



Future Living

Tomo Ecosystem User Guide



January 2025



Table of Contents

1.	Introduction	4
2.	Tomo Suit Overview	6
2.1.	Tomo Device	6
2.2.	Tomo Bracelet	7
2.3.	Tomo Sphere App	8
3.	Safety Warnings and Cautions	9
4.	Tomo Kit Hardware Setup	12
4.1.	Tomo Bracelet	12
4.2.	Tomo Bracelet Charger	13
4.3.	Ideal Tomo Positioning	13
4.4.	Powering Up Tomo	14
5.	Tomo Sphere App	15
5.1.	Install the Tomo Sphere App	15
5.2.	Opening the Tomo Sphere app for the first time	15
5.2.1	New Tomo Users	16
5.2.2	Existing Tomo Users	18
5.3.	Connecting the Tomo Kit	18
5.3.1	Granting Tomo Wi-Fi Access	19
5.3.2	Pairing the Tomo Bracelet	21
6.	Using the Tomo Sphere App	23
6.1.	Creating a Sleep Plan	23
6.1.1	Set Sleep Goals	24
6.1.2	Select Body Areas	25
6.1.3	Select Colors	27
6.1.4	Set a Wake-Up Time	28
6.2.	Sleep	29
6.3.	Before Sleep or Meditation	29
6.3.1	Sleep Plan	30
6.3.2	Nap	32
6.3.3	Meditation	33
6.4.	Insights – Logged Sleep Quality Information	33
6.5.	Waking up	34

7.	Map of the Tomo Sphere app.....	35
7.1.	Home Screen.....	35
7.2.	Hamburger Menu.....	36
7.3.	Insights	36
7.4.	Account	36
8.	Tomo Additional Details	39
8.1.	Tomo Buttons	39
8.2.	Tomo Color Indications	39
8.3.	Sleep Insights	40
8.4.	Updating Tomo	42
9.	Technical Specifications of Tomo Kit	43
9.1.	Tomo Device	43
9.2.	Tomo Bracelet	44
9.3.	Tomo Power Supply	45
10.	Disposal & Recycling.....	46
10.1.	Disposal of Tomo Bracelet's Battery	46
10.2.	Recycling.....	47
11.	Regulatory.....	48
12.	Warranty & Return Terms	51
12.1.	Essence Future Living Tomo Warranty Policy.....	51
12.2.	Tomo's Return Policy	51
13.	Troubleshooting.....	52
13.1.	Tomo does not illuminate when the sleep plan is initiated	52
13.2.	No power LED indication	53
13.3.	Tomo stopped after several hours of sleep	53
13.4.	Water was spilled on Tomo	53
13.5.	Tomo did not wake me up	53
13.6.	Problems connecting Tomo to Wi-Fi	54
13.7.	Red dot on Tomo device/Tomo bracelet icon	54
14.	Additional Resources	56
	Legal Notice	57



1. Introduction

Tomo by Essence Group's Future Living division.



ESSENCE GROUP

A global technology leader in security, wellness, and digital health solutions for three decades. Essence designs and creates innovative, cloud-based end-to-end solutions for professionals and end-users, ensuring safety and peace of mind.

ESSENCE FUTURE LIVING

Essence Future Living is an in-house innovation body within the Essence Group.

Essence Future Living is committed to fostering a collaborative and inclusive culture, where ideas are shared freely, and diverse perspectives are valued. The incubator encourages entrepreneurs to think beyond traditional boundaries and explore new and innovative approaches to solving problems. One of the key strengths of Future Living is its deep understanding of emerging technologies and trends.

Our goal is to create ground-breaking products which improve people's lives.



TOMO

We have developed the Tomo ecosystem, a revolutionary, safe, and user-friendly sleep aid device designed to enhance energy levels, boost immune function, and promote relaxation, ultimately improving quality of life and longevity. Tomo is the only contactless high-tech sleep aid device on the market which supports physical revitalization, effortlessly improving sleep quality and encouraging body recovery.

Tomo influences the body's natural energy field using color and body waves. By promoting your body's natural healthy rhythm, balance and harmony are more easily restored. Think of it as an energy healer that never gets tired, continuously helping to keep your body and mind in a state of balance.

Tomo's patent-pending HarmonyWaveTech technology targets user-specified areas of the Body Wave and Color Therapies using Solfeggio resonance. This targeted support enhances overall wellness, leading to better days which will in turn improve subsequent sleep.

Tomo implements three principles:

- Color modulation:
The visible light spectrum spans 10 distinct colors. These colors are intricately linked to emotions, mental states, and physical well-being.

- Energy centers waves of the body:
10 unique therapeutic waves derived from ancient sounds have been converted into inaudible frequencies. Each frequency targets a specific area of the body to promote equilibrium and enhance resilience.
- Brainwave entrainment:
Tomo mimics the frequencies naturally produced by our brains. Since the brain is an electrochemical organ, it can synchronize with these emitted frequencies.

The Tomo suite was developed to achieve unparalleled rest and rejuvenation utilizing:

- Tomo kit combines wave tech, visible colored light modulation, and smart tracking.
- Our bodies can effortlessly harmonize with energy frequencies in the surrounding area. Tomo can help us fine tune the vitalities we would like to synchronize with.
- The Tomo Sphere App will guide the user with quotes from the wisest people of all time and provides practical, science-based tips to achieve the best sleep experience.
- The Tomo Sphere App additionally offers meditation and nap plans.

Tomo is dependent Wi-Fi and internet connection.

Tomo is a general wellness device. Tomo is not a medical device and does not diagnose, cure, mitigate, treat, or prevent any disease or condition. Tomo was designed to support your body's efforts to help itself. Medical supervision of health conditions is necessary, do not stop or alter any medical treatment without consulting a doctor.



tomo

Dream Your Best Tomorrow



2. Tomo Suit Overview

The Tomo Kit consists of:

- Tomo device
- Tomo bracelet
- Tomo bracelet charging dock
- Power supply



2.1. Tomo Device

The Tomo device utilizes Body Waves and Color Modulation technologies.

Tomo is contactless and works up to a distance of 13 ft (4 m), for best results we recommend positioning within 20 inches (50 cm) to 6.5 feet (2 m) of your bed. Tomo has 3 buttons on the top surface, and a power switch on the underside of the device.





2.2. Tomo Bracelet

Tomo's bracelet collects sleep data and relays it to the Tomo Sphere app, where insights can be viewed.



The Tomo bracelet has a single button on the side. A short press of the button will provide the current battery charge level via the built in LED indicator:

Color	Indication
Green	Charge level is between 50-100%
Blue	Charge level is between 25-49%
Red	Charge level is between 0-24%

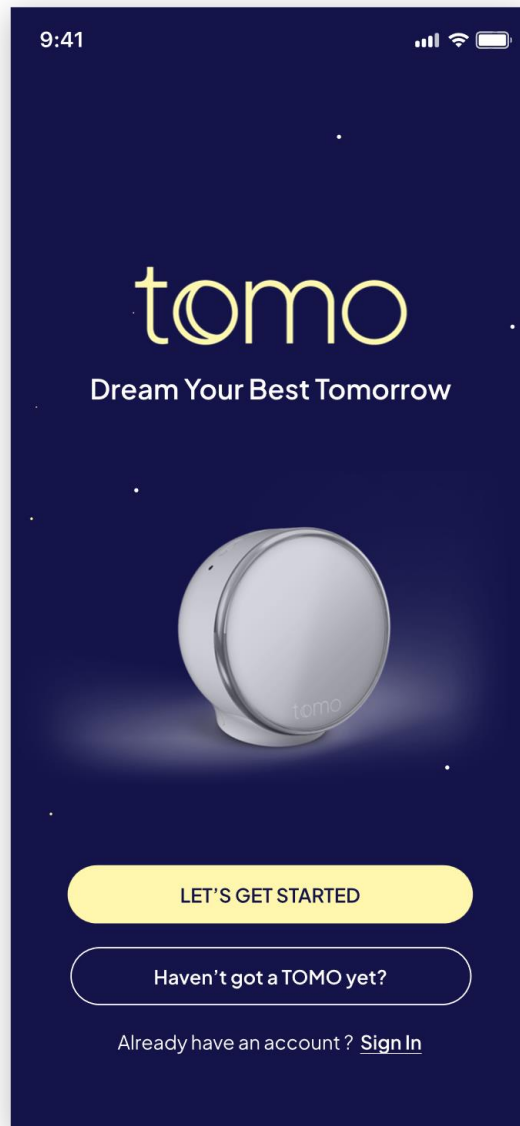
The Tomo bracelet should be worn with the sensors on the top of the wrist, 1-2 finger widths above the wrist bone, as in the image below. Charging typically takes about 1.5 hours to reach full charge, which will support approximately 7-10 days of normal use and approximately 20 days of standby.





