

## Sleep Only Description

Transform your bedroom into a sanctuary with Sleep Only. Designed by the experts at Adaptive Sound Technologies Inc. (ASTI), the makers of LectroFan™ and Sound+Sleep, this app delivers high-quality, non-looped audio to help you fall asleep faster and stay asleep longer.

Sleep Only is a calming sound app to help you sleep, relax and unwind. Our focus is to create a comfortable sleep environment using high-quality, non-looped sounds. Choose from a carefully curated library of sleep sounds, including noises (such as white, pink, brown and green), fan sounds, nature, water lullabies, and more. Our library is built from ASTI's acclaimed LectroFan™ and Sound+Sleep collections, plus some additional sounds. Our library includes audio from the Sound+Sleep SE, that is validated by SleepScore Labs to clinically improve sleep quality and reduce nighttime awakenings.

Designed with your sleep as a priority, no nonsense. Unlike other apps, we believe your sleep environment should be private and distraction free. Sleep Only is 100% ad-free, notification-free, and surveillance-free. We do not track, record, or sell your data. Rest easy knowing this app is surveillance-free.

### Expertly Designed Sounds

- A wide variety of carefully mastered sounds for ultimate relaxation
- Sounds from ASTI's LectroFan and Sound+Sleep sound machines, proven to help you sleep deeper for longer
- Non-looping hi-fidelity audio (non-looping in all categories, except for lullabies)

### Options on Your Preference

- 11 Language Options to choose from: English, French, Spanish, Portuguese, Dutch, German, Italian, Polish, Korean, Japanese, and Chinese
- 2 Relaxing Color Schemes, coordinated with your dark or light system preference

### Simple Interface

- Distraction free sleep sound catalog
- Simple to use
- Favorites List for easy access to your favorite sounds

### What makes us different from other sound apps?

- Non-looping, High Quality Audio: Most sound apps loop, all of our sounds, all categories, except for lullabies, are non-looping, meaning you can hear the sounds will play continuously with no loop

- Patented Adaptive Sound Technology (Beta Version, Premium Subscription only): We are the only sound app available with the ability to automatically adjust volume to your room's environment
- Respected Privacy: We do not track, sell, or record your data

## Subscription and Trial

### Premium Subscription

- Unlocks over 120 non-looping, high-fidelity sounds across six categories: Noises, Fans, Nature, Water, Lullabies, and Other
- Shut-off timer function
- Patented Adaptive Sound Technology (beta), automatically adjusts the volume to suit your room's environment

### Standard Subscription

- Over 35 non-looping, high-fidelity sounds across two categories: Noises and Fans
- Shut-off timer function for easy sleep scheduling

14 Day Risk-Free Trial, does not automatically subscribe at the trial end.\*

\*If subscribed after trial, the trial will auto renew unless cancelled. Cancellation is made easy through the app's account page.

Terms of Service: <https://www.soundofsleep.com/app-terms>

Privacy Policy: <https://www.soundofsleep.com/app-policy>