

SleepWeaver® Video Submission Guidelines



Thank you for your sending us your thoughts on our SleepWeaver Soft Cloth CPAP Masks. Below are a few tips for you to follow before shooting your testimonial video.

Step 1 - Find a nice white wall to use as your backdrop

Step 2 - Make sure your video is shot horizontal (not upside down)

Step 3 - Line up your camera or phone leaving plenty of white space all around you

Step 4 - Film a it a few times and send in your favorite video

Step 5 - Follow the instructions below and upload your file.

Best video format for Testimonial Uploads: H.264, MPEG-2 or MPEG-4 (smart phones use HD)

- Aspect Ratio: Native aspect ratio without letterboxing (examples: 4:3, 16:9)
- Resolution: 640x360 (16:9) or 480x360 (4:3) recommended
- Audio format: MP3 or AAC preferred
- Frames per second: 30
- Maximum length: 60 seconds
- Maximum file size: 0.5 GB or 500MB

Resolution:

Recommended: 1280 x 720 (16:9 HD) and 640 x 480 (4:3 SD)

There is no required minimum resolution however, in general the higher resolution the better quality of the video.

Bitrate:

As bitrate highly rests upon codec, there is no recommendation or minimum value. We suggested optimizing video for resolution, aspect ratio and frame rate rather than bitrate.

Frame rate:

If it's possible, you'd better keep an original frame rate. Usually videos have the best quality if the frame rate is between 25-30 fps. Some modern cameras give even 2000 fps, but YouTube doesn't support such a quality yet. Particularly, pulldown and other frame rate resampling techniques are strongly discouraged.

Codec:

H.264, MPEG-2 or MPEG-4 preferred.

These codecs are used in most modern videos, so you'll hardly need to change this parameter.