2.3. Tomo Sphere App

The Tomo Sphere app communicates with the Tomo device to create a personally tailored plans for optimal sleep. Tomo Sphere also provides Sleep Insights and will allow you to view logged sleep data which is collected using the Tomo bracelet.





3. Safety Warnings and Cautions

IMPORTANT - Tomo is a general wellness device. Tomo is not a medical device and does not diagnose, cure, mitigate, treat, or prevent any disease or condition. Tomo was designed to support your body's efforts to help itself. Medical supervision of health conditions is necessary, do not stop or alter any medical treatment without consulting a doctor. Tomo has passed a Helsinki certified clinical trial and has been verified for safety by multiple government bodies. This information is available on our [website](#).

Before initial use of the Tomo Suite it is important to be familiar with a few important safety warnings and cautions:

- Safety warnings
 - Do not expose any of the Tomo Suite component to heat sources such as - fire, near oven as it may result in an explosion or leakage of flammable liquid or gas.
 - Water and electricity are dangerous combination. Do not use this appliance in wet surroundings. Do not allow Tomo to get wet.
 - Do not mechanically crush or cut any of the Tomo kit components.
 - Do not cover Tomo with items which would impede airflow, such as blankets, clothes, papers curtains, etc.
 - Check if the voltage indicated on the appliance corresponds to the local voltage before you connect Tomo.
- The Tomo kit is not intended for use by:
 - Individuals with epilepsy.
 - Individuals with apnea.
 - Individuals with pacemakers or other electronic implants, cochlear implants, or mechanical heart valves.
 - Individuals with metal fragments in their bodies.
 - Organ transplant patients.
 - Children under the age of 6.
This recommendation is not due to any known or suspected negative impact on such children, but rather because Tomo has not yet undergone specific studies and testing with children under the age of 6.
- Tomo Power Supply Warning:
 - Use only the original power adaptor includes in the kit. Alteration or use of a power adapter other than the one supplied is hazardous and may cause fire or electric shock
 - Do not use the power adapter if it is broken.

- The unit and the power adapter must be used only indoors.

For Industry Canada:

Tomo est un dispositif de bien-être général. Tomo n'est pas un dispositif médical et ne diagnostique pas, ne guérit pas, n'atténue pas, ne traite pas et ne prévient pas les maladies ou les conditions médicales. Tomo a été conçu pour soutenir les efforts de votre corps à s'aider lui-même. La supervision médicale des conditions de santé est nécessaire, ne cessez ni ne modifiez aucun traitement médical sans consulter un médecin.

Avant la première utilisation de Tomo Suite, il est important de connaître quelques avertissements et précautions de sécurité importants :

- Avertissements et mises en garde de sécurité:
 - Avant d'utiliser la Tomo Suite pour la première fois, il est essentiel de prendre connaissance de plusieurs avertissements et mises en garde importants :
- Avertissements de sécurité:
 - N'exposez aucun composant de la Tomo Suite à des sources de chaleur, telles que le feu ou un four, car cela pourrait entraîner une explosion ou une fuite de liquides ou de gaz inflammables.
 - L'eau et l'électricité forment une combinaison dangereuse. N'utilisez pas cet appareil dans un environnement humide. Ne laissez pas la Tomo entrer en contact avec de l'eau.
 - Ne broyez ni ne coupez mécaniquement aucun des composants du kit Tomo.
 - Ne couvrez pas la Tomo avec des objets susceptibles d'entraver la circulation de l'air, comme des couvertures, vêtements, papiers, rideaux, etc.
 - Vérifiez si la tension indiquée sur l'appareil correspond à la tension locale avant de brancher la Tomo.
- Le kit Tomo n'est pas destiné aux :
 - Personnes atteintes d'épilepsie.
 - Personnes souffrant d'apnée.
 - Personnes portant des stimulateurs cardiaques ou d'autres implants électroniques, des implants cochléaires, ou des valves cardiaques mécaniques.
 - Personnes ayant des fragments métalliques dans le corps.
 - Personnes ayant subi une greffe d'organe.
 - Enfants de moins de 6 ans.
Tomo n'a pas encore été testé avec des enfants de moins de 6 ans, donc par précaution, nous recommandons que les enfants de moins de 6 ans n'utilisent pas Tomo.
- Avertissements concernant l'alimentation de la Tomo :

- Utilisez uniquement l'adaptateur d'alimentation d'origine inclus dans le kit. Toute modification ou utilisation d'un autre adaptateur d'alimentation est dangereuse, et peut provoquer un incendie ou un choc électrique
- N'utilisez pas l'adaptateur d'alimentation s'il est endommagé.
- L'appareil et l'adaptateur d'alimentation doivent être utilisés uniquement en intérieur.



4. Tomo Kit Hardware Setup

This section will cover set up the hardware components of the Tomo kit.

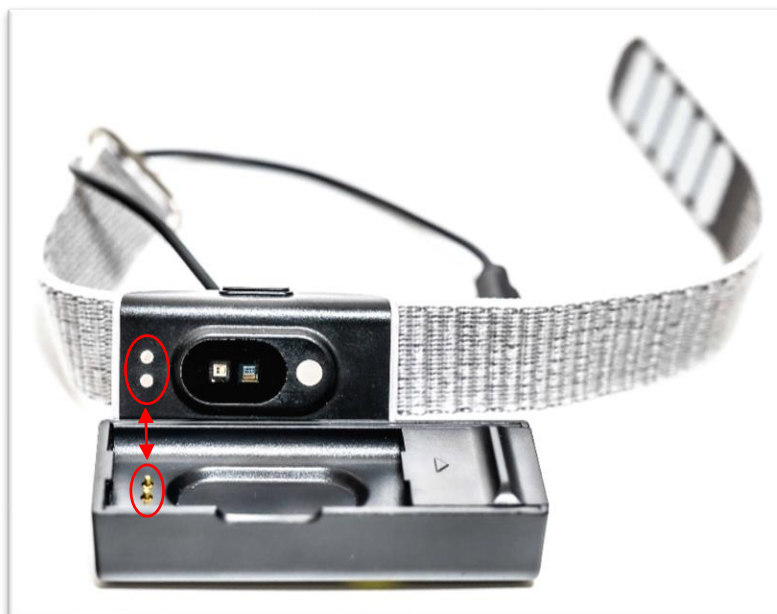


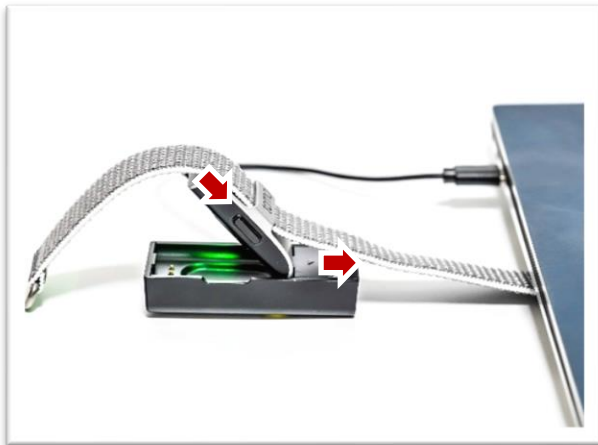
4.1. Tomo Bracelet

Place the Tomo bracelet in the charging dock:

1. Align the contact pins.
2. There are 2 ways to place the bracelet in the charging dock.
 - Angle the Tomo bracelet against the spring-loaded retaining mechanism and push the bracelet into the charging dock (see images below).
 - Alternatively, it is possible to release the retaining latch in order to seat the bracelet into the charging dock (see images below).
3. The indicator LED will flash alternating red - blue - green while charging.
4. Once fully charged, the LED will illuminate constant green.
5. After removing the bracelet from the charger, the LED will remain green for 2 seconds before turning off.

Please fully charge the bracelet prior to first use – at least 3 hours.





4.2. Tomo Bracelet Charger

Connect the Tomo bracelet charging dock to a USB type-C power source.



4.3. Ideal Tomo Positioning

Tomo is contactless and works up to a distance of 13ft (4m), for best results we recommend 20 inches (50 cm) to 6.5 feet (2 m).





4.4. Powering Up Tomo

On the underside of Tomo you will find:

- USB Type-C socket for powering the device
- Power On/Off switch
- LED power indicator

1. Connect the Tomo power supply to a suitable mains outlet.
2. Connect the type-C to the rear of the Tomo device.
3. Move the power switch to the On position.
4. The LED power indicator will illuminate to indicate that Tomo is On.





