



Your journey starts here

Great sleep
starts here →

**Download the Eight Sleep
app to begin setup**

Or, if you are an existing user, this QR code
will also help you set up your new Pod.





Welcome to the sleep fitness club

Sleep fitness is a real thing. It's a state of overall health and well-being fueled by quality sleep. Being sleep fit results in a feeling of restoration, elevated energy levels and confidence. In short, being sleep fit enhances performance in everything we humans do. Dr. Philip Gerhman from University of Pennsylvania's Perelman School of Medicine defines sleep fitness as, "the extent to which we are getting sufficient quantity and quality of sleep to be energized and functioning at peak levels during the day."

Most of all, sleep fitness is actionable, measurable and achievable. It opens room in the conversation for positive reinforcement and advocacy around sleep, something that is missing from the current dialogue. We designed the Pod to help you achieve sleep fitness. Like any habit, becoming sleep fit requires discipline and time. The Pod is here to support you in your journey through the best technology that sleep has ever seen.

Unlock higher quality sleep every night.
Boost your recovery through personalized
bed temperature, health monitoring, and
digital sleep coaching.

Maintenance Instructions

Hub

Approximately every couple of months, you will be prompted in the Eight Sleep app to refill the Water Tank. Instructions will be presented in the app, but you can also follow the instructions below for refilling and maintenance.

Before starting, we recommend you have these on hand, but you can always add them later:

- 16 ounces (473 ml) of 3% hydrogen peroxide.
- 1/2 gallon (2L) of distilled water.

Instructions:

- Remove the water tank from the Hub.
- If available, add 16 ounces (473 mL) of 3% hydrogen peroxide to the water tank.
- Add distilled water up to the fill line. If not available, use tap water instead.
- Secure the lid and place the water tank back into the Hub.
- Open the app, and head to Menu > Device Settings > Maintenance > Prime Hub, and tap to begin Priming.
- After Priming has completed, remove the water tank and refill it with water and hydrogen peroxide.
- Secure the lid and place the water tank back into the Hub.
- Now the Hub should be ready for use.

Hub light cheat sheet

Here's what the light colors on the Hub mean:



Solid White

Paired and connected to Wi-Fi



Solid Orange

Disconnected from Wi-Fi



Pulsing Green

Factory reset in progress



Solid Pink

Warming is on



Pulsing Red

Sensor or cord is unplugged



Pulsing Yellow

Pod is initializing



Solid Light Blue

Cooling is on



Pulsing Blue

Pairing Mode



Pulsing Orange

Connecting to Wi-Fi

Active Grid

- The Active Grid layer of the Pod is made of polyester and cotton. It is not water-resistant or waterproof. Use a damp cloth for spills or spot treatment, if needed.
- Do not wash the Active Grid layer in a washing machine or by hand, nor dry it in a dryer. Doing so will ruin it and void your warranty.
- Do not pour any water or liquids on the Active Grid layer.
- Do not put the power cord into water.
- Do not iron your Active Grid layer.
- Do not dry clean your Active Grid layer. Dry cleaning solvents may damage the wires.
- Do not bleach or use cleaning fluids.
- Do not use a wringer.
- Do not use mothballs or sprays of any kinds.
- Do not vacuum.
- If you wish to protect the Active Grid, use a thin waterproof mattress protector.

If you need to move the Active Grid from one location to another, we suggest draining the water out of it. You will find the Drain Tool (Figure A) inside Box 2, side B, right underneath the Hub. This small plastic tool will empty the water out of the Grid. You can find instructions for doing this inside the Eight Sleep app's Help section.

Encasement

- Do not bleach or use cleaning fluids.
- Do not use a wringer.
- Do not use mothballs or sprays of any kinds.



Figure A: Drain Tool

Contact a Sleep Pro

The Pod is designed to be intuitive but sometimes it can help to talk to a human. If you run into any trouble, our Sleep Pros are here to help.

We are available seven days a week, with limited hours around major holidays.

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Sleep is Fitness.



8 EIGHT SLEEP

Your journey starts here



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