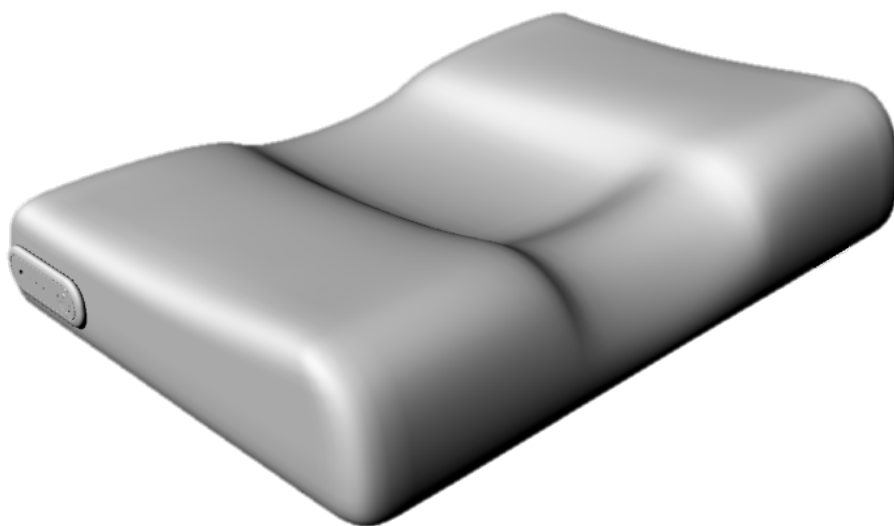


Operation Instructions

Model: ZP-100

ZEREMA

Smart Pillow



MAETEL Co. Ltd.

CAUTION!

1. This appliance is only to be used with the power supply unit provided with the appliance.
2. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of 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.
3. Children shall not play with the appliance.
4. Cleaning and user maintenance shall not be made by children without supervision.

ZEREMA Detail of Function

1. Height Adjustment

ZEREMA adjusts the height of the pillow by distributing pressure on your neck and head. If the pillow height you set for the first time in the mobile app is not comfortable, you can adjust the height manually according to your preference. If you adjust your pillow height properly, you can prevent sleep and neck discs.

2. Alleviating Snoring

ZEREMA APP constantly detects snoring sounds. If your snoring sound is detected by ZEREMA APP, it will automatically lift your neck. As your neck rises, the gap between your tongue and neck increases, opening your airways to alleviating snoring. If it does not immediately reduce snoring, Zerema repeats the height adjustment process until the snoring is reduced. When your snoring is reduced, it will keep your neck and head position for 1 minute and then return to a comfortable height.

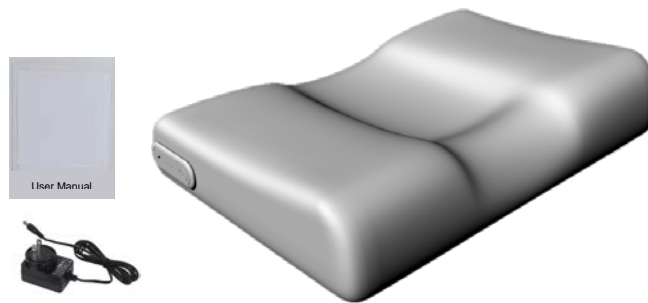
3. Sleep monitoring

ZEREMA provides various sleep information to users through mobile app linked with pillows. You can see when you slept, when you woke up, how deep sleep, shallow sleep, and sleep quality are. You can also check your sleeping environment by recording snoring, sleeptalking, and sleeping noise.

*** Please refer to the website (www.maetel.kr) for details.**

PACKAGE CONTENT

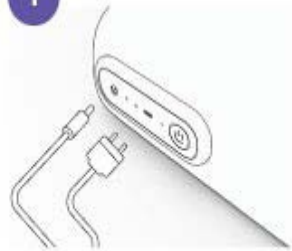
1. ZEREMA: Pillow with waterproof inner cover and washable outer cover
2. User Manual, Warranty Card
3. AC/DC Adapter (9V)



- ※ After unpacking ZEREMA, a temporary characteristic mild odor may be present. This odor is completely harmless and will disappear after a while. In order to avoid any unpleasant odor, air the product before use and keep the room ventilated for a while.

QUICK START

1



Connect the power supply to Electronic Control Unit.
Place ZEREMA on the bed.

