

# Somnox Sleep Robot



User Manual (English)

Version 1.2



# 1 Introduction by the Founders

We are very excited to introduce you to your new sleep companion, the Somnox Sleep Robot.

Today, after three years of research and development, it is finally ready to help you to sleep well and live well. What name will you give your new sleep companion?

We have experienced the effects of sleep deprivation ourselves and we were sick and tired of being sick and tired... That's why it is our mission to stop insomnia and help millions of people sleep naturally without the need of addictive and harmful medication.

Let our Sleep Robot be your next step in the journey towards the perfect night's rest.

Thanks for your trust. We can't wait to hear from you. Sweet dreams.

-

Job, Wouter, Stijn and Julian



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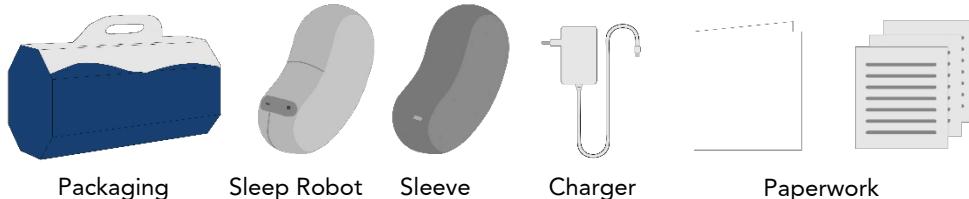
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## 3 Getting Started

Here it is, your new sleep buddy: the Somnox Sleep Robot, the world's first Sleep Robot that helps you get the good night's rest you require. Before turning it on, please take a moment to read the full manual and safety instructions.

What's in the box?



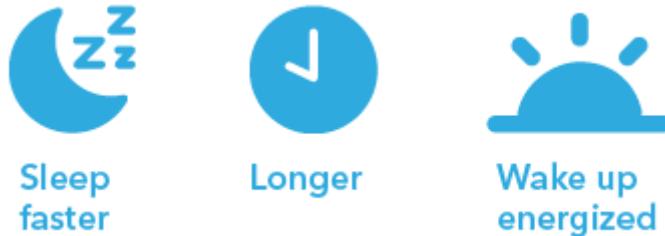
Don't waste anything.

The packaging isn't just packaging. Our designers have created durable, eco-friendly packaging that can be useful in your daily life. For example: use it as a charging cradle to charge your Sleep Robot or as a travel case to take it with you when you're out and about.



## Features of the Sleep Robot

In front of you is your new sleep companion to improve sleep naturally, the Somnox Sleep Robot. This Sleep Robot will guide you towards a good night's rest to make sure you can start your day full of energy.



At Somnox, our design philosophy is to create life-like companions. We hope you will love your Somnox Sleep Robot like a companion and a friend for life to improve your sleep.



# 4 Safety & Specifications

## Safety Instructions (warnings)

The safety instructions below should be adhered to at all times. Please read them carefully before use, as misuse may cause damage to the device or other property, serious injury or even death.

### General

Do not insert foreign objects into any opening on the device, such as the power adapter port or SD-card slot.

Do not drop, smash, disassemble, open, crush, bend, deform, puncture, shred, microwave, incinerate or paint the device or powered accessories. Exposure of internal components can cause damage to both yourself and your surroundings.

**WARNING:** Use of the device may cause oversleeping. Please arrange additional precautions (for example: an alarm).

Read instruction manual.



### Sound and Hearing



To prevent possible hearing damage, do not listen at high volume levels for long periods of time.

**WARNING:** To prevent possible hearing damage, do not listen at a high volume for long periods. Listening to sound at high volumes or for long periods may damage your hearing.

### Fire / Heat



Do not place naked flame sources, such as lighted candles, cigarettes, cigars, on or near the product.

Do not place naked flame sources, such as lighted candles, cigarettes, cigars, on or near the product. The device or the battery may explode when overheated and exposed to an extreme heat source, such as a fire. Stop using the device if it begins to overheat.

Do not expose your device to heavy smoke or fumes as these might contaminate internal components.

Prolonged heat exposure of the device and its power adapter comply with applicable surface temperature standards and limits. However, even within these limits, sustained contact with warm surfaces for long periods of time may cause discomfort or injury. Take special care if you have a physical condition that affects your ability to detect heat against the body.

