

nuyu™ Sleep System

6 sheets, 8.5" x 11", color, double sided printing, folded and stapled. 22 inside pages + back and front cover, 24 printable sides total.

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1. Front Cover
 - a. HNY500 (bottom left hand corner)
2. Welcome
 - a. Congratulations, you are the proud owner of a nuyu™ Sleep System! We can't wait for you to experience better sleep.
 - b. The Health o meter ® nuyu™ Sleep System regulates your body temperature to help you experience optimal sleep.
 - c. www.healthometernuyu.com
 - d. (Social Icons)
3. Important Information
 - a. Keep at least 24 inches of cleared space around your Sleep System at all times to help prevent overheating. Do not place under your bed.
 - b. **FCC Warning:**

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.

Changes or modifications not expressly approved by the party responsible for compliance 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.

To maintain compliance with FCC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance between 20cm the radiator your body: Use only the supplied antenna.

C.

4. Set-up Instructions

a. Fill the Water Tank

- i. Find a space for your Sleep System next to your bed and set it on the floor.
- ii. Twist to the unlocked position and lift the green cap to open the water tank.
- iii. Using purified water only, fill the water tank until the MAX FILL line has been reached. Keep some extra water nearby, as you may need to fill the tank a second time after powering on the Sleep System.


b. Set up your Sleep System

- i. Attach the sleep mat to the water tank. To do this, firmly push the connector of the grey hose onto the grey receiver of the water tank. You should feel it click, which confirms it is connected. If you do not feel it click, please press until it clicks.
- ii. After you've found a good space for your Sleep System, filled it with water, and have attached the sleep mat, plug it into a wall outlet.
- iii. Place the sleep mat under your fitted sheet, and over your mattress cover or mattress (if you do not use a mattress cover).
- iv. Place the sleep mat under where the torso section of your body typically lays on your bed. It is recommended that you place the top of the sleep mat just below where your pillow ends. This way, the sleep mat will be lying underneath your torso, from your shoulders to below your hips. Please adjust the sleep mat so that the connector tube is hanging off the bed.

WARNING: Please ensure that the grey connector hose does not get pinched where it is set up. This will prevent water flow and may cause excess noise from the water tank.

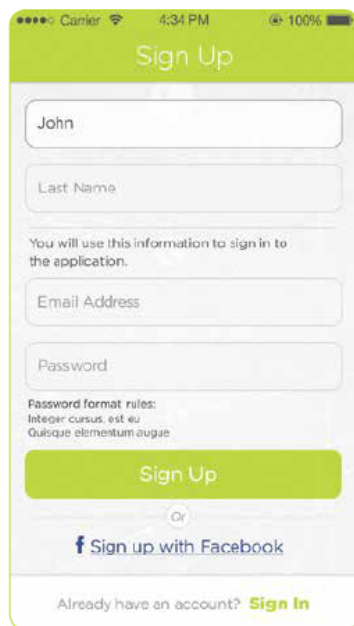
c. Connect your Sleep System

- i. Connect Your Sleep System

- 1  Download the nuyu™ application from the App Store.

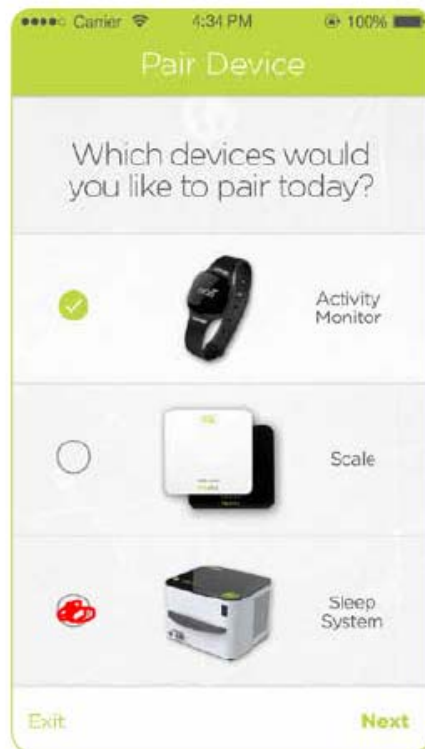


- 2 Create an account



The image shows a mobile app interface for signing up. At the top, the status bar shows 'Carrier', signal strength, '4:34 PM', and '100%' battery. The app header is green with the text 'Sign Up'. Below the header are input fields for 'First Name' (containing 'John'), 'Last Name', 'Email Address', and 'Password'. A note states: 'You will use this information to sign in to the application.' Below the password field, it says 'Password format rules: Integer cursus, est eu. Quisque elementum augue.' A large green 'Sign Up' button is centered. Below the button is a link that says 'Or' followed by a Facebook icon and 'Sign up with Facebook'. At the bottom, it says 'Already have an account? Sign in'.