2



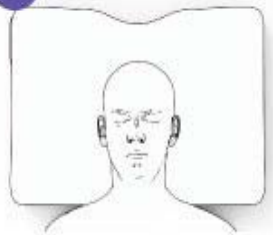
Press the power button for 6 seconds.

3



Do not lie down while the pillow is initializing.

4



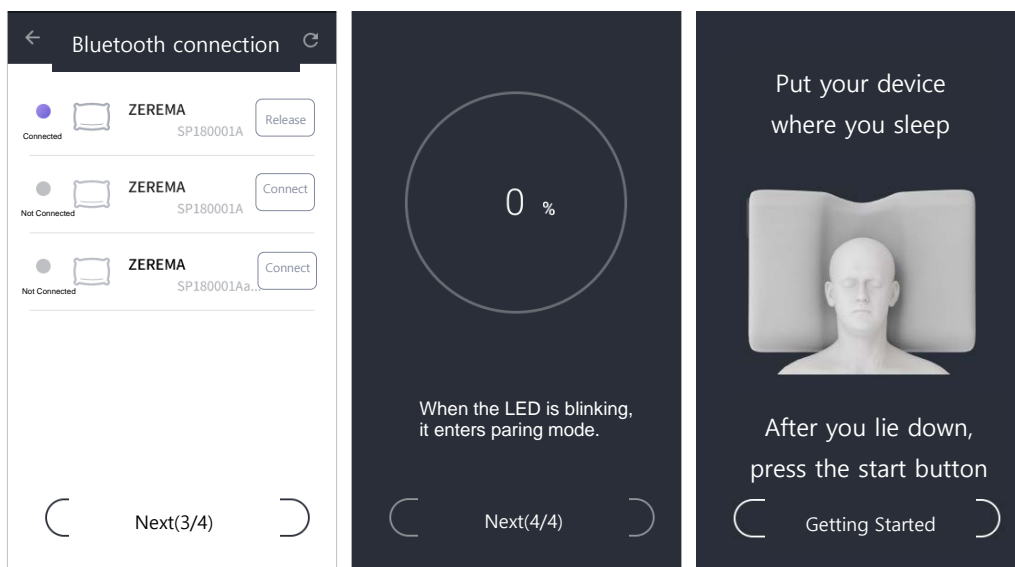
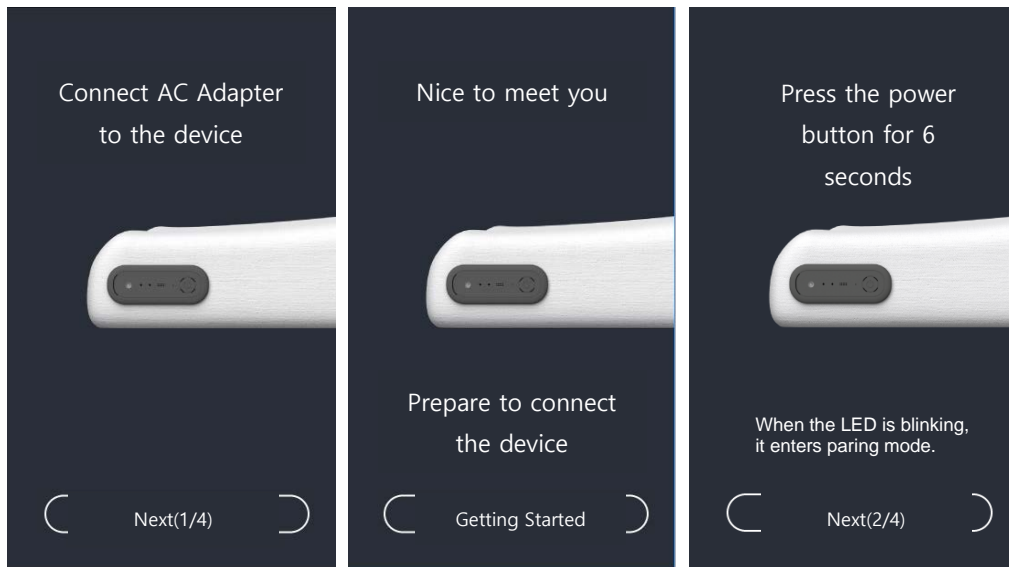
After initialization, operate the APP and set the pillow height for you.