### Water

Do not touch the control panel of the device, cords, plug, charger, battery, or other internal components with wet hands. Doing so may cause an electric shock to you or damage to the device's components.

Do not turn on your device if it is wet. Should it become wet while already switched on, immediately turn off your device and allow to dry. Follow the proper drying recommendations outlined in your manual and DO NOT accelerate drying with the use of, for example, an oven, microwave, or (hair)dryer, because this may damage the device and could cause a fire or explosion.

Keep the device dry. Precipitation, humidity, and liquids contain minerals that will corrode electronic circuits. The device should always be used in conjunction with a sleeve to minimize the impact on the device.



Do not use in environments with risk of wetting the sleep robot. Do not use if you are incontinent.

Do not use the device if you are incontinent or if you have any other condition where there is a chance of wetting the device. This could cause fire, electric shock, injury, or damage to the device or other property.

## Not a medical device

This product is not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease. Consult your doctor for prevention, diagnosis, and treatment of sleep disorders and other medical issues.



This is not a medical device. Consult your doctor for prevention, diagnosis, and treatment of sleep disorders and other medical issues.

The device contains components and radios that emit electromagnetic fields. The device also contains magnets. These electromagnetic fields and magnets may interfere with pacemakers, defibrillators, or other medical apparatus. Maintain a safe distance between your medical apparatus and the device. Consult your physician and medical apparatus manufacturer for information specific to your medical apparatus. If you suspect the device is interfering with your pacemaker, defibrillator, or any other medical apparatus, stop using the device.

If you have a medical condition or experience symptoms that you believe could be affected by the device, consult your physician prior to using the device.

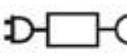
## Parts / attachments / accessories



Only use parts, attachments and accessories specified by Somnox.

Only use parts, attachments and accessories specified by Somnox (see: [www.meetsomnox.com](http://www.meetsomnox.com)).

Do not install other software than Somnox-approved software (for example: viruses or potentially harmful software) on the device. This may result in malfunction, security breaches or serious injury.

For the purposes of recharging the battery, only use the  detachable supply unit (charger model KA1801A-1801000DE) provided with this

appliance. Only Somnox-approved chargers may be used to charge the device. Other adapters may not meet applicable safety standards. Charging with non-approved chargers may affect the performance of the device and poses a possible risk of fire or explosion, which could lead to serious bodily injury or damage to the device or other property.

This appliance contains batteries that are non-replaceable.

## Battery

Do not allow leaking battery fluid to come into contact with your eyes, skin or clothing.

## Charging

Do not use the device while charging, this could lead to suffocation, electrical shock, injury or death, for example by the charging cable becoming wrapped around a user's neck while sleeping.

Do not place the charging cable in bed (attached or unattached to the appliance). This could lead to suffocation or other injury.

Do not charge the device in a sealed or badly ventilated environment, like under the blankets or in a poorly-ventilated room. Charging under these circumstances may affect the performance of the device and poses a possible risk of fire or explosion, which could lead to serious bodily injury or damage to the device or other property.

Using damaged cables or chargers, or charging when moisture is present, can cause fire, electric shock, injury, or damage to the device or other property. When you use the Somnox Adapter to charge the device, make sure the cable is fully inserted into the power adapter before you plug the adapter into a power outlet.

Unplug the device during lightning storms or when unused for long periods of time.

Protect the power cord from being walked on or pinched, particularly at plugs, convenience receptacles and the point where they exit the apparatus.

## Children / persons with reduced physical, sensory, mental capabilities

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



Do not use the device with infants or children under the age of 8.

Children should be supervised to ensure that they do not play with the appliance.

Do not use the device with infants or children under the age of 8. This could cause suffocation, electrical shock or injury to the child. This appliance may be used by children aged 8 years and over, and persons with reduced physical, sensory or mental capabilities, or lacking experience and knowledge, if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be carried out by children without supervision. Children or other persons requiring supervision can accidentally choke on small device components or parts, especially if they have broken off.

## Damage



Do not use if damaged. Do not try to open / disassemble / repair the device or power adapter by yourself or by an unauthorized party. Always contact your seller for inspection.

Protect the device, battery, and other components from damage. Handle the device with care. Do not use the device if it is damaged.

Do not disassemble the device or power adapter yourself or allow an unauthorized party to do so.

