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Sleepace P103T Sleep Tracker User Manual

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Contents

Product introduction

P200 is used to track your sleep data including heart rate, respiratory rate, turning over, sleep cycle etc and provides a comprehensive sleep analysis and sleep advice to help improve your sleep quality

Device Description

Pillow Front View

Box Contents:
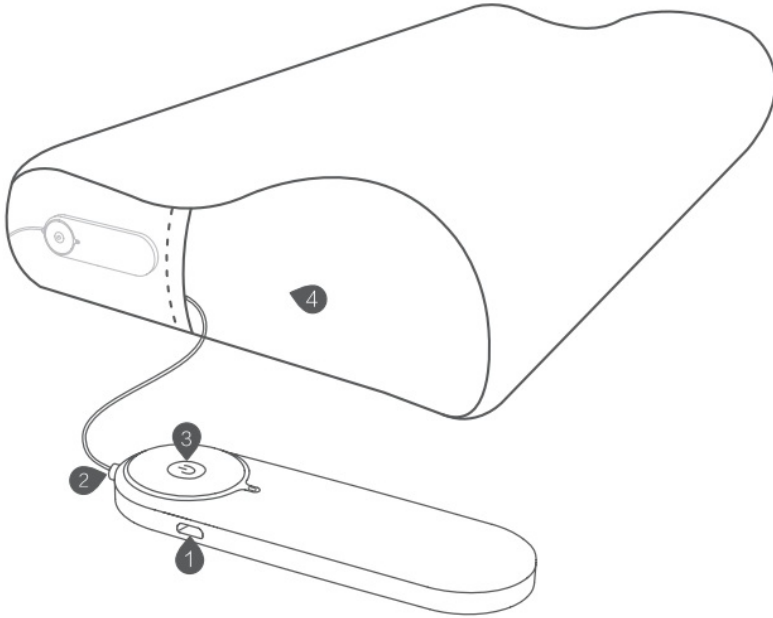1 *Smart Pillow
1 *USB charging cable
1 *User Manual

Power Button   LED Indicator

Cable Connector   USB-connection for charging cable
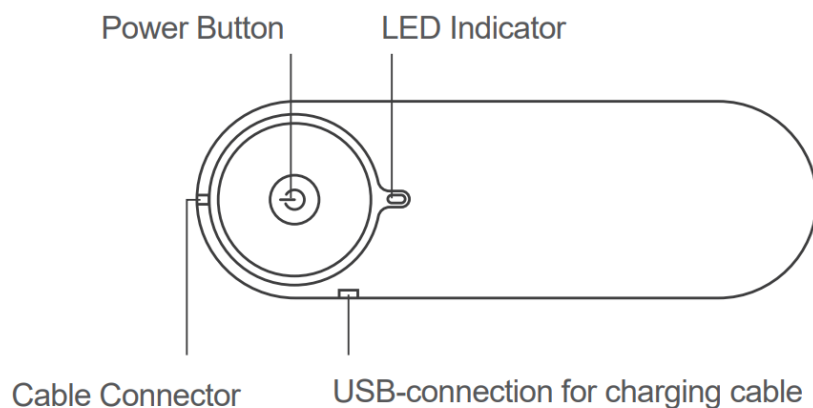
Controller

Operation guide

Step 1: Download the' SleeNote' APP and register an account.

Step 2: Connect smart pillow to APP

1. Fully charge the controller until green LED indicator is ON.
2. Plug the cable in the controller.
3. Power on the controller by pressing the power button for 3 seconds. Connect the smart pillow with the app and start monitoring.
4. Put the controller into the side pocket.

Make sure the controller and your smart phone are switched on and Bluetooth is activated on your smart phone. Follow the instructions given by the app to connect the device.

**Step 3: Start Sleep monitoring.**
Click 'Start Sleep' in the homepage of APP to start sleep monitoring. During short interruptions of sleep (e.g. going to the bathroom) the device keeps on recording. If longer interruptions (more than 60 minutes) occur, the pillow will stop monitoring and switch itself off. You may have to re-activate it.

Step 4: Read Sleep report.
Click ' Get Up' to stop sleep monitoring after awakening, the recorded data will automatically be transferred to the app and the app offers comprehensive sleep report including heart rate, respiratory rate, sleep time and sleep cycle; analyzes your sleep quality and offer personal sleep guidance. If not clicking 'Get Up',the pillow will stop monitoring automatically after 60 minutes of leaving bed. Connect the app with the pillow again to sync the sleep data for sleep report.

Sleep monitoring

1. You can check your real-time data on the homepage of the App.
2. Sleep for one night, and check the report on the homepage of the App after getting up the next day. If you want to check the report in time, click "Sync" to get the report.

Sleep on back   Sleep on side
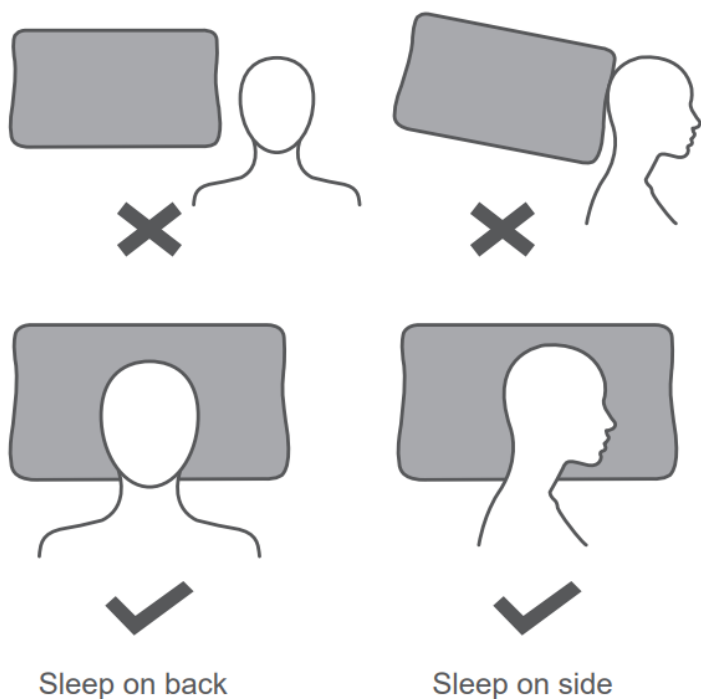
LED Indicator

