



TECH LINK

It's Smart to Get a Good Night Sleep

As we enter the New Year and many of us are working to keep those healthy New Year's resolutions, be mindful about the quality of sleep you are getting. We share this article from Website Compass magazine that outlines some smart devices that can assist you with getting a better night's sleep and streamline or elevate your personal care routine.

Solutions

Smart home solutions available for bedrooms and bathrooms are generally focused on helping you sleep better and starting your day more efficiently.

Devices

The following devices are available to create these solutions:

- Smart beds and bedding that increase your comfort and track your sleep
- Air quality units including air conditioners and air purifiers to adjust the environment
- Smart toilets with features like automatic opening and closing, heated seats, and deodorization
- Smart showers with systems that use voice commands to turn on the water and set it to your preferred temperature
- Smart scales that can track your BMI, heart rate, and muscle mass, in addition to your weight



Considerations

Since bedrooms and bathrooms are personal areas of the home, pay attention to privacy in devices used here. Choose those that prioritize it and have strong data encryption features. Also be aware of how manufacturers are using and sharing your data.

Additionally, air conditioners and air purifiers can be noisy and disrupt sleep, even when they're designed to help it. Look for products that are quiet or serve as white noise that won't disturb you. Finally, understand that smart devices, especially those used frequently, may require regular maintenance—such as replacing filters for air purifiers—which involve additional costs.

STEPS TO TAKE WITH MVEC IF YOU ARE MOVING

If you are moving from the service address that MVEC has on file for you, please take the following steps to ensure the appropriate actions are taken to disconnect your MVEC services. If your move is out of our service area entirely, we thank you for your membership. Please make sure that we have your forwarding address for your final bill and to collect future patronage dividend payments.

1. Notifications: Notify MVEC that you need to disconnect both your electric service and your fiber internet service (if you also subscribe to our MVlink internet) and provide the date you will no longer be responsible for electricity or MVlink fiber internet usage. If you have both electric and fiber services, the disconnect date must be the same. To schedule a disconnect of electric service call 800-927-6068 or visit our electric portal; to disconnect fiber internet service, call 800-927-6068 or email fiber@mvec.coop.

2. Wireless Router/Modem: If you are an MVlink subscriber and you have our equipment, either schedule a time for MVEC to pick up your wireless router (by calling 800-927-6068 or emailing fiber@mvec.coop) or disconnect it (**Please call our fiber department to ask for disconnecting instructions**) and bring it to MVEC's office (109 N Huber St. Anamosa).

3. Mesh WiFi Unit: If you purchased a Mesh WiFi Unit from MVEC, you own this piece of equipment so there is no need to return it.

4. Exterior/Outside Equipment: Please note that any MVEC or MVlink wiring, equipment or boxes on the exterior of your home should stay in place and is the property of MVEC.