5. Tomo Sphere App

The Tomo Sphere app was designed to be user friendly, providing complete control over the Tomo ecosystem, including Sleep, Nap and Meditation plans as well as sleep data.

5.1. Install the Tomo Sphere App

Tomo Sphere supports both IOS (≥ 16.0) and Android (≥ 10.0). Download and install the Tomo Sphere app from the [AppStore](#) or [Google Play](#).

5.2. Opening the Tomo Sphere app for the first time

A newly installed Tomo Sphere app will initialize with a logon screen.

- New users - Sign Up and create a Tomo account – follow the instructions in section 5.2.1 New users below.
- Existing users - Sign In is for users who already have setup a Tomo account – follow the instructions in section Error! Reference source not found. Error! Reference source not found. below.

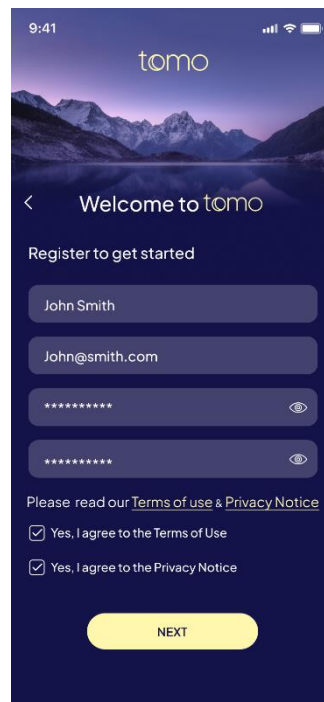
Click on Let's Get Started or Sign In and follow the on-screen instructions to log into Tomo Sphere.



5.2.1 New Tomo Users

Create a Tomo account by filling in fields as prompted. Enter your full name, email address and choose a password:

1. Full name: up to 20 characters (only letters), requires a space between first and last name.
2. Email address can only contain English characters.
3. Password requirements (minimum 4 characters)
Invalid characters will produce an error message which will appear in red under the relevant field.
4. Please read the Terms of Use and Privacy Notice and accept them by checking the relevant boxes.
5. Once completed, click Next to proceed.



9:41

tomo

< Welcome to tomo

Register to get started

John Smith

John@smith.com

Please read our [Terms of use & Privacy Notice](#)

☒ Yes, I agree to the Terms of Use

☒ Yes, I agree to the Privacy Notice

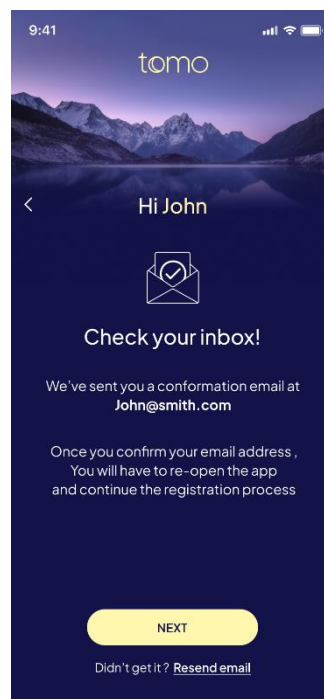
NEXT

6. Confirmation email

A confirmation email will be sent to the provided email address. Check the email account and click on the link in the confirmation email.

If the confirmation email does not arrive – please check the spam folder.


If the confirmation email still is not found – click on Resend Email.



9:41

tomo

< Hi John



Check your inbox!

We've sent you a confirmation email at
John@smith.com

Once you confirm your email address ,
You will have to re-open the app
and continue the registration process

NEXT

Didn't get it? [Resend email](#)

7. After opening the confirmation email and clicking the link, return to the Tomo Sphere app and press Next.
8. Follow the instructions in the app and fill out the Tell Us About Yourself fields.

5.2.2 Existing Tomo Users

Click on Sign In if you already have a Tomo account. Enter the account details and press Next.

5.3. Connecting the Tomo Kit

The Tomo Sphere app will need to be linked to the Tomo device and paired with the Tomo Bracelet. There are several prerequisites prior to beginning this process:

- The Tomo device should be connected to a power source and turned on.
- Tomo Wi-Fi access:
 - The Tomo device will be granted access to same Wi-Fi network which the user's mobile device is connected. Thus, prior to proceeding, it is important for your smart device (phone/tablet) be connected to a Wi-Fi network which has good coverage of the desired Tomo device installation location.
 - The Wi-Fi network password will need to be entered in the Tomo Sphere app.

- The Wi-Fi network must support the 2.4 GHz band (802.11 b/g/n).
- To pair the Tomo Bracelet, it should be fully charged.



5.3.1 Granting Tomo Wi-Fi Access

Tomo requires a Wi-Fi based internet connection. Your mobile device will need to be connected to the Wi-Fi network to which Tomo is to be connected. Tomo Sphere will display the SSID (Wi-Fi network name) to which the mobile device is currently connected. The Wi-Fi network password will need to be entered in order for Tomo to connect.

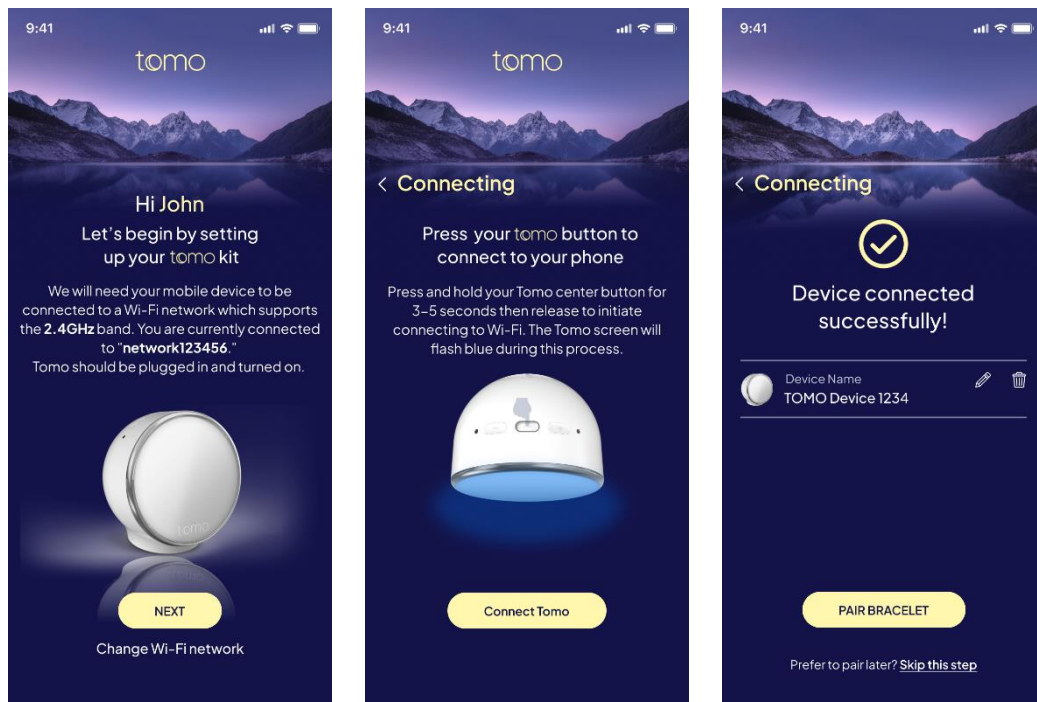
1. Connect to Wi-Fi: Make sure your mobile device is connected to the Wi-Fi network you want Tomo to use.
2. Check Network Name: Tomo Sphere will show the name of the Wi-Fi network your mobile device is connected to.
3. Enter Password: Type in the Wi-Fi network password to connect Tomo.


Click on Connect Tomo and then click either Change Wi- Fi Network or Next, follow the onscreen instructions to complete the Tomo device connection process.



NOTE: The Tomo device requires a Wi-Fi connection on the 2.4GHz band.

Press and hold the Tomo center button for 3-5 seconds, and then release to initiate connecting to Wi-Fi. The Tomo screen will flash blue during this process.



NOTE: The Tomo device name can be edited by clicking on .



WARNING! Your mobile device will be disconnected from Wi-Fi while connecting the Tomo to Wi-Fi. Take care to perform this at a time when you can afford to miss any potential notification on your phone/tablet. After this process - it is advisable to verify that your mobile device automatically reconnected to your Wi-Fi network.

At the end of the process, Device connected successfully will be displayed.

To resolve any pairing errors – see the FAQ section in the app or on our [website](#).