- ii.
- iii. PRESS and HOLD FOR 3 SECONDS the green button on the water tank to begin the pairing process. The “Connected” LED should now be flashing.
- iv. Connect your Sleep System, keeping your phone or tablet nearby, and follow the in-app instructions.



- v.
- d. How to Use your Sleep System
 - i. Once you have successfully paired your Sleep System with your nuyu™ app, you are ready to begin!
 - ii. To control your Sleep System, open your nuyu™ app, and from the Home Page, tap the SLEEP section. (SHOW IMAGE OF HOME SCREEN, AND GREY OUT EVERYTHING EXCEPT FOR THE SLEEP SECTION)
 - iii. In the upper right-hand corner, tap the “zzz” icon. (SHOW ZZZ ICON)
 - iv.
 - v. You may set the Sleep System sleep duration two ways:
 - 1. Set your wake up time (SHOW CLOCK ICON)
 - 2. Set a Timer (SHOW TIMER ICON)
 - 3.
 - vi. Select a starting temperature
 - vii. We’ve recommended a starting temperature for you in your nuyu™ app, but if you would like to change it based on personal preferences, try just one or two degrees to start with. Avoid setting your temperature at extreme lows or highs on the first night, as most people are comfortable between 72 – 74°F.
 - viii. Please keep in mind that this is just the starting temperature, and your Sleep System will get slightly cooler in the middle of your sleep cycle to keep you comfortable, and will then warm back up to the starting temperature when it’s time to wake up.
 - ix. To begin running the Sleep System, press START (SHOW START SCREEN AND HIGHLIGHT START AREA)
 - x. The Sleep System is now running (SHOW SLEEP RUNNING SCREEN) and will do so until it has reached the wake up time or the end of the timer. To manually

turn off the Sleep System, swipe up on “WAKE UP” in your app, or press the green “zzz” button (SHOW ZZZ BUTTON).

e. Washing the Sleep Mat

- i. If you would like to wash your sleep mat, please unplug the grey connector tube from the water tank.
- ii. Fold the sleep mat so that the connector tube is on the inside and protected by the sleep mat fabric. Place it into the washer bag provided.
- iii. To dry, hang the sleep mat with the connector hose hanging down to allow any excess water and/or washing detergent to flow out.
- iv. **WARNING:** Do not put the sleep mat and connector hose in the dryer.

f. About the Sleep System

- i. The Sleep System is based on a fundamental human temperature cycle called the Circadian Rhythm. We’ve created a way to mimic the body’s Circadian Rhythm temperature cycle with the Sleep System, which keeps your body at the optimal temperature at every moment of the night, just like nature intended.
- ii. The Sleep System, just like the Circadian Rhythm, uses a specific temperature pattern. When you turn on your Sleep System, the sleep mat will start out at the warmest temperature (your starting temperature), then slowly drop down a few degrees to reach its lowest temperature in the middle of the night, and finally it will raise the temperature back up to the starting temperature.
- iii. **SHOW SLEEP GRAPH**
 1. This graph shows the difference between an ideal sleep temperature, and a person’s temperature that is not following the Circadian Rhythm (staying at the same temperature). This will often cause a person to wake up hot in the middle of the night.

g. Warranty (5 Year)

Limited Warranty

5 YEAR LIMITED WARRANTY

PLEASE DO NOT RETURN THIS PRODUCT TO ANY OF THESE ADDRESSES OR TO THE PLACE OF PURCHASE.

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This warranty gives you specific legal rights, and you may also have other rights that vary from province to province, state to state or jurisdiction to jurisdiction.

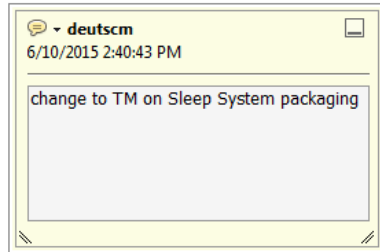
How to Obtain Warranty Service

In the U.S.A: If you have any question regarding this warranty or would like to obtain warranty service, please call 1 800-672-5625 and a convenient service center address will be provided to you.

In the U.S.A., this warranty is offered by Sunbeam Products, Inc. doing business Jarden Consumer Solutions located in Boca Raton, Florida 33431. If you have any other problem or claim in connection with this product, please write our Consumer Service Department.

PLEASE DO NOT RETURN THIS PRODUCT TO ANY OF THESE ADDRESSES OR TO THE PLACE OF PURCHASE.

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- i.
- j. Printed in China. 06/15 PN: *need to provide*