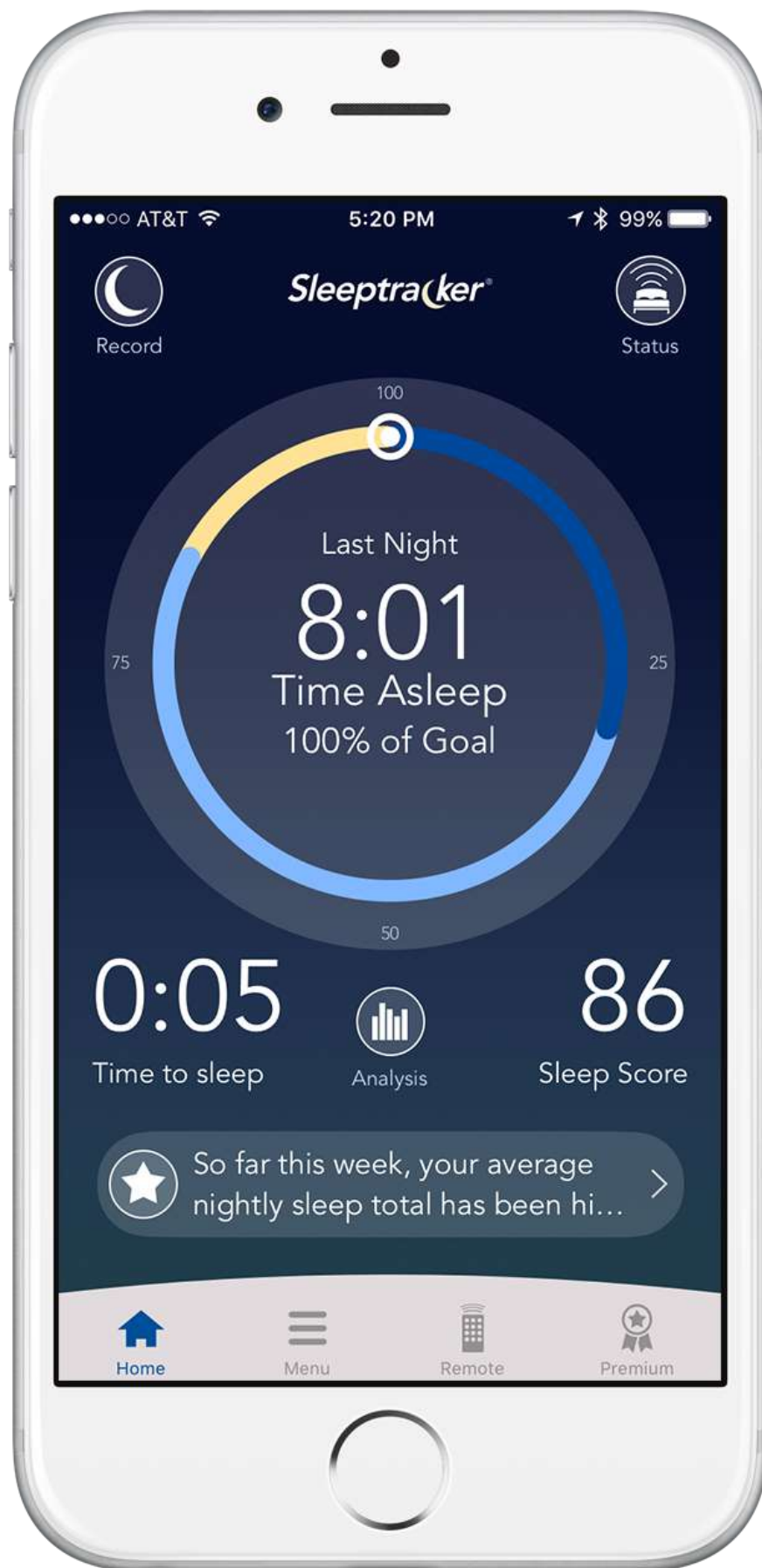




Sleeptracker[®] Application User Guide





Sleeptracker®

Your SmartMotion™ smartbed and **Sleeptracker®**, its companion application, are powered by Sleeptracker® technology to accurately and continuously monitor a sleeper's movements, heart rate, and respiration rate throughout the night.

Easy-to-understand sleep graphs visually distinguish between periods when you were awake, in light sleep, deep sleep, or REM sleep, and these are quantified with a summary "sleep score." Goals and dynamic coaching encourage getting a better understanding of your sleep and ways you can improve your overall sleep health.