Status Display
Low battery Red LED indicator fleshes every two seconds, please charge the device immediately
Charging device Red LED indicator stays ON
**Charging complete** Green LED indicator stays ON

Technical Specifications

Pillow size	600*320*110 mm
Controller size	125 *40 *12 mm
Controller weight	50g
Communication mode	Bluetooth 4.2
BluetoothTransmission range	max. 10 meters
Battery	Re-chargeabl Lithium-ion-battery3.7V, 900mAH.(Charging current 5.0V 1A)
Battery life	About 20 days
Compatibility	Bluetooth 4.0 and up, iOS 10.0 or later, Android8.0 or later

Warranty

Please contact your dealers for warranty service. For more information about the product, warranty or service, please go to **www.sleepace.com**.

About Washing

Pillow case: washable

Pillow inner: unwashable
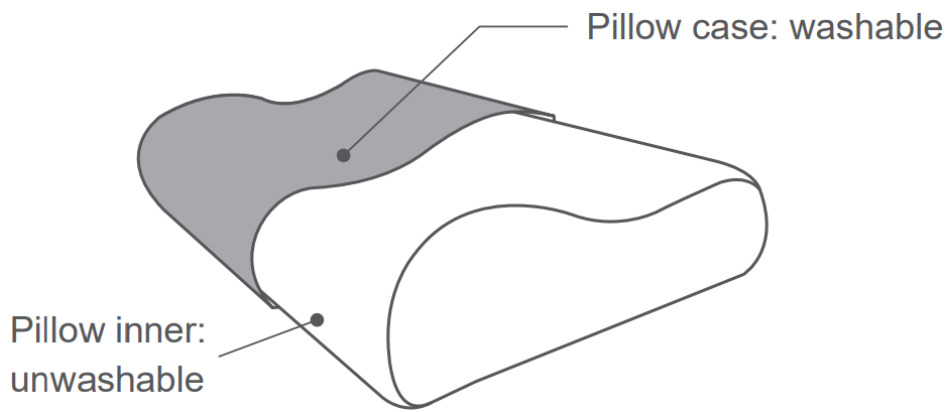
Important instructions

- Please keep in mind that this device is neither a medical device nor a device to prevent sudden death. Users should not completely rely on it and neglect the monitored person. For users with pre-existing conditions, family members should check the condition of the monitored person personally from time to time.
- This sleep monitoring device is not suitable for people under 18 years of age.
- Please do not use hard pillowcases (eg. bamboo, rattan, and etc.), otherwise the monitoring will be inaccurate.
- Please make sure that no vibration source is close to the device so as to ensure that the sensor can accurately detect the user's sleep status. Vibrations caused by electric fans, washing machines, or loud music may lead to misjudgment of this device.
- Please make sure that there are no electric appliances and devices with high power or strong-radiation nearby.
- Refrigerators, heaters, laptop adapters, etc. may cause inaccurate monitoring.
- Do not do big jump on the monitor, or it may cause device failure.
- Please prevent the device from falling off, which may cause device failure.
- Please try to place the device in a location where the network signal is well received. The distance between the device and other metal objects (such as metal brackets, metal doors and windows, etc.) is preferably greater than 25cm, and the distance among multiple devices is preferably greater than 30cm.

Safety precautions

- Do not touch the metal end of the power adapter when it is plugged into a power socket.
- Please do not use this device in place where the use of wireless devices is expressly prohibited, otherwise it will interfere with other electronic devices or cause other dangers.

Daily inspection and maintenance

- Please do not overbend the monitor. The monitor has a built-in sensor, excessive bending may damage the sensor.
- Don't use the product while charging, which may shorten its service life.
- If you do not use the monitor for a long time, please turn off the control box.
- Except for the pillowcase, other parts of this product cannot be washed or exposed to the sun, and don't spray water on it.

Disclaimer

- In line with the principle of continuous improvement and sustainable development, the Company reserves the right to modify and improve the products described in the document without prior notice.
- In the process of using this product, you must strictly abide by and implement the requirements including but not limited to the user manual, disclaimer, important instructions and safety precautions.
- For all personal injuries, accidents, property or other losses and related legal disputes caused by any violation of this product manual and safety instructions or force majeure, the user shall bear the relevant responsibilities and losses.
- The content of this manual is protected by copyright laws and regulations. Without the written permission of the company, it is strictly prohibited to copy, transfer, distribute and use any content in this manual in any form.
- Users can directly obtain the product serial number, App download, after-sales service, service complaint and consultation, etc. from the Company's website and hotline.

FCC statements:

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.

NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or changes to this equipment. Such modifications or changes 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

FCC ID:2ADIOP103T

Please contact our local distributors for support. Distributors' information can be got from **www.sleepace.com**

Documents / Resources
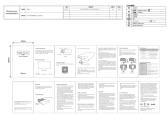
Sleepace P103T Sleep Tracker [pdf] User Manual
P103T Sleep Tracker, P103T, Sleep Tracker, Tracker

References

- **Sleepace, smart sleep solution, smart elderly care solution.**