If you suspect damage to the device or battery, contact Somnox for inspection. There are no repairs that you can safely carry out. Refer all servicing to qualified servicing personnel. Servicing is required when the apparatus has been damaged in any way, such as when the plug is damaged, liquid has been spilled, or the apparatus does not operate normally or has been dropped.

Failure to properly set up, use, and care for this product can increase the risk of serious injury, death, property damage, or damage to the product or related accessories. Exercise caution when using your device as part of your active lifestyle.

## Environment

Do not expose your device and components to extreme heat or cold. The device can safely be used in locations and environments with temperatures between 0°C / 32°F and 35°C / 95°F. Avoid prolonged exposure of your device to temperatures below 0°C / 32°F or above 45°C / 113°F. Using your device for prolonged periods outside the recommended safety ranges can damage the device and reduce the storage capacity and lifespan of your battery. Do not store your device in extremely hot areas (such as the inside of a parked car in the summertime). Leaving your device in this environment can cause issues such as leakage or explosion of the internal battery.



Do not use or store the device in an environment where use of your device is not authorized or restricted. Obey all signs and instructions.

Do not use in an environment that requires concentration, where distraction or sleepiness could cause dangerous situations (for example but not limited to driving a car, skiing, biking, bungee jumping).

Do not store, charge or use your product in or around wet environments or environments with high levels of humidity. Like any electrical device, there is an electrocution hazard if you get the device wet.

Do not use or store the device in an environment where use of your device is unauthorized or restricted. This can include areas with flammable materials, fueling areas or any area with a potentially explosive atmosphere, such as areas where the air contains high levels of flammable chemicals, vapours, or particles (such as grains, dust, or metal powders) may be hazardous. Obey all signs and instructions.

Do not expose the device to environments with high external pressures, which could cause internal damage or overheating.

Do not use the device in an environment where there is a possibility to fall more than 70 centimeters / 27.5 inches (for example but not limited to bunkbeds, elevated beds or hammocks)

Do not use the device if you notice any unusual smells, smoke or liquids coming from your device or battery.

## Specifications

### Sleep Robot

Property	Value
Functionalities	Breathing Simulation, Relaxation Audio, Affection, Comfort
Size (H x W x D)	355 x 203 x 127mm / 14 x 8 x 5in
Weight	1.9 kg / 4.0 lbs
Battery Type	Li-ion
Battery Life	3500mAh, 10h breathing (in:out = 1:1)
Compatibility	iOS & Android
Connectivity	Bluetooth 4.0 BLE
Sensors	Breathing Detection, Motion Detection
Memory	16GB microSD card

### Charger

Property	Value
Input	100-240V, 50/60Hz
Output	18V, 1A



## 5 A first introduction to your Sleep Robot

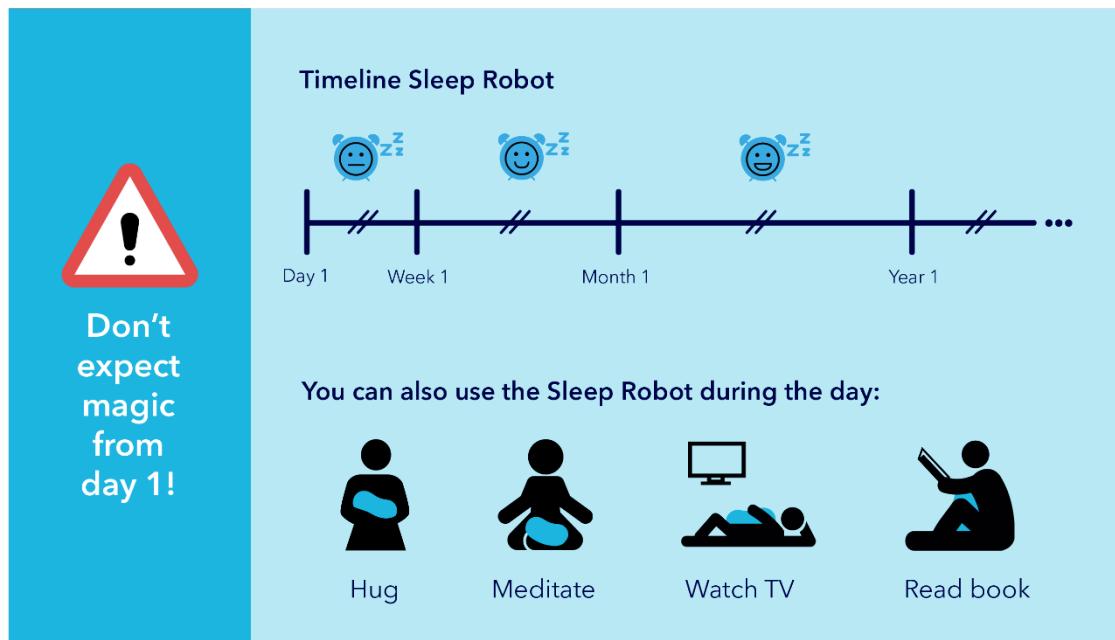
Great sleep is a journey that takes time and effort...

