



Equitone Real World Sleep Study Report

Objective evaluation of longitudinal sleep changes following introduction of the Equitone Premium Sleep System.

- 16 participants
- 900+ nights
- 61-day observational study

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Equitone Sleep Study — Summary Report

Abstract

This observational study examined sleep patterns across 16 participants over a 61-day period (1 September – 1 November 2025), using data collected via the SleepCycle mobile application.

A total of over 900 nights of sleep data were manually transcribed and verified.

A consistent directional shift in sleep patterns was observed across all participants. The most prominent change was an increase in sleep stability and reliability, with approximately 67% of participants demonstrating more consistent sleep patterns.

In addition, over 25% showed measurable improvements in physiological sleep metrics, including deep sleep, sleep efficiency, and reduced waking.

A subset of participants (~20%) demonstrated gradual improvement over time, while participants with more disrupted baseline sleep exhibited the largest absolute gains.

These findings indicate a consistent pattern of improved sleep stability and reduced variability across a real-world participant group.

Introduction

Sleep quality is commonly assessed through duration and stage-based metrics; however, increasing attention has been given to the role of sleep consistency and stability as key indicators of recovery and physiological regulation.

In real-world settings, individuals frequently experience variability in sleep patterns, including intermittent disruption, inconsistent duration, and irregular recovery profiles.

This study was designed to evaluate longitudinal changes in sleep patterns, with a particular focus on night-to-night consistency, reduced disruption, and overall stability.

Equitone Sleep System

Participants introduced the Equitone Premium Sleep System into their normal home environment at the start of the intervention period. The system consisted of a Sleep Disc positioned beneath the bed, a Calming Disc applied to the participant's mobile phone, and Grounding Discs applied to commonly used electronic devices. No additional behavioural sleep programme was introduced as part of the study.

Methods

The study followed a 61-day observational framework (1 September – 1 November 2025). Sixteen participants contributed over 900 nights of verified data.

Sleep data were collected using the SleepCycle mobile application. All data were manually transcribed and verified, with missing nights excluded.

Results

A consistent directional shift in sleep patterns was observed across all participants.

Approximately 67% of participants exhibited increased sleep consistency.

Over 25% showed measurable improvements in physiological metrics, including deep sleep and sleep efficiency.

Approximately 20% showed gradual improvement over time.

Participants with more disrupted baseline sleep demonstrated the largest improvements, including increases of over one hour in sleep duration and 19 percentage points in sleep quality.

Case Illustrations

Stabilisation Example: Reduction in low-quality nights (~40%) and variability (40-point to 24-point range).

Physiological Improvement Example: Reduction in awake time (~39 minutes), increase

in deep sleep (~7 minutes), and improved efficiency (76% to 84%).

Recovery Example: Increase of over one hour of sleep and a 19% improvement in sleep quality.

Discussion

The primary finding is the consistency of the observed pattern across participants, indicating increased stability and reduced disruption in sleep. Improvements were structural rather than solely increases in duration.

Limitations

This study is limited by sample size, lack of control group, and reliance on consumer sleep tracking.

Conclusion

A consistent pattern of improved sleep stability was observed across all participants, suggesting meaningful changes in sleep reliability within a real-world dataset.