



SMART PILLOW USER MANUAL

1.Product List

Product Name	Smart Pillow
Model Number	A1
Pillow Dimensions	660*360*94mm
Pillow Core Material	Polyurethane
Inner Pillowcase Material	92% Polyester, 8% Spandex
Outer Pillowcase Material	See Care Label
Air Tube	1.8m(Silicone)
Control Box	194*81mm
Bluetooth	BLE5.0
Power Adapter	5V 2A DC, 1.5m cable (Check adapter for more details)

2.Compliance Information

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance. The instructions for appliances having a part of class III construction supplied from a detachable power supply unit shall state that the appliance is only to be used with the power supply unit provided with the appliance.

3.Suitable Age Range

Recommended for ages 21 to 70.

4.Packaging List

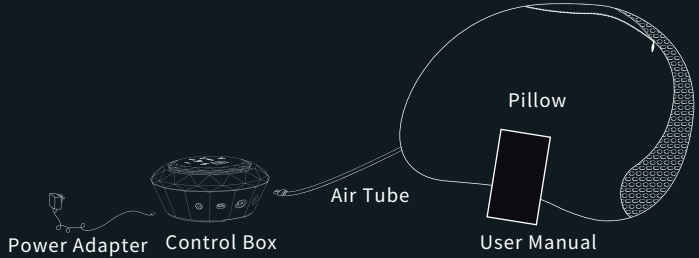
1.Pillow 1

2.Control Box 1

3.Air Tube 1

4.User Manual 1

5.Power Adapter 1



5.Product Operating Noise

≤35dB at ≥45cm from the control box (Lab tested; may vary in different environments).

6.Usage Environment

1.Temperature: Ambient: -5°C - 40°C; Storage: -20°C - 55°C.

2.Relative Humidity: ≤65%.

3.Light: Avoid direct sunlight.

4.Cleaning: Outer cover can be hand-washed, machine-washed, or dry-cleaned; do not disassemble the inner core .

5.Location: Keep away from explosive materials, corrosive gases, and dust.

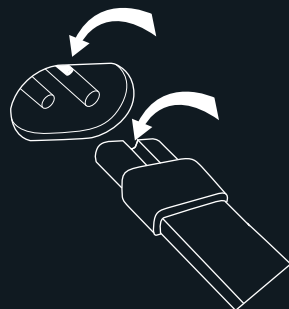
6.Using: Don't expose to water, rain, snow or sand erosion.

7.Product Installation

1.Install the Air Tube

1.Purpose: The air tube is used to inflate and deflate the pillow's airbags.

Connection: Attach the tube's groove securely to the back interface of the pillow.

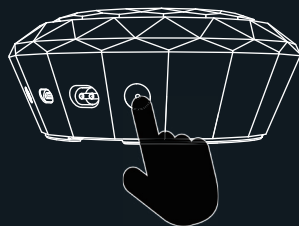


2.Connect the Power

Plug the power cord into the control box's Type-C port and then into a power outlet.

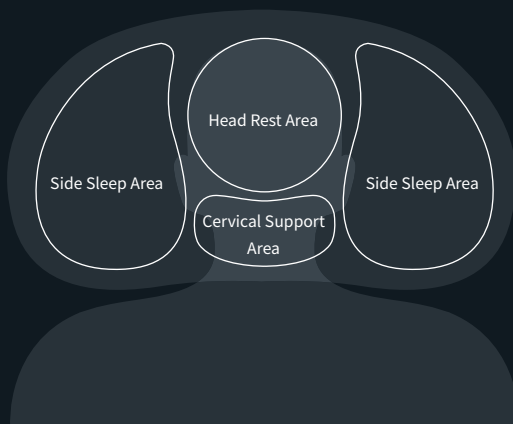
3.Power On/Standby:

Press the button for 1 second to hear a beep and either see the indicator light turn green to power on or have it turn off to enter standby mode.



8.Product Usage

Please lie down in the center of the smart pillow and place your neck on the cervical support area.



9.Voice Control Function

The voice control feature is activated by default.