...just like the Somnox Sleep Robot won't be immediately effective. In our studies we found it takes at least 7 nights of accepting the Sleep Robot in your bed.

We recommend using the Sleep Robot in your sleep ritual, from about one hour before going to bed so you can wind down after a busy day.

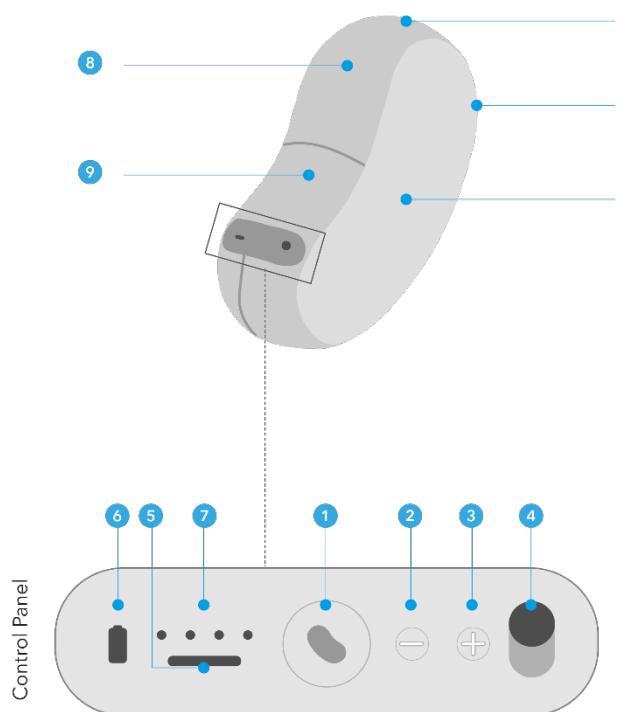
Since the sleep robot isn't the one-stop solution, we encourage you to make use of our Sleep Toolkit (included in box) that we have assembled for you to explore sleep, set sleep goals and upgrade your sleep to a new level.

Take your time. Be patient and great sleep and energy will follow.



## Overview

The numbers below will be used throughout this manual to indicate which button or functionality is being referred to.



- ① On / Pause / Off;
- ② Volume Down / Previous Song;
- ③ Volume Up / Next Song;
- ④ Charger Slot;
- ⑤ Micro SD Slot;
- ⑥ Show Battery Status;
- ⑦ Battery Indicators;
- ⑧ Multicolor Light;
- ⑨ Breathing Simulation;
- ⑩ Speaker;
- ⑪ Breathing Detection Module;
- ⑫ Motion Sensor.

**somnox**<sup>®</sup>  
realizing dreams

## Charging & Battery level

To make sure the Sleep Robot can help you fall asleep to energize your day, make sure the Sleep Robot has enough energy itself. We recommend to check the battery level every morning after usage and charge the robot if necessary, to make sure it has enough power to make it through the coming night.

