REHOODA

Smart sleep pillow

Introduction and instruction manual

Android APP

AI Intelligent Healthy Snoring Reduction Sleeping Pillow

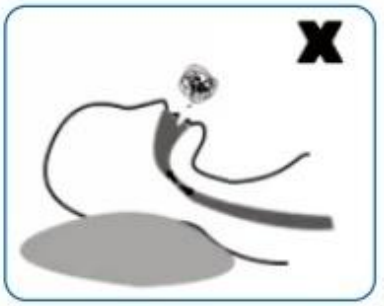
1. this product can accurately monitor the user's sleep and other healthy physiological data; 2. this product can effectively intervene in respiratory function through monitoring, and produce good results;

3. this product can generate accurate sleep data and health reports through monitoring data

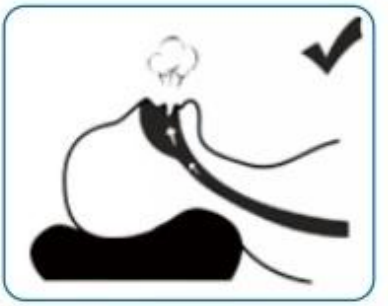
Health to make early warning and early detection, early intervention, early treatment;

4. the natural frequency accessories of this product can reasonably and effectively improve the user's sub-health state; 5. the effective intervention of this product can improve the user's breathing problems, and at the same time

The spouse or sleeper gets better sleep.



Traditional pillow



Ai sleeping pillow

Product Use Steps

01 Inventory accessories

Set up a good pillowcase pillow, data line, attached charging treasure.

02APP Download

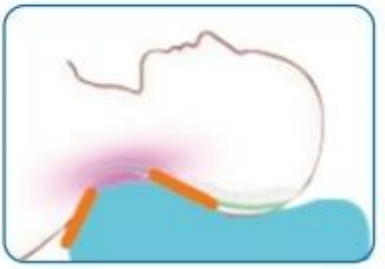
For Android or Hongmeng mobile phones, please scan the " AndroidAPP" two-dimensional code IOS mobile phone directly below the first page. Please search the "Lightthings" APP to download.

03 Connect APP

Please connect the charging treasure TYPE-C charging line to the pillow TYPE-C female port. Please open the mobile phone APP, search for pillow Bluetooth and connect.

04 Proper Use of Products

As shown in the figure below, please fit the head correctly to the position of the pillow in the groove of the sleep pillow to ensure the accuracy of the monitoring data.



05 Product Setup and Adjustment

The default pillow massage strength of the product is in the middle range. If you need to adjust, please adjust it through APP settings.

Precautions

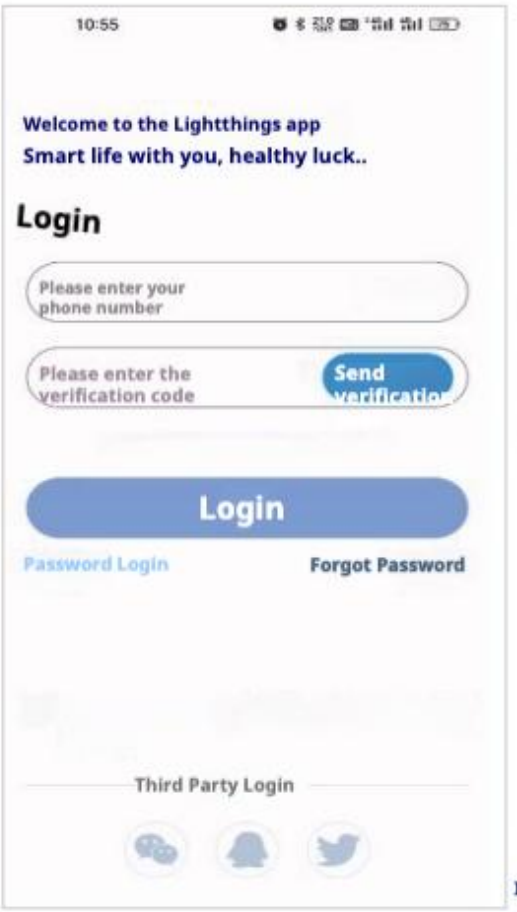
1. When using this product for the first time, please ensure that the attached charging treasure is fully charged.
2. If the product massage does not work or no sleep data is collected, check the sleeping position.
3. Please make sure to use the charging treasure and data cable attached to the product. Our company will not be responsible for any damage or personal injury caused by using other charging treasure and data cable.
4. Due to the different batches of products, please receive in kind.

