



What's the most advanced tech in your bedroom?

by 4Sleep(<https://www.4sleep.com/blog/author/4sleep>) on Oct 6, 2015 2:00:00 PM

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There's quite a calling out in the blogosphere to remove all technology from our bedrooms. The reasons range from great sex to more reading, and everything in between. We're not here to tell you what to do or not to do in your bedroom. That's your business. But while we're here, let's see if you know what the most advanced tech in your bedroom really is.

First, a quick Top 10 List of great gadgets that you might already have in your bedroom. Better yet, here are 5 of those Top 10 Lists, just so you don't think we're making this stuff up.

Nest, mood lighting, and the best nightlight you ever had(<http://www.brit.co/high-tech-bedroom-gadgets/>)

Snore relief wristband, d-light huggable, and iBoxers(<http://www.pcmag.com/article2/0,2817,2217740,00.asp>)

Therapy pillow, sleep dome, and a fiber-optic bedspread(<http://www.homeharmonizing.com/2013/06/14/10-hi-tech-items-that-improves-your-bedrooms-modern-credentials/>)

Ten different kinds of air purifiers and filters(<https://www.pinterest.com/MsCocoHere/top-10-bedroom-technology/>)

And we have to share what Martha Stewart insists you have in your bedroom(<http://www.marthastewart.com/907684/bed-products/@center/907785/home-technology>)

So now that you know what you could have in your bedroom, let's look at what you actually probably already do have, technologically speaking. Is the most advanced tech in your bedroom your...

iPhone? Your iPhone has more power than the supercomputer that powered Apollo 11(https://en.wikipedia.org/wiki/Apollo_11)

Curved screen TV? Never a bad viewing angle!

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- | Remote control ceiling fan? I secretly turn it to "high" in the middle of the night. [\(//www.4sleep.com/\)](https://www.4sleep.com/)
- | Lighting? We're supposed to be sleeping! Turn the lights off!
- | Electric blanket? Unless you live in North Dakota, are these really necessary?



Well, it could be any of those, but the point of all these articles that want us to purge our bedrooms of all this technology is that we spend all day staring at a screen, then we watch a different screen for a couple of hours at night, and then we come to bed to stare at another screen? Could they be on to something?

They might be, but that's not our business. We want to make sure that, when you do unplug all the screens and shut your eyes for the purpose of getting your required sleep, you do actually sleep. That's why the most advanced tech in your bedroom is actually in your 4sleep mattress([//www.4sleep.com/mattress](https://www.4sleep.com/mattress)). If you have one.

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