Table 1 Legend

Symbol	Definition
●	Off
○	Blinking / fading
○	On (white)
●●●	Colored

### Checking the battery level

Check the battery level by pressing button (6). The Battery Indicators (7) will indicate how much energy is left:

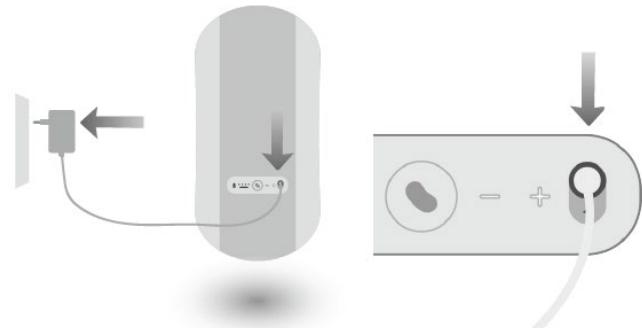
Battery Indicators	Battery Level
○●●●	0-25%
○●●●	25-50%
○○●●	50-75%
○○○●	75-100%
○○○○	100%



### Charging

Charge the Sleep Robot by inserting the charger plug into the Charger Slot (4) and connecting the charger to a power source.

Once charged, please unplug the charger from the power source and from the Sleep Robot.



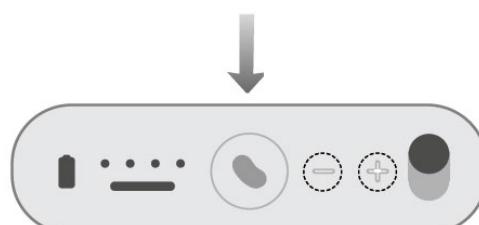
### Usage

Once charged, you can turn on and use the Sleep Robot. Make sure the Sleep Robot is disconnected from the charger; do not use the Sleep Robot while charging.

#### Turning on your Sleep Robot

Turn on the Sleep Robot by pressing Button (1).

The Sleep Robot will turn on and the sleep session will start.

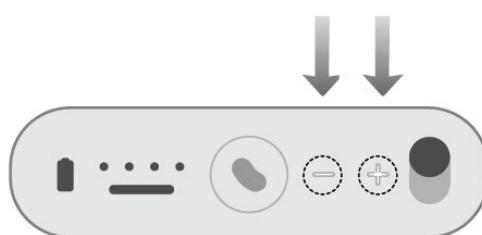


### Changing Volume and Switching Songs

Change the volume of the music by shortly pressing buttons (2) or (3). By a longer press you can switch songs.

Button (2) will decrease the volume and go back to the previous song or start the song over again.

Button (3) will increase the volume and skip to the next song.



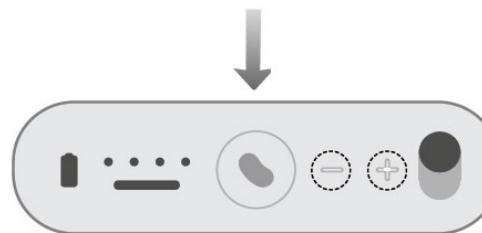
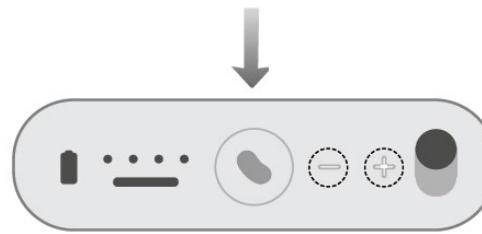
### Pausing your Sleep Robot

Pause the sleep session with a long press of button (1). The Sleep Robot will pause the breathing and the music. You can change the volume in pause mode by pressing buttons (2) and (3). Continue your sleep session by shortly pressing button (1) again. After 10 minutes in pause mode the Sleep Robot will turn off automatically.

### Turning off your Sleep Robot

Turn the Sleep Robot off by a short press on button (1).

By restarting the Sleep Robot, it will recommence the sleep session with the latest settings.



## Connection

Download the Somnox Sleep Robot mobile application in the App Store or Google Play Store to set up the Sleep Robot. Go to the webpages below to download the Somnox Sleep Robot App.



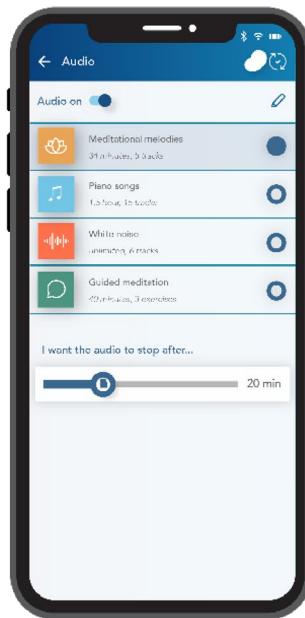
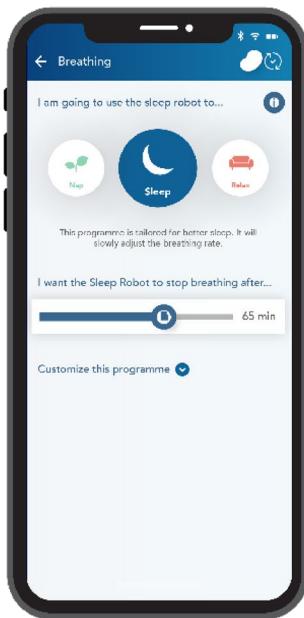
<https://www.meetsomnox.com/iOS>



