The feature „POWERNAP“

A PowerNap is a short relaxation phase during the day with a maximum duration of 30 minutes.
Thanks to the PowerNap, a drop in performance levels at midday can be overcome. We feel rested, more productive, and ready to go in the afternoon.

Using the movement sensor and the software specially designed for power napping, the aXbo sleep phase alarm clock can determine the optimal moment to be woken, even from a short noon nap.

Activate PowerNap

>> **[scroll]**[11] to the **Menü P1 SET/ P2 SET > [click]**[11] confirm

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You are now in the menu **POWERNAP**.

>> **[click]**[11] confirm

The PowerNap-range 30 minutes is flashing.
The display shows **PN*T*SET**.

>> **[click]**[11] confirm

The sandglass shows you that the feature PowerNap is active ⌛1⌛ / ⌛2⌛.

Now pull the wristband on.

aXbo waits until your are fallen asleep and then starts its PowerNap-algorithm in order not to sleep too long.

In case of falling asleep instantly, aXbo wakes you within 10 Minutes – if you don't fall asleep, the alarm starts after 30 Minutes.

In case that you cannot fall asleep within this time, your body will also thank you for this short relaxation phase.

Studies confirm the positive effects of aXbo power napping

The effects of aXbo's new power napping function have also been scientifically tested. In field trials, volunteers took power naps using an aXbo four times during the course of two weeks, taking careful note of their mental and physical states throughout. This data was compared with reference data on non-power nap times.

The study was coordinated by the Siesta Group Sleep analysis. "The results of this new study show that the average duration of a power nap using the aXbo sleep phase alarm clock is 10 minutes," explains Univ.-Prof. DI DR. Georg Dorffner.

"As well, evaluation of the questionnaires completed by the test persons shows that after a power nap with aXbo they felt significantly more active and motivated, and in general felt more cheerful."

We wish you a lot of refreshing PowerNaps &
Good morning. Every day.

Your aXbo-Team

Good morning. Every day.

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