Full manual

Original instructions for Somnox Sleep Robot 2

Table of contents

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Safety and specifications

Safety instructions (warnings)

The safety instructions below should be adhered to at all times. Please read them carefully before use, as misuse may cause damage to the device or other property, serious injury or even death.

General
Do not insert foreign objects into any opening on the device, such as the power adapter port.

Do not drop, smash, disassemble, open, crush, bend, deform, puncture, shred, microwave, incinerate or paint the device or powered accessories. Exposure of internal components can cause damage to both yourself and your surroundings.

Sound and Hearing
To prevent possible hearing damage, do not listen at high volume levels for long periods of time. Listening to sound at high volumes or for long periods may damage your hearing.

Fire / Heat
Do not place naked flame sources, such as lighted candles, cigarettes, cigars, on or near the product. The device or the battery may explode when overheated and exposed to an extreme heat source, such as a fire. Stop using the device if it begins to overheat.

Do not expose your device to heavy smoke or fumes as these might contaminate internal components.

Prolonged heat exposure of the device and its power adapter comply with applicable surface temperature standards and limits. However, even within these limits, sustained contact with warm surfaces for long periods of time may cause discomfort or injury. Take special care if you have a physical condition that affects your ability to detect heat against the body.

Water

Do not use in environments with risk of wetting the sleep robot. Do not use if you are incontinent.

Do not touch the control panel of the device, cords, plug, charger, battery, or other internal components with wet hands. Doing so may cause an electric shock to you or damage to the device's components.

Do not turn on your device if it is wet. Should it become wet while already switched on, immediately turn off your device and allow it to dry. Follow the proper drying recommendations outlined in your manual and DO NOT accelerate drying with the use of, for example, an oven, microwave, or (hair)dryer, because this may damage the device and could cause a fire or explosion.

Keep the device dry. Precipitation, humidity, and liquids contain minerals that will corrode electronic circuits. We recommend usage of the device should always be used in conjunction with a sleeve to minimize the impact on the device.

Do not use the device if you are incontinent or if you have any other condition where there is a chance of wetting the device. This could cause fire, electric shock, injury, or damage to the device or other property.

Not a medical device

This is not a medical device. Consult your doctor for prevention, diagnosis, and treatment of sleep disorders and other medical issues.

This product is not designed or intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease. Consult your doctor for prevention, diagnosis, and treatment of sleep disorders and other medical issues.

The device contains components and radios that emit electromagnetic fields. The device also contains magnets. These electromagnetic fields and magnets may interfere with pacemakers, defibrillators, or other medical apparatus. Maintain a safe distance between

your medical apparatus and the device. Consult your physician and medical apparatus manufacturer for information specific to your medical apparatus. If you suspect the device is interfering with your pacemaker, defibrillator, or any other medical apparatus, stop using the device.

If you have a medical condition or experience symptoms that you believe could be affected by the device, consult your physician prior to using the device.

Parts / attachments / accessories

Only use parts, attachments and accessories specified by Somnox.

Only use parts, attachments and accessories specified by Somnox (see: www.meetsomnox.com).

Do not install other software than Somnox-approved software (for example: viruses or potentially harmful software) on the device. This may result in malfunction, security breaches or serious injury.

For the purposes of recharging the battery, only use the detachable supply unit (charger model MKC-0502000DEXU) provided with this appliance. Only Somnox-approved chargers may be used to charge the device. Other adapters may not meet applicable safety standards. Charging with non-approved chargers may affect the performance of the device and poses a possible risk of fire or explosion, which could lead to serious bodily injury or damage to the device or other property.

This appliance contains batteries that are non-replaceable.

Battery
Do not allow leaking battery fluid to come into contact with your eyes, skin or clothing.

Charging
Do not use the device while charging, this could lead to suffocation, electrical shock, injury or death, for example by the charging cable becoming wrapped around a user's neck while sleeping.

Do not place the charging cable in bed (attached or unattached to the appliance). This could lead to suffocation or other injury.

Do not charge the device in a sealed or badly ventilated environment, like under the blankets or in a poorly-ventilated room. Charging under these circumstances may affect the performance of the device and poses a possible risk of fire or explosion, which could lead to serious bodily injury or damage to the device or other property.

Using damaged cables or chargers, or charging when moisture is present, can cause fire, electric shock, injury, or damage to the device or other property. If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer.