APP use instructions

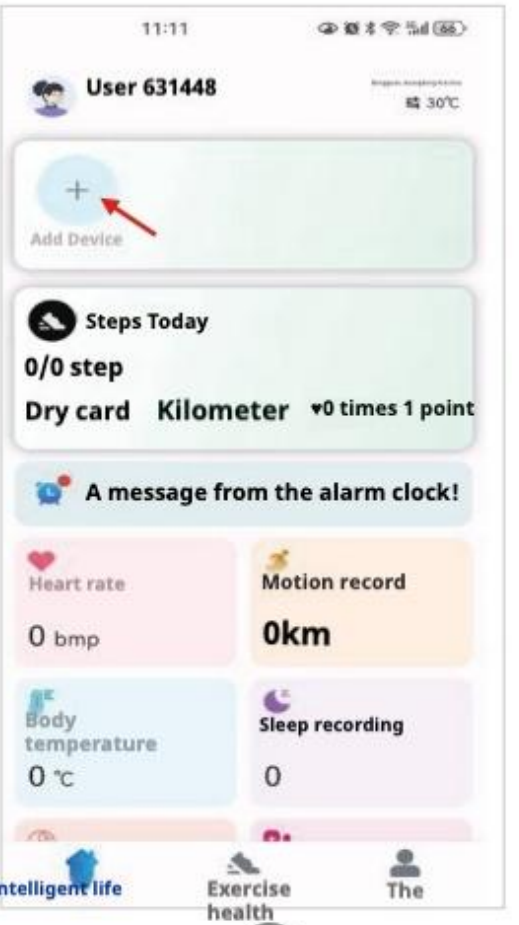
01 Login and add devices

1. For the first time to use APP, please register and log in first, and enter the home page after completion,
2. Click on the red arrow "Add Device" and click on the red box "Allow" to search for nearby devices
3. Click on the red box "Smart Sleeping Pillow" to connect.

Here, please make sure that the pillow is connected to the power supply and in the power-on state.


10:55
Welcome to the Lightthings app
Smart life with you, healthy luck..
Login
Please enter your phone number
Please enter the verification code
Send
Login
Password Login
Forgot Password
Third Party Login

①


11:11
User 631448
30℃
Add Device
Steps Today
0/0 step
Dry card
Kilometer
♥0 times 1 point
A message from the alarm clock!
Heart rate
0 bmp
Motion record
0km
Body temperature
0 ℃
Sleep recording
0
Intelligent life
Exercise health
The

②

11:18
Add Device
Automatically search for nearby devices
Add manually
Smart Watch
Bluetooth
Smart Watch
Bluetooth
Smart Watch
Bluetooth
Smart Student Card
Intelligent rope skipping
Intelligent anti-loss device
Allow Lightthings to find, connect to nearby devices?
Prohibition
Permitted

③

11:20
Add Device
Automatically search for nearby devices
Add manually
Smart Watch
Bluetooth
Intelligent sleeping pillow
Smart Watch
Bluetooth
Smart Student Card
Bluetooth
Bluetooth
Bluetooth

④

02 Device connected successfully

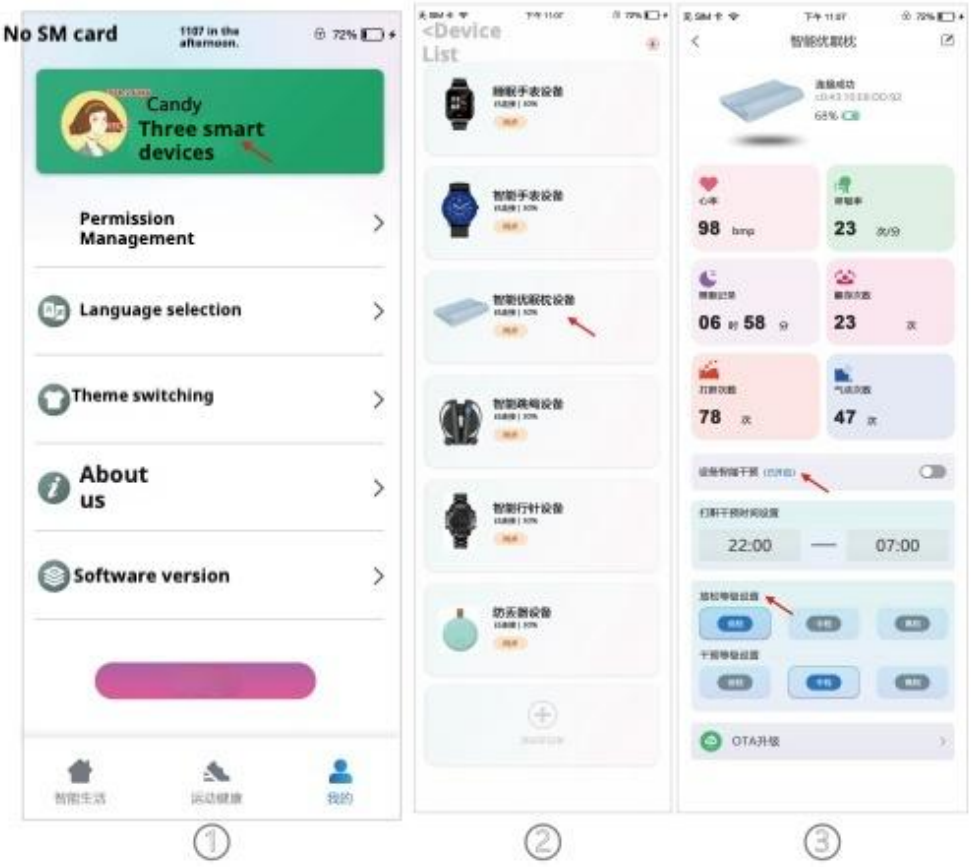
After the added device is successfully connected, the device will be displayed at the top of the home page, as shown in the red arrow "Smart Sleeping Pillow"

