



SLEEP. SCIENCE. MADE SIMPLE.

Gentle. Personalized. Proven.



Somnee was created by four UC Berkeley neuroscientists, so we know the science can be... a bit much. Here's a quick guide to Somnee 101!

Dig into the science



How the brain sleeps

Falling asleep isn't like flipping a switch. To wind down for 'sleep mode,' your brain has to choreograph a full, synchronized region-by-region shift. But sometimes, the brain struggles to relax on your schedule...



Somnee boosts your brain's natural sleep signals

Somnee delivers gentle electrical frequencies personalized to your brain's 'sleep sweet spot,' helping synchronize activity for higher quality sleep.

See how it works



"How does Somnee personalize sessions?"

Somnee develops your personalized neurostimulation over 3 stages.

Here's how it works:

SESSIONS 1-7

MAPPING
Somnee creates a working model of your brain's ideal sleep pathways using clinical-grade EEG+ and proprietary AI/ML.

SESSIONS 8-21

PERSONALIZATION
Somnee builds your personalized neurostimulation, analyzing its effectiveness to improve your sessions.

SESSIONS 22+

ADAPTATION
Now fully personalized, Somnee continues refining your neurostimulation to improve your rest as your sleep needs change over time.

Still have questions?

We've got answers.

Explore our FAQs



Help & FAQs



Member Resources



Contact Support



Please see our [Privacy Policy](#) for details on how we collect, use, and share your data. We're committed to keeping your information safe and secure.



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