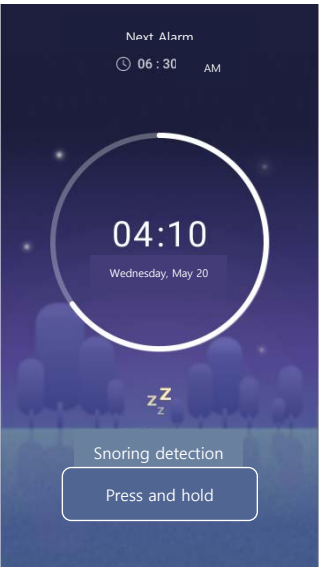
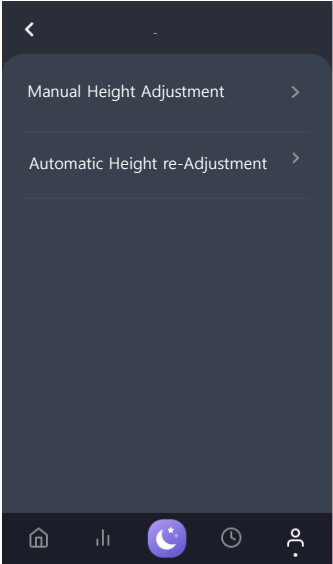
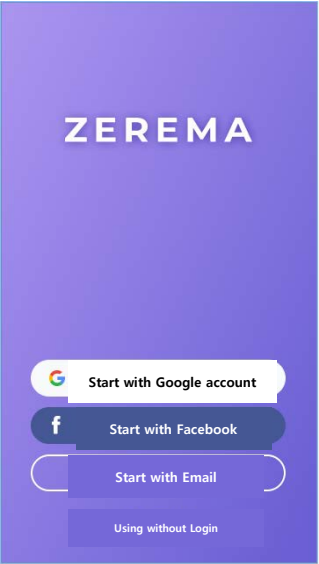
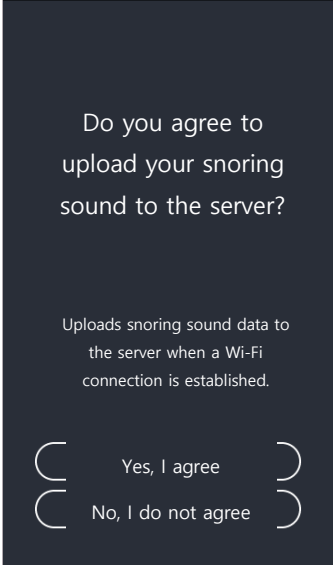
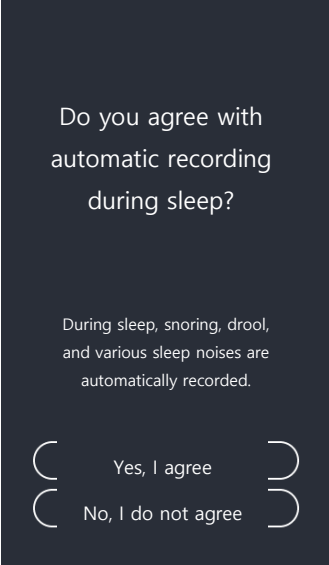
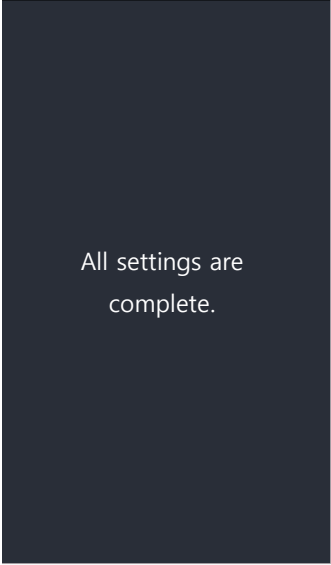
5



Connect Bluetooth and keep it within 1m of the user. You can use the alleviating snoring function button.

Tutorial





ABOUT ZEREMA

ZEREMA is a computer-controlled pillow that helps to reduce snoring and adjust height. ZEREMA reduces obstructions of the upper airway by changing the height of neck and so helps to improve your sleep quality.

1. ADVANTAGES

ZEREMA supports healthy and restful sleep by help keeping the upper airway open during the sleep.

The effects of ZEREMA has been verified in a clinical study at the sleep center in the Yonsei University hospital. For further information, please visit: www.maetel.kr

2. TARGET GROUP OF USER

- Adults over 18 years

3. ZEREMA IS NOT SUITABLE FOR

- Persons with intracranial electrode shall not use ZEREMA
- Persons with pacemakers or with severe Obstructive Sleep Apnea Syndrome (OSAS) should consult an ENT doctor prior to use of ZEREMA

4. SIDE EFFECTS

- No side effects are known if ZEREMA is used according to the User Manual. If you feel uncomfortable using ZEREMA, stop using ZEREMA immediately and contact Maetel CS.