03 Setting up the device

❶ **Go to "My" → "5 Smart Devices",**

❷ **Enter "Equipment List" → Click "Intelligent Sleeping Pillow Equipment",**

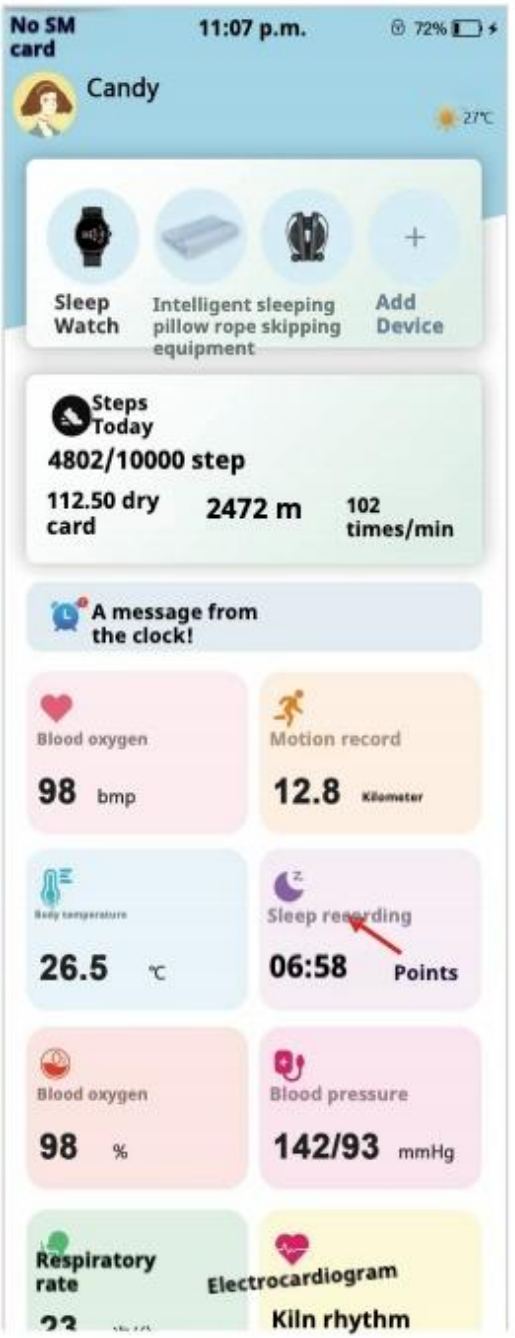
❸ **Enter the "intelligent sleep pillow" to set the corresponding equipment.**



04 View the sleep data of intelligent sleep pillow equipment

After completing the above operations, enter the home page again to view the corresponding monitoring data. For example, click "sleep record"