Color	Indicating
Blue (blinking)	Tomo is ready to connect to Wi-Fi. This mode will timeout after 2 minutes of inaction.
Blue (constant)	Successfully connected to the Wi-Fi network.
Green (for several seconds)	Tomo successfully connected to Wi-Fi and a connection has been established with Tomo's server.
Red (for several seconds)	TOMO did not manage to connect to the server. <ul style="list-style-type: none"> ● Verify the Wi-Fi password and attempt to connect again. ● Verify that the Wi-Fi router has internet connectivity. ● Verify that the Wi-Fi router supports the 2.4GHz band.



NOTE: The website provides advanced assistance with the aid of our extremely knowledgeable *Tomi* chatbot. Contact support@tomosleep.com for additional assistance.

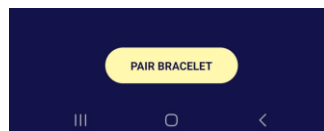


5.3.2 Pairing the Tomo Bracelet

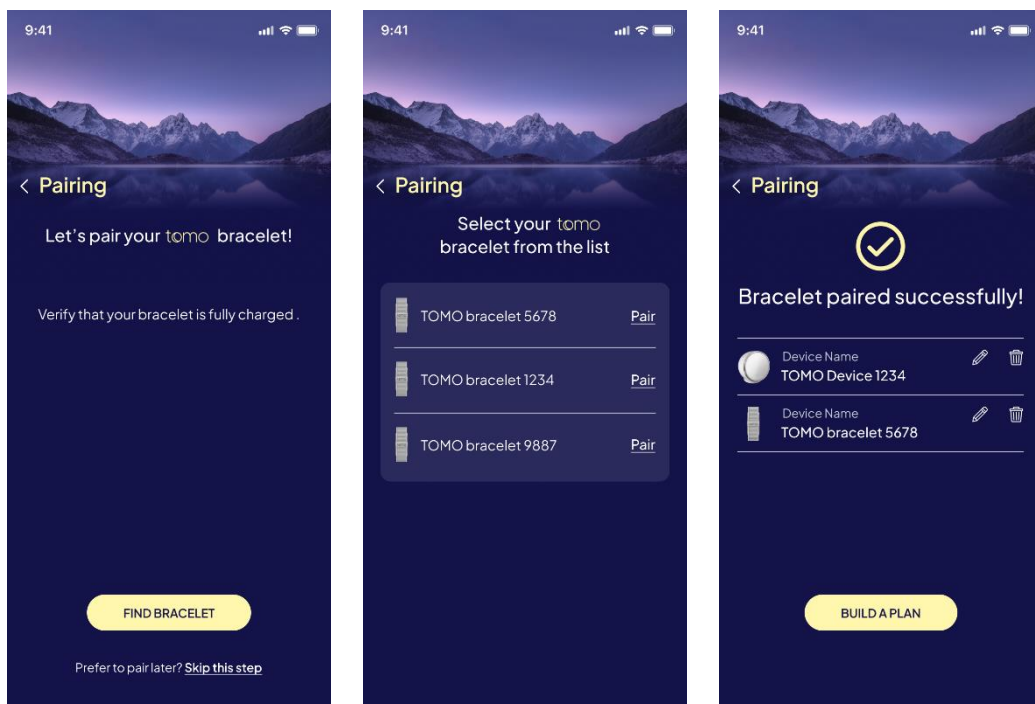
There are several prerequisites to the bracelet pairing process:


- The Tomo device must be connected to the internet (Wi-Fi).
- The Tomo Bracelet should be fully charged.

Click on Pair Bracelet to begin the pairing process and follow the onscreen instructions to complete the Tomo Bracelet pairing process.



The app will present the available nearby bracelets (in most use cases only 1 bracelet will be listed). Click on Pair next to the required bracelet, follow the on-screen instructions to complete the pairing process.

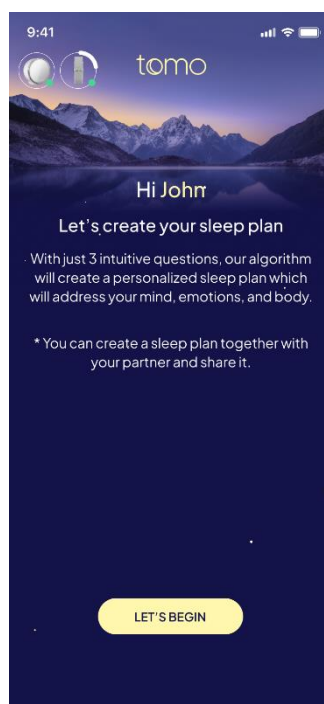


NOTE: The name of the Tomo bracelet can be edited by clicking on .



6. Using the Tomo Sphere App

Tomo's versatile sleep modes, accessible from the homepage, include options for Sleep Plan, Nap, and Meditation. It is possible to easily monitor Nightly Sleep Scores, keeping track of sleep quality and progress. Click on Build a Plan.



6.1. Creating a Sleep Plan

Tomo combines cutting-edge color and sleep wave therapies that are designed to create a soothing environment, enhance relaxation, and promote mental balance. By answering 3 questions about the aspects on which you would like Tomo to focus – our unique smart algorithm will create the best plan for your mind, emotions, and body. This plan will be transmitted to you throughout your rejuvenating sleep.

Selecting (up to) 3 goals, 3 areas and 3 colors will provide Tomo's AI with all the information needed to create a tailored sleep plan.

tomo's **AI-Driven**
Customized Sleep Plans





6.1.1 Set Sleep Goals

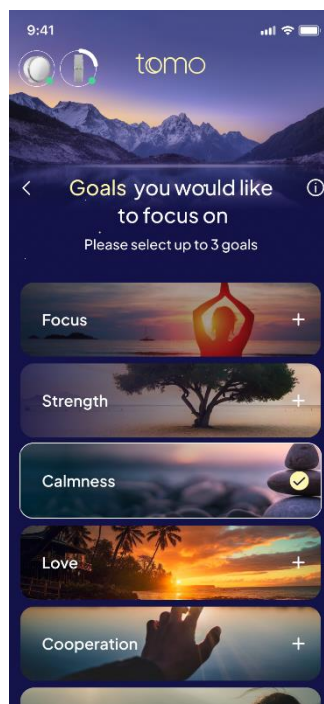
The concept of Sleep Goals stems from mindfulness psychology and self-development theories.


Tomo offers the following ten sleep goal categories, of which up to three can be selected at the same time.

Concentrate on the goals you desire to achieve following a good sleep.

- Focus
Inside endless thoughts, I choose to focus on what's important to me now.
- Strength
Energy is the fuel that activates all my desires.
- Calmness
I am calm, focused, and persistent in my actions.
- Love
Love is my energy of life! I am breathing.
- Cooperation
I am open to different ideas and ways of life.
- Happiness
Comes when I am on the right life path. I live my life as I believe.
- Confidence
I trust my abilities of what I have conquered until now and I am open to learning.
I believe in my power to influence.
- Creativity
The highest attribute that advances me.
- Intuition
The world reveals itself upon us, and I am open to new ideas.
- Motivation
I connect with my driving force in life.

Select up to three goals and then click Next.



NOTE: Click on  for more detailed information. This icon is presented on certain pages throughout the Tomo Sphere app.



6.1.2 Select Body Areas

The concept of Body Areas stems from mindfulness, eastern philosophies, and mind-body connection. Body Waves support specific areas of the body to enhance overall relaxation and comfort. Tomo will empower and balance your chosen areas.

Segmental areas are connected to a specific spinal vertebra. The brain thinks, and the body makes it happen.

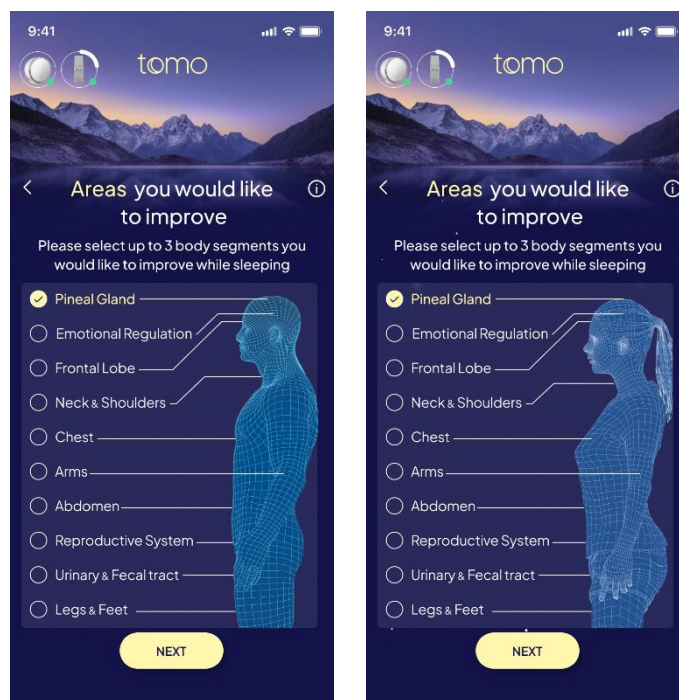
Tomo offers ten areas of the body, of which up to three can be selected at the same time. Tomo will elevate the selected areas to help you feel more energized.

