# Samsung enhances SmartThings app with sleep-focused features



At a recent event in Las Vegas, Samsung showcased a substantial update to its SmartThings app, aiming to enhance user health and wellbeing through technology. This update, released on April 9, includes expanded support for Matter 1.4 and energy management devices, enhanced intercom functionalities, and improved Routine functions that integrate directly with the Samsung Health app.

Jonathan Gabrio, Head of the Connected Experience Center at Samsung, noted the challenge of harnessing the vast amount of data produced in our society. “The amount of data we are generating in society today vastly exceeds the amount we are able to use,” Gabrio remarked, highlighting the need for innovations that convert this data into meaningful insights that can benefit individuals.

Through the SmartThings platform, users can now create automated Routines that optimise their home environment for sleep. This includes adjustments to lighting, temperature, and humidity tailored to individual preferences. Instead of relying on fixed schedules, these Routines can be activated by the user's natural sleep patterns, monitoring various factors that contribute to a restful night.

Health experts have increasingly recognised that achieving quality sleep is influenced by more than just duration; a multifaceted approach to sleep health is essential. Vanessa Hill, an Australian sleep researcher, stated, “Interestingly, our understanding of healthy sleep has not really changed even with all this new data,” underscoring the continued recommendation of 7–9 hours of sleep for adults while emphasising sleep regularity’s significance for long-term health.

The updated app also introduces a new Sleep Environment Report, allowing users to track and analyse their sleep data over time. Furthermore, an innovative Routine Creation Assistant powered by generative AI aids users in developing personalised routines without the need to sift through extensive data. This feature aims to provide users with actionable insights that can improve their bedtime behaviours and overall sleep quality.

Samsung’s initiative reflects a growing trend in sleep tracking technology, with a reported 17% increase in usage among younger consumers in the company's wearable lineup since 2020. The SmartThings update appears designed not just to streamline user experience but to address a widespread concern regarding sleep, which affects a diverse audience beyond just those in demanding jobs or busy households.

The new integration of AI technology coupled with the engaging use of animal avatars to categorise users adds a layer of gamification to the experience, making sleep improvement strategies more relatable and potentially less overwhelming. As Samsung continues to evolve its technology, users may find themselves on a journey from being a “nervous penguin” to a “confident lion” in their sleep habits, ultimately leading to enhanced wellbeing.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://news.samsung.com/us/samsung-announces-latest-smartthings-update/> - This URL supports the claim about Samsung's latest SmartThings update, which includes features like Matter 1.4 support, improved automation, and enhanced sleep wellness through integration with Samsung Health.
* <https://www.neowin.net/news/smartthings-gets-a-new-update-with-support-for-matter-14-and-other-improvements/> - This URL provides additional details on the SmartThings update, highlighting its expanded device compatibility and improved automation capabilities.
* <https://www.google.com/search?q=S%20Health+and+SmartThings+integration> - This URL could lead to resources explaining the integration of Samsung Health with SmartThings, enhancing user health monitoring and personalization.
* <https://www.sleepfoundation.org/articles/how-long-do-we-need-sleep> - This URL supports the general recommendation for 7–9 hours of sleep for adults, underscoring the importance of sleep duration and regularity.
* <https://www.google.com/search?q=vanessa+hill+sleep+researcher> - This URL may lead to information about Vanessa Hill's contributions to sleep research, reinforcing the emphasis on sleep quality beyond duration alone.