sleep·one Ai
智慧床垫·自由深睡眠

感谢您选择 Sleepone Ai 智能床垫
Thank you for choosing
Sleepone Ai Smart Mattress

深圳市舒是智能家居有限公司
Shenzhen Shus Smart Home Co., Ltd.

sleep·one Ai
智慧床垫·自由深睡眠

智能床垫使用说明书
Smart Mattress Instruction Manual

使用产品前请仔细阅读本使用说明书，并妥善保管
Please read this instruction manual carefully before
using the product and keep it properly.

版本号：V1.0
Version：V1.0

欢迎选择 Sleepone Ai 智能床垫

Sleepone Ai 舒是智能的每名员工都感谢您购买我们的产品！您购买的 Sleepone Ai 智能床垫是我司潜心研发的工作结晶，将帮助您改善睡眠和延长深睡时间。

本手册将有助于您从 Sleepone Ai 智能床垫上获得最高程度的满意，敬请花费一些宝贵时间仔细阅读。除了使用说明及保修范围等重要信息之外，您还将发现许多 Sleepone Ai 用户专享的贵宾式服务。

再次感谢您选择 Sleepone Ai 智能床垫，祝您今后使用健康，愉快。请登录 www.sleeponeai.com 获得我们公司及产品的最新信息。我们将竭尽全力向您提供无上的体验，并在今后竭诚为您服务。欢迎加入 Sleepone Ai 大家庭。

Welcome to The Sleepone Ai Family

Thank you for choosing our products by every member of Sleepone Ai, Shus. The Sleepone Ai Smart Mattress you purchased is the crystallization of our company's painstaking research and development, which will help you improve your sleep and prolong your deep sleep.

This manual will help you get the highest level of satisfaction from your Sleepone Ai Smart Mattress, so please take some of your precious time to read it carefully. In addition to important information such as instructions for use and warranty coverage, you will also find many exclusive VIP services for Sleepone Ai users.

Thank you again for choosing Sleepone Ai Smart Mattress. Wish you a healthy and pleasant experience in the future. Please log on to www.sleeponeai.com for the latest information on our company and products. We will do our best to provide you with the best experience and serve you with our best effort in the future. Welcome to the Sleepone Ai family!

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Sleepone Ai 承诺

您已经购买了当今世界上一流的床垫产品,并将得到业界最好的保修政策之一的支持。该保修政策表明了我们对 Sleepone Ai 智能床垫的信心。我们将尽最大努力确保您在使用过程中尽享优异的产品质量,改善睡眠质量和延长深睡时间。

为了进一步表明我们对用户满意度的承诺,我们在某些情况下可能会对保修做出政策性调整,当我们做出保修政策政策调整时,我们将发信至所有在范围之内的有记录的用户。所以,请您务必填写准确的通信地址和联系电话等信息。

您购买 Sleepone Ai 智能床垫是一个明智的选择,您的床垫将带给您更加健康的体魄和充沛的精力。同时还有 Sleepone Ai 智能床垫对您满意度的永恒承诺。

本手册中的所有资料均为出版时的最新资料,今后如有改动,恕不另行通知。

The Sleepone Ai Commitment

You've purchased top-class mattress products around the world today, supported by one of the best warranties in the industry. This warranty policy demonstrates our confidence in the Sleepone Ai Smart Mattress. We will do our best to ensure you could enjoy excellent product quality during use, improve sleep quality and prolong deep sleep time.

To further demonstrate our commitment to user satisfaction, we may make policy adjustments to the warranty under certain circumstances. When we make a policy adjustment to the warranty policy, we will send a letter to all documented within the scope User. Therefore, please be sure to fill in the accurate mailing address and contact number, and other information.

It is a smart choice for you to choose Sleepone Ai smart mattress, your mattress will bring you a healthier body and more energy. At the same time, there is the eternal promise of Sleepone Ai smart mattress to your satisfaction.

All information in this manual is the latest information at the time of publication and is subject to change in the future without prior notice.

