

(Image:

<https://freerangestock.com:443/sample/114785/a-young-woman-working-on-her-laptop-looks-at-her-mobile-phone.jpg>) In this mode, Pillow tracks your sleep automatically without the need to press any buttons or perform any other action when you go to sleep. The only requirement is that you wear your Apple Watch during sleep. As long as automatic mode is on Pillow will detect and analyze sleep automatically. In order to perform automatic sleep tracking and detection, Pillow requires access to the various Apple Health categories. When prompted, please select "Allow all". Alarms and audio recordings are not possible while Pillow is in automatic mode due to current technical limitations on iOS/WatchOS. To use those features you have to switch to one of your presets and start the session manually. Automatic sleep tracking is enabled by default. Open Pillow on your iPhone. Tap on the "Settings" icon at the top right corner of the screen to access Pillow's settings. Scroll down to find the "Automatic detection" switch and make sure it is ON. Note: You only have to turn on automatic mode once. (Image: [\[https://yewtu.be/U67hpUsIDS0\]](https://yewtu.be/U67hpUsIDS0)[\[https://yewtu.be/U67hpUsIDS0\]](https://yewtu.be/U67hpUsIDS0))]

As long as automatic mode is on Pillow will detect and analyze your sleep automatically every day without any further interaction. Note: If you want to use Pillow in automatic mode only, you don't have to install Pillow on your Apple Watch. Note: The Apple Watch app will only show today's session(s). To view all sessions, including previous days, iPhone app should be used. 1. Open Pillow on your iPhone. [Shop Derila Pillow](#) will open directly in the "Sleep diary" view for the current day. 1. Open Pillow on your Apple Watch. Pillow will open directly in the "Sleep Diary" view for the current day. Scroll down to view all detected sleep sessions. In the "Sleep Diary" view you can see two sleep rings: one for the time asleep and one for the total sleep quality for that day (calculated as weight average of the sleep quality for any detected sleep sessions). When Pillow detects any sleep for that day, it will display one or more sleep summaries, each representing one detected sleep session.

(Image:

[https://images.squarespace-cdn.com/content/v1/5e9b8d9425dc1944b3dfd899/1588015850482-BZ7VCEP2ZPX4289XBZNF/IMG\\_8156.jpeg](https://images.squarespace-cdn.com/content/v1/5e9b8d9425dc1944b3dfd899/1588015850482-BZ7VCEP2ZPX4289XBZNF/IMG_8156.jpeg)) You can tap on a sleep summary to open the detailed sleep Analysis for that session. Scroll to view a breakdown of the various sleep stages. Swipe right/left to view your other recorded sleep sessions. Note: In automatic mode Pillow will try to detect sleep automatically in the background or when you launch the app. You can also force Pillow to check for an available sleep session by swiping down at the top of "Sleep Diary" screen. You can view any detected sleep sessions from previous days by [tapping](#) on the calendar icon in the top right corner of the "Sleep Diary" view on your iPhone. You can also tap on any of the days of the week that appear above the sleep rings to navigate directly to that date. If one or more sleep sessions have been detected for that day, a little purple dot will appear under that date. If Pillow hasn't detected any sleep for that date, then Pillow will [Try Derila Today](#) to detect any sleep sessions for that specific day. Use this option to exclude any time during the day from automatic sleep detection. The exclude time option can be found in "Settings", under "Automatic Detection". Tap on the start and end times to adjust the time of day that you wish to exclude. If you select to exclude more than 16 hours during the day, Pillow will highlight the current value with red to give you a warning.

It is based on the novel Three Lives Three Worlds, The Pillow Book by Tangqi Gongzi, and is the sequel to the 2017 drama Eternal Love. It tells the entangled love story of Donghua and Bei Fengjiu lasting for 3 lives. Being rescued by Dong Hua when she was little, Bei Fengjiu is prompted to return this favor. Her admiration and gratitude gradually turns into love. When she was little, nine-tailed red fox Bai Fengjiu got lost in Demon Realm, where she was attacked by a savage beast and rescued by Dong Hua, the former emperor of the Heaven Clan. This makes her determined to repay this life debt. She enters Taichen Palace, where Dong Hua lives, Comfortable Sleep Pillow as a maid to find an opportunity to repay him. To save him from the Ten-Lotus ward, she is turned into an ordinary one-tailed fox, which Dong Hua, unaware that the fox is one of his maids, then brings back to his palace

and raises as a pet.

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