

# Smart Nora **User Manual**


**The world's first smart,  
contact-free snoring solution.**

[WWW.SMARTNORA.COM](http://WWW.SMARTNORA.COM)



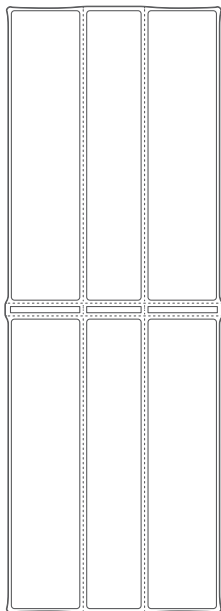
## IMPORTANT SAFETY INFORMATION

READ CAREFULLY BEFORE USE. Failure to follow these instructions could result in death or serious injury.

1. Smart Nora is not a medical device. It is not designed or intended to diagnose or treat any medical conditions, and you should not use it for these purposes. Consult your doctor for prevention, diagnosis, and treatment of sleep disorders or other medical issues. Those with sleep apnea, respiratory problems, back and neck pain or spinal cord injuries should not use Smart Nora.
  2. **WARNING:** To avoid danger of suffocation, keep Smart Nora away from infants and children.
  3. If your sleep habits and position put you at risk of entangling a cord or tube around your neck while sleeping, do not use Smart Nora.
  4. Smart Nora is not a monitoring device and will not warn you of any sleeping problems.
  5. Avoid placing the power cable and air tube where it could present a tripping hazard.
  6. Do not use Smart Nora around water or other liquids. Like any electronic device, there is an electrocution hazard if you get Smart Nora wet when it is plugged in.
  7. Do not disassemble the Pebble, Base, or power adapter. There are no repairs that you can safely perform.
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# IN THE BOX

**PILLOW INSERT**



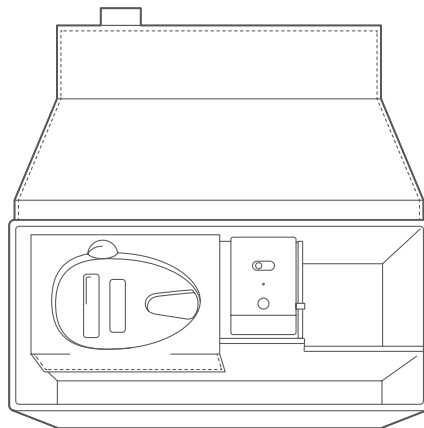
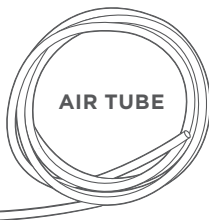
**PEBBLE**



