



## AASM SleepTM Hardware and Internet Requirements



### Bandwidth

- Minimum bandwidth of 384 Kbps.
- The average house has at least 1 Mbps of bandwidth.
- 1 Mbps=1,024 Kbps.



### Web Cam

- Built-in, such as in a laptop; or
- Standalone, attached to your monitor or sitting on a flat surface and pointed at yourself.



### Microphone

- Built-in, such as in a laptop or standalone web cam;
- Headset, plugged in and placed on your head; or
- Standalone, sitting on a flat surface and pointed at yourself.



### Speakers

- Built-in, such as in a laptop;
- Headset, plugged in and placed on your head;
- Headphones, to be used with a standalone microphone; or
- Standalone, with the volume turned up and pointed at yourself.



### Internet Browser

- Google Chrome, Firefox, or Internet Explorer 9 and above set as your preferred Internet browser.

**Our support team is here to help.**



888-334-6820



[contact@SleepTM.com](mailto:contact@SleepTM.com)