

# **Sleep tracker**

**(ZP100)**

User Manual

Sleepace

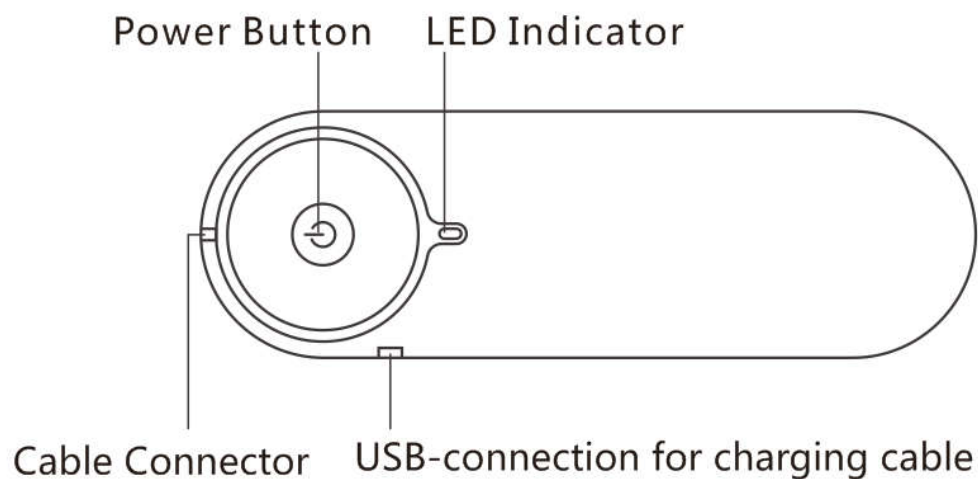
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# (English)

## 1.Product introduction:

ZP100 is used to track your sleep data including heart rate, respiratory rate, turning over, sleep cycle etc and provides a comprehensive sleep analysis and sleep advice to help improve your sleep quality.

## 02 Device Description



Controller

### Box Contents:

1 \*Sleep tracker

1 \*USB charging cable

1 \*User Manuel

# 3: Operation guide

Step 1: Download the 'Sleepace' APP and register an account

There are two ways to download the Sleepace APP:

A. Scan the QR Code.



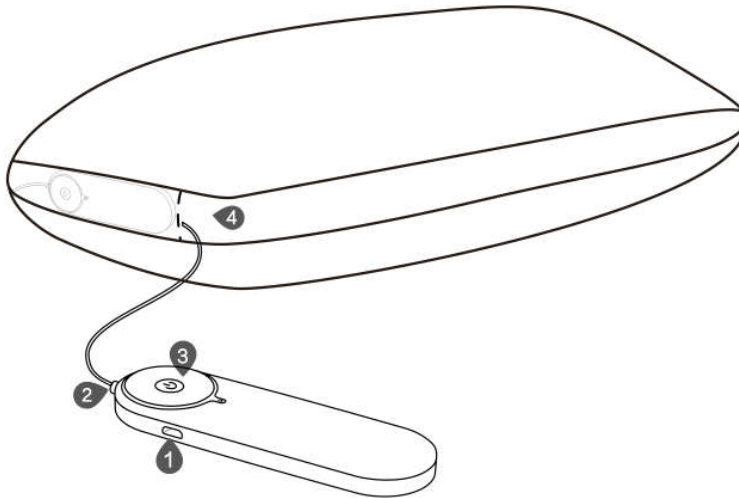
B. Search "Sleepace" in



for download.

You will need a smart phone with Bluetooth 4.0 that supports iOS 7.0 or later or Android 4.3 or later.

Step 2: Connect sleep tracker to APP.



- ① Fully charge the controller until green LED indicator is ON.
- ② Plug the cable in the controller.
- ③ Power on the controller by pressing the power button for 3 seconds.  
Connect the smart pillow with the app and start monitoring.
- ④ Put the controller into the side pocket.

Make sure the controller and your smart phone are switched on and Bluetooth® is activated on

your smart phone. Follow the instructions given by the app to connect the device.