Sleepone Ai 产品执行标准

GB 4706.1-2005

GB 18401-2010

GB/T 22796-2021

Sleepone Ai 原辅材料、生产工艺、产品质量、安全环保等符合上述标准要求。

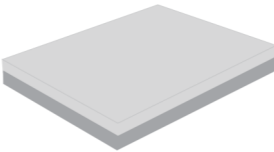## Sleepone Ai Product Execution Standards

GB 4706.1-2005

GB 18401-2010

GB/T 22796-2021

Sleepone Ai's raw and auxiliary materials, production processes, product quality, safety and environmental protection meet the requirements of the above standards.

|包装清单 / Packing List

序号/ Sequence	包装内容/ Package contents	示意图/ Sample
1	智能床垫一张/ A Smart Mattress	
2	电源适配器及电源线一份/ A Power Adapter And Cable	
3	纸质说明书一份/ Paper Instruction Manual	
4	遥控器一个/ A Remote Controller	

|安装说明

❶ 将床垫正确摆放

· 智能床垫非两面通用，床头、床尾也有差异，请参考下图正确摆放。

· 浅灰色面为正面（用户躺下的接触面）。

· 电源接口位于床头侧面。

电源接口位置
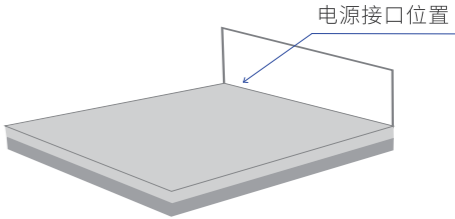
❷ 接通电源

· 将电源线与电源适配器相连。

· 将电源适配器另一端接入床垫的电源接口，并将电源线插头插入附近的插座。

· 通电成功后床尾部分会发出"嘀-嘀-滴"三声，且您可以用微信小程序搜索到智能床垫（小程序使用说明请向下看）。

❸ 微信小程序

 您使用苹果手机
 您使用安卓手机

》 请登录微信在小程序里搜索"Sleepone Ai"
并点击进入后进行注册。

| Installation Notes

❶ **Position the mattress correctly**

• The smart mattress is properly useable on one side, and there are differences at the head and end of the mattress. Please refer to the picture on the right for the correct placement.
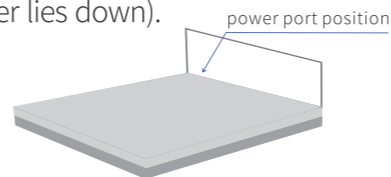
• The light gray side is the front side (the contact surface where the user lies down).

• The power port is located on the side of the bed.

power port position

❷ **Connect to the power**

• Connect the power cord to the power adapter.

• Connect the other end of the power adapter to the power port of the mattress, and plug the power cord into a nearby outlet.

• After the power is successfully turned on, the end of the bed will emit three "di-di-di" sounds, and you can use app or the WeChat Mini Programs to search for the smart mattress (please look down for the instructions of the Mini Programs).

❸ **WeChat Mini Programs**

 IPhone/OS   ≫   Please log in to WeChat and search for " Sleepone Ai ".
 Andorid   in the Mini Programs and click to register.

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| 小程序使用说明 / Mini Programs Instruction

A. 注册小程序 / Mini Programs Sign In

❶ 搜索小程序"Sleepone Ai"。
Search Mini Programs "Sleepone Ai ".

❷ 打开小程序"Sleepone Ai"。
Open Mini Programs "Sleepone Ai ".

❸ 注册小程序"输入手机号"。
Sign in "Enter your number ".

①   ②   ③

10
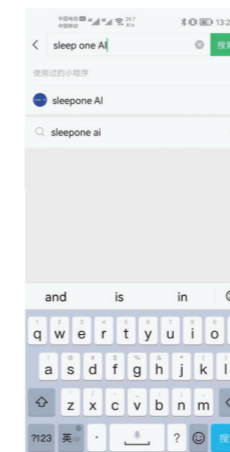
④ 获取和输入"手机验证码"。
Obtain and enter the "mobile phone verification code".

⑤ 登录小程序"进入设备配网页面"（无网情况下也可以点蓝牙进入）。
Log in to the Mini Programs "Enter the device configuration page"(You can also click Bluetooth to enter when there is no network).

⑥ 检查手机"是否已链接WIFI"，进行连接。
Check the mobile phone "whether it is connected to WIFI" and connect.

