

beddit

SOLVING SLEEP

USER GUIDE

beddit

Mobile device compatibility

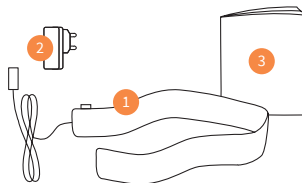
iPhone 5 and above,
iPod (5th generation),
iPad 2 and above.

List of compatible Android
devices at www.beddit.com



What this package contains

1. The Beddit Sleep Tracker
2. Power adapter
3. User Guide



Beddit is not a medical device and should not be used to diagnose or treat medical conditions. Consult your doctor for prevention, diagnosis and treatment.

Beddit should only be used with the included power adapter.

Beddit® is a registered trademark of Beddit Ltd.

iPhone and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. All other trademarks are the property of their respective owners.

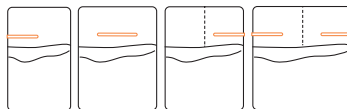
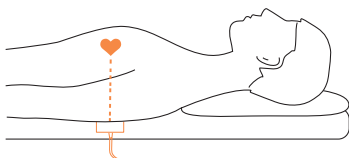
Patented, patents pending.
Designed and engineered in Finland.
Made in China.

Beddit Ltd., © 2016.

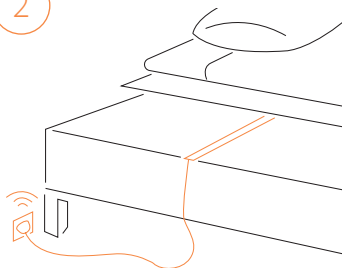
QUICK GUIDE

Follow these steps to install the Beddit Sleep Tracker in your bed.

1



2



3



1. Tuck it in

The positioning of your Beddit Sleep Tracker depends on your bed setup. To achieve the best results place your Beddit Sleep Tracker under your top bed sheet at right under your heart on the part of the bed where you'll be sleeping, be it on the side if you sleep with someone, or in the middle of a big bed in which you sleep alone. It is recommended you first try out the optimal positioning before placing the Beddit Sleep Tracker under the sheet:

- If you sleep alone in the bed, place the Beddit Sleep Tracker so that it extends fully (about 31.5 inch in, 80 cm) onto the mattress
- If you sleep alone in a wide bed, place the Beddit Sleep Tracker so that it covers the area where you normally sleep.
- If two people sleep in the bed, place the Beddit Sleep Tracker so that there is a 6-inch gap (15 cm) between the midline of the bed and the Tracker's end. With beds over 63-inch wide (160 cm), the gap may be wider

You can later re-adjust the placement to find the optimal spot in your bed.

2. Plug it in

After you have planed the Beddit Sleep Tracker onto your mattress, fold the bed sheet back into its original place. Plug the Beddit Sleep Tracker into the USB-power plug provided. Beddit must be plugged into this power source in order to work.

3. Download the app

Download the Beddit app for your smartphone from the App Store or Google Play. Launch the application and follow the on-screen instructions to start your first sleep measurement.

Additional resources and services

For troubleshooting and frequently asked questions, you can browse our extensive Help Center at support.beddit.com

If you have further questions about anything related to Beddit, its use, results and so forth, contact us at support@beddit.com

Care instructions

Instructions for how to properly take care of your Beddit Sleep Tracker and maximize its life.

- 1.** Clean the topside of the Sleep Tracker with a damp cloth if needed.
- 2.** Do not wash the Sleep Tracker in a washing machine or dry it in a dryer. Doing so will ruin it and void your warranty.
- 3.** Do not try to repair the sensor, cable or power adapter. There are no parts that can be safely repaired at home. Contact us if you need help with your Beddit Sleep Tracker. If there is a defect covered by the warranty, we will replace the defective part or refund your money. See the warranty terms and limitations.
- 5.** When making your bed, be careful with the Sleep Tracker and the power cable to avoid damaging them. If you have an adjustable mattress or rollaway bed, do not fold the Sleep Tracker and cable into the bed. Do not allow the Sleep Tracker or cable to be folded up or tangled in your bedding.
- 6.** Your Beddit Sleep Tracker includes a power adapter. Use it for powering the Sleep Tracker. Using the USB port on a laptop or other electronics could result in power variation or damage to the Sleep Tracker or your electronics or data. Plugging the power cable into your electronics is at your own risk.

Visit support.beddit.com for latest updates and information.

Important safety information

Read and understand these warnings. Failure to follow them could result in death or serious injury.