### Step 3: Start Sleep monitoring

Click 'Start Sleep' in the homepage of APP to start sleep monitoring. During short interruptions of sleep (e.g. going to the bathroom) the device keeps on recording. If longer interruptions (more than 60 minutes) occur, the pillow will stop monitoring and switch itself off. You may have to re-activate it.

### Step 4: Read Sleep report

Click 'Get Up' to stop sleep monitoring after awakening, the recorded data will automatically be transferred to the app and the app offers comprehensive sleep report including heart rate, respiratory rate, sleep time and sleep cycle; analyzes your sleep quality and offer personal sleep guidance.

If not clicking 'Get Up', the pillow will stop monitoring automatically after 60 minutes of leaving bed. Connect the app with the pillow again to sync the sleep data for sleep report.

## 04 LED Indicator

SN	Status	Display
1	Power On (Press the Power button for 3 seconds)	Green LED indicator is ON for 5 seconds.
2	Power Off (Press the Power button for 3 seconds)	Red LED indicator is ON for one second.
3	Low battery	Red LED indicator flashes every two seconds, please charge the device immediately.
4	Charging device	Red LED indicator stays ON.
5	Charging complete	Green LED indicator stays ON.

## 05 Technical Specifications

Pillow size	750mm*500mm	Controller size	125mm*40mm*12mm
Controller weight	50g	Bluetooth Transmission range	max. 10 meters
Communication mode	Bluetooth 4.1	Battery life	Up to 2 weeks
Compatibility	Bluetooth 4.1 and up, IOS7.1 or later, Android 4.3 or later.	Battery	Re-chargeable Lithium-ion-battery 3.7V, 900mAh. Charging current 5.0V 1A

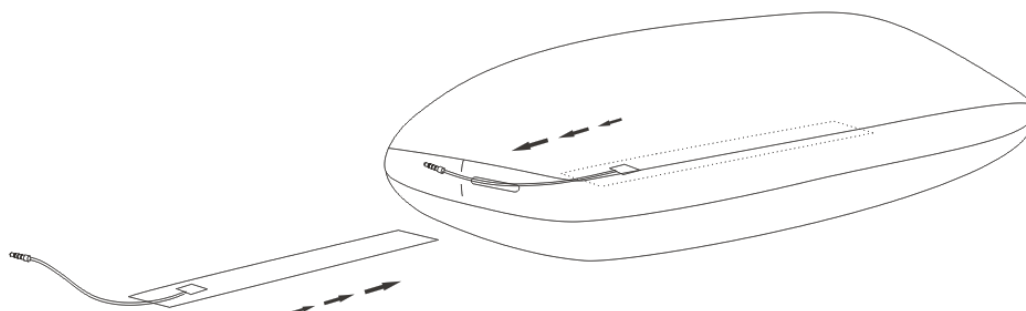
## 06 Precautions

Please note, this device is not a medical device and cannot be used to prevent sudden death.  
Please do not wholly rely on the device, users should be well taken care of. For users with existing health problem, family member should check the monitoring status now and then.

## 07 Safety Notice

- Do not over bend the product. The build-in sensor may be damaged.
- Please keep the product away from high-temperature equipment, and do not use the product when using an electrical blanket.
- Do not touch the metal end of power plug when plugging into power socket.
- The sensor belt is nonconductive, safe to users.
- For long term non-use of the device, please power off.
- For children and the elders, please use the product with the involvement of a guardian.

- Do not use the product during charging process
- The device must not be used close to any source of vibration (e.g. washing machines, loud music etc.) as the vibrations could affect the functions of the device.
- NOTE: DO NOT disassemble or replace battery.
- When wash the pillow or expose it to sunlight, please take the sensor band out.



## 08 Warranty

Please contact your dealers for warranty service. For more information about the product, warranty or service, please go to [www.sleepace.com](http://www.sleepace.com).

### FCC statements:

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:** The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or changes to this equipment. Such modifications or changes could void the user's authority to operate the equipment.

**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.
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## RF Exposure Information and Statement

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

### Notice:

The suitable temperature for the product and accessories is **-10°C-45°C**.

Observe the national local regulations in the location where the device is to be used.

Hereby, **Shenzhen Medica Technology Development Co., Ltd** declares that the radio equipment type **sleep tracker** is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <http://www.sleepace.com>

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