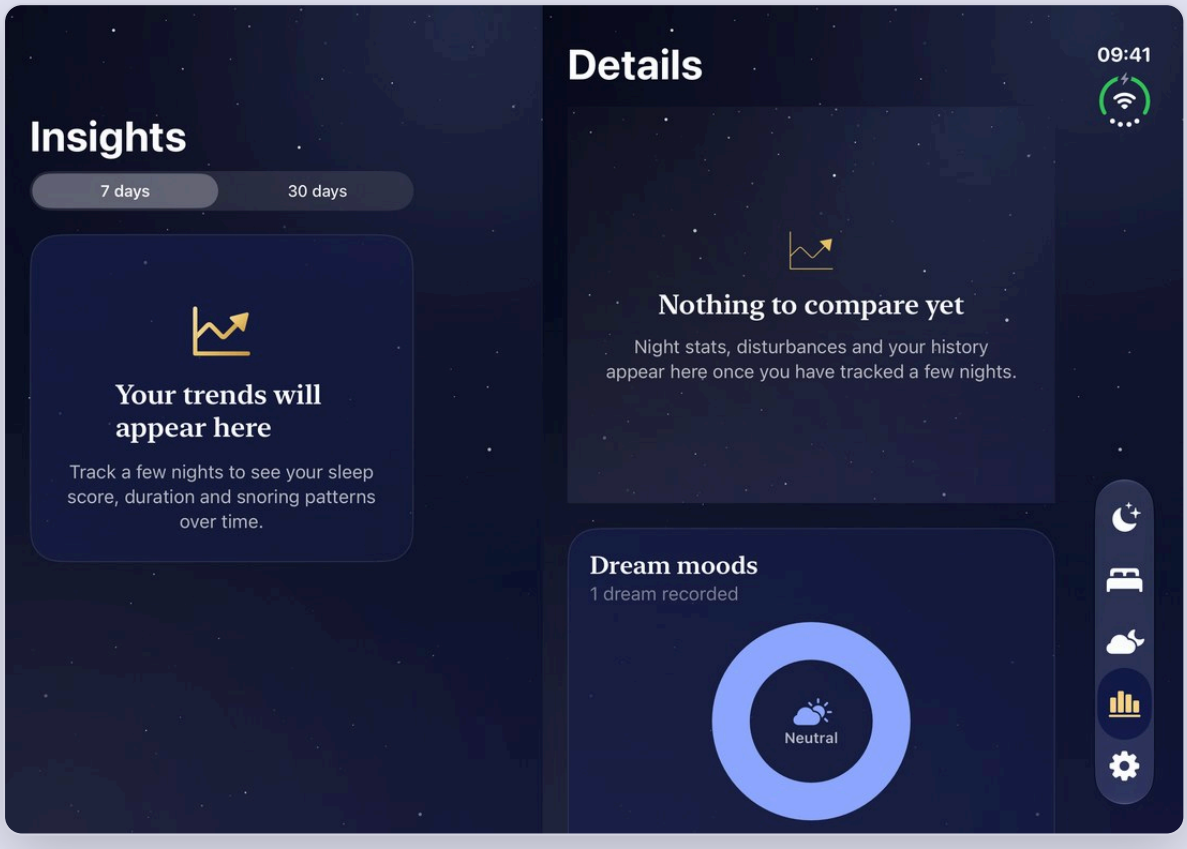
03 **Re-read**
Open any dream and its interpretation.

04 **Private**
Kept on your iPhone.

INSIGHTS

Trends *over time*

Weekly and monthly patterns show how your bedtime, snoring and sleep score change.



01 **Sleep score**
One clear number per night.

02 **Weekly and monthly**
Patterns at a glance.