5. GETTING USED TO THE ZEREMA/ ADJUSTMENT PERIOD

Users might require some time to get used to the special shape of ZEREMA and might also recognize very little sound from ZEREMA which are caused by inflation or deflation of the integrated air-bag. To adjust the height of ZEREMA for a comfortable sleep, the user may adjust the pillow height manually with dedicated mobile APP "ZEREMA APP"

ABOUT SNORING

Snoring is the sound you make when your breathing is blocked while you are asleep. The sound is caused by tissues at the top of your airway that strike each other and vibrate. Snoring is common, especially among older people and people who are overweight.

To reduce snoring

- Lose weight if you are overweight.
- Cut down or avoid alcohol and other sedatives at bedtime.

When severe, snoring can cause frequent awakenings at night and daytime sleepiness. It can disrupt your bed partner's sleep. Snoring can also be a sign of a serious sleep disorder called sleep apnea. You should see your health care provider if you are often tired during the day, don't feel that you sleep well, or wake up gasping.

In this case, please consult your doctor.

FUNCTIONAL DESCRIPTIONS OF ZEREMA

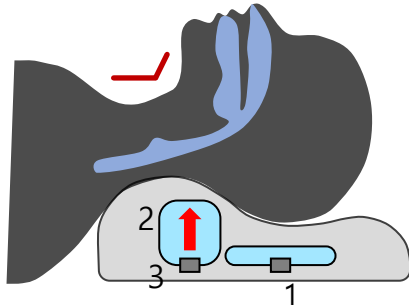
ZEREMA continuously monitors the user's breathing sounds. It lifts the head automatically, quietly and gently as soon as snoring is detected. Lifting of the neck increases the gap between the tongue and throat and thus expands the airway and reduces snoring. If no positive effect is achieved with the first movement, ZEREMA will change the head to the other side until the snoring stops or is reduced at most. ZEREMA holds that position to stabilize the head in the optimal position. ZEREMA APP measures snoring sound. Different sensitivity and detection modes of snoring can be set with the 'ZEREMA APP' Application (APP) on an Android or iOS tablet/phone. The effectiveness of ZEREMA and the 'Quality of Sleep' can be determined by using the ZEREMA APP' Application (APP) on an Android or iOS tablet/phone. For further information, please visit website: www.maetel.kr

SAFETY REGULATIONS

1. SAFETY NOTES

- ZEREMA was developed for using by a single person.
- Do not expose ZEREMA to excessive pressure by forcibly squeezing, pushing or bending it.
- ZEREMA must only be used with the supplied AC adapter.
- ZEREMA should be connected to an easily accessible socket so that in case of failure the power cord can be unplugged easily.
- Do not use ZEREMA near electric blankets, hot water bottles or other electrical or hot objects, as their high temperatures can damage ZEREMA.
- Do not cover the AC adapter with blankets or store it near a heater, heat sources or in direct sunlight. The device could overheat. This can damage the power supply and ZEREMA. Keep the AC adapter in a well-ventilated place.
- Protect ZEREMA from moisture, dust, corrosive liquids and vapors.
- Do not use ZEREMA if it does not work properly or if parts are damaged.
- Observe the chapter "Cleaning and Maintenance" to avoid dirt and bacterial contamination.
- Do not smoke in bed!

INNER STRUCTURE OF ZEREMA



1. Air-Pocket in Head
2. Polyurethane foam
3. Air-Pocket in Neck

High-quality polyurethane foam (2) for optimal comfort. Remark: The comfort increases during the first days of usage. Integrated snoring sensors (1) detect snoring of the user on the ZEREMA APP. ZEREMA has a washable pillow cover that provides additional comfort. ZEREMA is covered with the waterproof inner cover.

DO NOT OPEN THE INNER COVER.

