

# **Sleep Tracker Instructions**

# 1. product presentation

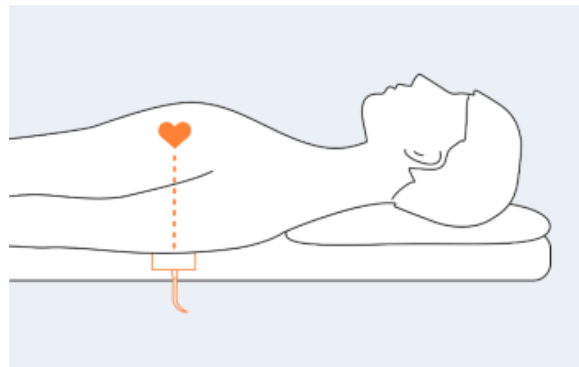
The Intelligent Sleep Instrument (Bluetooth + WIFI 2-in-one version)

Intelligent sleep instrument uses WeChat applet, use WeChat to scan the following "WeChat applet QR code" into the WeChat applet.



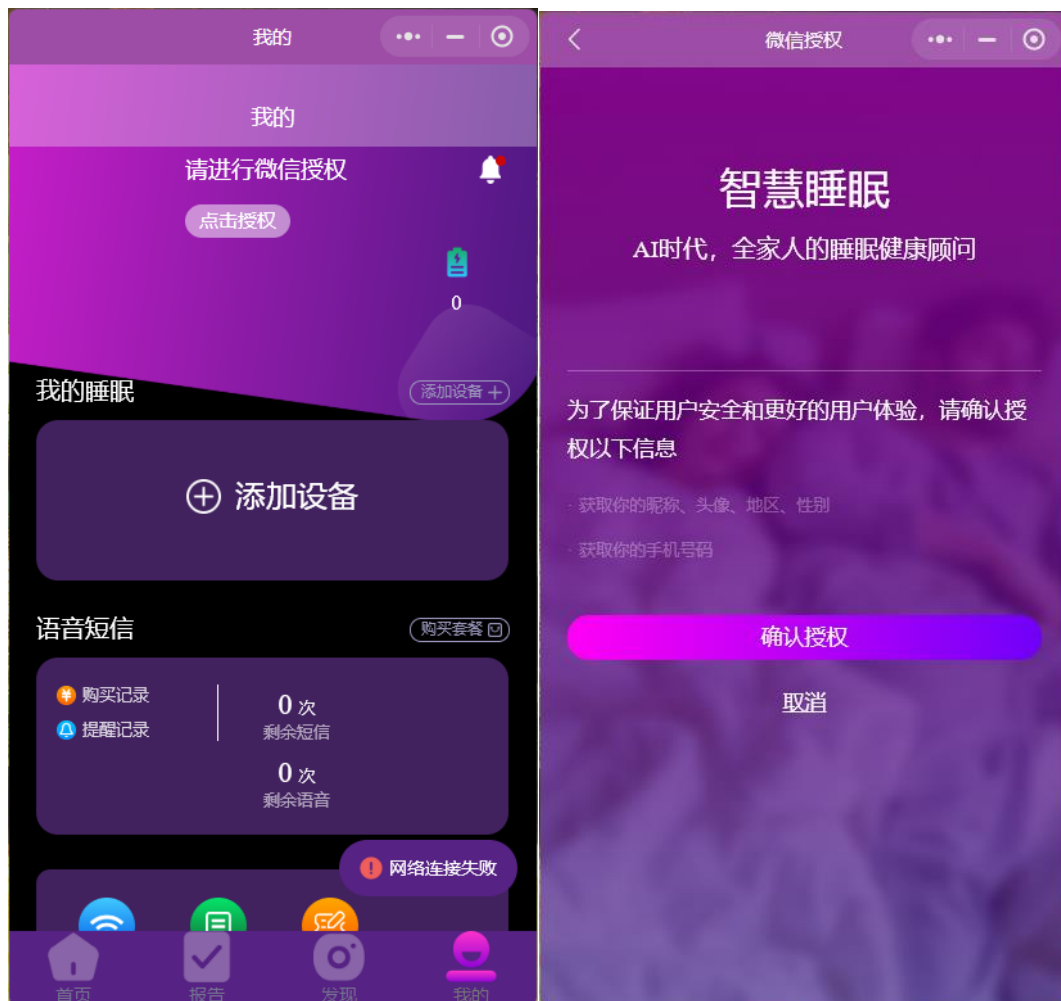
## 2. Installation guide

2.1 Please spread the intelligent sleep monitor under the