<https://www.meetsomnox.com/Android>

## Somnox Sleep Robot App

Change the breathing pattern and music by setting up your preferences in the app. Find out more about the settings and possibilities by downloading the app.

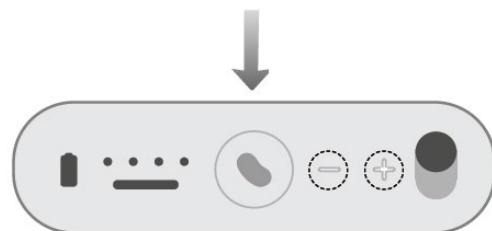


For a full manual of the Somnox Sleep Robot App, please read the in-app manual.

### Turning on Bluetooth

To turn on Bluetooth, make sure the battery is charged and turn the Sleep Robot on by pressing button (1).

Once the sleep session is started, Bluetooth will be on for 2 minutes after which Bluetooth will turn off automatically. Also, if you (un)pause the Sleep Robot, Bluetooth will be on for two minutes.



To reactivate Bluetooth without (un)pausing, press button (6). Bluetooth will be on for 2 minutes.



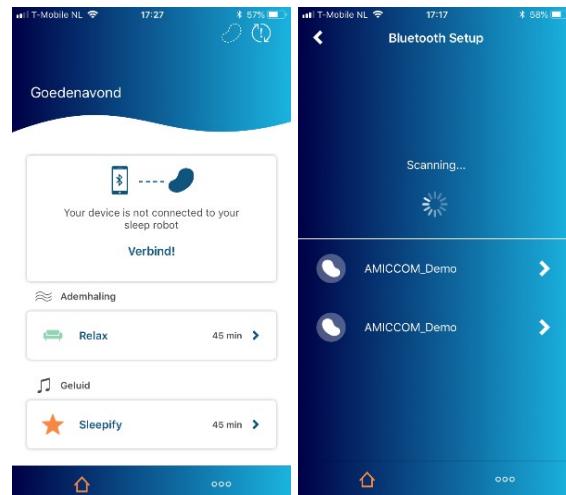
Once connected with a mobile device, Bluetooth will stay on, until you disconnect. Once disconnected, Bluetooth will turn off after 2 minutes.

### Connecting

Follow the following steps to connect with the Somnox Sleep Robot:

- Step 1: Turn on Bluetooth on your mobile device.
- Step 2: Press on the connect button in the Somnox Sleep Robot App.
- Step 3: The app will start looking for your Sleep Robot.
- Step 4: Select your device.

Having trouble to connect? Click in the app on 'Troubleshoot'.



### Personalization

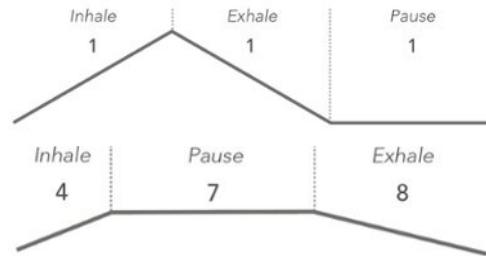
In the mobile app you can personalize your Sleep Robot. In the in-app guide you will learn how to set a breathing rhythm that works for you and how to set your preferred music or sounds. Below you'll find some more information regarding the functionalities of the mobile app.

### Breathing

Someone's breathing rate depends on as well your physical and mental state as well as your habits. Some examples:

- Professional athletes often breathe at a lower pace compared to those who never exercise.
- Those who smoke a lot or consume high amounts of caffeine are more likely to breathe at a higher frequency
- Stress levels are one of the most important variables affecting breathing rate. You might have experienced a stressful situation in which you noticed your breathing become faster or irregular, or when you even started to hyperventilate.

