



# The Science of Better Sleep, Proven.



## EXECUTIVE SUMMARY

# Study Credibility

An independent at-home study tested Ergomotion® against participants' usual bed using a randomised crossover design, validated questionnaires, salivary cortisol, cognitive/fatigue assessments, and continuous monitoring with a leader wearable.

**12**

adults with insomnia symptoms and elevated stress

**14 + 14**

nights in Ergomotion® and usual-bed control phases

**2 wks**

washout period in a randomized crossover design

**24/7**

Oura Ring sleep and physiology monitoring



## EXECUTIVE SUMMARY

# 14 nights. Proven results.

### How to read "p" values (probability value)

A p-value shows how likely a result is to be due to chance. The smaller the p-value, the stronger the statistical evidence. In scientific studies,  $p < 0.05$  is commonly considered statistically significant. For example,  $p = 0.0001$  indicates very strong evidence that the observed result is unlikely to be random.

## Zero pain

reported by all participants at the end of the Ergomotion® condition

SIGNIFICANT | P = 0.009

## -30% mental fatigue reduction

measured with M-VAS after Ergomotion®

SIGNIFICANT | P = 0.03

## -26.5% salivary cortisol reduction

pre to post within Ergomotion® condition

PRE / POST | P = 0.017

## -19.2% Insomnia symptom

score trend on the Insomnia Severity Index

POSITIVE TREND

## +12.8% perceived sleep quality

trend on Spiegel Sleep Quality score

POSITIVE TREND

## +10.5% well-being trend

after Ergomotion® vs. **+4.2% in control**

POSITIVE TREND

Based on an independent study by BeScored Institute (France) involving 12 adults over 14 nights, using a randomised crossover design. Individual results may vary. This is not a medical device.

## VALIDATED OUTCOMES

# Differentiated business story

Ergomotion® is an adjustable bed system backed by independent scientific research showing measurable improvements in pain relief, mental fatigue reduction, and cortisol levels after just 14 nights, giving the adjustable category a research-backed credibility edge.

The study results give retailers, OEM partners and wellness channels a stronger way to position adjustable sleep: not as furniture hardware, but as a science-supported recovery platform.

### RETAIL FLOOR

#### A clear premium upgrade story

Lead with tangible outcomes: pain relief, lower mental fatigue and reduced cortisol after 14 nights.

### FURNITURE & DESIGN

#### Bedroom as a wellness space

Position Ergomotion® as the technology layer that turns comfort into measurable nightly recovery signals.

### OEM / PRIVATE LABEL

#### Science story without added R&D

Use the independent evidence base to strengthen portfolio credibility and support co-branded materials.

### WELLNESS

#### A premium recovery amenity

The pre-sleep routine, the zero-gravity position and micro-vibrations create an experiential wellness feature.

## SENSOR VALIDATION

The strongest credibility advantage sits where consumers and sales teams can easily understand it: physiological signals such as heart and breathing rates.

0.98

#### Heart rate: excellent agreement

ICC = 0.98; 93.5% of nights within +/-5 bpm vs. Oura Ring

0.81

#### Breathing rate: good agreement

ICC = 0.81; 100% of nights within +/-2 breaths/min

0.83

#### Sleep timing: good agreement

ICC = 0.78-0.83 for start/end analysis across nights



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**Sources**

BeScored Institute scientific reports: "**Effects of Ergomotion® Bed on Mental and Physical Well-Being**"  
and "**Comparison of Sleep Metrics Between the Ergomotion® Bed and the Oura Ring.**"  
Study n = 12; individual results may vary;

Ergomotion® is not a medical device; larger and longer follow-up studies are recommended.