④   ⑤   ⑥
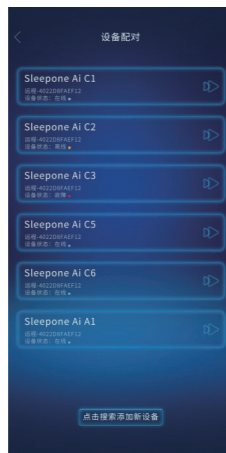
B. 蓝牙连接 / Bluetooth Connection

❶ 登录小程序，点击设备列表会有蓝牙连接名称，即可连接 Sleepone Ai 智能床垫 (蓝牙连接修改不了设备名称)。
Login to the Mini Programs, click on the device list and there will be a Bluetooth connection name, and you can connect to the sleepone Ai smart mattress(Bluetooth connection cannot modify the device name).

❷ 当多张床垫在同一片区域时，设备列表会全部显示，如需确定每个名称所对应的床垫，需将所有床垫断电，只留一张通电，根据在线设备名称确定相对应的床垫。
When multiple mattresses are in the same area, the device list will all be displayed. If you need to determine the mattress corresponding to each name, you need to power off all mattresses, leaving only one powered on, and determine the corresponding mattress according to the online device name.

① ②

C. WIFI连接 / WIFI Connection

❶ 打开小程序，点击添加设备。
   Open the Mini Programs and click Add Device.

❷ 选择要配网的设备名称（名称对应的床垫和"蓝牙连接"方式相同）。
   Select the name of the device to be networked (the mattress corresponding to the name is the same as the "Bluetooth connection").

❸ 选择设备后跳转页面自动识别WIFI，输入密码后点击"开始配网"。
   After selecting the device, It will automatically identify WIFI, enter the password and click to "start network distribution".

①   ②   ③

❹ 点击开始配网"请等待几秒"。
   Clik "start network distribution " wait for few seconds.

❺ 显示网络配置成功后点"确定"。
   Click "OK " after the network configuration is displayed successfully.

❻ 确定后"自动跳转设备列表，显示远程名称"。
   After confirming, "automatically jump to the device list and display the device with successful network configuration-remote ".

④   ⑤   ⑥

⑦ 点击设备名进入小程序，点击"智能适应"变为蓝色。
Click on the device name to "enter the Mini Programs, click Smart Adapt to turn blue ".

⑧ 打开设置页面右下角"人头"。
Open the settings page "logo in the lower right corner ".

⑨ 点击设备名称"修改设备名称"。
Click on the device name "Modify Device Name ".

⑦ ⑧ ⑨

⑩ 可以根据自己的需求修改自己专属的设备名称。
You can "modify your own exclusive device name" according to your needs.

⑪ 点击"智能适应设置"按照自己的需求设置自适应的模式。
Click "Smart Adaptive Settings "Set Adaptive Mode According to your needs.

⑫ 返回首页进行体验，人躺哪一边，在床形图选择哪一边。
Return to the home page to experience "Which side do people lie on, which side to choose in the bed shape diagram".


⑩ ⑪ ⑫

⑬ 可以根据自己的需求选择"瑜伽模式"，让全身放松。
You can choose the "yoga mode" according to your own needs to relax the whole body.

⑭ 点击"用户保存"可以记忆自己喜欢的软硬度。
Click "User Save" to memorize your favorite hardness.

⑮ 当自适应达不到自己平时喜欢的软硬度时，可通过点击界面中部床垫示意图，选择您所躺的
一边，再点击下方背、腰、臀或全部，手动调整所躺位置需要的软硬度。

When it is self-adaptive and cannot reach the softness you usually like, you can choose in the graph according to the left or right side of the mattress you are lying on, and manually adjust the softness you need for your lying position.
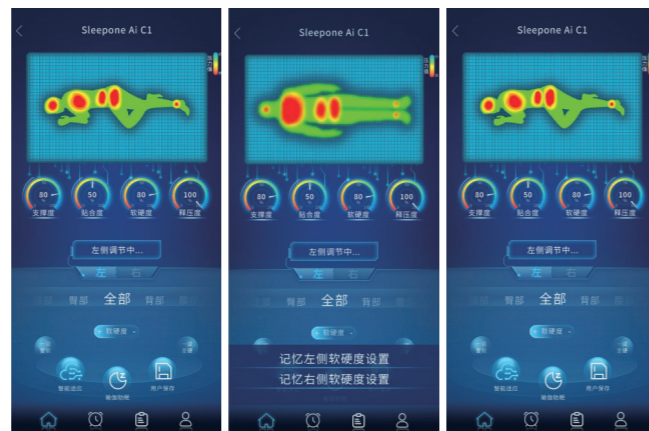
⑯ 可以根据自己的需求打开"闹铃设置"，感受床垫波动的唤醒。
You can "turn on the alarm setting "and feel the wake-up of softness according to your own needs.