When you charge the device, make sure the cable is fully inserted into the power adapter before you plug the adapter into a power outlet.

Unplug the device during lightning storms or when unused for long periods of time.

Protect the power cord from being walked on or pinched, particularly at plugs, convenience receptacles and the point where they exit the apparatus.

Children / persons with reduced physical, sensory, mental capabilities

Do not use the device with infants or children under the age of 8.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or those lacking experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

Do not use the device with infants or children from 0 up to and including 3 years old. This could cause suffocation, electrical shock or injury to the child.

This appliance can be used by children older than 3 years and younger than 8 years, only if they're under continuous supervision.

The appliance can be used by children aged from 8 years and above, and persons with reduced physical, sensory or mental capabilities, or lacking experience and

knowledge, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be carried out by children without supervision.

Children or other persons requiring supervision can accidentally choke on small device components or parts, especially if they have broken off.

Damage

Do not use if damaged. Do not try to open / dissassemble / repair the device or power adapter by yourself or by an unauthorized party. Always contact your seller for inspection.

Protect the device, battery, and other components from damage. Handle the device with care. Do not use the device if it is damaged.

Do not disassemble the device or power adapter yourself or allow an unauthorized party to do so.

If you suspect damage to the device or battery, contact Somnox for inspection. There are no repairs that you can safely carry out. Refer all servicing to qualified servicing personnel. Servicing is required when the apparatus has been damaged in any way, such as when the plug is damaged, liquid has been spilled, or the apparatus does not operate normally or has been dropped.

Failure to properly set up, use, and care for this product can increase the risk of serious injury, death, property damage, or damage to the product or related accessories. Exercise caution when using your device as part of your active lifestyle.

Environment

Do not use or store the device in an environment where use of your device is not authorized or restricted. Obey all signs and instructions.

Do not expose your device and components to extreme heat or cold. The device can safely be used in locations and environments with temperatures between 0°C / 32°F and 35°C / 95°F. Avoid prolonged exposure of your device to temperatures below 0°C / 32°F or above 45°C / 113°F. Using your device for prolonged periods outside the recommended safety ranges can damage the device and reduce the storage capacity and lifespan of your battery. Do not store your device in extremely hot areas (such as the inside of a parked car in the summertime). Leaving your device in this environment can cause issues such as leakage or explosion of the internal battery.

Do not use in an environment that requires concentration, where distraction or sleepiness could cause dangerous situations (for example but not limited to driving a car).

Do not store, charge or use your product in or around wet environments or environments with high levels of humidity. Like any electrical device, there is an electrocution hazard if you get the device wet.

Do not use or store the device in an environment where use of your device is unauthorized or restricted. This can include areas with flammable materials, fueling areas or any area with a potentially explosive atmosphere, such as areas where the air contains high levels of flammable chemicals, vapours, or particles (such as grains, dust, or metal powders) may be hazardous. Obey all signs and instructions.

Do not expose the device to environments with high external pressures, which could cause internal damage or overheating.

Do not use the device in an environment where there is a possibility to fall more than 70 centimeters / 27.5 inches (for example but not limited to bunk beds, elevated beds or hammocks).

Do not use the device if you notice any unusual smells, smoke or liquids coming from your device or battery.

Specifications

Sleep Robot

Property	Value
Size (H x W x D)	320 x 210 x 190 mm / 12.6 x 8.3 x 7.5 in
Weight	1.8 kg / 3.97 lb
Battery Type	6800mA Li-ion (3,6V)
Compatibility	iOS 10 & Android 4.3 or higher
Connectivity	Bluetooth 4.2 BLE, Bluetooth Classic, Wi-Fi
Sensors	Accelerometer, Gyroscope
Memory	4 GB
Rated voltage	5V
Rated power	10W

Charger

Property	Value
Input	100-240V, 50/60Hz
Output	5V, 2A

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An introduction to your Sleep Robot

We hope you are excited about your new Sleep Robot, the Somnox 2. We have designed it to help you relax and improve your night's rest. Before using it, please take a moment to read the instructions and read the complete safety information.

Take your time to get used to your new sleep companion

Improving sleep is a continuous journey. Give yourself enough time to practice breathing with the Sleep Robot. It takes about two weeks to become familiar and feel comfortable with your new sleep companion, and it can take three weeks to experience an effect on your sleep quality

We recommend using the Sleep Robot in your sleep ritual, starting at least one hour before going to bed so you can wind down after a busy day. Since the Sleep Robot is not the one-stop solution, we encourage you to also make use of our in-app guidance.