Wake-up Phrases	Response
Hey Coco/Hi Coco	I'm here
Command Words	
Turn on the light/Lights on/Turn on the ambient light	OK, light on
Turn off the light/Lights off/Turn off the ambient light	OK, light off
Traction Mode/Start Traction/Traction Start/Traction Mode Start/Start Traction Mode	Traction started
Breath Mode/Start Breath/Breath Adjustment/Start Breath Adjustment/Breath Adjustment Mode/Breath Mode Start/Help my sleep/Sleep Aid start/Start Sleep Aid/Start Breathe Mode/Help me sleep/Enable Sleep Aid/Start Sleep Aid	Breath Adjustment Started
Harder/More Power/More Intensity/More Strength/More pressure/Increase the Intensity / Increase the Strength	Intensity increased
Softer/Less Power/Less Intensity/Less Strength/Less pressure/Decrease Intensity / Decrease Strength	Intensity Decreased
Function End/I want to sleep/Stop traction/Stop breath/Stop function/Stop Breath adjustment/Please stop/Stop traction/Stop breath mode/Stop function/Stop Breath adjustment/Stop Sleep Aid	Function Successfully Completed, Sweet Dreams and Good night

10. Personalized Recommendations

Enter your gender, height, weight, and age into the app, and the system will automatically set the optimal traction, breathing, and pillow height for you.



Personal Basic Information



Breath
Adjustment



Cervical
Traction



Pillow
Height

Adjust ideal settings based on your status

11. Instructions for Operation

Pillow Height Adjustment

[Function Description]

The pillow height adjustment feature of the Geeco smart pillow is crucial for providing proper cervical spine support. An inappropriate pillow may cause the cervical spine to deviate from its natural “C” shape, leading to stiffness and potential long-term issues.

Sleeping on a pillow that is too low will leave the cervical spine unsupported. This can cause neck curvature to become stiff or misaligned, user may feel fatigue upon getting up, and it may eventually lead to poor blood flow, causing long-term cervical and nerve issues, as shown in Fig.[1].



normal state



become stiff



backward-protruding reverse
“C”-shaped structure

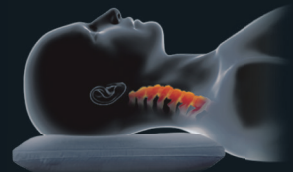


Fig. [1] an overly low pillow

Sleeping on a pillow that is too high will also bend the cervical spine in an unnatural way, which may also cause short-term fatigue and long-term cervical and nerve issues, as shown in Fig.[2].

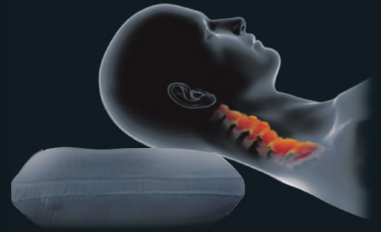


Fig.[2] an excessively high pillow

The Geeco Smart Pillow's Height Adjustment function provides optimal cervical spine support. Prolonged use transit your cervical spine from a reversed or stiff arch to a normal curvature, as shown in Fig. [3].

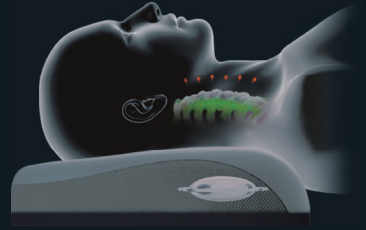
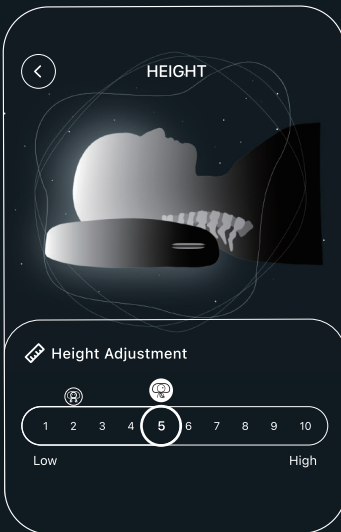


Fig.[3]



[Pre-use Information]

Adjust the pillow height to fit your body shape and neck curvature.