sheet, or the mattress (within 5 cm thick), and the user lies directly above the chest and abdomen of the sleep monitor.

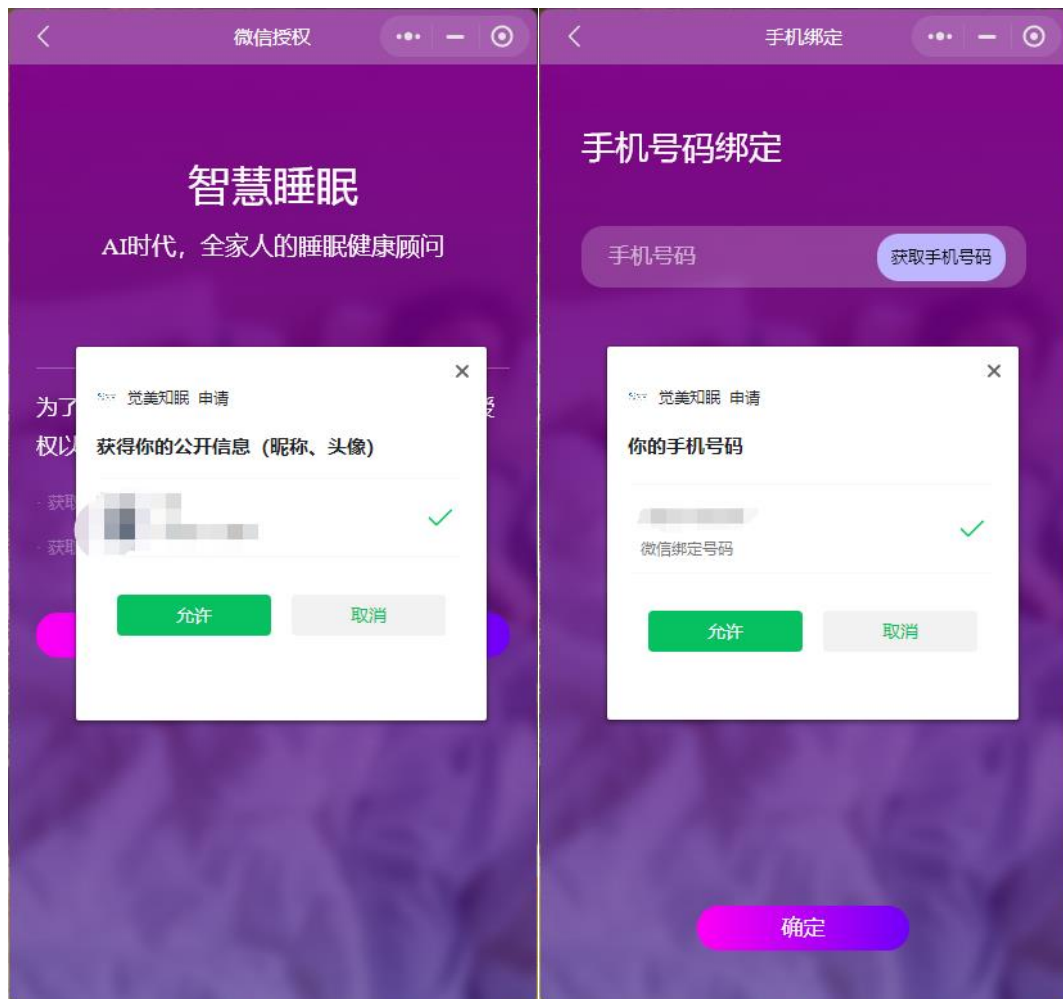


### 3. WeChat applet setting

3.1 Bind the mobile phone and authorize WeChat. After entering the WeChat applet, click "My" to enter the Settings interface, and click the "Click authorization" and "confirm authorization" page to set the mobile phone number binding.