What do the selected areas activate?

- Pineal gland
Biological clock and the circadian rhythm.

- Emotional brain
The limbic center is responsible for processing and regulating emotions.
- Frontal lobe
Ability to gather information, remember, and analyze.
- Neck & shoulders
The neck and shoulders support the head. Connected to the ability to talk freely.
- Chest
This is the fulcrum that provides oxygen for all body and brain activities.
- Arms
The action center operates with strength and flexibility.
- Abdomen
Connected to the digestive system, pancreas, liver, spleen, and kidneys. These organs turn food into energy, clean the blood.
- Reproductive system
The ability to be fertile, maintain a healthy libido, and feel attractive.
- Urinary & fecal tract
The organs within the pelvis remove waste from the body.
- Legs & feet
Stabilize us on the ground and motivate us to walk into our goals.

Select up to three body segments and then click Next.





6.1.3 Select Colors

The concept of therapeutic properties of color stems from Indian philosophy and the research of Professor Max Luscher as well as Color Psychology from Dr. Bruce Lipton. All body segments are connected with a unique color wavelength that directly corresponds to our emotions

Tomo's visible light modulation utilizes the visible spectrum of colors. Each color corresponds to light of specific wavelengths and energies. Utilizing the principles of the energy of colors, Tomo projects targeted colors and waves throughout the sleep cycle. These colors are designed to influence the body's areas and natural sleep-wake cycle, which will promote relaxation and deeper sleep stages.

Tomo offers the following ten colors, of which up to three can be selected at the same time.

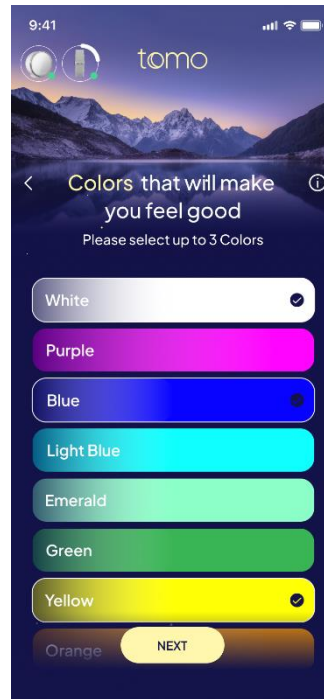
What do the chosen Colors mean?

Each color is connected to a body plexus (ANS).

Behind the desire for a color stands the necessity of its energy to its emotional need.

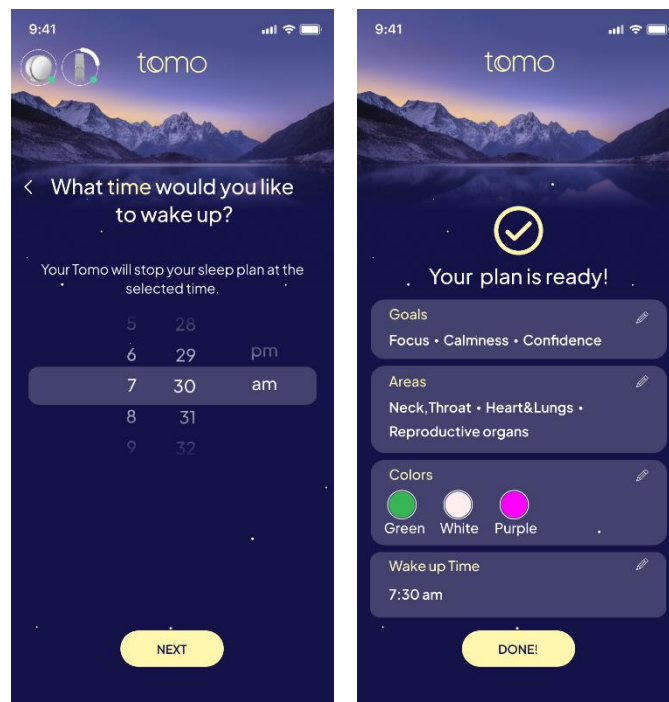
- White
I desire to feel whole, inspired, and enlightened.
- Purple
I desire to feel harmony and connect with intuition.
- Blue
I desire to connect to mental clarity.
- Light blue
I desire to feel open in communication abilities and restraint.
- Green
I desire to feel the power of love.
- Yellow
I desire to feel self-esteem and charismatic force.
- Orange
I desire to feel passion and, motivation for creativity force.
- Red
I desire to feel brave and stable.
- Emerald
I desire to feel strong and flexible in what I make.
- Salmon
I desire to feel grounded and walk into my journey with power.

Select up to three colors and then click Next.



6.1.4 Set a Wake-Up Time

Set the desired time at which Tomo will end the sleep plan, and then click Next. Sleep Plan setup is complete. Once the summary has been reviewed, click Done.





NOTE: Tomo does not function as an alarm clock. Tomo's algorithm uses the final 15-minute stage of the sleep plan to gently prepares you for waking up. Set your desired alarm clock device to the same time.



6.2. Sleep



When you are ready to go to sleep, click on Start to initiate the Sleep Plan program.

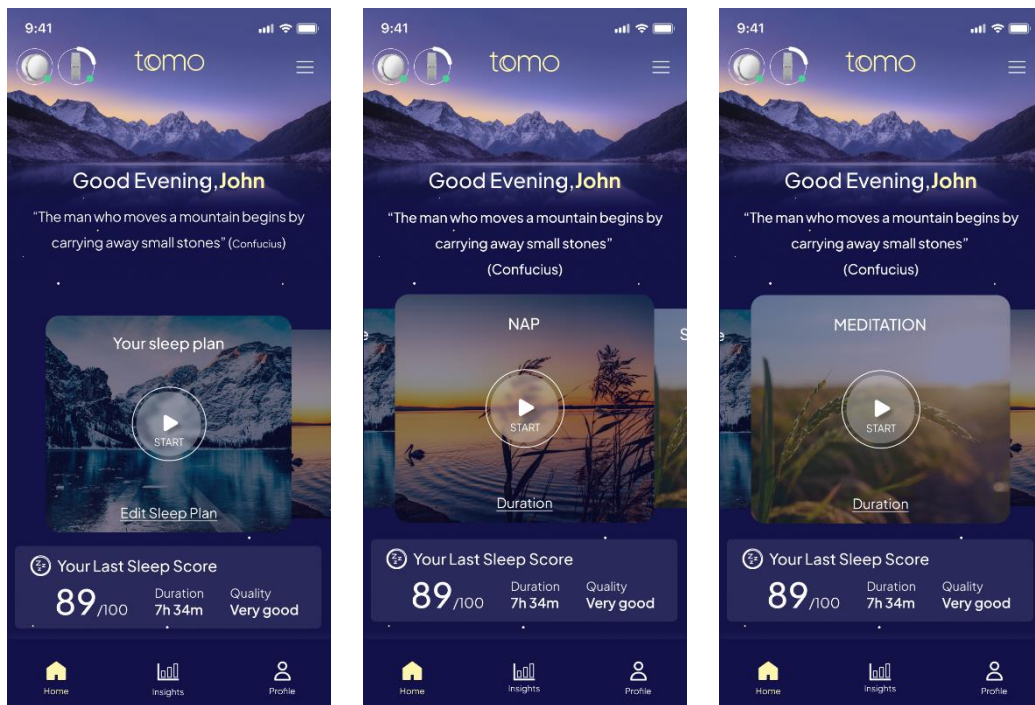


NOTE: It is possible to activate/stop the sleep plan from the app or by short pressing the middle button on the top of Tomo, which functions as a physical Start/Stop button for plans. If a plan (Sleep/Nap/Meditation) was started using the app – pressing Tomo's middle button will stop the plan. If a plan is not currently running – pressing the middle button will start the last used plan (Sleep/Nap/Meditation).

Use the Tomo Sphere app to switch to a different type of plan.

6.3. Before Sleep or Meditation

Select one of the options: Sleep Plan, Nap, Meditation. These can be accessed by swiping the screen horizontally  .



6.3.1 Sleep Plan

During sleep, our brains generate several distinct types of waves: Theta waves, which are associated with non-rapid eye movement (NREM) sleep and dreaming, and Delta waves, which occur during rapid eye movement (REM) sleep, representing our deepest and most restorative sleep.

Tomo mimics the frequencies naturally produced by our brains. Since the brain is an electrochemical organ, it can harmonize with these emitted frequencies. This process, known as brainwave entrainment, helps the brain achieve states that induce deep and highly rejuvenative sleep.