- 1.** The Beddit Sleep Tracker is not a medical device. It is not designed or intended to diagnose or treat any medical conditions, and you should not use it for these purposes. Consult your doctor for prevention, diagnosis, and treatment of sleep disorders and other medical issues.
- 2.** Be careful when placing the cable of the Sleep Tracker to avoid trip hazards.
- 3.** Do not use the Beddit Sleep Tracker with infants or children. Death or injury could result from the sensor or power cable getting around an infant's or child's neck during their sleep.
- 4.** Similarly, if your sleeping habits put you at risk of entangling a bedside cord or an under-sheet sleep tracker around your neck while sleeping, do not use a Beddit Sleep Tracker.
- 5.** The Beddit Sleep Tracker is not a baby monitor. It will not warn you of any sleeping problems your infant may have. It will not warn you if your infant stops breathing. It will not warn of or prevent sudden infant death syndrome.
- 6.** Do not use the Beddit Sleep Tracker around water or other liquids. Like any electrical device, there is an electrocution hazard if you get the Beddit Sleep Tracker wet while it is plugged in.
- 7.** Do not disassemble the Beddit Sleep Tracker or power adapter. There are no repairs that you can safely do on them. See use and care instructions on how to replace the adhesive tape.

Limited warranty

This Limited Warranty is applicable globally except in the United States of America.

Your Beddit Sleep Tracker consists of a Bluetooth-enabled sensor, a USB power adapter and a mobile app, which you must download separately. This Limited Warranty covers only the sensor and power adapter.

You have legal rights under applicable national legislation governing the sale of consumer goods. Those mandatory rights are not affected by this Limited Warranty. See translations of the warranty terms in your language and the warranty terms for the United States of America at www.beddit.com



DECLARATION OF CONFORMITY

We, Beddit Ltd.

Of Kimmeltie 3, 2110, ESPOO, FINLAND

Declare under sole responsibility that the product /equipment we manufacture:

Brand name: Beddit

Model Name B3

To which this declaration relates, is in conformity with the following standard(s) or other normative document(s)

EN 301 489-1 V1.9.2	Electromagnetic compatibility and Radio spectrum Matters (ERM); ElectroMagnetic Compatibility (EMC) standard for radio equipment and services; Part 1: Common technical requirements
EN 301 489-17 V2.1.1	Electromagnetic compatibility and Radio spectrum Matters (ERM); ElectroMagnetic Compatibility (EMC) standard for radio equipment; Part 17: Specific conditions for Broadband Data Transmission Systems
EN 300 328 V1.9.1	Electromagnetic compatibility and Radio spectrum Matters (ERM); Wideband transmission systems; Data transmission equipment operating in the 2,4 GHz ISM band and using wide band modulation techniques; Harmonized EN covering the essential requirements of article 3.2 of the R&TTE Directive
IEC 60950-1:2006	Information technology equipment - Safety - Part 1: General requirements
FCC part 2 v 10-1-13	FCC, General rules and regulations
FCC part 15 v 10-1-13	FCC, Radio Frequency device

The Technical Construction File is maintained at:

Company: Beddit Ltd.

Company address: Kimmeltie 3, 02110 ESPOO, Finland

The authorized representative located within the Community is:

Name: Henry Rimminen

Title: Hardware Lead

Date of issue: 27.06.2016

Place of issue: ESPOO, FINLAND

Legal signature:

A handwritten signature in black ink, appearing to read "Henry Rimminen".

The following sections present the compliance statements for different geographical areas:

NORTH AMERICA

United States: Federal Communications Commission (FCC)



FCC COMPLIANCE STATEMENT:

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.

INFORMATION TO USER:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of 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. If not installed and used in accordance with the instructions, it 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 tuning the equipment off and on, the user is encouraged to try and correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the distance between the equipment and the receiver.

- Connect the equipment to outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

WARNING:

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

FCC ID: **2A14U-B3**

Canada: Industry Canada (IC)

IC COMPLIANCE STATEMENT:

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil est conforme avec Industrie Canada exempts de licence standard RSS (s). L'utilisation de ce dispositif est autorisée seulement aux conditions suivantes: (1) il ne doit pas produire de brouillage et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

IC ID: **21700-B3**

EUROPEAN UNION

European Union (CE)



CE COMPLIANCE STATEMENT:
Hereby, Beddit Oy, declares that
this product is in compliance
with the essential requirements and other
relevant provisions of Directives 2004/108/EC
(EMC), 2006/95/EC (LVD), 2011/65/EU (RoHS)
and 1999/5/EC (R&TTE).

Test Report: pending

AUSTRALIA + NEW ZEALAND

ACMA:



N1246 (R-NZ)





beddit

www.beddit.com
support@beddit.com