3.2 Check the WeChat login phone number, click "allow", bind the phone number, and authorize WeChat.

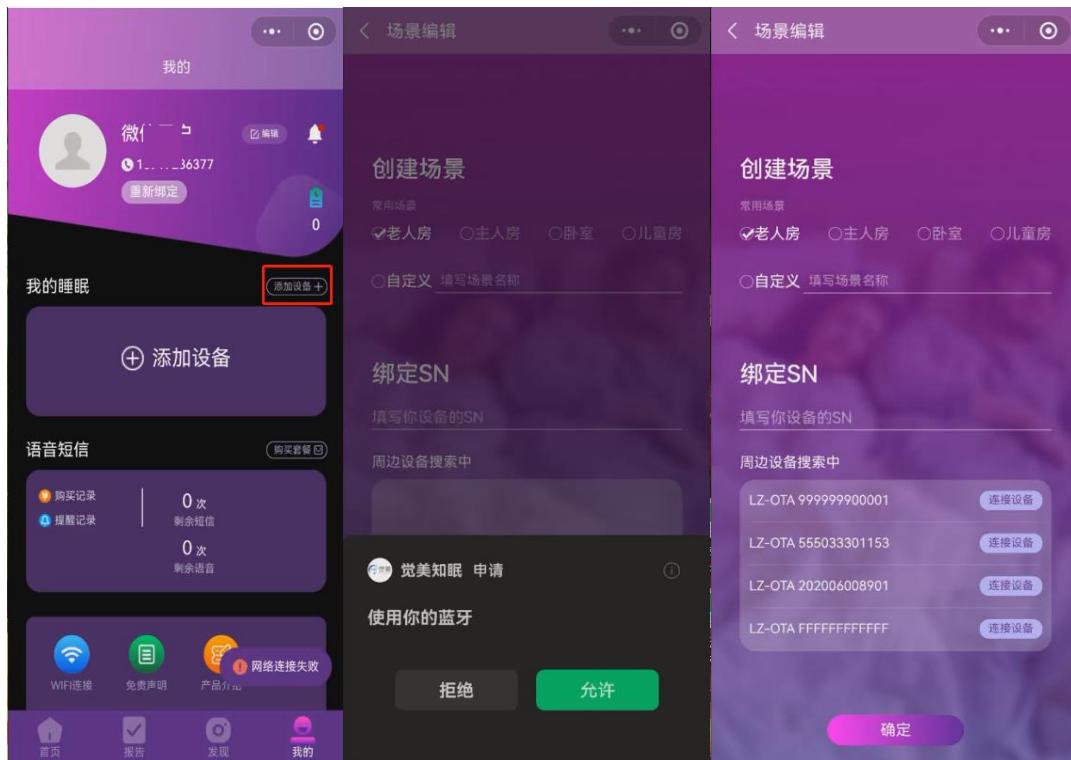


### 3.3 Select the corresponding sleeper version

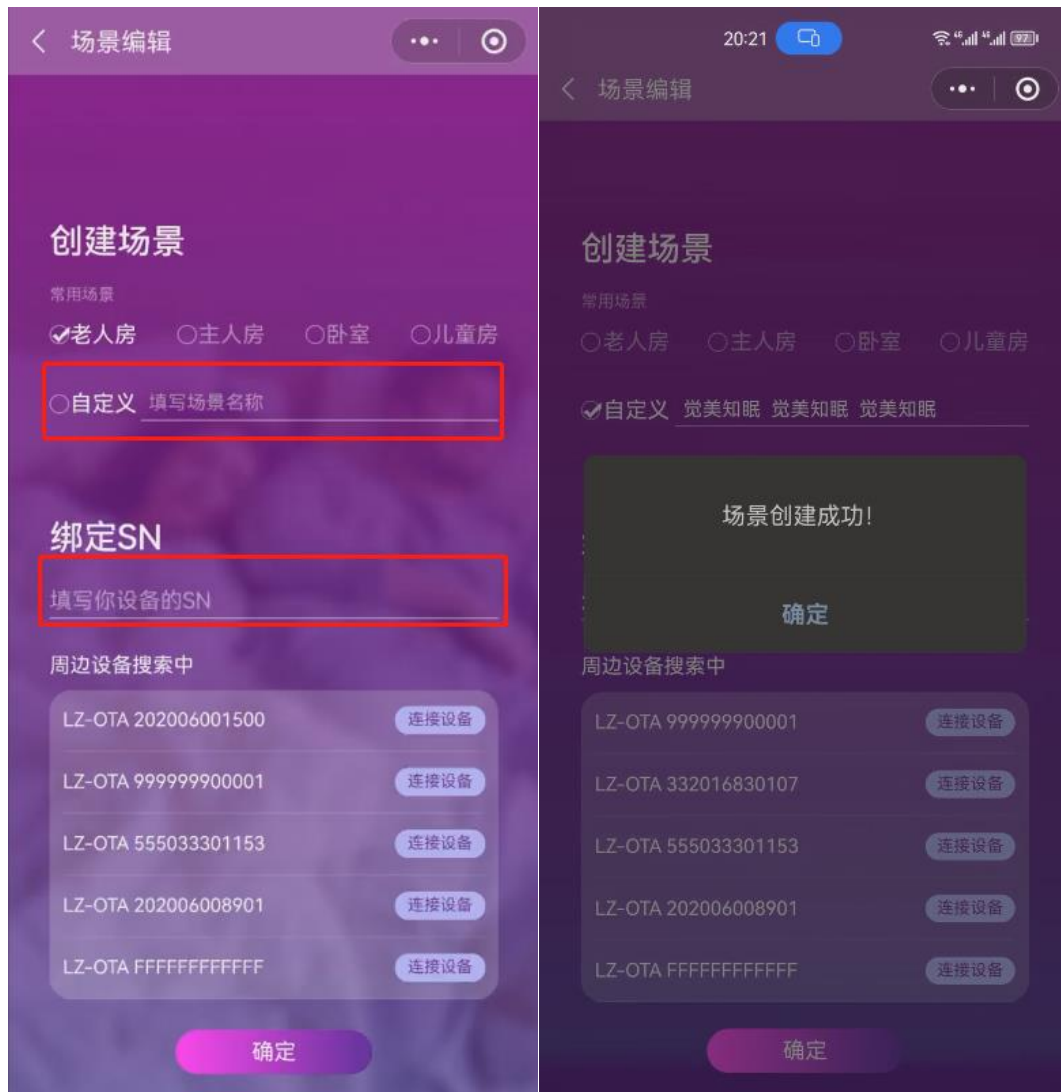


### 3.4 Click "Add Scene"

3.3.1 Enter "My Scene", click "Add Scene", click "allow" and open the Bluetooth of the mobile phone, enter the scene name editing, and enter the sleep instrument SN binding.



3.3.2 The scene name can be freely input (such as home, company, etc.). The SN of the sleep instrument has 12 digits, and see the monitoring label of the sleep monitor for details.