Regularly adjust the height weekly for optimal comfort and support.

[APP Operation]

Tap the "height" button to enter the settings and the height ranges from 1 to 10, with 1 being the lowest and 10 being the highest.

[Device operation]

Adjust pillow height from 1 (lowest) to 10 (highest) levels
Use the "Height" button to start, "Decrease" to lower, and "Increase" to raise.



Cervical Traction

[Function Description]

The Cervical Traction Function of Geeco Smart pillow is a unique neck care feature. Using algorithms to control airbags, it simulates professional therapist techniques(see Fig. [5]) within 5 to 30 minutes, providing a gentle stretch to alleviate neck stiffness and fatigue, gradually improving neck curvature and prevent future issues.

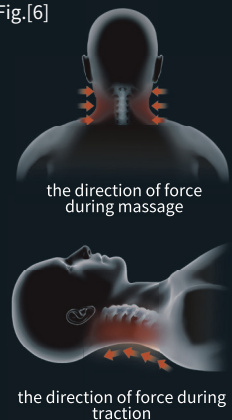


Fig.[5]

Using the Traction function before bed, your pressure on the cervical spine will be relieved. Consistent use over weeks or months may improve neck curvature and enhance the blood circulation, further improve the health.

Note that our biomechanical traction technique differs from regular massage methods in its action and purpose. Massage relieves tension and stiffness of the muscles temporarily but does not address cervical spine curvature issues. Traction applies tension along the cervical spine's longitudinal axis(see Fig. [6]), counteracting daily strain and supporting the natural curvature, thus benefiting cervical spine health.

Fig.[6]



[Device operation]

1. Start

Press the "Traction" button on the control box to start Cervical Traction.

2. Duration and Intensity Switch

- Press the "Traction" button to set the duration and intensity.
- For duration setting, the Min display lights up.
- For intensity setting, the Level display lights up.



3. Duration Setting

Press the "Traction" button to set duration. Use "Decrease" to reduce and "Increase" to extend the time. The range is from 5 to 30 minutes; the default is 15 minutes.

4. Intensity Adjustment

Press the "Traction" button to set intensity. Use "Decrease" to lower and "Increase" to raise it.

Intensity ranges from 1 (gentlest) to 7 (strongest); the default is level 4.

5. End

Once the set traction duration ends, the control box will automatically deactivate the function.

[Voice Control]

After waking the device with your voice, you can utilize designated voice commands to activate or deactivate the traction feature and also to adjust the level of intensity.(See 9.Voice Control Function)

[APP Operation]

1. Start

Tap the slider switch below the “Cervical Traction” to start traction.

2.Duration Setting

Tap the “Cervical Traction” button to enter the settings and tap the “Duration” slider to set the time. The default is 15 minutes.



3. Intensity Adjustment

Tap the “Cervical Traction” button to enter the settings and tap the “Intensity” slider to set the intensity, from 1 (gentlest) to 7 (strongest). The default is level 4.

4. End

Tap the slider switch below the “Cervical Traction” to end cervical traction.

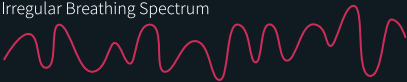


Breath Adjustment

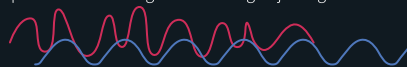
[Function Description]

The Geeco smart pillow's Breath Adjustment Function is designed for users who have trouble sleeping or feel anxious. By guiding your breathing with its airbag, it relaxes your body and stabilize emotions, helping you to fall asleep. Follow the airbag's rhythm to breathe to become calm, steady and anxiety-released, you will easily fall into a peaceful dream.

Irregular Breathing Spectrum



Spectrum After Using the Breathing Adjusting Function



Breathing Adjustment Function Spectrum



The Geeco smart pillow's Breath Adjustment Function soothes tense emotions and irregular breathing by regulating breath frequency, help you to relax and improve your sleep quality.

[Device operation]

1. Start

Press the "Breath Adj" button on the control box to start Breath Adjustment.

