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- (71) **Applicant:** INTELCLINIC SPÓŁKA Z OGRAN-
ICZONĄ ODPOWIEDZIALNOŚCIĄ [PL/PL]; ul.
Niegolewskiego 17/1, PL-01-570 Warszawa (PL).
- (72) **Inventors:** ADAMCZYK, Kamil; Iwana Pawłowa 10A,
PL-20-455 Lublin (PL). FRĄCZEK, Janusz; Klaudyny
42/1, PL-01-684 Warszawa (PL). CHOJNOWSKI,
Krzysztof; Olszowa 7/27, PL-87-800 Włocławek (PL).
- (74) **Agent:** DARGIEWICZ, Joanna; ul. Rudolfa Weigla 12,
PL-53-114 Wrocław (PL).

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(54) **Title:** SYSTEM FOR POLYPHASIC SLEEP MANAGEMENT, METHOD OF ITS OPERATION, DEVICE FOR SLEEP ANALYSIS, METHOD OF CURRENT SLEEP PHASE CLASSIFICATION AND USE OF THE SYSTEM AND THE DEVICE IN POLYPHASIC SLEEP MANAGEMENT

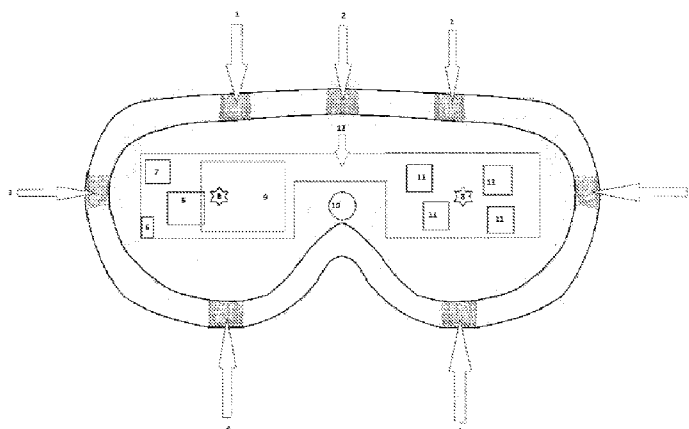


Fig. 2

(57) **Abstract:** The object of the present invention is a system for polyphasic sleep management, characterized by the fact it comprises components such as electrodes for measuring a biological signal; a biological amplifier for amplifying the biological signal; a microcontroller for controlling individual system components, such as a biological amplifier and an accelerometer, as well as for communication with an external device; an accelerometer for collecting data relating to user's movement frequency; an external device, such as a computer, tablet and a mobile phone and a method of its operation. The invention also relates to a device for sleep analysis, a method of current sleep phase classification and use of the system and the device for polyphasic sleep management.