**OVERHEAD MOUNT**



**AIR TUBE**

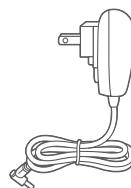


**BASE**

**PEBBLE CHARGER (USB)**



**BASE CHARGER**

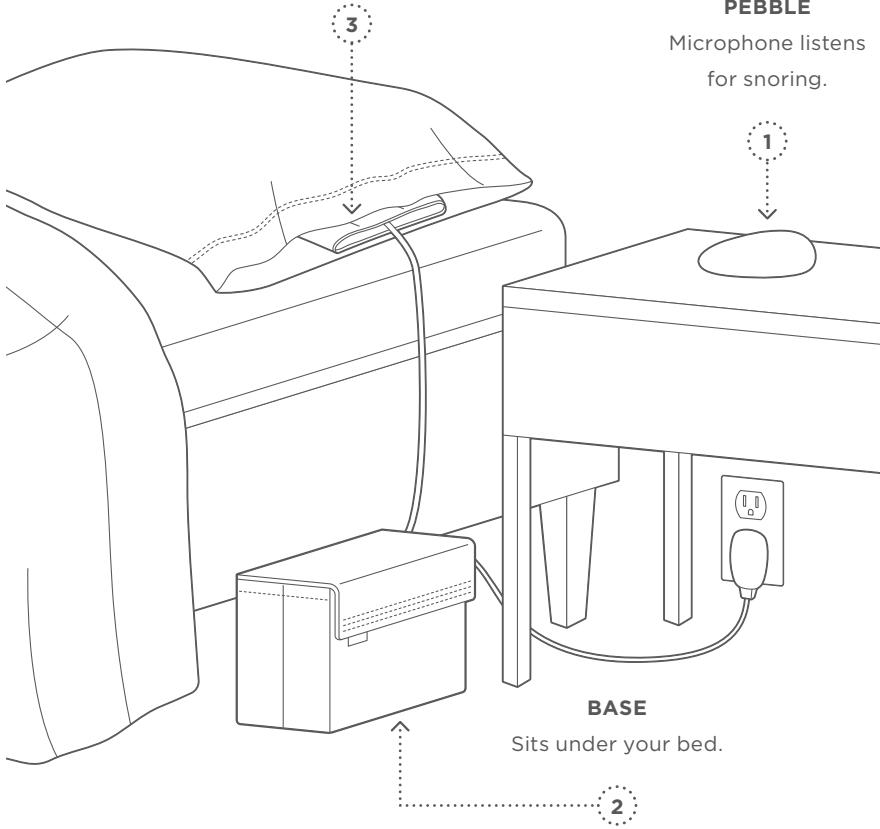


### PILLOW INSERT

Inflates and deflates to gently  
move your head.

### PEBBLE

Microphone listens  
for snoring.

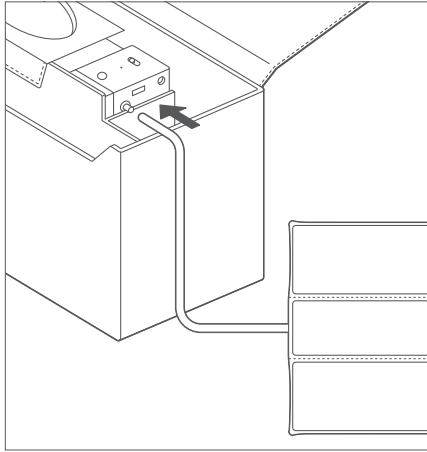


# HOW NORA WORKS

Smart Nora is a contact-free snoring solution that's designed to stop snoring without waking up the snorer or their partner.

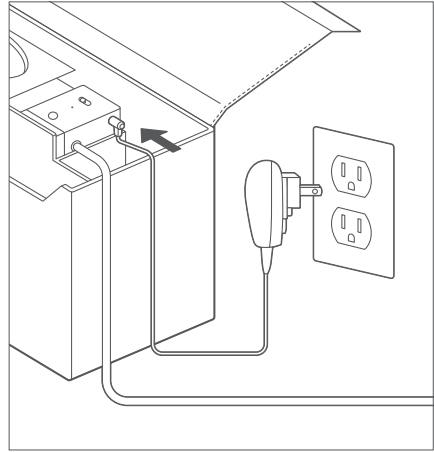
Nora's Pebble, a microphone equipped with smart detection algorithms, listens for sounds of snoring. Upon detecting multiple snores, the Pebble activates the silent pump in the Base, to gently inflate and deflate the Pillow Insert. This slight and unnoticeable movement interrupts your snoring.

# SET UP



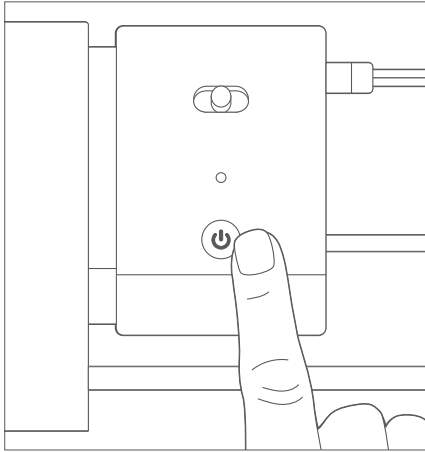
## 1. CONNECT AIR TUBE

Connect the air tube from the Pillow Insert to the Base.




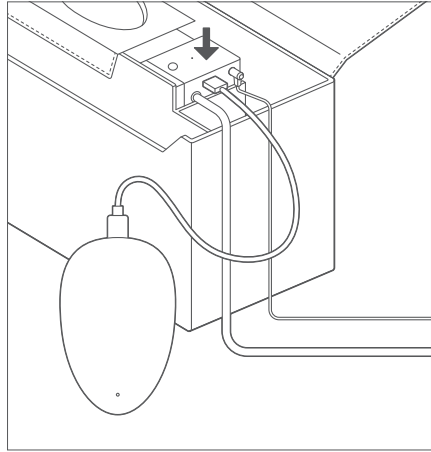
## 2. PLUG IN BASE

Plug the Base into a power source. Place the Portable Case under your bed.