2. Duration and Breathing Frequency Switch

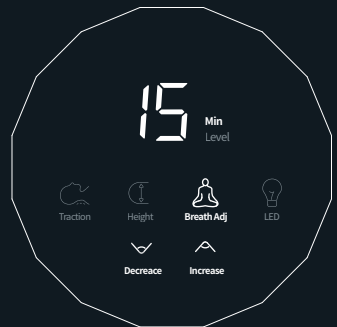
Press "Breath Adj" to set duration and breathing frequency.

For duration setting, the Min display lights up.

For breathing frequency, the Level display lights up.

3. Duration Setting

Press "Breath Adj" to set duration; use "Decrease" to reduce and "Increase" to extend. The range is from 5 to 30 minutes; the default is 15 minutes.



4. Breathing Frequency Setting

- The airbag's rise and fall guides your breathing, helping you fall asleep faster.
- Breath frequency has 1-7 levels; choose 1-3 for if your breath is usually slow, choose 4-7 if your breath is usually fast. Default is level 3.
- Press "Breath Adj" to set frequency; use "Decrease" to slow down and "Increase" to speed up.

5. End

Once the set breathing duration ends, the control box will automatically deactivate the function.



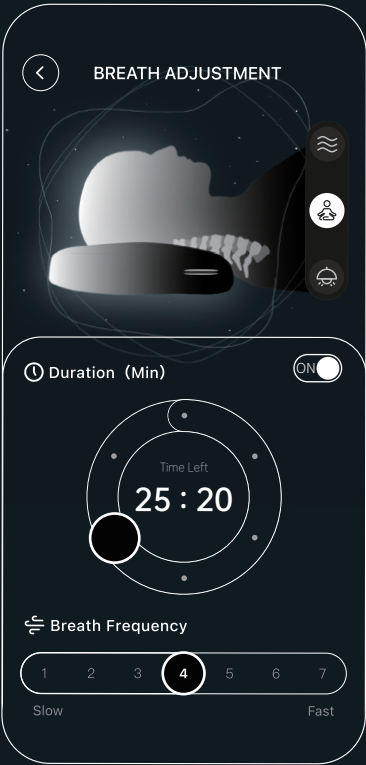
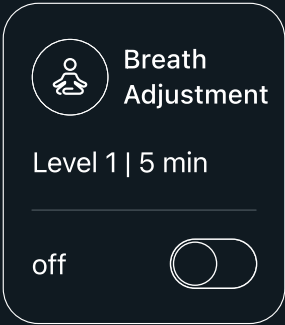
[Voice Control]

After waking the device with your voice, you can utilize designated voice commands to activate or deactivate the breath adjustment feature and also to adjust the level of breath frequency.(See 9.Voice Control Function).

[APP operation]

1.Start

Tap the slider switch below the “Breath Adjustment” to start Breath Adjustment.



2.Duration Setting

Tap the “Breath Adjustment” button to enter the settings and slide the slider of “Duration” to set the time duration. The default is 15 minutes.

3.Breathing Frequency

Tap the “Breath Adjustment” button to enter the settings and the frequency ranges from 1 to 7, with 1 being the slowest and 7 being the fastest.

4.End

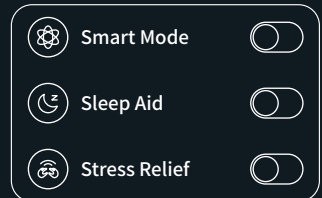
Tap the slider switch below the “Breath Adjustment” to end the Breath Adjustment.

Smart Start

[Device operation]

Geeco Smart Pillow can detect your presence on it. You can enable [Smart Mode], [Sleep Aid] or [Stress Relief] to activate the detection. If each of the three modes is enabled, the Smart Pillow will start functioning whenever you lay on the pillow.

- **Smart Mode:** 15 minutes of Traction, followed by 15 minutes of Breath Adjustment.
- **Sleep Aid:** 30 minutes of Breath Adjustment.
- **Stress Relief:** 30 minutes of Traction.



Note: Each of the smart functions can only be activated once per 12 hours.

[Activation]

Just lay on the pillow, and the pillow will automatically be activated depending on which mode you enable.