These frequencies create the perfect conditions for relaxation and improved sleep, helping you relieve stress, feel serene, and achieve emotional, physical, and mental well-being.

Tomo's Personalized Sleep Treatment Stages

Tomo utilizes advanced AI algorithms based on three key dimensions—brainwaves, body waves, and the energy of colors—to create personalized sleep treatments. These treatments are designed to help you focus your conscious mind on your desired goals, strengthen your body, and balance your emotions. Tomo's sleep plan consists of three distinct stages:

Stage 1: Preparation for Sleep (15 minutes)

Default light intensity: 8–16%

During this initial stage, Tomo transmits frequencies designed to help relax your nervous system and heart, preparing your body for restful sleep. Tomo will mimic Alpha and Theta brain waves, which are slower and conducive to a meditative state, are used to ease your mind to dive you into sleep.

Stage 2: Main Sleep Cycles (adaptive duration)

The duration of this stage will adapt based on the time of going to sleep each night and your configured wake-up time. Default light intensity: 8-16%

In this stage, Tomo employs the slowest Delta brainwaves to guide you into deep sleep. Additionally, the three options you selected — your Goals, targeted Body Areas, and chosen Colors — are converted into body waves to enhance your sleep experience.

Stage 3: Waking- Up (begins 15 minutes before your wake-up time)

Light intensity: 40-100%

This final stage gently prepares you for waking up. Tomo first transmits Alpha waves for 6 minutes at 40% light intensity, followed by Beta waves for 9 minutes at 100% light intensity. This gradual increase mimics a natural sunrise, filling your room with light and helping you wake up feeling refreshed and alert.





6.3.2 Nap

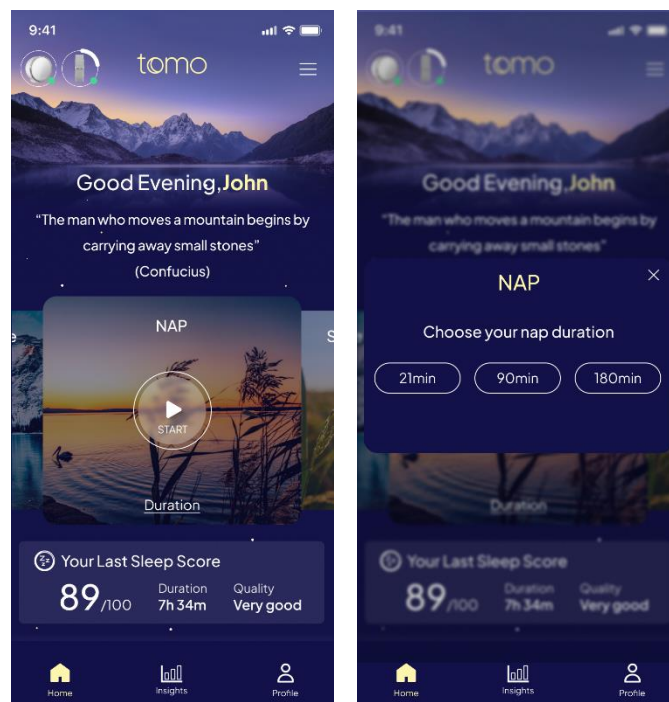
Tomo utilizes the same brainwave entrainment technology to support napping.

Napping is a natural and healthy response to afternoon sleepiness, often following a meal. During a nap, the body increases blood flow to the digestive system, temporarily reducing muscle and brain alertness. A short nap of around 21 minutes, which involves only light sleep, can effectively recharge your energy for the rest of the day.

For those with more time, a longer nap of 90 minutes is recommended, as it allows you to complete a full sleep cycle.

If needed, a three-hour nap can accommodate two full sleep cycles. It's important to note that waking up in the middle of a sleep cycle can result in temporary feelings of fatigue and mental sluggishness. Additionally, research suggests that older individuals who nap in the afternoon may experience shorter nighttime sleep durations.

Click on Nap and select a duration.



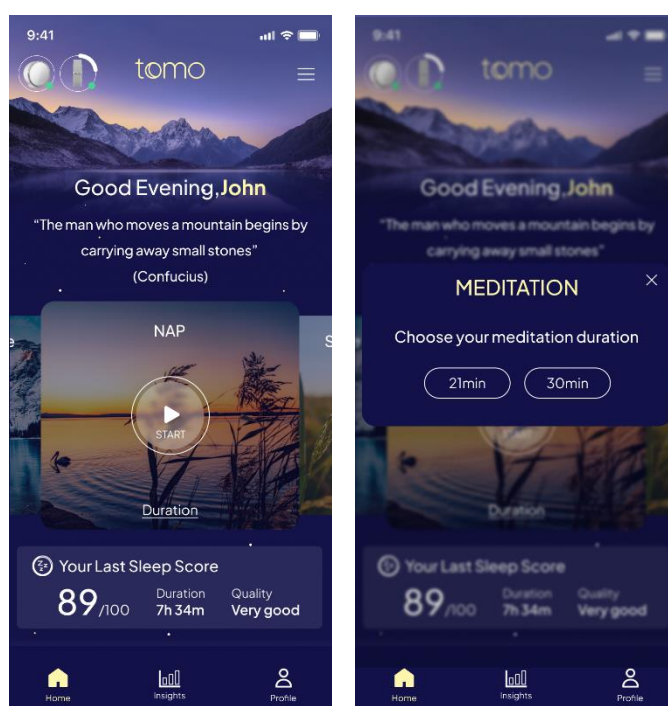


6.3.3 Meditation

Tomo also applies brainwave entrainment to meditation.

Meditation is a self-directed mental practice that helps individuals achieve a state of inner peace, mental clarity, and emotional balance. Regular meditation is highly recommended for its numerous benefits. With Tomo's assistance, which harnesses Theta waves, you can deepen your meditation experience, guiding you into a profound state of relaxation and focus.

Click on Meditation and select a duration.



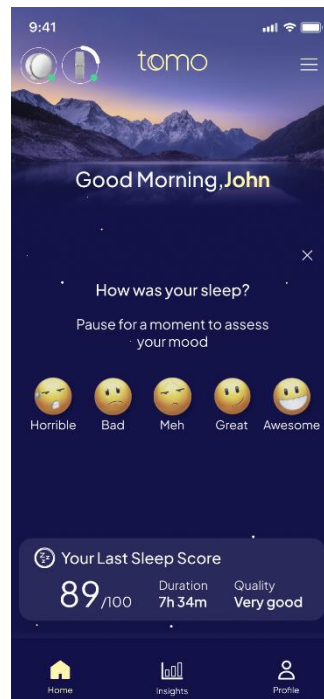
6.4. Insights – Logged Sleep Quality Information

The Tomo bracelet is designed to monitor sleep parameters and log the information, which enhances the functionality of the Tomo ecosystem. Tomo bracelet users can view logged sleep data, which is broken down into three categories: Sleep Score, Deep Sleep + REM, Light Sleep + Awake. The timeframe allows selection of a specific day, week or month.



6.5. Waking up

Upon waking up Tomo Sphere will request feedback.



7. Map of the Tomo Sphere app

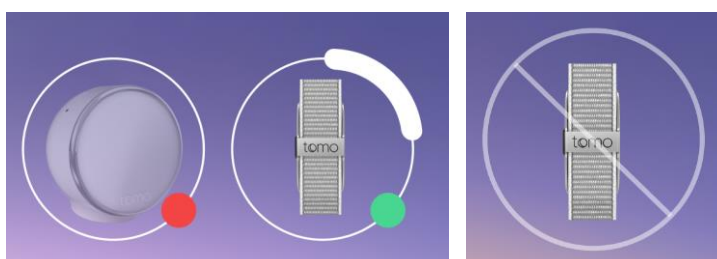
7.1. Home Screen

Device Status

On the top left of the screen, it is possible to view the connectivity status of Tomo and Bracelet as well as the bracelet battery level.

Both components use colored dots to indicate status:

- A Red dot on Tomo or bracelet is used to indicate that the device is not connected.
- A green dot on Tomo or bracelet means that the device is connected.
- Bracelet charge state indication is also available in the Tomo Sphere app, the thicker white circle line indicates the battery charge level.
- A bracelet icon with a diagonal line through it indicates that no bracelet has been paired with Tomo Sphere.



Daily Quote

Every time the Tomo Sphere App is opened a new inspirational famous quote will be presented.

Start your last sleep plan

Press the play button to activate the sleep plan.

Edit Sleep Plan

Used to edit the sleep plan.

Start Nap

Used to activate a nap plan for 21, 90 or 180 minutes.