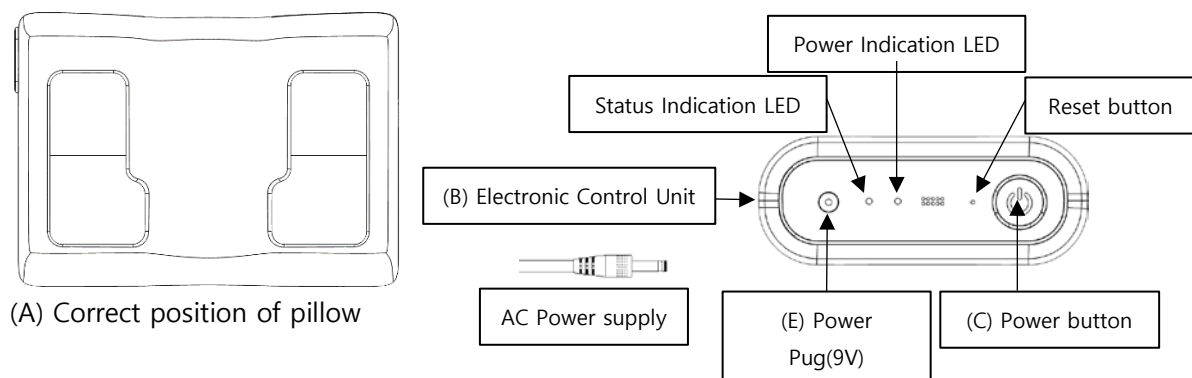
THE USE OF ZEREMA

1. BEFORE USING ZEREMA

Make sure that ZEREMA is used in a clean and dust-free environment with low humidity. Dust and moisture can limit the lifetime and functionality of the technology. The use of an additional personal pillow cover is not recommend.

2. USE OF ZEREMA – INITIAL OPERATION

Place ZEREMA on your bed like a normal pillow (see figure).



Plug the AC Power Supply into the Power Plug (E) of the Control Unit (B). Turn the Power Switch

(D) to ON. The light on the Control Unit lights up blue.

Place the Control Unit (B) under the bed. If you want to connect with "ZEREMA APP" Application (APP), please turn on the bluetooth function and launch the APP in your mobile phone. The APP will connect with ZEREMA automatically.

MAKE SURE YOUR HEAD IS CORRECTLY ON THE PILLOW DURING SLEEP.



To start the Bluetooth connection, download the "ZEREMA APP" Application (APP) and follow the instruction on your device.

"ZEREMA APP" APPLICATION (APP) FOR SMARTPHONES

The "ZEREMA APP" Application (APP) is available for ANDROID (version 4.4 and above) and iOS Smartphones. "ZEREMA APP" allows the user to configure ZEREMA and analyze the effectiveness of ZEREMA. The function of ZEREMA is constantly improved and the firmware of ZEREMA can be updated with "ZEREMA APP".

Download the "ZEREMA APP" Application (APP) from iTunes, Google Play and Baidu (China).

Connect ZEREMA to your Smartphone with Bluetooth and follow the instructions. The snoring and the head and neck movement of the user on the pillow are constantly monitored. The data is automatically synchronized to the Smartphone and can be analyzed with "ZEREMA APP".

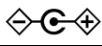
Snoring relief function works only through APP.

TRANSPORTATION AND STORAGE

Store ZEREMA in its original shape in a dry environment (maximum 75% relative humidity) and at a suitable room temperature (+5 to +45°C). Store ZEREMA carefully (do not fold or bend, do not expose to pressure) to prevent shape or technical damage of ZEREMA and the inner structures inside the pillow. Use the original packaging for transportation.

Main Feature

Pillow

Rated Voltage	 DC 9.0V
Rated Current	1.0 A
Size	60 X 42 X 12 (LXWXH) cm
Weight	2.6kg
Wireless communication	BLE 5.0
Operating Temperature	5°C ~ 45°C
Operating Humid	~ 75%

AC Adapter

Rated input voltage	100-240V ~, 50/60 Hz
Rated input current	0.3A
Rated output voltage	9V
Rated output current	1A
Size	L84.5 X W40 X H22.7 (mm) / Code Length: 2 m
Operating Temperature	5°C ~ 45°C

Disclaimer

ZEREMA is a non-medical lifestyle improvement device that helps alleviate the frequency and amount of snoring. ZEREMA is useful for people with mild snoring. The result of snoring alleviation varies from user to user. People with sleep apnea, breathing problems, discs on the back and neck, and spinal cord injuries should not use ZEREMA. For concerned users, consult your doctor before using ZEREMA.

WARRANTY

ZEREMA offers a one-year manufacturer's warranty. Warranty does not apply to damage caused by accident, abuse, misuse, flood, fire, earthquake, other external causes or use with improper power supply.

