

Sleep Facts And Figures

Monitor Your Sleep And Easily Detect Sleep Apnea With AI Technology

(NAPS)—Roughly 20% of U.S. adults have sleep apnea, and as many as 90% of those cases go undiagnosed. The condition occurs when people stop breathing periodically throughout the night, potentially leading to severe health issues.

Conventional methods for diagnosing sleep apnea can get expensive and are known to be uncomfortable, requiring medical professionals to administer tests at a doctor's clinic or hospital or needing the patient to purchase at-home monitoring devices.

With this knowledge, Mintal—a wellness-focused technology brand—developed Mintal Tracker (available to download for free on iOS and Android), an AI-driven sleep analysis app that doesn't require any hardware or external devices to generate thorough sleep reports and detect warning signs for sleep apnea.

Detect Sleep Apnea From Home, Free

Leveraging industry-leading AI technology, the Mintal R&D team developed a sophisticated deep learning model that can maintain high accuracy with low hardware performance and storage requirements. Mintal Tracker can analyze your sleep sounds in real time, accurately identifying when you snore and/or display signs of OSAHS (Obstructive Sleep Apnea/Hypopnea Syndrome) to generate analysis reports in seconds and enable you to quickly understand your sleep habits.

Setup is easy; you just need to place your phone by your bed, and the app will record and analyze your sleep sounds throughout the night. Through testing, the app was found to be highly accurate in diagnosing moderate to severe sleep apnea, offering a starting point for further medical diagnosis. As such, users call this app “life saving”:

- “An excellent app. Did not expect the level of diagnosis provided. I was really impressed. I will be recommending this app to family and friends. I will also make sure my PCP is aware this app exist. Thank you for a very useful

Mintal Tracker



Built with industry-leading AI technology, Mintal Tracker is able to detect sleep apnea—no wearable devices needed. The app generates a sleep analysis report within seconds, giving you continuous instant insight into your sleep patterns and habits.

and possibly life saving app.”—Phillip M**, 12/05/2021, Google Play

- “This app help me see that I have issues when I sleep, especially with snoring, that I may have sleep apnea. This is a great app to have if you worry about why you are still tired when you wake up, you may not be getting a good quality of sleep.”—Nay N**, 12/06/2021, App Store
- “I love this because it is the alarm that has worked for me. It really knows when to wake me so I'm less moody... My sleep has only improved in all this time.”—Foran E** 12/23/2021, Google Play

After a night of sleep tracking, the app generates a summarized sleep report highlighting key metrics including how long and how frequently you snored and sleep talked, your risk of apnea and provides sleep cycle analysis and personalized sleep tips, which gives you or your doctor a whole picture of your sleep conditions. Moreover, you can listen to your snoring, dream talking and environment noises in the report.

Finally, Mintal Tracker goes beyond sleep tracking and sleep apnea detection—the app offers users hundreds of soothing sounds, anxiety relief exercises, a sleep encyclopedia and personalized advice for developing healthier sleep habits.