

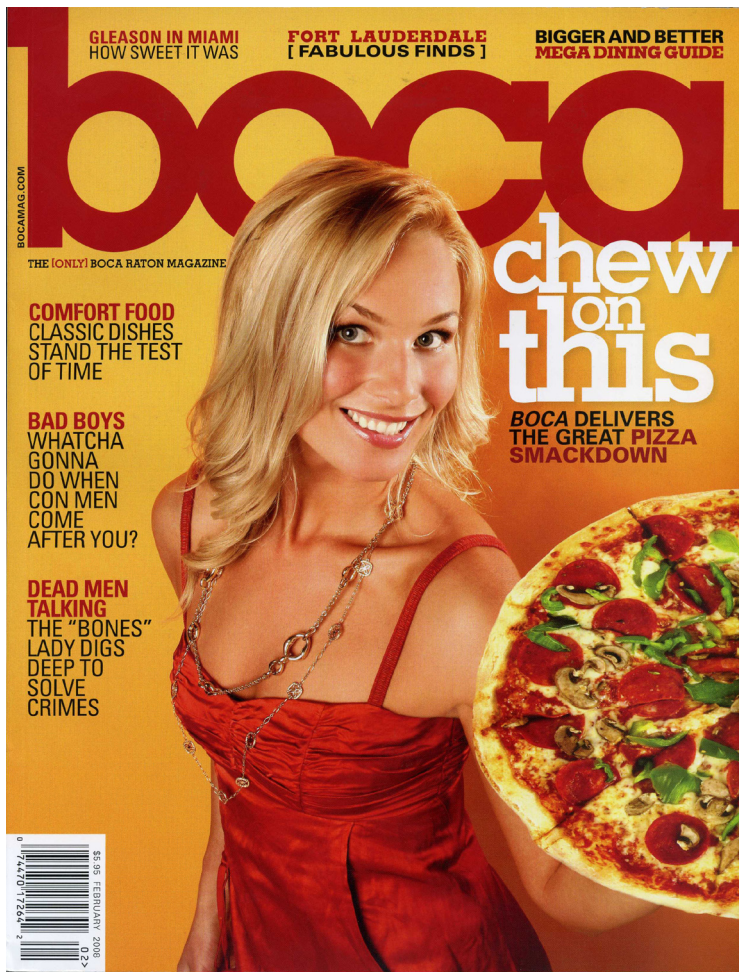


boca raton

THE [ONLY] BOCA RATON MAGAZINE

February 2008

Circulation: 23,875



body&soul



wake up call

Beep! Beep! Beep! Does this sound make you want to take a sledgehammer to your alarm clock? Maybe you're not ready to wake up. If only there were a device equipped with technology that senses when you're in light-sleep mode—and more inclined to wake up feeling refreshed. Enter the **SleepTracker Pro** (\$179). This alarm watch uses a motion detector to sense when you're on the brink of emerging from a night's rest. Just enter a time range for waking up, and SleepTracker will wait for the right moment instead of dragging you out of deep sleep. You might not know the exact time the watch will sound, but you might wake up without the urge to grab a sledgehammer for once. Visit sleeptracker.com.