How does the Sleep Robot work?

When you have worrying thoughts or tend to stress easily over things, you can lose control of your breathing. This shallow breathing at a high rate negatively influences your stress levels. In contrast, slow and deep breathing can positively influence the relaxation of body and mind, which makes it easier for you to fall asleep.

The Somnox Sleep Robot guides you towards slow breathing. By feeling the Sleep Robot's breathing movements you will (unconsciously) adapt your own breathing rate to the decreasing breathing rate of the robot. Slowing down your breathing rate will help you relax more easily.

In addition, the Sleep Robot can be an external point of focus for your thoughts. Your mind will shift away from the things that keep you awake at night. The Sleep Robot can play soothing music, nature sounds, or soft white noise. These sounds can enhance the calming effect of the Sleep Robot.

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Getting started
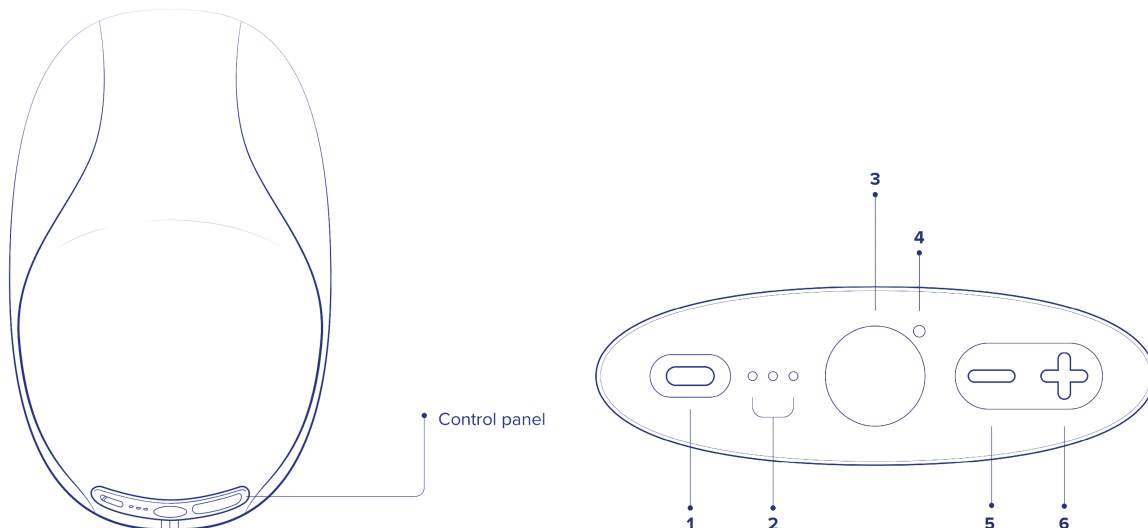
What's in the box?

Your box includes:
- Somnox 2 including washable sleeve
- USB-C cable
- Plugs for different regions (UK, US, EU)
- Charging adapter
- Quick start guide

Control panel - overview

The Sleep Robot can be controlled via the control panel. The overview below refers to the different elements of the control panel with numbers.

Control panel

1. USB-C charging slot
2. Battery indicator lights
3. Power button
4. Indicator light
5. Minus button: volume down / previous track
6. Plus button: volume up / next track

Charge your Sleep Robot

Fully charge the battery of your Sleep Robot before using it for the first time.

Assemble the charger by connecting the plug of your region to the adapter. Connect the USB-C cable to the adapter as well.

