



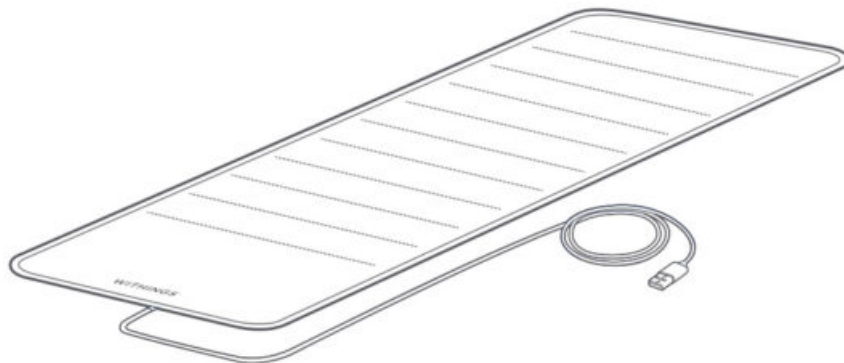
Withings Sleep Tracking Pad Under The Mattress With Sleep Cycle Analysis Installation Guide

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Sleep Tracking Pad Under The Mattress
With Sleep Cycle Analysis
Installation Guide



THANK YOU FOR CHOOSING WITHINGS SLEEP



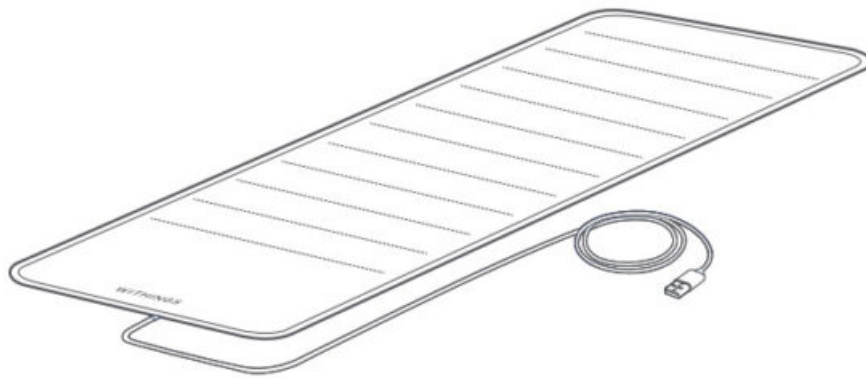
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This guide is available in additional languages at: www.withings.com/guides

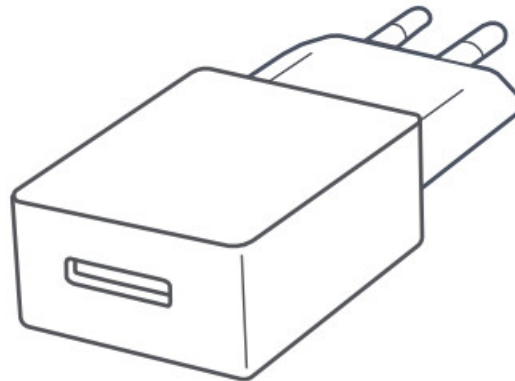
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Box contents



Sleep Sensor



USB Power Adapter

CAUTION

Only the power supply that was included with the device should be used.

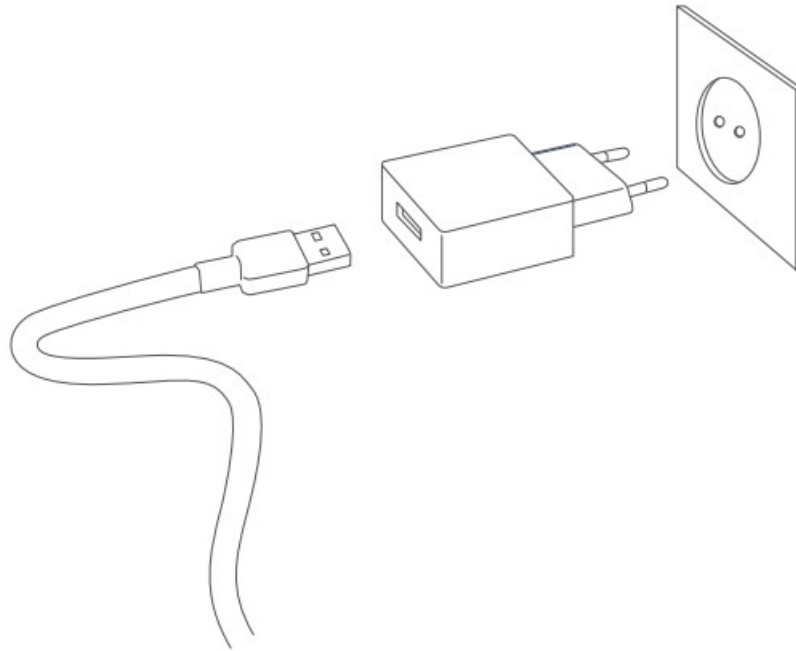
Note: power supply pictured may not resemble yours as they can vary by region.

