

AQP One Introduces JBA AICare™ Lullaby for Personalized Sleep Wellness

AI-supported feature uses BioBaseline™ physiological trend modeling to support personalized relaxation and sleep preparation experiences

GARDEN GROVE, CA, UNITED STATES, August 20, 2026 /EINPresswire.com/ -- AQP One, Inc., developer of the [JBA AICare™](#) Physiological Intelligence Platform, today introduced JBA AICare™ Lullaby, an AI-supported personalized sleep wellness feature designed to use physiological trend context to inform adaptive audio experiences for relaxation and sleep preparation.

JBA AICare™ Lullaby is being developed as part of the company's broader [BioBaseline™](#) modeling framework, which is designed to interpret wellness-oriented physiological patterns over time. The feature is intended for general wellness and relaxation purposes only and is not intended to diagnose, treat, cure, or prevent insomnia, sleep disorders, or any disease.



Consumers use a wide range of sleep support options, including prescription medications, supplements, meditation applications, white noise, wearable devices, and other wellness tools. At the same time, many sleep technologies focus primarily on measuring sleep after it occurs, such as reporting sleep duration, sleep stages, heart rate, or recovery-related trends.

AQP One is exploring a complementary, non-pharmaceutical wellness approach focused on personalization and physiological context before and during the sleep experience.

"Human physiology is constantly communicating," said Tracy Nguyen, Founder and CEO of AQP One. "We believe personalized technology should first understand an individual's patterns before offering a response."

Using either a JBA AICare™ Ring or Band, Lullaby is designed to incorporate wellness-oriented physiological trends such as heart rate, heart-rate variability, oxygen trends, stress patterns, and recovery patterns into each user's evolving BioBaseline™.



A single sleep experience may not work the same way for every person. Our goal is to explore how physiological trend context can support more personalized general wellness experiences.”

Tracy (Trang) Nguyen

The system is designed to use that physiological context to help inform a personalized audio environment, which may include AI-generated music, adaptive soundscapes, white noise, and binaural audio elements intended to support relaxation and sleep preparation.

Research into personalized and closed-loop acoustic stimulation has contributed to broader scientific discussion around the relationship between physiological sensing and auditory stimulation. AQP One emphasizes that such research does not establish clinical efficacy for

JBA AICare™ Lullaby itself.

The distinction is important. JBA AICare™ Lullaby is intended as a general wellness and relaxation feature. It is not intended to replace medical care or prescribed treatment for insomnia or other sleep-related conditions.

Many wearable technologies are designed primarily to measure sleep after the night is over by reporting sleep duration, stages, heart rate, recovery, or related wellness indicators. AQP One is developing JBA AICare™ Lullaby around a measure, learn, and respond model, where physiological trend information may help personalize the sleep-preparation experience.

The name Lullaby reflects the long-standing association between sound, rhythm, and sleep preparation. AQP One is applying that concept within a digital wellness framework that uses individual physiological trend patterns to support personalization.

Early proof-of-concept implementation is underway through specialty sleep and neurology clinical settings, where physicians are observing user engagement, adherence, and real-world experience. AQP One has also filed a U.S. provisional patent application covering elements of its personalized physiological audio technology.

“A single sleep experience may not work the same way for every person,” Nguyen added. “Our goal is to explore how physiological trend context can support more personalized general wellness experiences.”

JBA AICare™ Lullaby is intended for general wellness and relaxation purposes only. It is not intended to diagnose, treat, cure, or prevent insomnia, sleep disorders, or any disease. Users with sleep concerns should consult a qualified healthcare professional.

About AQP One, Inc.

AQP One, Inc. is a U.S.-based health technology company developing the JBA AICare™

Physiological Intelligence Platform. The company's ecosystem integrates wearable technology, BioBaseline™ modeling, artificial intelligence, and personalized wellness applications to support physiological trend awareness and individualized wellness experiences.

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