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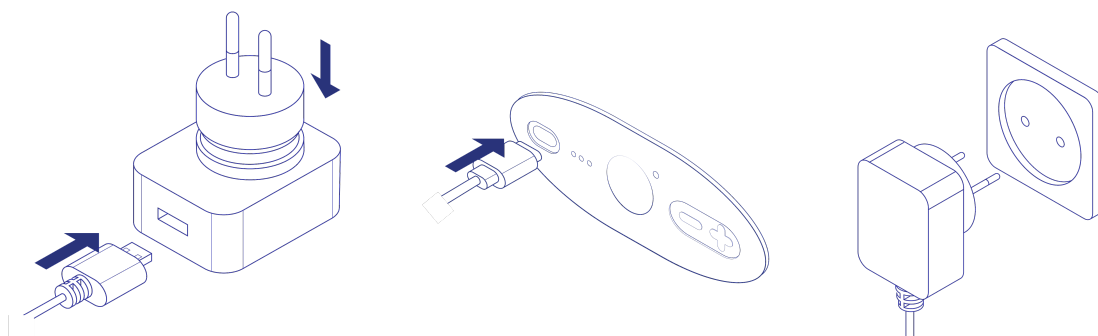
Charge the Sleep Robot by inserting the charger plug into the charger slot (1) and connecting the charger to a power source. Once charged, please unplug the charger from the power source and from the Sleep Robot.

A fully charged Sleep Robot will work for several days, depending on the usage. However, we recommend charging the Sleep Robot regularly so you will be able to use it whenever you like.

Note: it is not possible to use your Sleep Robot while charging.

Battery level indication
The battery indicator lights (2) show the charging progress. All three LED lights will light up when fully charged. You can always check the battery level when turning on the Sleep Robot (button 3). Table 1 describes the battery indicator lights.

Indication	Meaning
◎ ● ●	The Sleep Robot cannot turn on due to insufficient battery charge. <u>Make sure to charge the Sleep Robot .</u>
○ ● ●	It is possible to use the Sleep Robot for at least one session, but you have to <u>charge it soon.</u>
○ ○ ●	You do not have to worry about the battery level yet, you can use it tonight for multiple sessions.
○ ○ ○	The Sleep Robot is fully charged and will last a couple of days, depending on the frequency of use.

Table 1 - meaning of battery indicator lights. ◎ = blinking (white) / ○ = on (white) / ● = off

Checking battery level within the app
Open the app and pair your device with the Sleep Robot. When the robot is turned on, the app will indicate the exact battery level in the status screen.

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Turn the Sleep Robot on
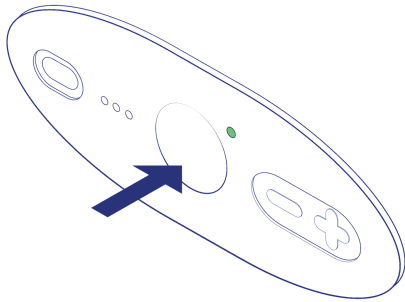
Once charged, turn the Sleep Robot on by pressing the power button (3) on the control panel.

If the LED light next to the power button lights up white, the Sleep Robot turns on. If it does not light up and one battery indicator blinks, the Sleep Robot cannot turn on due to insufficient battery level.

Hold the Sleep Robot close to your body and feel the breathing movement with your hands.

The Sleep Robot automatically turns off after the set duration of the breathing programme. You can change the duration (5 - 120 min) via the mobile application.

Control the audio
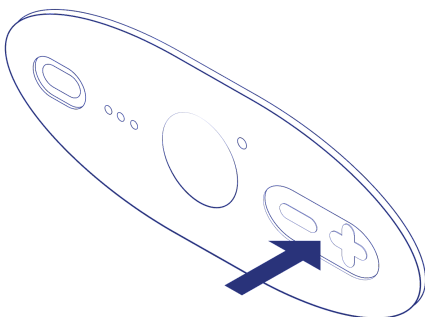
Briefly press the plus or minus button to change the volume. When you press the minus (5) button for one second, the previous (-) track in your playlist will be played. When you press the plus button (6) for one second, the next (+) track in your playlist will be played.

You can choose different audio tracks, such as nature sounds or meditation music, via the mobile application. Read more about setting the audio in this chapter.

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Turn the Sleep Robot off
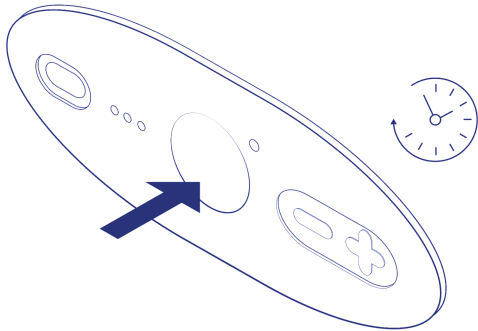
By pressing the power button (3) shortly, you can turn the Sleep Robot off manually. The breathing and audio programme will stop immediately. A white light (4) will indicate your Sleep Robot turning off.