### 3. TURN BASE ON

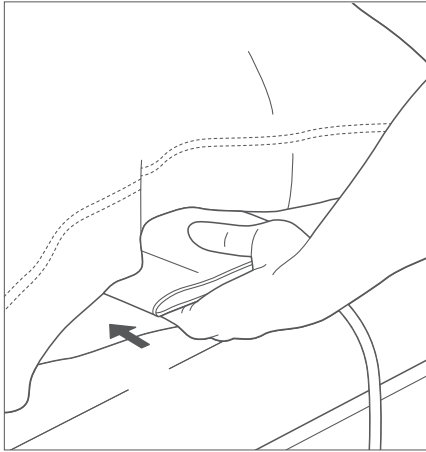
Press power button  to turn on the Base.



### 4. CONNECT PEBBLE

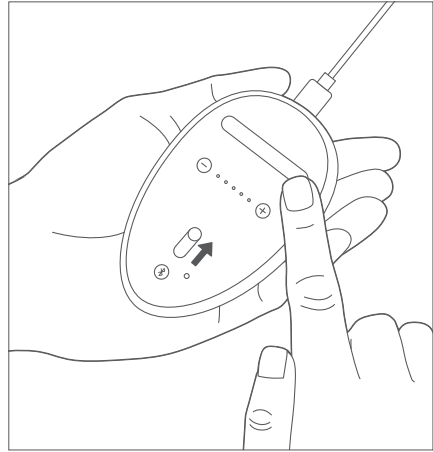
Connect the Pebble to the Base with the USB cable.

**NOTE:** The LED on the bottom of Pebble flashes green when charging, and stops flashing when battery is full. You can disconnect the Pebble when your set-up is complete.





## 5. PLACE PILLOW INSERT

Slide the Pillow Insert inside your pillow case, under the pillow.

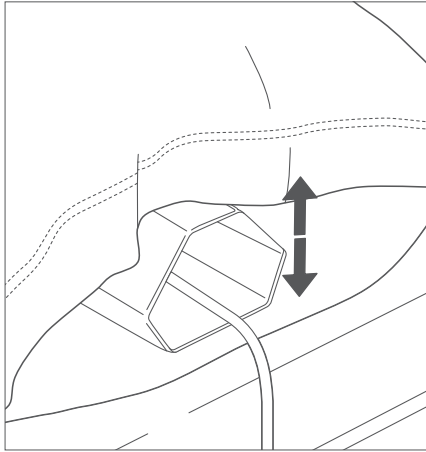


## 6. TURN PEBBLE ON

Unlock  the Pebble. Press on/off button  to turn the Pebble on. A solid white light will appear on top of the Pebble.

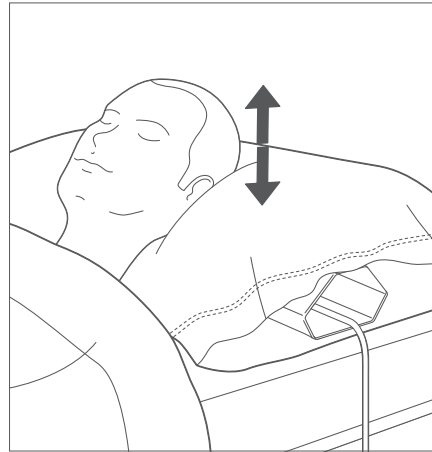
**NOTE:** If you see a blinking blue or red light, see page 19 for troubleshooting.





## 7. PILLOW INSERT INFLATES

As you speak or handle the Pebble, the pump might activate. If not, press the Bluetooth button (Ⓜ) on the Pebble to see the inflation of the Pillow Insert.



## 8. TEST BEFORE FIRST NIGHT

Put your head on your pillow. Press Bluetooth button (Ⓜ). You should feel a gentle rise and fall (about 2 inches). Each rise and fall cycle takes 1 minute to complete.

**SETUP IS COMPLETE!**

## FIRST 2 WEEKS: WHAT TO EXPECT

To experience best results, it is recommended to use Smart Nora for at least **two weeks**.

The majority of users experience a reduction in their snoring after seven consecutive nights of using Nora.