⑰ 点击"睡眠报告"可以查看自己每天睡眠情况。
Click on the "sleep report" You can check your daily sleep status.

⑱ 在设置页面点"分享设备"微信好友通过扫描二维码，即可把自己的设备分享给好友，好友也可
以实时的了解自己的睡眠情况了。

Click "Share Device" on the setting page to share your device with your friends by scanning the QR code on WeChat, and your friends can also know their sleep status in real time.

功能介绍

智能适应

系统自动识别有人/无人及睡姿、翻身动作等，并根据人体压力分布和脊椎生理曲度AI自动调整床垫软硬及支撑。

- 系统自动进行适应调节，无需手动进行任何操作。
- 您也可以手动点击小程序里设置智能适应重新进行智能适应。

随心调节

用户可根据自身睡眠习惯和偏好手动调节床垫软硬及支撑。

- 选择调节位置：可通过点击界面中部的床垫示意图来切换左右侧。
- 选择身体部位（如不选，则默认为整体调节；点击选中的部位可取消选中）。
- 选择软硬档位（点击界面里软、硬进行调节）。

用户记忆

系统自动调节或者手动调节的结果可被记忆，AI算法自动更新适应。以确保床垫更加符合您个人的体型。

- 系统自动记忆更新，无需手动进行任何操作。
- 点击界面下方右部"用户保存"即可。

瑜伽助眠

系统进行仿生波浪式按摩，帮助放松肌肉、神经、骨骼等，达到助眠的效果。

- 点击界面下方中部"瑜伽助眠"即可享受。

体感闹钟

系统可在用户设定的时间通过床垫的调节唤醒用户身体。

- 进入个人中心-体感闹钟进行闹钟设置。
- 体感闹钟运行时，如需关闭闹钟请点击小程序主界面停止按钮。

睡眠报告

系统可自动进行睡眠监测、帮助用户了解其睡眠质量。

- 请前往小程序睡觉报告中心-睡眠时段设定您的睡眠时间。
- 想要查看近期睡眠报告，点击小程序查看"睡眠报告"即可。

Function Introduction

Smart Adapt

The system automatically recognizes whether there are people, sleeping positions, turning movements, etc., and automatically adjusts the softness, hardness, and support of the mattress according to the pressure distribution of the human body and the physiological curvature of the spine.

- The system automatically adapts and adjusts without any manual operation.
- You can also manually click to set smart adaptation in the Mini Programs to re-execute smart adaptation.

Adjust as you like

Users can manually adjust the firmness and support of the mattress according to their sleeping habits and preferences.

- Select the adjustment position: You can switch the left and right sides by clicking the mattress schematic diagram in the middle of the interface.
- Select a body part (if not selected, the default is the overall adjustment; click on the selected part to cancel the selection).
- Select soft and hard gears (click the gears of soft and hard in the interface to adjust).

Memory function

The results of the system's automatic adjustment or manual adjustment can be memorized, and the AI algorithm is automatically updated and adapted. To ensure that the mattress is more close with your body shape.

- The system automatically updates memory without any manual operation.
- Click "User Save" at the bottom right of the interface.

Yoga relax mode

The system performs bionic wave massage to help relax muscles, nerves, bones, etc., to achieve a relaxing effect.

- The system automatically updates memory without any manual operation.
- Click "Yoga Sleep" in the middle of the interface to enjoy.

Somatosensory alarm clock

The system can wake up the user's body at the time set by the user through the adjustment of the mattress.

- Enter the personal center - somatosensory alarm clock to set the alarm clock.
- When the somatosensory alarm clock is running, if you want to turn off the alarm clock, please click the stop button on the main interface of the Mini Programs.

The system can automatically monitor sleep and help users understand their sleep quality.

Sleep quality report

• Please go to Mini Programs, Sleep Report Center - Sleep Period to set your sleep time.

• To view the recent sleep report, click the Mini Programs to view "Sleep Report ".

日常使用

智能床垫在进行过配置后可以即插即用,建议在使用前注意检查以下事项:

❶ 智能床垫已经接通电源

❷ 手机已连到智能床垫使用的家庭网络

如您尚未完成智能床垫的网络配置,可先连接到床垫自带WIFI,并尽快进行网络配置,以确保系统正常工作。

❸ 手机已与智能床垫成功连接

小程序设备列表内显示设备在线或者蓝牙连接在线。

Daily Use

Smart mattresses can be plug-and-use after configuration. It is recommended to check the following items before use:

❶ The smart mattress is already plugged in.