If you do not turn off the Sleep Robot manually, it will automatically turn off when the breathing programme ends. You can change the duration of the programme via the mobile application.

When restarting the Sleep Robot, it will recommence the sleep session with the latest settings.

Try it during the day and relax

Before using your Sleep Robot in bed, try it during the day to get to know your new sleep companion. Take your Sleep Robot, have a seat and follow the breathing movement.

In general, we recommend using the Sleep Robot during the day or before going to bed. Relaxing your body and mind regularly has a positive effect on your sleep quality.

Read more on using the Sleep Robot during the day in this article.

Sleep with the Sleep Robot

Take a moment to wind down before going to bed, by dimming the lights and turning off mobile devices, PC or television. Position the Sleep Robot in bed as you find most comfortable. You might need a couple of nights and some experimentation to find the best position.

Remember that improving your sleep is a process: you will need some days to get familiar with the Sleep Robot in bed. Read more about sleeping with the Sleep Robot in this article.

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Set your preferences with the mobile app

Install the mobile app to easily customize the settings of your Sleep Robot to your preferences. In the app you can change your breathing programme or choose soothing sounds and music. The app provides you with more information about the Sleep Robot and gives you other tips about improving your sleep quality. The mobile app is your personal guide to better sleep and relaxation with the Sleep Robot.

Note: you do not always need to use the mobile app when using the Sleep Robot; it is only required for changing settings. You can leave your mobile device outside the bedroom during the night.

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Somnox Sleep Robot App

Change the breathing pattern and music by setting up your preferences in the app. Find out more about the settings and possibilities by downloading the app.

Download and creating an account

1. Download the Somnox Sleep Robot mobile application to set up the Sleep Robot
   - iPhones and iPads: App Store (https://www.meetsomnox.com/iOS)
   - Android devices: Google Play Store (https://www.meetsomnox.com/Android)
2. Open the app after installation and select 'create account'.
3. Select one of the options to join Somnox (via e-mail, Google Facebook or Apple sign-in).

Pairing your device with the Sleep Robot

- After creating an account, you are prompted to turn on the Sleep Robot by briefly pressing the power button.
- The app will guide you through a series of steps to pair your Sleep Robot with your mobile device via Bluetooth and Wi-Fi.

  Pairing your Sleep Robot with Bluetooth enables you to:
  - Change the settings of the Sleep Robot: select a breathing mode and adjust the audio

  Pairing your Sleep Robot with Wi-Fi enables you to:
  - Update the operating system (firmware) of the Sleep Robot
  - Transmit data from the Sleep Robot in order to let it be tailored to your breathing profile.

Note: to pair your device, it's essential to:
- Know the password to your Wi-Fi network
- Turn on your Sleep Robot and have it within reach
- Enable Bluetooth, Wi-Fi and location settings on your mobile device

Browsing through the app

The app has four different tabs in the bottom menu:
1. Home: choose your preferred programme and audio preferences.
2. Breathing: to set specific breathing settings.
3. Guide: learn about sleep, breathing and use of the Sleep Robot, get additional support.
4. Account: menu with remaining features.

Each tab will be explained on the next page.

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Home: preferred breathing programme and audio

In the 'Sleep Robot' tab, you can set the preferred breathing mode and select an audio programme for your Sleep Robot.

Breathing mode

What do you want to use the Sleep Robot for? You can select different modes: Sleep, Nap or Relax. Change the mode by swiping between the programs, clicking the one you want to use and click Select.

Differences between the programmes
The programmes differ in breathing movement, the ratio inhaling-exhaling.
- Nap: the exhalation takes 1,5 times as long as the inhalation
- Sleep: the exhalation is 2 times the duration of the inhalation
- Relax: the exhalation is 2,5 times the duration of the inhalation

An enlarged exhalation helps to balance the nervous system and become more relaxed and fall asleep. When choosing for the relax-mode, try to consciously follow the deep breathing movement as a moment of meditation.

Tip: you do not have to stick to the modes. Instead, try to experiment a bit to see which of the programmes suits your breathing pattern best.

Duration
Next, you can choose the 'breathing duration': the duration the Sleep Robot will breathe. You can set any time from 5 to 120 minutes. When the programme ends, the Sleep Robot will turn off automatically.

