



We're delighted you're here.

OPEN TO GET STARTED

What's included with your Somnee



HEADBAND

Premium fabric that molds to you for maximum overnight comfort.



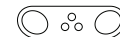
CHARGING BASE

Keep Somnee charged and ready with our smart charging base.



POD

A clinical-grade sleep lab, pre-installed in your headband.



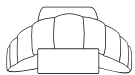
HYDROGEL ELECTRODES

These clinical-grade electrodes snap onto the pod, inside your headband.



USB-C CABLE + PLUG

3' cable and plug you can connect to the base for easy charging.



STEP 1

Charge your Somnee

Plug the USB-C cable into the charging base. Center the headband pod on the charging disc — you'll feel the headband magnetically connect and a light will turn on when it's charging.



STEP 2

Download the app

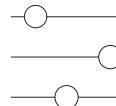
Download the app by searching for "Somnee" in the iOS App Store or Google Play Store on your mobile device.



STEP 3

Activate your account

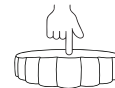
Open the app and click "Activate Account." You must activate with the same email address you used to purchase your Somnee.



STEP 4

Customize your Somnee app

Explore the app and start tailoring it to your daily routines. You can set up session and journal reminders, routine preferences, and more.



STEP 5

Ready for bed?

Your headband will automatically connect to the app. Press the button on top of the headband to wake Somnee up for your session. We'll walk you step-by-step through your first session in the app.



STEP 6

Improve & track your sleep

Your night starts with 15 minutes of neurostimulation to enhance your sleep. We recommend wearing your Somnee overnight to receive personalized reports featuring clinical-grade sleep data in the morning.



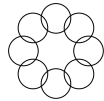
Sleep well tonight.

Get to know your Somnee



Stage 1: Mapping

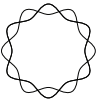
Your first 7 sessions with Somnee are all about learning. This first week, your Somnee will create a working model of your brain's unique sleep preferences and pathways.



Stage 2: Personalization

Sessions 8 through 21 personalizes your neurostimulation for even better sleep. Every session, Somnee analyzes its effectiveness to continually improve your nightly rest over the long run.

What to Expect



During your session, it's normal to feel a tingling sensation or see light pulses. These are completely safe and mean your Somnee is working.

Find Your Comfort Zone



If you feel any discomfort, you can adjust the intensity or stop the session at any time in the app.

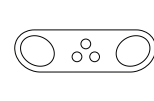
Pro tip: Follow our Do's + Don'ts to reduce discomfort.

Do's



Wash your forehead and ensure it's dry before sessions.

Pro tip: Use an alcohol wipe.



Electrodes last 3 nights. With or without a session, replace them on the 4th night.

Note: May cause discomfort if not changed.

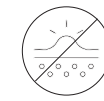


Read, listen to music, meditate, and relax.

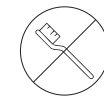
Dont's



Don't use serums, creams, or moisturizers directly under the electrodes.



Don't place sensors on top of hair, hair follicles, acne, or blemishes.



Don't brush your teeth, eat, or move too much during your stim session.



Somnee Regulatory Information

Product Information

Last Updated: 01/20/2023

Safety and Compliance Information Using Your Device Around Other Electronic Devices

The Device uses, and can radiate radio frequency (RF) energy and, if not used in accordance with its instructions, may cause interference to radio communications and electronic equipment. External RF signals may affect improperly installed or inadequately shielded electronic operating systems, entertainment systems, and personal medical devices.

While most modern electronic equipment is shielded from external RF signals, if in doubt, check with the manufacturer. For personal medical devices (such as pacemakers and hearing aids), consult with your physician or the manufacturer to determine if they are adequately shielded from external RF signals.

There are some places where RF signals could constitute a hazard, such as health care facilities, and construction sites. If you are not sure, look around for signs indicating that two-way radios or mobile phones should be turned off.

FCC Compliance Information Product Specifications

Model Number: PUAWLZOV
FCC ID: 2A88B-PUAWLZOV
Electrical Rating: 5VDC 1A
Operating temperature: 7°C to 40°C
Connectivity: Wi-Fi 2.4 GHz ; 802.11 b/g/n; BLE 2.4GHz

Model Number: PUAWMZOV
FCC ID: 2A88B-PUAWMZOV
Electrical Rating: 5VDC 1A

Operating temperature: 0°C to 40°C

Connectivity: Wi-Fi 2.4 GHz ; 802.11 b/g/n; BLE 2.4GHz

Radio Frequency Information

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications that are not expressly approved by the party responsible for compliance could make the device no longer comply with the FCC Rules.

Information on your device is on file with the FCC and can be found by inputting your device's FCC ID, which can be found on the back of Device, into the FCC ID Search form available at transition.fcc.gov/oet/ea/fccid.

Information Regarding Exposure to Radio Frequency Energy

The output power of the radio technology used in the Device is below the radio frequency exposure limits set by the FCC.

Recycling Product Properly

In some areas, the disposal of certain electronic devices is regulated. Make sure you dispose of or recycle the Products in accordance with your local laws and regulations.



Support

- Inquiries
- FAQs
- Order Tracking
- Return Policy
- Privacy Policy & Terms
- Email & SMS Marketing Agreement

Company

- Our Story and Team
- Somnee Sleep Lab
- Blog
- Careers

Shop

- Headband
- Membership

Enterprise Health

- Employers & Clinics

Press

Downloads

Somnee for Android

Somnee for iPhone and iPad

Elevate Your Sleep Game

Join our newsletter to get expert sleep tips and product updates. As a welcome gift, you'll also receive a free guide to Dr Matt Walker's Top 10 Sleep Tips.

Your email

Join Now