Thus, since the breathing rate is dependent on many different personal aspects, we want to provide the user with the possibility to adjust this setting. Next to that, there's the breathing 'ratio', which is often described as a certain 'pattern'. In general, people inhale,



exhale and have a natural 'pause' before the inhale starts again. When enlarging the duration of the exhalation, body and mind will relax.

### Music / sound

We've integrated playlists with music and sounds that, based on research, are relaxing and soothing to your ears and mind. The music we provide, designed together with our partner Manglemoose, contains the following genres:

- Meditation Music
- Ambient Sounds
- Cognitive Shuffling

Next to that, you have the possibility to add your own music to the Sleep Robot's microSD card.

### Uploading your own music

This feature will be added in a future software update (see below). Please connect with the mobile app regularly to stay updated.

### Updating

By software updates Somnox will provide you with new features that will make your Sleep Robot even smarter. By software updates we can activate sensors, sleep analysis, smart alarm, and many more functionalities.

In the mobile app a pop-up will appear once an update is available. To install the update, make sure you're connected to the internet and Bluetooth is turned on. Make sure the charger is plugged into the device. Click on 'Install' to install the update. This might take a few minutes, keep on breathing.

Please do not close the mobile application in order to ensure a smooth installation.



## 6 Sleeping with your Sleep Robot

### Positioning

The researchers of Somnox found that the best way to sleep with the Sleep Robot is in the way you feel comfortable. Although the Sleep Robot is designed for a certain sleeping position, Somnox recommends you try different positions to find out what works for you.

The shape of the Sleep Robot is designed to nestle like spoons in bed. Hold it against you and feel the breathing simulation against your hands.

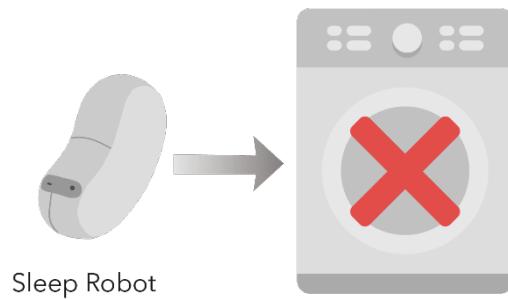


### Sensing

This feature will be added in a future software update (see above). Please connect with the mobile app regularly to stay updated.

## 7 Cleaning your Sleep Robot

The Somnox Sleep Robot is an electronic product, so it should be handled and maintained with care. Follow the following guide to clean your Sleep Robot. In case of uncertainties or questions please contact us. Never expose your Sleep Robot to a humid or wet environment, and never place it in a washing machine, as this will cause malfunction of the Sleep Robot or injury to yourself. Always follow the guidelines in this manual.



### Cleaning the ticking

The soft fabric around your Sleep Robot is called ticking: a comfortable, soft material used in mattresses and bedding to ensure comfort. The ticking fabric can be cleaned in two ways:

#### 1. Cleaning with a damp cloth.

You can clean the ticking by taking it off the Sleep Robot and cleaning it with a damp cloth. Take it off by unzipping the zipper of the ticking and gently pulling it off the robot. You might need to stretch the fabric a little to get it around the control panel.

**IMPORTANT:** There is a small piece of loose foam around the Multicolor Light (8). Make sure you do not lose this when removing the ticking.

If there is any dirt or a stain on the ticking sleeve, try wiping or rubbing it with a damp cloth. Don't make the cloth too wet, only damp. Do not use any chemical cleaning products.

#### 2. Chemically washing the ticking sleeve.

You can also clean the ticking by taking it off the Sleep Robot and chemically washing it. Remove it by unzipping the zipper of the ticking and gently pulling it off the robot. You might need to stretch the fabric a little to get it around the control panel.

**IMPORTANT:** There is a small piece of loose foam around the Multicolor Light (8). Make sure you do not lose this when removing the ticking.

Chemically wash the ticking by following the instructions on the washing label inside it. Do not do this regularly as it may reduce the quality of the ticking.

**IMPORTANT:** Never wash the ticking with the Sleep Robot still inside.

## Cleaning the Control panel

If there is any dirt or moisture on the control panel you can wipe it off with a dry cloth. Do not use a damp or wet cloth to clean the control panel. Also, do not use chemical cleaning products. Do not put your finger inside the Charger Slot (4).