Audio preferences

The Sleep Robot can also play soothing sounds. You can select different tracks after selecting a breathing mode. By selecting multiple tracks, you will create a playlist. Select 'save' to save your choice to the Sleep Robot.

To listen to a preview, just click on the title of a track. It will play a short sample.

Duration
You can set your preferred duration for audio as well; it can be shorter than the breathing duration. At the end of the programme, the volume will slowly fade out.

Breathing settings

Adjust the breathing rate of the Sleep Robot within the breathing settings menu.

Automatically adapt breathing

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When this feature is switched on (the toggle is moved to the right), the Sleep Robot will adjust its breathing rhythm automatically to the user's breathing rhythm. A step-by-step approach for the best experience.

Step 1 - Manual adjustment
You can help the Sleep Robot by setting the breathing rate manually: the Sleep Robot will use these settings as a baseline. For more instructions about setting the breathing rate manually, read the next chapter.

Step 2 - Holding your Sleep Robot
It is important to hold the Sleep Robot against your chest or belly so that it can measure your breathing rhythm using the motion sensor and adapt itself to it.

Step 3 - Synchronized breathing
The Sleep Robot will start breathing at the manually set starting rate and measure your breathing rate for about a minute. Accordingly, it will gradually increase or decrease to the measured rate. Slowly, the Sleep Robot will slow down the breathing rate while constantly measuring whether you are following the movement. Whenever you are in sync, it will slow down again.

The Sleep Robot will turn off automatically after the set duration.

Manually adjust the breathing rate
The breathing range of the Sleep Robot can be set manually by using the sliders:
- The top slider defines the breathing rate on which your Sleep Robot will start breathing.
- The bottom slider defines the breathing rate to which the Sleep Robot will slow down. This rate can only be equal or lower than the start rate.

A normal breathing rate in rest is six breaths per minute. Bear in mind that everyone has a different breathing rate, which is dependent on both physical and mental wellbeing and can differ per day. Take your time to find out what works best for you.

Preview
The preview below the sliders shows an indication of the speed. Breathe along with it to find out whether the pace of breathing feels comfortable. When changing the start or end rate, it will preview the set value respectively.

Guide

The guide helps you to understand the Sleep Robot, get used to it and learn more about sleep and breathing. It is a step-by-step guide that helps you getting most out of your Sleep Robot.

Simply click on an article to your interest. You will be redirected to an online article.

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In this menu, you will also find the full manual (pdf), a link to the frequently asked questions and chat. We are happy to help you.

Software updates

Your Sleep Robot runs on software, which occasionally gets updated in order to improve the Sleep Robot or add a new functionality. Whenever an update is available, you will get notified via the mobile app.

We highly recommend you to update the Sleep Robot, since it will improve your experience and the potential effect of the Sleep Robot.

Note: we recommend updating your Sleep Robot while charging in order to remain sufficient battery level for use.

Use without app

The Sleep Robot works independently from the mobile app: you don't have to be connected with the app to turn on or use the Sleep Robot. The app allows you to change the settings and get informed about sleep, breathing and use of the product.

We highly recommend you to make use of the app, since it will also provide you with the latest software updates and make it possible to let the breathing adapt to your breathing rate.

If you don't have (the ability to use) a smart mobile device, please contact us via support@meetsomnox.com or www.meetsomnox.com.

Sleeping with your Sleep Robot

Preparing for bed

To prepare for a good night's rest with the Sleep Robot, make sure the battery is sufficiently charged. We recommend using the Sleep Robot as part of your bedtime ritual, starting about one hour before going to bed so you can wind down after a busy day. Try to adhere to a consistent sleep routine, wherein you can take the following tips in mind:

- One to two hours before going to bed, dim the lights in your home environment. Don't use any electronic devices with screens in this period before going to bed, since it will keep you alert.
- Go to bed and wake up at the same time every day. This will help your body and mind to get used to a certain day-night rhythm, leading to faster sleep onset and easier wake up.
- Do a breathing exercise or take a moment of relaxation with your Sleep Robot before going to bed. Being calm before going to bed has a positive effect on your sleep onset and sleep quality.
- Read more sleep hygiene tips in the guide you can find in the mobile application.

Since the Sleep Robot is not a one-stop solution, we encourage you to make use of our in-app guidance or information on our website to learn more about its usage and a good sleep hygiene.