[Voice check]

To prevent false trigger, we integrated a voice check process into the Smart Start Function. If the “Voice check” button is enabled, depending on which function you enabled, the device will ask:

“Do you want to activate [Smart Mode] [Sleep Aid] [Stress Relief]?”

If your response is one of the following: 'Yes', 'OK', 'Right', 'Yep', or 'Yes, I do', the function that you enabled will be activated.

If your response is one of the following: 'No', 'Nah', 'Nope', or 'No, I don't', the Smart Start will not be activated.

If the device fails to recognize your response, it will ask again:

“Sorry I can't hear you. Do you want to activate [Smart Mode] [Sleep Aid] [Stress Relief]?”

”If there is still no response, the device will say:

“I can't hear you, have a good night”, and the function will not be activated.

Ambient Light

[Device operation]

1. Turn on

Press the "LED" button on the control box to start ambient lighting.

2. Color Adjustment

At the first touch of the LED button, the control panel displays the current light color. Press again to cycle through the 12 preset colors.



3. Brightness Adjustment

Press the 'LED' button on the control box to adjust brightness. Use 'Decrease' to dim and 'Increase' to brighten. Levels range from 1 (dimtest) to 10 (brightest).

4. Turn off

Press and hold the LED button for about 3 seconds, and the ambient light will be turned off.

[APP Operation]

1. Turn on

Tap the slide switch below the “Light” to turn on the ambient light.

2. Color adjustment

Tap the “Light” button to enter the settings and slide the color button to select.



3. Brightness Adjustment

Tap the “Light” button to enter the settings and the brightness ranges from 1 to 10, with 1 being the dimmest and 10 being the brightest.

4. Turn off

Tap the slide switch below the “Light” to turn off the ambient light.



12. App Download and Connection

App Download

Android:

Search "Geeco Smartcare" in the app market.

Apple:

Search "Geeco Smartcare" in the App Store.

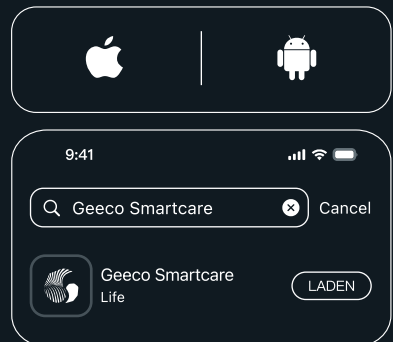
Enable permissions:

Android:

Bluetooth and Location

Apple:

Bluetooth



Bluetooth Device Connection

Download the "Geeco Smartcare" APP, click the Bluetooth icon, then "Search Device," and select your device from the list.

13. Language Settings

In the profile page, click "Settings," then "Language Selection," select the language that suits you.

14. Contraindications & Prohibition of Use

- People with intracranial electrodes are prohibited from using it; People with intracranial electrodes, cardiac pacemakers, or severe sleep apnea (OSAS) are prohibited from using the device.
- Individuals with positional vertigo, dizziness, disorientation, cervical dislocation, small joint disorders, or those who have had recent head, neck, or respiratory tract surgery should not use the product.

15. Warnings

- The pillow contains an airbag component. Do not apply non-head pressure to avoid damaging the pillow.
- Only use the provided power adapter to prevent malfunction or damage.
- Avoid placing the product near electric blankets or other heat sources to prevent high temperatures from damaging the product.
- Do not forcefully drag the product's air tube to avoid damaging its functions.
- During traction or breathing adjustment, only sleep flat to avoid discomfort.

16. Precautions for Use

- Follow the user manual. If you feel uncomfortable while using the Smart Pillow, stop using it immediately.
- During use, the smart controller may produce sounds from the air pump and electromagnetic valve, which is normal.
- New products may have a residual odor due to long-term sealed packaging. Place it in a ventilated area to eliminate the smell. The product has passed ROHS environmental protection certification and is safe for use.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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.

* RF warning for Portable device:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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https://a.zhenlabs.com/resources/znz-v/file/GeecoSmartcare/Readme_FCC.pdf