### What Nora users say after a week:

*“Nora is practically invisible after the first week.”*

—Snorer

*“I can finally sleep in the same bedroom as my husband.”*

—Partner

## FOR SNORER

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### **Nights 1-3**

You may feel Smart Nora's slow movement a few times during the night.

To fall sleep easily, start the night with Delayed Start mode so you have 30 minutes to fall asleep before Nora starts working. (see page 13)

### **Nights 4-7**

Your body will adjust to the movements and over time, you will notice Nora less and less.

### **Nights 7+**

Nora will fade into the background and you will barely notice it.

## FOR PARTNER

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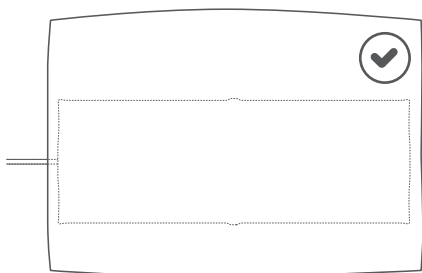
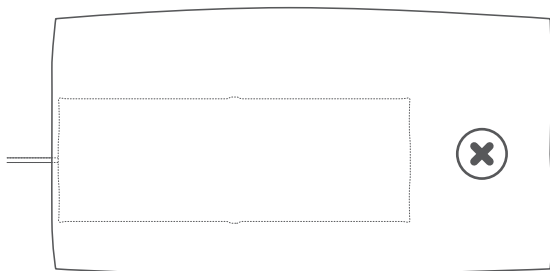
### **Nights 1-3**

As your partner becomes accustomed to using Smart Nora, you will notice a reduction in intensity and frequency of their snoring. If your bedroom is extremely quiet, you might notice the faint sound of the pump. But this will soon fade into the background.

### **Nights 3+**

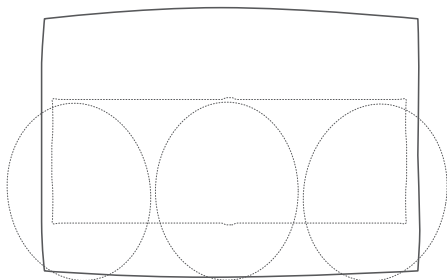
Your partner will be used to Smart Nora and you can both enjoy improved quality of sleep.

# OPTIMAL EXPERIENCE



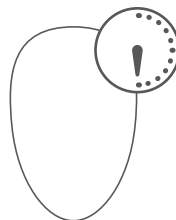
## USE A QUEEN-SIZE PILLOW

Use a queen-size pillow (20x30inches - 50x70cm) to ensure the Pillow Insert is edge-to-edge under your pillow.



## SLEEP IN ANY POSITION

You can place your head anywhere on the pillow as long as the Pillow Insert moves your head when it rises and falls.



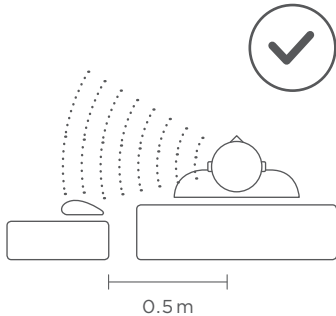
## SET A 30 MINUTE DELAY

To fall sleep easily, start the night with Delayed Start.

- To start the delay, **hold the on/off button for 1 second.** White light on the Pebble will glow for 30 minutes. Nora will start working automatically after 30 minutes.
- To end the delay, **press the on/off button.**

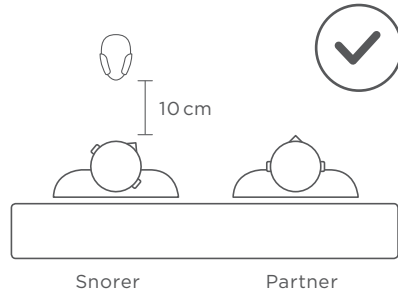
# HOW TO PLACE THE PEBBLE

## CORRECT



- Place the Pebble at the same height (or lower) as that of your head.
- Make sure the Pebble is within arm's reach, placed no more than 0.5 meter away from your head.
- Make sure you have a clear, unobstructed view of the Pebble.