### 3.4 Bluetooth distribution network

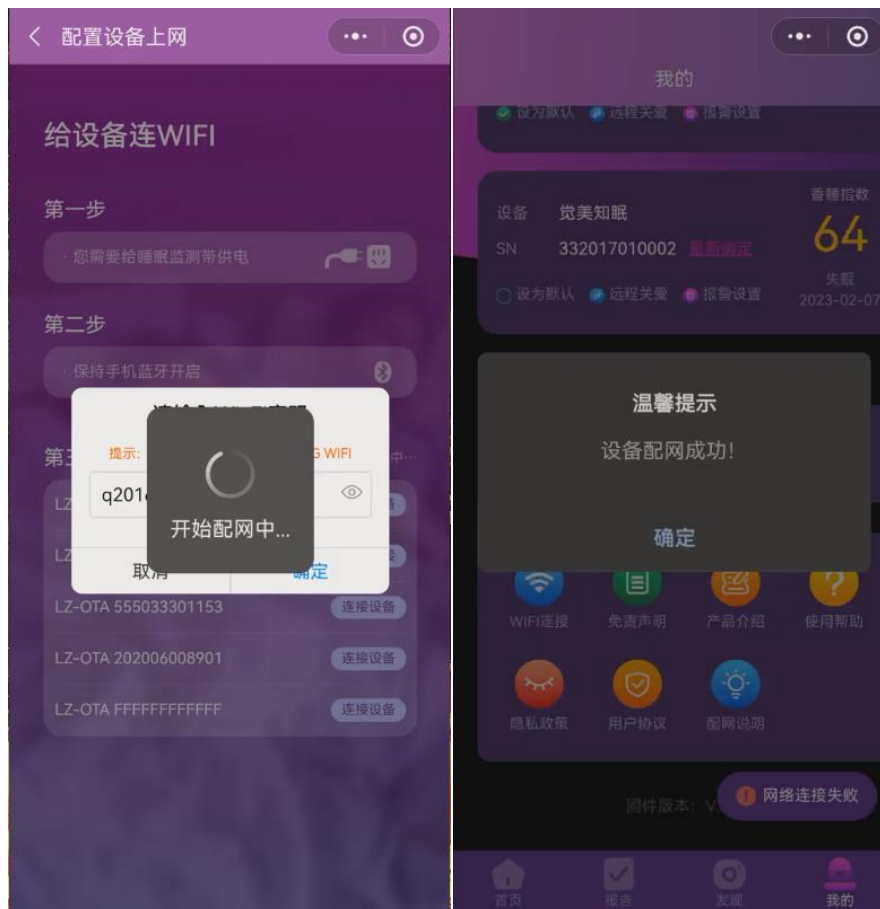
Before the WeChat applet Bluetooth distribution network, please confirm that the mobile phone has been connected to the 2.4G router WiFi (5G mode WiFi please switch to 2.4G), the mobile phone Bluetooth has been opened, the monitoring belt or gateway of the intelligent sleep instrument is powered on, click "WiFi connection" under the "My" interface, wait for the search sleep instrument, then click "Connect sleep instrument".



■ Enter the WIFI password, click to connect, prompt " Start in the distribution network..."

■ Wait for the page to prompt "connected", if the network fails:

- ① Confirm that the WIFI password is entered correctly;
- ② Verify that the 2.4G router WIFI is connected;
- ③ Turn off the WeChat applet, turn off the mobile phone Bluetooth, the sleep instrument power off, one minute later, turn on the mobile phone Bluetooth and positioning, enter the WeChat applet to repeat the above distribution network steps.



Note: Bluetooth distribution network notes:

- (1) Turn on Bluetooth on your phone
- (2) Open GPS positioning;
- (3) Mobile phone Bluetooth cancels the paired sleep instrument;
- (4) Android phone: WeChat Bluetooth authorization of WeChat applet;  
Iphone: Wechat turns on Bluetooth in the Settings;
- (5) The distribution network is successful and the network is normal,  
and the LED light of the sleep instrument is off, otherwise the LED  
light of the sleep instrument flashes continuously, indicating that the  
distribution network is unsuccessful, or the network is abnormal  
after success.

## 4. WeChat applets to use the display

4.1 After the success of the WeChat applet distribution network, people will lie on the monitoring belt and click "real-time heart rate" to show the current heart rate and breathing rate.



4.2 sleep a night, get up after 5 minutes in the morning (equipment please don't cut off power), click on the "report" interface, You can see the sleep parameters reported throughout the night, click on the parameters, such as "sleep habits" on the right of the small question mark, enter the details page, can see sleep habits, sleep efficiency, sleep, stability, heart rate, breathing rate details page.

4.3 Enter the "Discovery" page to play helpful music to help you sleep.



## 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.

Any 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 20cm distance between the radiator and your body: Use only the supplied antenna.