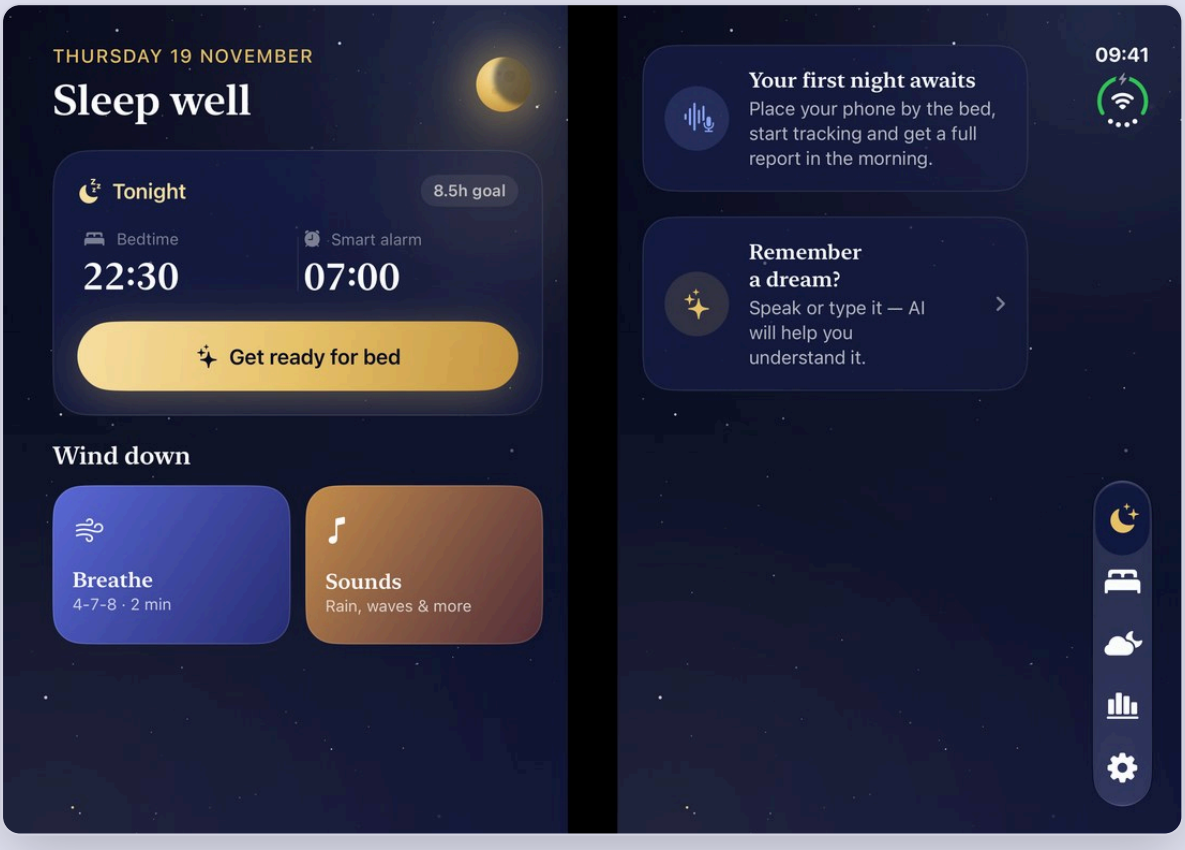
03 **Bedtime consistency**
See how regular your nights are.

04 **Apple Health**
Optional heart-rate insights with Apple Watch.

WIND DOWN

Soundscapes *and breathing*

Rain, ocean waves, a crackling fire or brown noise with a sleep timer — plus guided breathing to help you drift off.



01 **Soundscapes**
Rain, waves, fire and brown noise.

02 **Sleep timer**
Sounds fade out on their own.

03 **4-7-8 breathing**
A guided routine in about two minutes.

04 **iPhone Duo**
Two panes that meet at the hinge when unfolded.

PRIVACY

Your nights *stay on your iPhone*

Built the way we'd want our own family's sleep data handled.

On-device sound analysis

Audio clips are never uploaded.