## CORRECT

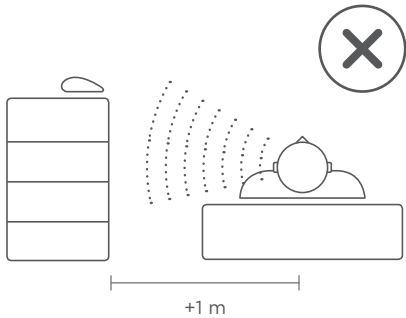


## USE THE OVERHEAD MOUNT

Install the overhead mount if your partner wakes up with even the slightest snoring. Place the Pebble about 10cm (4 inches) above your head on the wall or the headboard. This helps Nora hear the slightest snores, even when you face your partner.

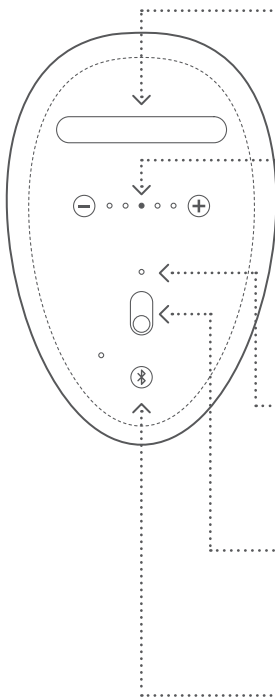
## WRONG

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- Do not place the Pebble higher than your head, or further than 1 meter.
- Do not place the Pebble on a large table, glass surface or vibrating surface.
- Do not place the Pebble close to a source of noise (i.e. fan, white noise machine).

# FEATURES—PEBBLE



## ON/OFF/DELAYED START

- Click once to turn on or off.
- Press and hold for 1 second to initiate 30-minute delayed start (indicated with a breathing white light on the top LED). Press once to end the delay.

## SENSITIVITY ADJUSTMENT

Middle sensitivity is the optimal setting for most cases (for personalized settings, see next page).

## BOTTOM LED

LED flashes green when battery is charging. Once the battery is fully charged, the flashing will stop.

## LOCK

- Lock for travel purposes.
- Unlock for regular use.

## BLUETOOTH BUTTON

Press once to manually activate Nora. A white blinking light appears on Pebble and Base, and silent pump starts working..



## ADJUST SENSITIVITY TO SOUNDS

You can personalize the sensitivity level of the Pebble according to the noise in your bedroom and your partner's sensitivity to snoring.

### ULTIMATE SENSITIVITY



Only use in a very quiet bedroom.

Smart Nora will activate with a quiet snore.

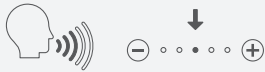
### HIGH SENSITIVITY



Use in a quiet bedroom.

Smart Nora will activate with a snore.

### NORMAL SENSITIVITY



### RECOMMENDED

Use in regular bedrooms.

Smart Nora will activate with multiple snores.

### LOW SENSITIVITY



Use in a loud bedroom (i.e. audible traffic noises).

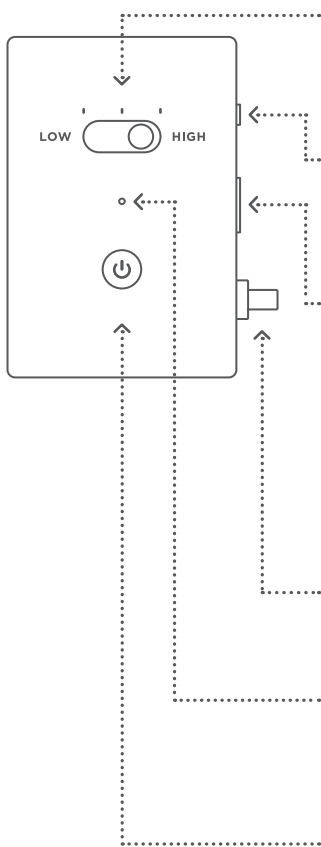
Smart Nora will activate with loud and multiple snores.

### VERY LOW SENSITIVITY



Only use in an unusually loud bedroom (i.e. loud, audible traffic or construction noises). Smart Nora will activate only with very loud multiple snores.

# FEATURES—BASE



## **PILLOW HEIGHT ADJUSTMENT**

You can adjust the height of the inflated Pillow Insert. For best results keep on high.

## **DC POWER**

Connect the power cable to keep the Base charged overnight.

## **USB PORT**

- Connect the Pebble using the USB cable for charging.
- If Bluetooth connection between Base and Pebble is broken (Blue flashing light), Turn Base and Pebble on and connect them using the USB cable.

## **AIR NOZZLE**

Connect the air tube from the Insert to the Base.