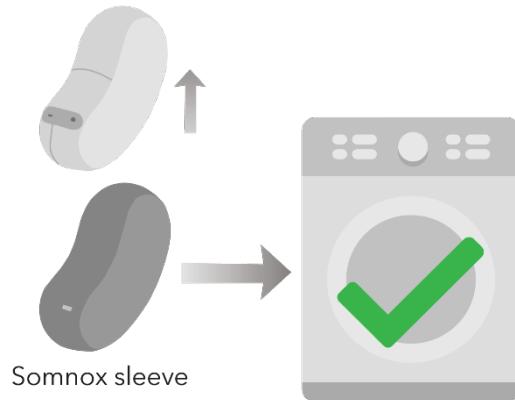
## Washable Sleeve

To keep your Sleep Robot clean and safe, we recommend using a Somnox Washable Sleeve. This Sleeve is easily detachable from the Sleep Robot and the sleeve can be washed at 60°C or 140°F in the washing machine. Always read and follow the instructions on the washing label inside the Somnox Sleeve.

**IMPORTANT:** Never wash your Somnox Sleeve with the Sleep Robot still inside it.

For more information regarding the Washable Somnox Sleeve please visit:

[www.meetsomnox.com/shop](http://www.meetsomnox.com/shop).



## 8 Troubleshoot

If you experience any trouble with your Sleep Robot, don't hesitate to contact our customer support. You'll find their contact information on our website: <https://www.meetsomnox.com>.

### Error Messages

Sometimes the problem can be easily solved by yourself. Please check the tables below to see if the battery indicators can show you how to solve the problem.

Table 2 Legend

Symbol	Definition
●	Off
○	Blinking / fading
○	On (white)
○○○	Colored

Table 3 Error Messages

Battery Indicators	Multicolor Light	Definition
○●●●	N/A	No microSD card inserted, please insert a Somnox microSD card
○○○○	N/A	You took out the microSD card, please insert a Somnox microSD card

# 9 Certification

## USA (FCC) & Canada (IC)

### Wireless Certifications and Safety Information

- This device is either CAN ICES-3(B)/NMB-3(B) or CAN ICES-5(B)/NMB-5(B) compliant.
- This device complies with Part 15 of the FCC Rules and Industry Canada License-exempt RSS standard(s). 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 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: 1) Reorient or relocate the receiving antenna, 2) Increase the separation between the equipment and receiver, 3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected or 4) Consult the dealer or an experienced radio/TV technician for help.*

- Changes or modifications to this equipment not expressly approved by the manufacturer could void the user's authority to operate the device.
- Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.
- To comply with FCC and Industry Canada RF exposure limits for general population/uncontrolled exposure, the antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operated in conjunction with any other antenna or transmitter.

#### For Bluetooth® Products

- When traveling on airlines, be sure to comply with the airline restrictions on usage of personal electronic devices and Bluetooth®.
- The out of range alert feature has been designed to act as an aid to warn against products getting misplaced or stolen. It is not a security system.
- The connectivity range is up to 100 feet (30.5 meters) depending on environment and location.
- The shortwave radio frequency signals of a Bluetooth® device may impair the operation of other electronic and medical devices (such as pacemakers or hearing aids).

**NOTE:** The Bluetooth® word mark and logos are registered trademarks owned by the Bluetooth®, SIG, Inc. and any use of such marks is under license. Other trademarks and trade names are those of their respective owners.

*This product complies with these standards when operated with a 6 foot (1.8 meters) or shorter extension cord.*



EU (CE)



Australia / New Zealand (RCM)



Disposal

WEEE



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

Grüner Punkt



The Grüner Punkt (Green Dot) is only applicable for products, sold in Germany, the Netherlands, Belgium, Australia and New Zealand.

# 10 Contact Information

## Support

Need any more help? Contact us at [help@meetsomnox.com](mailto:help@meetsomnox.com).

## Feedback

We are very excited to hear about your experience with the Somnox Sleep Robot, please let us know so we can further improve.

Please let us know at [feedback@meetsomnox.com](mailto:feedback@meetsomnox.com).

## Somnox B.V.

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Email: [info@meetsomnox.com](mailto:info@meetsomnox.com)

Website: [www.meetsomnox.com](http://www.meetsomnox.com)



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Good Night