View sleep data



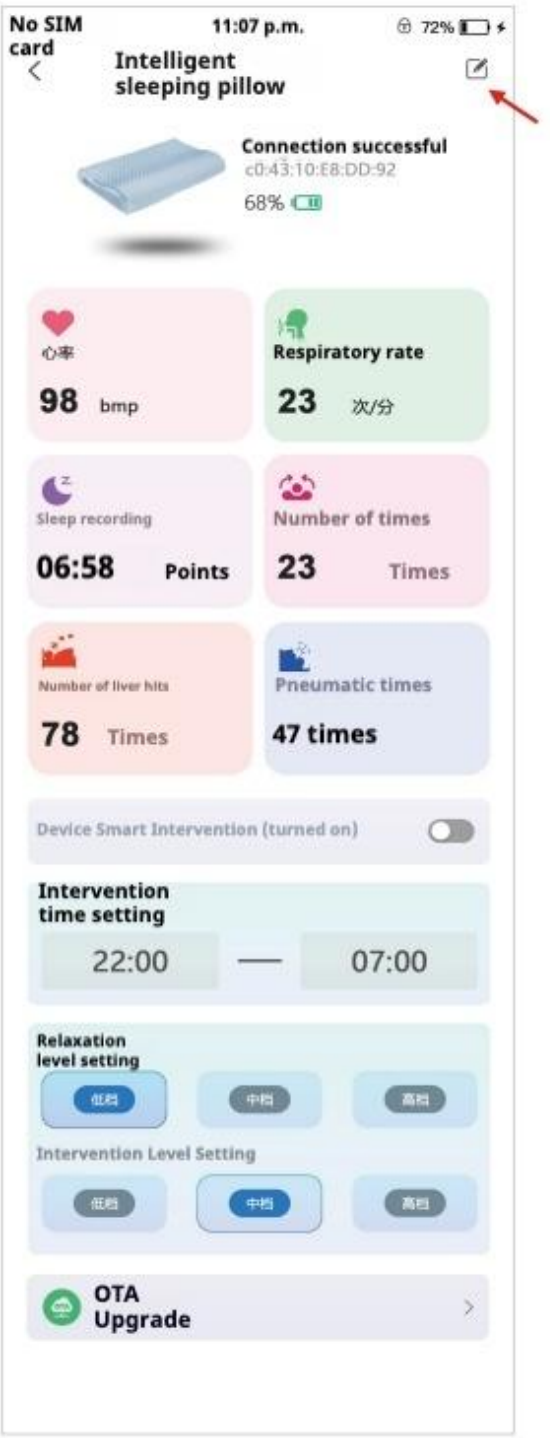
No SM card
11:07 p.m.
72%
Sleep recording
13 to 19 November 42023
Day
Week
Month
Average sleep time this week
22:36 (12min early sleep)
Average wake-up time this week
07:13 (4min late)
Deep 16.1h
Normal
Light sleep 33.6h
Wake up 10.5h
Many
Sleep duration
60 hours 02 minutes
Normal 16 minutes from last week.
Number of liver hits
360 times
More than 10 times last week
Pneumatic times
280 times
More than last week ↑ 5 times
Number of turns
75 times
Normal 8 times compared with last week
Date
Time
Sleep
2023.11.19
22:36-07:13
08 hours 30 minutes
2023.11.18
22:36-07:13
08 hours 30 minutes
2023.11.17
22:36-07:13
08 hours 30 minutes
2023.11.16
22:36-07:13
08 hours 30 minutes
2023.11.15
22:36-07:13
08 hours 30 minutes

No SIM card
11:07 p.m.
72%
Sleep recording
November 2023
Day
Week
Month
This month's sleep report
Average sleep time this month
22:36 (12min early sleep)
Average time this month.
07:13 (4min late)
Normal
Light sleep 33.6h
Normal
Wake up 10.5h
Sleep duration
240 hours 08 minutes
Normal compared with last month ↑ 16 minutes
Number of liver hits
1200 times
More than 10 times last month
Pneumatic times
280 times
More than 15 times last month.
Number of turns
210 times
Normal compared with last month ↑ 8 times
Date
Sleeping
2023.11.27 to 12.03
22:36-07:13
08 hours 30 minutes
2023.11.20 to 26
22:36-07:13
08 hours 30 minutes
2023.11.13 to 19
22:36-07:13
08 hours 30 minutes
2023.11.06 to 12
22:36-07:13
08 hours 30 minutes
2023.10.30 to 11.05
22:36-07:13
08 hours 30 minutes

05 check relatives and friends sleep records

❶ **Add friends and relatives sleep equipment can be;**

❷ **You can click the icon "on the right side of the device settings page to customize the names of relatives and friends, such as the red arrow on the right.**



06 Disclaimer

1. **The product can only be used as an improvement device. The reports issued because of the use of this product are for general reference only and cannot be used as medical advice;**

2. **In case of illness, please consult your doctor for the first time and seek help from your doctor;**

3. **Please use electrical appliances reasonably, including but not limited to qualified chargers, charging heads, charging cables and other equipment. If the personal and property injuries or losses caused by the use of substandard products, the company will not be liable;**

4. **Can not open the pillow, the pillow can not be used in the temperature of more than 45 degrees above the environment. Nor can water, fire, etc. under any circumstances. The user is responsible for the resulting defects or losses;**

5. **This product is an electronic product, can not be folded, heavy pressure, the resulting loss can be damaged, our company is not responsible;**

6. **If you have any other questions, you can contact our customer service, or scan the following two-dimensional code to contact the company's technical personnel.**

FCC Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

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.