## **LED**

LED flashes green when battery is charging. Once the battery is fully charged, the flashing will stop.

## **ON/OFF**

Click to turn the Base on or off.

# PEBBLE & BASE LIGHTS



## WHITE SOLID

Both Pebble and Base are on and ready.



## WHITE GLOW

Pebble is in delayed start mode and will start listening for snoring in 30 minutes.



## BLUE FLASHING

Pebble and Base Bluetooth connection is broken. Turn Base and Pebble on and connect them using the USB cable. White light appears when Bluetooth connection is established.



## RED FLASHING

Pebble and/or Base are low on battery. Plug in the Base to power. Connect the Pebble to the Base using the USB cable. Charge both for at least 3 hours.



## GREEN FLASHING

Pebble and Base are charging. The light will stop flashing once the battery is fully charged.

\*\*To make sure this charging light does not interrupt your sleep, the green flashing light does not appear on top of the Pebble.

## BATTERY CHARGING

The Pebble's battery lasts 7 night. The Base's battery lasts 1 night. Keep the Base on and plugged into power for regular use.

# EFFECTS OF NORA

## WHY WE SNORE

Snoring is the result of our airways collapsing as the upper throat muscles relax during sleep. When we breathe through the narrowed airway, we create vibrations that are heard as snoring.

## WHY NORA IS EFFECTIVE

Nora detects early sounds of snoring and gently moves your head by activating a silent pump that inflates and deflates the padded insert sitting under your pillow.

This slight movement stimulates the relaxed throat muscles and as a result, the airway assumes its natural position, allowing you to breathe normally once again. This movement lasts about 1 minute, and during this time the device does not activate with sounds of snoring.

### TESTER'S SNORING VOLUME **WITHOUT NORA**

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### TESTER'S SNORING VOLUME **WITH NORA**

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# DISCLAIMER

## **NON-MEDICAL DEVICE**

Smart Nora is a non-medical, lifestyle improvement device that can help reduce the frequency and volume of snoring. Smart Nora helps those who are dealing with the problem of snoring multiple nights per week. Results vary for individual users. Those with sleep apnea, respiratory problems, back and neck pain or spinal cord injuries should not use Smart Nora. Consult with your doctor before using Smart Nora if you have any concerns.

## **WARRANTY**

Smart Nora Inc. offers a one-year manufacturer's warranty. Warranty does not apply to damage caused by accident, abuse, misuse, flood, fire, earthquake, other external causes or with improper power supply.

## **MAINTENANCE**

The Pillow Insert and the felt bag cannot be washed or dry-cleaned. The Base and the Pebble contain electronics; to avoid damage, do not expose any of the parts to liquids, including water and cleaning products. The Pillow Insert may be cleaned using a damp cloth.

### FCC STATEMENT

This device couples 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.

**WARNING:** Changes or modification not expressly approved by the party responsible for compliance 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 relocation 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 experience radio/TV technician for help.

### EU—DECLARATION OF CONFORMITY

Hereby, Smart Nora Inc., declares that Smart Nora snoring solution (Model: O0INORA) meets the essential requirements and other relevant

provisions of Directive 2014/53/EU. A copy of the signed and dated Declaration of Conformity is available on request.



Countries RED Approval Complied

All EU countries, Switzerland (CH) and Norway (N)



### DISPOSAL INFORMATION FOR USERS

Pursuant to and in accordance with Article 14 of the Directive 2012/19/EU of the European Parliament on waste electrical and electronic equipment (WEEE), and pursuant to and in 2006/66/EC of the European Parliament on batteries and accumulators and waste batteries.

The barred symbol of the rubbish bin shown on the equipment indicates that, at the end of its useful life, the product must be collected separately from other waste.

Any products that have reached the end of their useful life must be given to waste disposal centres specializing in separate collection of waste electrical and electronic equipment, or given back to the dealer when purchasing a new WEEE, pursuant to and in accordance with Article 14 as implemented in the country.

The adequate separate collection for the subsequent start-up of the equipment sent to be recycled, treated and disposal of in an environmentally compatible way contributes to preventing possible negative effects on the environment and health and optimizes the recycling and reuse of components making up the apparatus.

Abusive disposal of the product by the user involves application of the administrative sanctions according to the laws in force.

## INDUSTRY CANADA

This device complies with Industry Canada license-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.

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.



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