Start Meditation

Used to activate a meditation plan for 21 or 30 minutes.

Last Sleep Score

Used to view last sleep score, duration and quality.
To view all logged sleep data, proceed to Insights.



7.2. Hamburger Menu

About	Provides a short explanation about the Tomo ecosystem as well as safety guidelines regarding persons who should avoid using Tomo.
Areas	Tomo offers the ten physical areas, of which up to three can be selected at the same time. An explanation of each area is provided.
Goals	Tomo offers ten sleep goal categories, of which up to three can be selected at the same time. An explanation of each goal is provided.
Colors	Tomo offers the following ten colors, of which up to three can be selected at the same time. An explanation of each color is provided.
Switch User	Switch between one Tomo Account to a different one.
Logout	Log out of the Tomo Sphere app.

7.3. Insights

Tomo Sphere provides insights about logged sleep data. More information can be located in the app

 or in section 8.3 below.



7.4. Account

View Profile	<ul style="list-style-type: none"> ● Change Name ● Reset Password ● Save
Settings	<ul style="list-style-type: none"> ● Personal Info <ul style="list-style-type: none"> ■ Gender ■ Height ■ Age ■ Weight
Sleep Plan	<ul style="list-style-type: none"> ● Sleep Plan <ul style="list-style-type: none"> ■ Select Sleep Plan ◆ Goals ◆ Areas ◆ Colors ◆ Wake-up Time

Quotes

Language

(coming soon)

Devices

- | | | |
|------------------|----------------------|-------------------------|
| ● My Tomo Device | ■ Select Tomo Device | ◆ Status Online/Offline |
| | | ◆ Edit Tomo Device name |
| | | ◆ Change Wi-Fi network |
| | | ◆ Remove Device |
-
- | | | |
|--------------------|------------------------|---------------------------|
| ● My Tomo bracelet | ■ Select Tomo bracelet | ◆ Status Online/Offline |
| | | ◆ Edit Tomo bracelet name |
| | | ◆ Remove bracelet |

Help & Support

- FAQs
- Email us

Legal

- Terms of Use
- Privacy Notice

Documentation

- User Guide
- Tomo website

Social Media

- [Facebook](#)
- [YouTube](#)
- [Instagram](#)
- [TikTok](#)

Switch User

(coming soon)

Switch between one Tomo Account to a different one.
NOTE: Until the Switch User feature is implemented, this button will function as Logout.

Logout

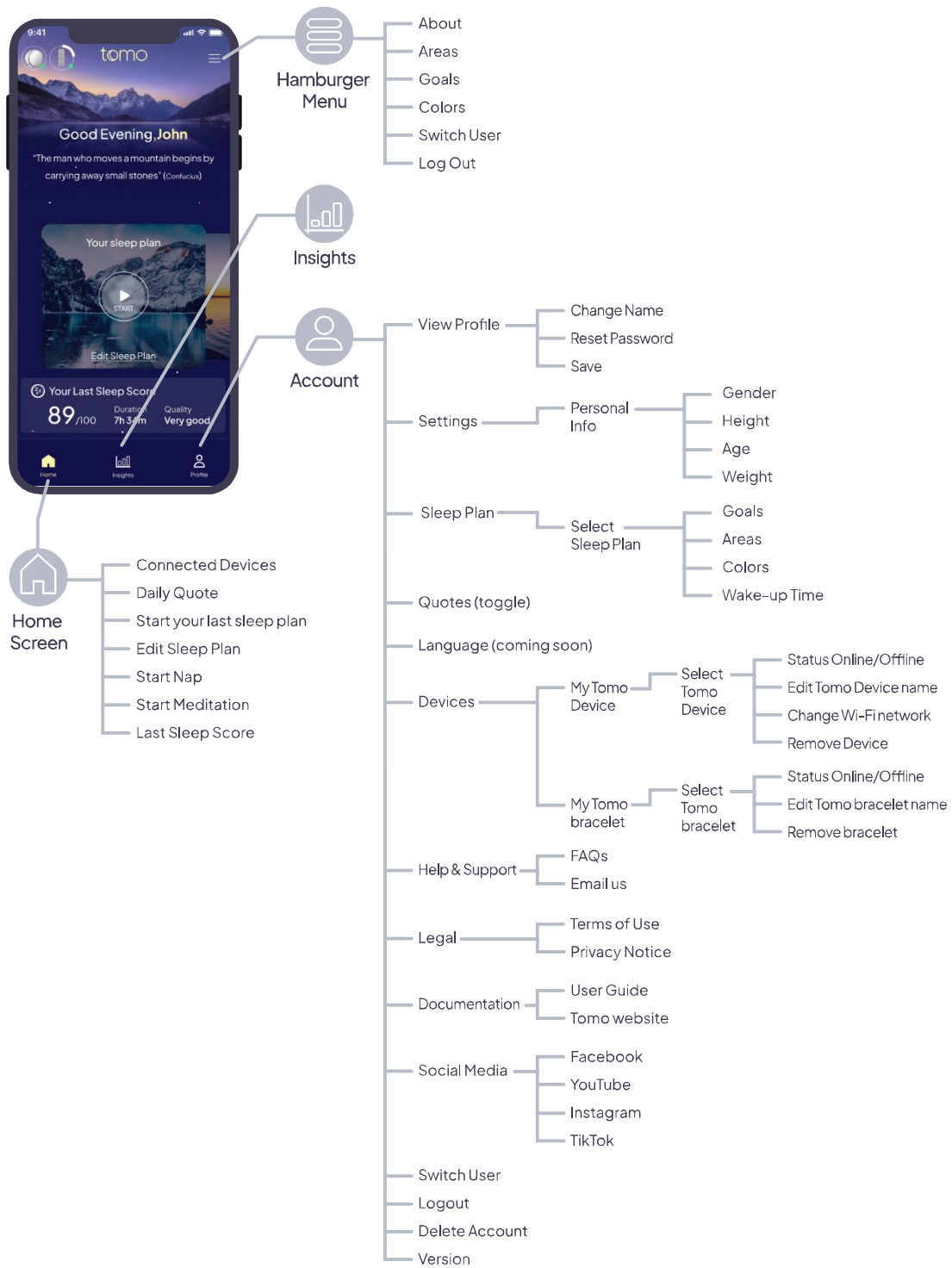
Log out of the Tomo Sphere app.

Delete Account

Completely delete Tomo User Account.

Version

Tomo Sphere app version information.








8. Tomo Additional Details



8.1. Tomo Buttons

Three buttons are located on the top of the Tomo device:

Button	Function	
	Short Press	Increase light intensity in incremental steps - only functional while a plan (sleep/nap/meditation) is activated. There are 5 levels: <ul style="list-style-type: none"> ● 0% (Off) ● 25% ● 50% ● 75% ● 100%
	Short Press	Activate/Stop sleep plan. (The sleep plan can also be activated via the Tomo Sphere app).
	Long Press	Hold for 5 seconds and then release to initiate connecting Wi-Fi.
	Short Press	Incrementally decrease light intensity - only functional while the plan (sleep/nap/meditation) is activated. There light intensity has 5 levels including OFF: <ul style="list-style-type: none"> ● 0% (Off) ● 25% ● 50% ● 75% ● 100%



8.2. Tomo Color Indications

Tomo's faceplate will illuminate in different colors in order to indicate certain states:

Color	Indication
Cycling through a rainbow of colors	Tomo is powering up.
Blue (blinking)	Tomo is ready to be connected to Wi-Fi.
Blue (constant)	Tomo successfully connected to Wi-Fi.
Green (for several seconds)	Tomo has successfully established a connection with Tomo's server (Wi-Fi is connected and has internet access).

Red (for several seconds)	<p>If Tomo did not manage to connect to the server.</p> <ul style="list-style-type: none"> ● Verify the Wi-Fi password and perform the process again ● Verify the Wi-Fi router has internet connectivity
	<p>When pressing Tomo's middle button to activate the sleep plan - the server was not accessible.</p> <ul style="list-style-type: none"> ● Verify the Wi-Fi router has internet connectivity.
White (2 flashes)	Sleep plan was activated by pressing Tomo's middle button.



NOTE: the colors which are displayed during an active plan (sleep/nap/meditation) are based on the user selected colors. These should not be confused with an indication from Tomo.



8.3. Sleep Insights

Tomo Bracelet

The Tomo bracelet collects a comprehensive overview of sleep quality.

Please note that the Tomo bracelet is not a medical device and is not subject to any of the regulatory supervision to which a medical device would be subject. Accordingly, it should not be used as a substitute for professional diagnosis or consultation. While the Tomo bracelet offers advanced sleep-monitoring capabilities, it is important to recognize that its accuracy may not match that of other sleep-tracking devices or your expectations. Continue using the Tomo bracelet to track your sleep patterns over time. The Tomo bracelet is highly sensitive, detecting a variety of sleep indicators. For accurate sleep results, wear it only when you are going to sleep.