Positioning

The best way to sleep with the Sleep Robot, is in whatever position feels comfortable for you. There is not one specific position that works for everyone. To feel (and/or hear) the breathing movement, you can either position the breathing towards your body, or just place your hand on it.

Note: for the automatic synchronized breathing feature, the Sleep Robot must be placed to your belly or chest. Read more in the next section.

We recommend you to experiment and try to find what feels comfortable for you. We give you some sleep position examples below.

Side sleepers: You can 'spoon' with the Sleep Robot. This way, you can feel the breathing simulation against your hand. You can also place the breathing area against your belly: find out what feels comfortable to you.
Back sleepers: You may find the Sleep Robot too heavy to place on your chest. In that case, you can place the Sleep Robot next to you and find a position in which you can still feel the breathing movement.
Stomach sleepers: Move around a little until you find a position in which you're comfortable and feel the breathing simulation.

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Automatic synchronized breathing

The Sleep Robot only uses a motion sensor when 'automatically adapt breathing' is switched on. The Sleep Robot can measure your breathing rate when you hold it against your body. It will adapt to your breathing and gradually lower your breathing rate.

Read more about (enabling) this feature in the chapter about customizing breathing settings.

Midnight awakening

When you wake up during the night or early in the morning, you can simply turn on the Sleep Robot by pressing the power button. It will recommence the programme as set via the mobile app and automatically turn off when the programme ends.

If you want to turn off audio during the night, you can turn the audio volume to zero by briefly pressing the minus button multiple times, until you don't hear the audio anymore.

Tips

Using audio for sleep onset
You can use the provided audio tracks to create a calm ambience without any other distractions. Some audio settings that might help you:
- Set the sound 'forest' to your Sleep Robot. While listening, imagine you are walking in a forest, surrounded by birds. Focus on your breath and adapt to the rhythm of inhaling and exhaling as you are walking through this imaginary forest.
- Are you quickly bothered by noise from the environment or the Sleep Robot's mechanism? Use 'white noise', which works as a noise filter.

Focussing on the breathing vs. unconsciously slow down your breath
There are different ways of using the Sleep Robot: either focus on the breathing movement (which protects your mind from racing thoughts) or unconsciously let you breath synchronize with the Sleep Robot.

If you find it hard to follow the breathing movement of the Sleep Robot, try not to focus too much on the robot itself. Instead, you can try to focus on your own breathing rate, or distract your mind by listening to music or a guided meditation.

Turning the Sleep Robot on a second time
It can happen that you could not fall asleep within the set duration of the breathing programme. This should not be a problem: the Sleep Robot is not a pill that makes you fall asleep, it is a tool to help you slow down your breath and become relaxed. It is up to you whether you want to turn it on a second time by pressing the power button (it will recommence the set programme) or not. You can also try to focus on your own breath until you fall asleep.

Use the Sleep Robot during the day

Did you know that you can also use the Sleep Robot during the day? Take your Sleep Robot, have a seat and relax. Relaxing moments during the day reduce your stress level, which can have a positive effect on your sleep quality during the night.

There are different ways and reasons to use your Sleep Robot during the day.

Use it during the day to get used to it
When the Sleep Robot is new to you, we recommend using it during the day to get familiar with it. Experiment with the settings via the mobile app, try out different sounds and practice following the breathing movement. This way, it might be easier to adapt to it when using the Sleep Robot at night.

Experiment with the settings
Especially during the first weeks, you might grope in the dark about the right settings that feel comfortable to you. Instead of changing them during the night, it is better to change them during the day. This way, you avoid undesired stimuli from your phone and the hassle of thinking about other settings. If the breathing settings do not totally satisfy you, put the Sleep Robot away or try to focus on something else. You can change it tomorrow and even ask the Somnox crew for help.

Breathing exercises
Many of us take shallow, incomplete breaths as we go throughout the day - and we extend this ineffective breathing into the night. At first, it seems difficult to breathe in a more natural and healthy way, but it is something you need to practice.

Increase the effect on your sleep by relaxation during the day
There is a Dutch saying about the night being the 'mirror' of the day. Your mood during the day affects your sleep quality, even when you think you are quite relaxed in the evening. We recommend to become more aware of your stress levels during the day and take a couple of moments to focus on your feelings and emotions. Being more mindful about how you feel,will positively affect your sleep quality when doing it on a regular basis. This needs practice, so do not worry if you do not notice an effect immediately.