How to install your Withings Sleep

1. **Place the entire sleep sensor under your mattress, so that it will be positioned underneath your chest. Only the cable should extend beyond the edge of your mattress.**



2. **Plug the sensor into an outlet using the provided adapter.**



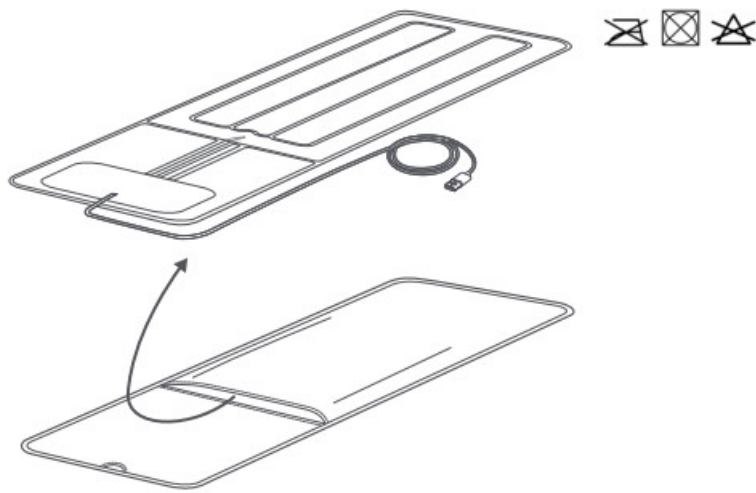
3. Visit go.withings.com from your smartphone or tablet, and follow the instructions to install the Health Mate app.
4. In the Health Mate app, follow the instructions to install Withings Sleep.



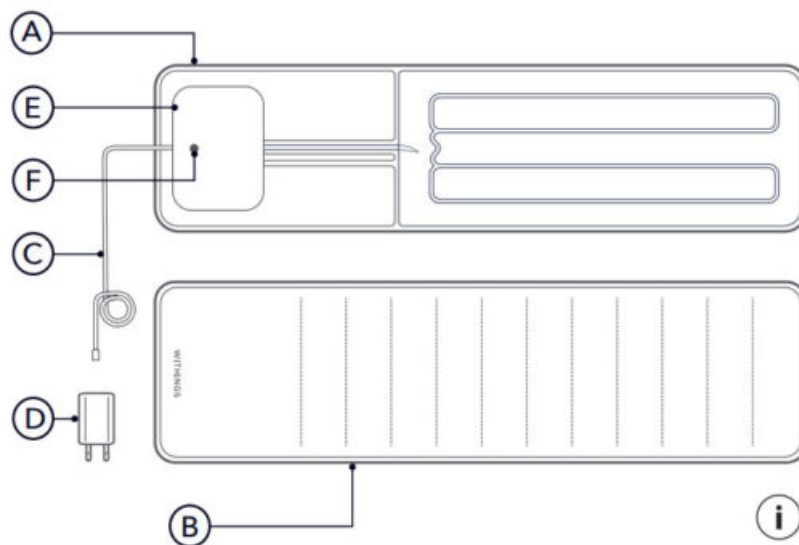
go.withings.com

Care and maintenance

To clean the textile cover of the sensor, gently remove the cover first. The cover can be machine washed but do not tumble dry or iron it. Wait until the cover is completely dry before replacing it on the sensor.



Overview



A. Air bladder	D. USB power adapter
B. Textile cover	E. Sound sensor for snore detection
C. USB cable	F. Setup LED

You can deactivate the sound sensor in your settings in the Health Mate app

Federal Communication Commission Interference Statement

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

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.

Important note: Radiation Exposure Statement

The product complies with the US portable RF exposure limit set forth for an uncontrolled environment and is safe for intended operation as described in this manual. Further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. Country Code selection feature to be disabled for products marketed to the US

Information to users in Canada

IC: 11411A-WSMO2

This device complies with Industry Canada's license-exempt RSSs.

Operation is subject to the following two conditions

1. This device may not cause interference; and
2. This device must accept any interference, including interference that may cause undesired operation of the device

Radiation Exposure Statement

The product complies with the Canada portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

Country Code selection feature to be disabled for products marketed to the CANADA

CAUTION

Only the power supply that was included with the device should be used. Withings warranty does not cover defects due to the use of parts not provided by WITHINGS in the original packaging.

Warranty

Withings Two (2) Years Limited Warranty- Withings Sleep Withings, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux, France ("Withings") warrants the Withings-branded hardware product ("Withings Product") against defects in materials and workmanship when used normally in accordance with Withings' published guidelines for a period of TWO (2) YEARS from the date of original retail purchase by the end-user purchaser ("Warranty Period"), Withings' published guidelines include but are not limited to information contained in technical specifications, safety instructions or quick start guide. Withings does not warrant that the operation of the Withings Product will be uninterrupted or error-free. Withings is not responsible for damage arising from failure to follow instructions relating to the Withings Product's use.

Withings hereby declares that the device Withings Sleep is in conformity with the essential requirements and other relevant requirements of Directive 2014/53/EU. The declaration of conformity can be found at: [Withings.com/compliance](https://www.withings.com/compliance)



Mode	Frequency Band (MHz)	Maximum Output Power (dBm)
802.11 b/g/n	2400-2483.5	24.38
BT-LE	2402-2480	7.99
BT EDR	2402-2480	-6.47

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Withings Sleep Sensor – Model: WSMO2 – V1.0

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Documents / Resources



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