GENERAL CONDITIONS OF WARRANTY

- The warranty is only valid if ZEREMA was used according to the guidelines stated in the instructions for use.
- The warranty is only valid if ZEREMA was used by end-user.
- The warranty covers electrical and mechanical defects and permanent deformation of the foam of more than 1cm of the original shape.
- In case of problems or complaints, please contact the authorized dealer from whom you purchased ZEREMA. For warranty questions, please submit the original invoice or the original proof of purchase.
- The warranty is not extended if ZEREMA was replaced or repaired during the initial warranty period.

THE WARRANTY DOES NOT APPLY

- If the instructions for use, cleaning and maintenance of ZEREMA stated in this manual were not followed or if it was damaged in any other way by poor maintenance or careless use.
- If ZEREMA or other components were forcibly compressed, bent or squeezed or exposed to any other excessive force resulting in a material failure, loss of functionality or permanent deformation of the pillow.
- If ZEREMA or its components get wet or are soaked.
- If ZEREMA or cover is soiled or unhygienic.

- If ZEREMA or other components have been modified or repaired without written permission.
- If the protective inner cover of ZEREMA has been deliberately damaged or removed.
- If ZEREMA and its components have been damaged by high humidity or dusty environment.
- If the washable pillow cover has not been washed according to the instructions on the label, which is located on the inside. The washable pillow cover may have limited warranty.
- If ZEREMA was used for professional demonstration or professional testing or any other use expect for use by end-user in home environment.

THE RETURN MAY BE REJECTED:

- If the contents of the product packaging are incomplete.
- If ZEREMA or its components were damaged or improperly used – i.e. not in accordance with the instructions for use.

RETURN PROCEDURE:

- Please see the enclosed Warranty Card

Note: ZEREMA is continuously refined and improved. There might be slight variations in specification, features, color, materials or appearance, which do not influence the basic function.

CLEANING AND MAINTENANCE

ZEREMA cannot be washed or dry-cleaned. To clean the pillow, remove the outer pillow cover, ventilate the pillow or gently clean the inner cover with a slightly damp cloth to remove dust or stains from the surface. The protective inner cover protects the sensitive technical parts of the pillow.

DO NOT REMOVE THE INNER PILLOW COVER!

The outer pillow cover can be removed and cleaned according to the instructions on the washing label (inside the cover). For washing, the pillow cover needs to be turned inside-out and the zipper closed.

FCC Part 15.19

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.

FCC Part 15.21

Any changes or modifications (including the antennas) to this device that are not expressly approved by the manufacturer may void the user's authority to operate the equipment.

Innovation, Science and Economic Development Canada

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) L'appareil ne doit pas produire de brouillage;
- (2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement

RF Radiation Exposure Statement

This equipment complies with FCC/ISED RF Radiation exposure limits set forth for an uncontrolled environment.

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

RF du IC d'exposition aux radiations: Cet équipement est conforme à l'exposition de la IC rayonnements RF limites établies pour un environnement non contrôlé.

L'antenne pour ce transmetteur ne doit pas être même endroit avec d'autres émetteur sauf conformément à la IC procédures de produits Multi-émetteur.



For private households: Information on Disposal for Users of WEEE

This symbol on the product(s) and / or accompanying documents means that used electrical and electronic equipment (WEEE) should not be mixed with general household waste. For proper treatment, recovery and recycling, please take this product(s) to designated collection points where it will be accepted free of charge.

Alternatively, in some countries, you may be able to return your products to your local retailer upon purchase of an equivalent new product.

Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment, which could otherwise arise from inappropriate waste handling.

Please contact your local authority for further details of your nearest designated collection point.

Penalties may be applicable for incorrect disposal of this waste, in accordance with your national legislation.

For professional users in the European Union

If you wish to discard electrical and electronic equipment (EEE), please contact your dealer or supplier for further information.

For disposal in countries outside of the European Union

This symbol is only valid in the European Union (EU). If you wish to discard this product please contact your local authorities or dealer and ask for the correct method of disposal.

WARRANTY CARD

Please mail or email warranty card and PROOF OF PURCHASE within 15 days of purchase to:

4F, IBK, 114, Mapo-daero, Mapo-gu, Seoul, 04213, Rep. of KOREA / CS@maetel.kr

Customer Name:

Product Name: ZEREMA Pillow

Model No.: ZP-100

Address:

Email Address:

Date of Purchase:

Dealer Name:

Phone No.:

MAETEL CO. LTD.