Calm start of the day
Have you thought about using the Sleep Robot in the morning? Take 10 minutes to sit down with your Sleep Robot for a short meditation session, to start the day with a peaceful and conscious mind. Close the session with some stretching. Ready to go!

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Cleaning your Sleep Robot

The Somnox Sleep Robot is an electronic product, so it should be handled and maintained with care. Follow the subsequent steps to clean your Sleep Robot. In case of uncertainties or questions please contact us. Never expose your Sleep Robot to a humid or wet environment, and never place it in a washing machine, as this will cause malfunction of the Sleep Robot or injury to yourself. Always follow the guidelines in this manual.

Washable Sleeve

This soft fabric sleeve is easily detachable from the Sleep Robot and can be machine washed at 40°C or 105°F (●●). Do not machine dry the sleeve. Always read and follow the instructions on the washing label inside the washable sleeve.

Important: you should never wash the sleeve with the Sleep Robot still inside it.

Basic cover underneath washable sleeve

Underneath the washable sleeve, a basic cover protects the Sleep Robot from moist and dust. You can compare this cover with a protection cover around your mattress or pillow. It can be machine washed at 60°C or 140°F. Carefully open the zipper and remove the cover. Be careful with the foam layer underneath it, since this protects the breathing mechanism.

Cleaning the foam layer

If there is any dirt on the foam layer, gently wipe it off with a dry or wet cloth and let it dry. Do not machine wash the foam layer or use chemical cleaning products.

Cleaning the control panel

If there is any dirt or moisture on the control panel you can wipe it off with a dry cloth. Do not use a damp or wet cloth to clean the control panel. Also, do not use chemical cleaning products. Do not put any other object (e.g. a screwdriver or pencil) in the USB-C charger slot besides the provided charger.

Drying your Sleep Robot

Try to keep your Sleep Robot dry. Whenever your Sleep Robot gets wet, gently try to pat it dry with a dry cloth. Let it air-dry. Do not machine dry the Sleep Robot, foam layer or the fabrics. Please contact our customer support for advice via info@meetsomnox.com or other contact details.

Troubleshoot

If you experience any trouble with your Sleep Robot, don't hesitate to contact our customer support via the mobile app, www.meetsomnox.com or support@meetsomnox.com.

Error Messages

Sometimes the problem can be easily solved by yourself. Please check the tables below to see if the coloured LED light can show you how to solve the problem.

Blinking LED when turning on

One LED light blinks when trying to turn the Sleep Robot on, and the robot shuts down. Most likely, the battery level is insufficient. Charge the Sleep Robot for a couple of hours.

Factory reset

If the Sleep Robot does not turn on anymore, even after charging it for several hours, you can try to reset its firmware. To reset, press and hold all three buttons (power button, minus- and plus button) for 7 seconds. If successful, the Sleep Robot will turn on.

Feel free to contact our customer service if you have any questions.

somnox

Certification

This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

Hereby, Somnox B.V. declares that the radio equipment type Somnox 2 Sleep Robot is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.somnoxsupport.com/certification.

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 device.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Contact Somnox for help.

To assure continued compliance, 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:
- This device may not cause harmful interference, and
- This device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. SAR has been evaluated with a laptop as host and the maximum SAR value reported is 0.30 W/kg. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

This equipment marketed in USA is restricted by firmware to only operate on 2.4 GHz channel 1-11

This device complies with Industry Canada licence-exempt RSS standard(s). 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

To prevent radio interference to the licensed service, this device is intended to be operated indoors and away from windows to provide maximum shielding.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
1) l'appareil ne doit pas produire de brouillage, et
2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Contact Information

Support

You can find detailed instructions and answers to our most frequently asked questions on our support page. Other questions or in need of sleep guidance? Feel free to contact us directly via the chat in our app or give us a call. We are happy to help you out.

Somnox support
somnoxsupport.com

Give us a call
+31 (0)10 89 94 105

E-mail us
info@somnox.nl

Chat with us
Via the Somnox app or website

Feedback

We are very excited to hear about your experience with the Somnox Sleep Robot, please let us know so we can further improve. Please let us know at feedback@meetsomnox.com.

Do you want to share your experience? Leave a review about your Sleep Robot on www.trustpilot.com/review/meetsomnox.com.

Somnox B.V.

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