



# Can smart bed frames store electricity video explanation

Do smart beds work?

The selling point of smart beds is their ability to adapt to your sleep needs. They offer adjustable firmness options alongside temperature control. Many smart beds use artificial intelligence to track your heart rate, breathing, body temperature, movement and sleep cycles.

What is a smart bed?

Some smart beds - like the Eight Sleep Pod 4 Ultra - are bases or covers designed to work with your existing mattress. Others are mattresses with integrated smart functionality - like the Saatva Solaire and Sleep Number i8 Smart Bed. The selling point of smart beds is their ability to adapt to your sleep needs.

Are smart beds worth it?

From AI sleep tracking to snoring detection and temperature regulation, the best smart beds can help you get the quality sleep you need. Assessing whether a smart bed is worth it for you will depend on your specific sleep needs and goals.

Should you buy a smart bed if you're overheating?

For example, if overheating in bed is your biggest sleep killer, then a smart bed that offers dual-sided cooling (and heating when needed) should be top of your list. You may also like to check out our best cooling mattress guide -- they aren't smart, but they are powerful allies in the fight against hot sleeping.

How does a smart mattress work?

In addition to that, the smart mattress is designed with Smart Temp Autopilot, where ambient sensors measure the room temperature and humidity, with the Pod automatically cooling or heating your bed throughout the night to keep you at the best temperature for sleeping -- a dream for hot sleepers.

What features can be included in a smart bed?

However, below are some examples of the features that can be included in a smart bed. Sleep tracking: Monitoring how you're moving while sleeping is one of the most distinguishing aspects of a smart bed's mattress as opposed to a regular one.



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