- Sleep quality
Sleep quality is expressed as a number (0-100) derived from all key sleep measurements which reflect the quality of sleep that was logged.

Quality	Value
Excellent	90-100
Very good	80-89
Fair	60-79

Poor	less than 60
------	--------------

- Stages of sleep

Sleep is divided into REM (Rapid Eye Movement) sleep and Non-REM (NREM) sleep. Tomo will display logged sleep data in the following categories:

- Light sleep & awake (NREM) - This is the initial, lightest stage of sleep, where you transition from being awake to falling asleep, as well as waking up. It constitutes about 2-5% of your total sleep time. In this stage, sleep deepens, and your heart rate and body temperature decrease. This stage makes up roughly 55% of your total sleep.
- Deep sleep + REM - Deep sleep is slow-wave sleep, this stage is essential for physical restoration and growth. Deep sleep accounts for approximately 20% of your total sleep. This stage is associated with dreaming and is crucial for emotional balance and memory consolidation. REM sleep comprises about 25% of your total sleep. Together these are 45% of total sleep.



- Sleep Stress

Serving as a protective mechanism, stress is an instinctive reaction that arises when we encounter threats. Stress and negative thoughts throughout the day can impact our sleep and dreams at night, leading to a continuous cycle of heightened stress.

Color	Stress	Value	Indication
Green	Calm	< 25	Indicates a relaxed state during sleep
Yellow	Moderate	25-50	Suggests a moderate level of tension during sleep
Orange	Stressed	51-75	Signifies high tension during sleep
Red	Severe	> 75	Reflects a heightened state of stress during sleep



- Avg Heart Rate

Our hearts work tirelessly, beating continuously both day and night. While the heart rate slows down significantly during sleep, it doesn't stop. In fact, during certain stages of sleep, particularly during dreams or REM (Rapid Eye Movement) sleep, the heart rate can increase. This fluctuation in heart rate is a natural response to the physiological changes that occur during different sleep stages.

- Low (40- 55 BPM)

Heart rate during sleep may indicate good cardiovascular health and high level of fitness. This can also reflect a state of calm and relaxation.

- Normal (56-70 BPM)
Heart rate during sleep suggests good health, and a balanced psychological state.
- High (71-100+ BPM)
Heart rate during sleep can be caused by an intense dream or could be a sign of stress, anxiety, or poor physiological state of the body.

Optimal Sleep Data Collection

To ensure the most accurate sleep data, please do the following:

1. The bracelet should not be worn too loosely on your wrist.
The Tomo bracelet should be worn on the top of the wrist, 1-2 finger widths above the wrist bone. Make sure to wear the bracelet with Tomo logo facing upwards.
2. Take care to keep the Tomo bracelet adequately charged.
Charging typically takes about 1.5 hours to reach full charge, which will support approximately 7-10 days of normal use and approximately 20 days of standby.
3. Check the bracelet pairing status on the homepage of the on top left corner of the Tomo Sphere app. A green dot is used to indicate that the bracelet is paired.

Note that the Tomo bracelet does not track sleep periods shorter than 3 hours.



8.4. Updating Tomo

The Tomo kit components support wireless OTA (Over the Air) firmware updates.

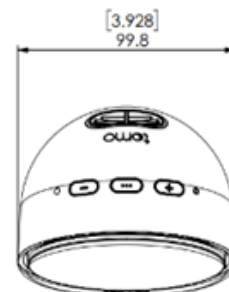
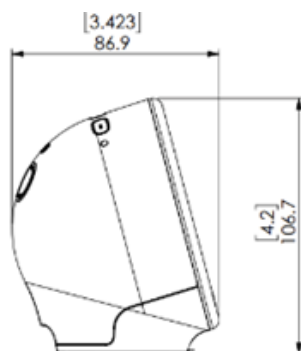


9. Technical Specifications of Tomo Kit



9.1. Tomo Device

Category	Data
Material	PC-ABS, PC, HDPE
Weight	8.46 oz. (240 g)
Dimensions	<ul style="list-style-type: none"> ● Height: 4.2 in. (106.7 mm) ● Width: 3.9 in. (99.8 mm) ● Depth: 3.4 in. (86.9 mm)
Communication	<ul style="list-style-type: none"> ● Wi-Fi 2.4GHz, IEEE802.11b/g/n ● BLE 5.0
Transmission Power	Below 20 dBm (100 mW)
RF frequency range	5725 – 5875 MHz
Light spectrum	400nm – 700 nm
Environmental	<ul style="list-style-type: none"> ● Operating ambient temperature range: 32F – 120F (0°C – 49°C) ● Storage ambient temperature range: 40F – 158°F (-20°C – 70°C) ● Operating humidity: 10% to 95% non-condensing ● Water and dust resistant: IP20
Certifications and Approvals	<ul style="list-style-type: none"> ● ISO27001, ISO9001, ISO14001 ● FCC, IC ● FCC ID:2BEYK-ES901BUL2 ● IC ID: 33363-ES901BUL2 ● ROHS





9.2. Tomo Bracelet

Category	Data	
Materials	<ul style="list-style-type: none"> ● Bracelet shell: PC-ABS plastic ● Bracelet strap: Nylon ● Bracelet strap oval ring: stainless steel 304 	
Weight	0.55 oz. (15.7g)	
Dimensions	Bracelet	<ul style="list-style-type: none"> ● Length: 1.65 in. (42 mm) ● Width: 0.86 in. (21.9 mm) ● Depth: 0.53 in. (13.5 mm) ● Strap length: 11 in. (280 mm) ● Strap width: 0.78 in. (20 mm)
	Charger	<ul style="list-style-type: none"> ● Height: 2.44 in. (62 mm) ● Width: 0.94 in. (24 mm) ● Depth: 0.55 in. (14 mm) ● Cable length: 9.25 in. (235 mm)
Communications	<ul style="list-style-type: none"> ● BLE 5.0 ● Range up to: 33 ft. (10 m) 	
Battery Life	4-7 days depends on usage	
Charger	Docking, USB Type-C	
Charging Time	1.5 hours from depleted to fully	
Environmental	<ul style="list-style-type: none"> ● Operating ambient temperature range: 32F – 113F (0°C – 45°C) ● Storage ambient temperature range: -4°F and 158°F (-20°C and 70°C) ● Operating humidity: Up to 93% non-condensing ● Water and dust resistant: IP68 	
Certifications and Approvals	<ul style="list-style-type: none"> ● FCC - Compliant with part 15 rules ● CE ● RoHS ● ISO9001 & ISO14001 ● FCC ID: 2AB73-2208A 	



9.3. Tomo Power Supply

Category	Data
Input AC	100-240V, 50/60Hz, 0.5A Max.
Output DC	5V/3.0 A over USB type-C
Wattage	15.0 W
Cable length	4.92 Ft. (150 cm)
Dimensions	<ul style="list-style-type: none"> ● Height: 4.2 in. (106.7 mm) ● Width: 3.9 in. (99.8 mm) ● Depth: 3.4 in. (86.9 mm)
Environmental	<ul style="list-style-type: none"> ● Operating ambient temperature range: 14°F - 131°F (-10°C - 55°C) ● Storage ambient temperature range: -4°F - 140°F (-20°C - 60°C) ● Operating humidity: Up to 85% non-condensing ● EN50130-5 Environmental Class 1
Certifications and Approvals	<ul style="list-style-type: none"> ● CE ● 47 CRF FCC Part 15, Sub part B. ● EN 62368 certificated ● Conduction Emission: EN55032/EN55035/FCC PART15 ClassB ● Radiated Emission: EN55032/EN55035/FCC PART15 ClassB ● IEC-6100-4-3 Part4-3 ● IEC-6100-4-3 Part4-6 ● IEC61000-4-4 EFT Level 2 ±1KV Criteria A ● IEC61000-4-5 <ol style="list-style-type: none"> 1. Surge Level 2 L-N : ±1KV, L,N-G : ±2KV Criteria A 2. Resistibility, L-N : ±2KV, L,N-G : ±4KV Criteria B ● IEC-61000-4-8 PM Level 1 (1A/m) Criteria A ● Class: 6 ● IEC-61000-4-11 <ul style="list-style-type: none"> 30% reduction, 0.5 periods, Criteria A, 30% reduction, 25 periods, Criteria B, 60% reduction, 5 periods, Criteria B 100% reduction, 0.5 periods, Criteria A 100% reduction, 250 periods, Criteria B ● ESD: IEC 61000-4-2
	