❷ The phone is connected to the home network used by the smart mattress.

If you have not completed the network configuration of the smart mattress, you can first connect to the WIFI that comes with the mattress, and configure the network as soon as possible to ensure the normal operation of the system.

❸ The mobile phone has been successfully connected with the smart mattress.

The device is displayed online in the Mini Programs or Bluetooth.

注意事项

为确保安全,请先详细阅读并遵守以下安全提示:

❶ 设备应当在干燥的室内环境使用。

❷ 设备上不应放置裸露的火源,如点燃的蜡烛。

❸ 严禁向本设备泼水或企图水洗等。

❹ 请勿擅自拆装、修理本产品。不适当的处理会导致产品损坏。曾被擅自改动的产品,均会失去保修效力。

❺ 床尾部位设有智能主机,请避免在床上蹦跳,禁止在智能主机位置蹦跳。

| Cautions

To ensure safety, please read carefully and follow the following safety tips :

❶ The device should be used in a dry indoor environment.

❷ Exposed sources of ignition, such as lighted candles, should not be placed on the device.

❸ It is strictly forbidden to pour water on the device or attempt to wash it with water, etc.

❹ Do not disassemble, assemble or repair this product by yourself. Improper handling can result in product damage. Products that have been altered without authorization will void the warranty.

❺ There is a system central control device at the end of the bed, please avoid jumping on the bed, and it is forbidden to jump on the control box.

| 基本参数/Basics Parameters

产品名称/ Product name	工作电压/ Operating Voltage	功率/ Power
Sleepone Ai 智能床垫产品/ Sleepone Ai Smart Mattress	12V	2W-20W

| 床垫使用说明

关于尺寸:床垫属于软体家具,由于每个人测量方法不同,根据国家和行业标准,误差长、宽在1cm、高度在1.5cm范围内,都是符合标准的,不属于质量问题,请正常使用。

关于气味:产品在刚拆开包装后,可能会有一定的味道,这是塑料包装、面料附着物或者材料本身特有的气味混合而成,该气味无害并且会迅速挥发,请拆开包装后在通风环境比较好的地方放置3-7天。

关于压痕和高度损失:一张舒适的床垫,所使用的材料都在一定程度上有形变的范围,使用一段时间后,因为材料的压力感应以及材料内部空气被挤压掉等综合原因,产生人体压痕或高度损失。人体压痕或高度损失如果在床垫总高度的10%范围内是符合国家标准的,说明产品符合人体工程学设计,并且一定程度上提高的床垫的舒适度。

关于床架:不建议将本产品放置在密封的平板床箱上使用,以避免出现底部受潮或霉斑现象;也不建议将本产品放置在间距≥7CM的排骨架上使用,以避免床垫因为支撑不均匀产生形变或凹陷等非常现象。

关于搬运:搬运时,要避免折弯变形(别是进狭小的电梯)。以避免折弯引起的智能主机或柔性操作系统故障。

关于透气:本产品舒适层采用太空记忆棉等透气性材料,床垫内部也有空气对流导槽设计。因床垫根据人体脊椎生理曲度自动调整,所以床垫舒适层对人体的贴合度更高,从而人体散热面积相对减少,在室内温度较高的情况下,使用本产品可能会感觉比普通床垫热。

Mattress Instructions

Regarding size: Mattresses belong to soft furniture, and due to different measurement methods for each individual, according to national and industry standards, the error of length, width within 1cm, and height within 1.5cm is within the standard range, which is not a quality issue. Please use them normally.

Regarding odor: After opening the packaging, the product may have a certain odor, which is a mixture of plastic packaging, fabric attachments, or the unique odor of the material itself. This odor is harmless and quickly evaporates. Please open the packaging and leave it in a well ventilated area for 3-7 days.

Regarding indentation and height loss: A comfortable mattress is made of materials that have a certain degree of deformation. After a period of use, human indentation or height loss may occur due to the pressure sensing of the material and the compressed air inside the material. If the human indentation or height loss is within 10% of the total height of the mattress and meets national standards, it indicates that the product conforms to ergonomic design and to some extent improves the comfort of the mattress.