No account

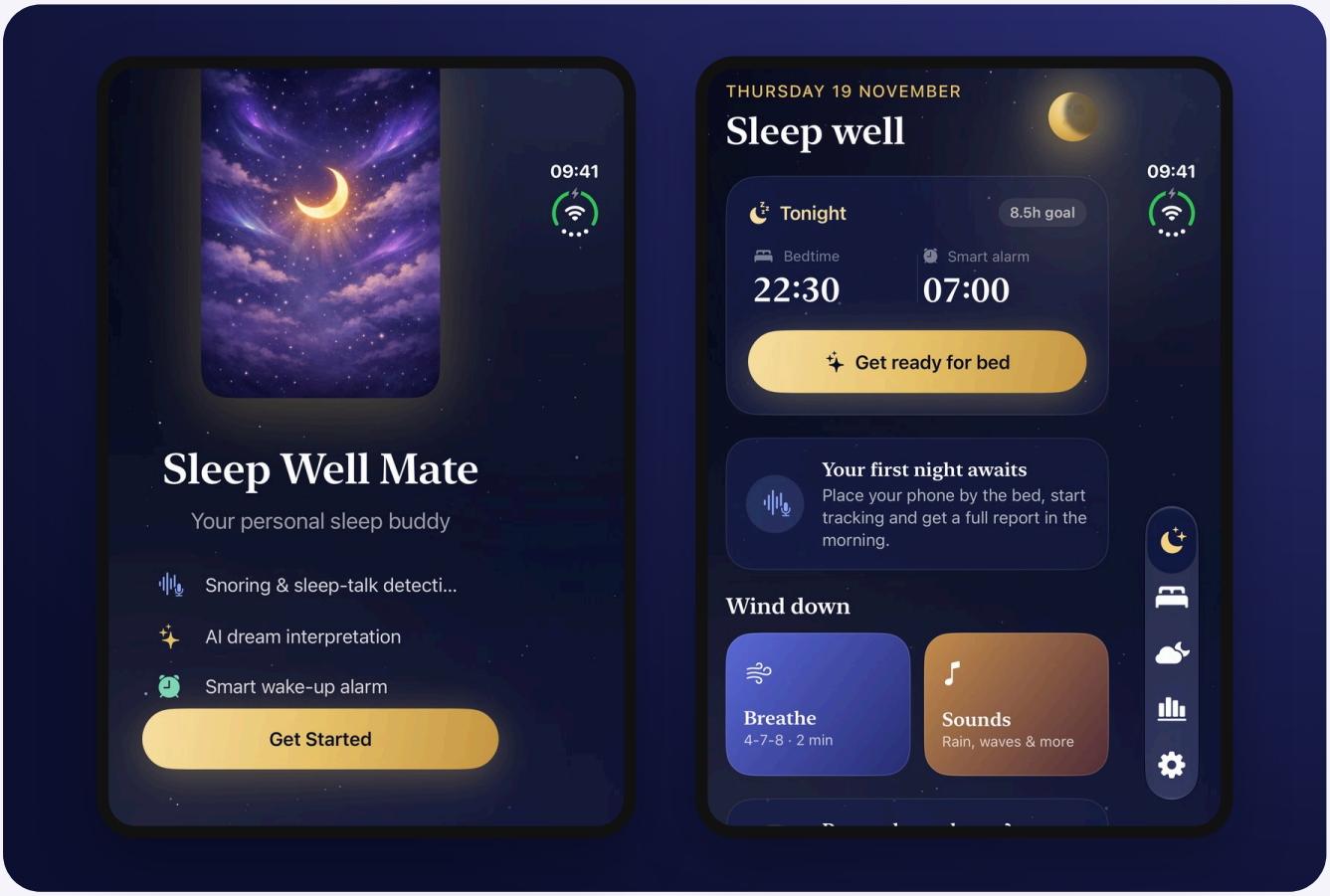
We don't ask for your name or email.

Apple Health is optional

Its data never leaves your phone through us.

Not a medical device

It does not diagnose sleep apnoea or any condition — speak to your GP if worried.



PLANS & PRICES

Download free. *Unlock everything.*

Download free and try the core tracker. Premium unlocks everything, with a 7-day free trial on the yearly plan.

PREMIUM YEARLY

£29.99 / year

Just £2.50 a month. 7-day free trial for new subscribers.

PREMIUM MONTHLY

£4.99 / month

Full flexibility. Cancel any time.

EVERYTHING INCLUDED

- Snore and sleep-talk detection
- Smart wake-up
- AI dream diary
- Weekly and monthly trends
- Short night clips
- Morning report and sleep score
- 200+ dream symbols
- Soundscapes and breathing

SCAN TO GET THE APP

annmarstudio.co.uk/sleepwellmate

Scan to visit Sleep Well Mate.

Download on the App Store

UK prices including VAT. Subscriptions renew automatically unless cancelled at least 24 hours before the end of the period in your Apple ID settings. Sleep Well Mate is a wellbeing app, not a medical device.