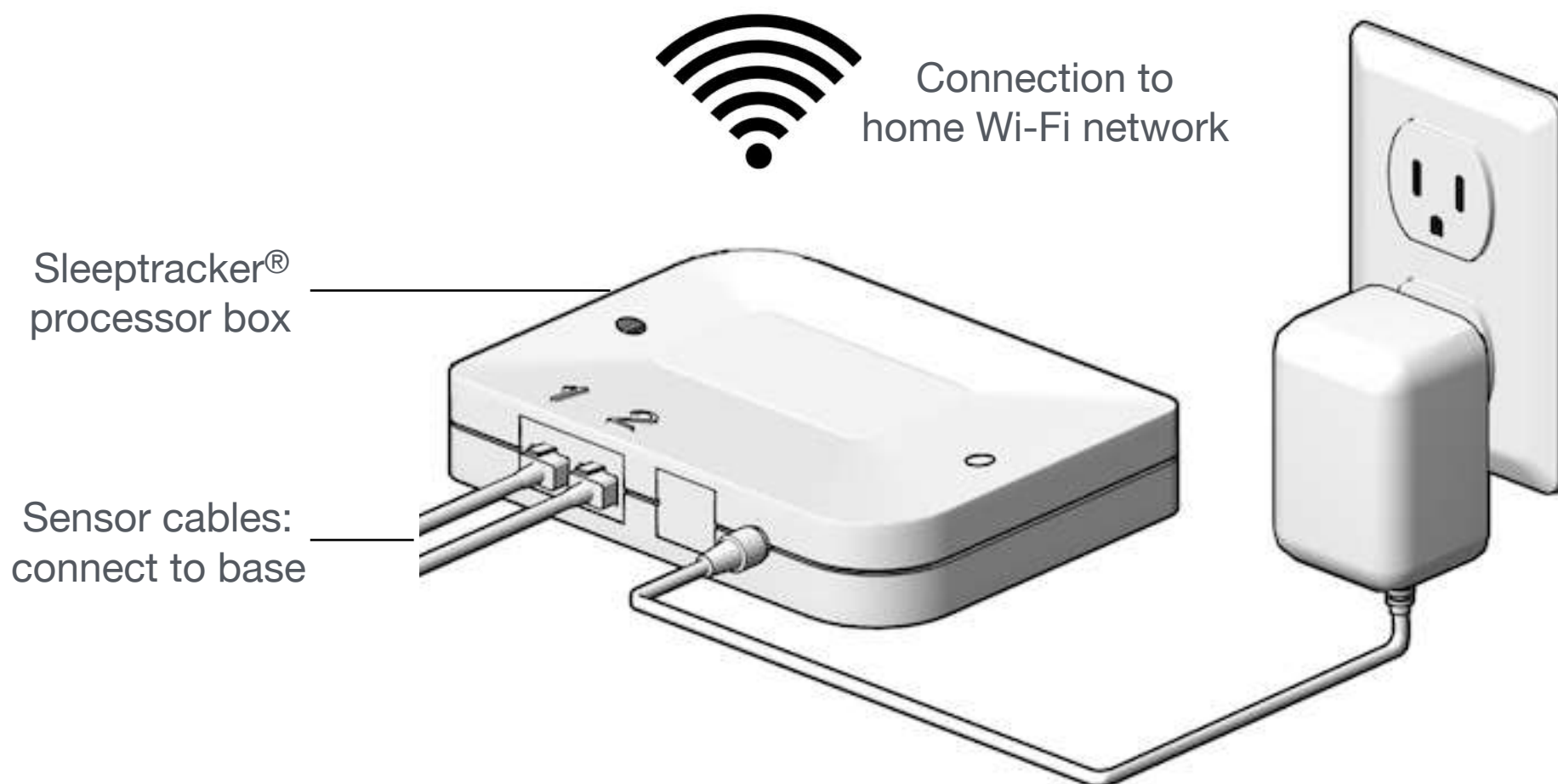
The Sleeptracker® app lets you set a sleep cycle alarm that will help you Wake Up at the Optimal Time™ in your sleep cycle so that you wake up refreshed and more energized throughout the day. You can also control your adjustable base according to your personal preferences using the app instead of your physical remote.

Setting Up Your Smart Bed Base

To get started, make sure your Sleeptracker® processor box is powered on and the sensor cables are plugged in as indicated.

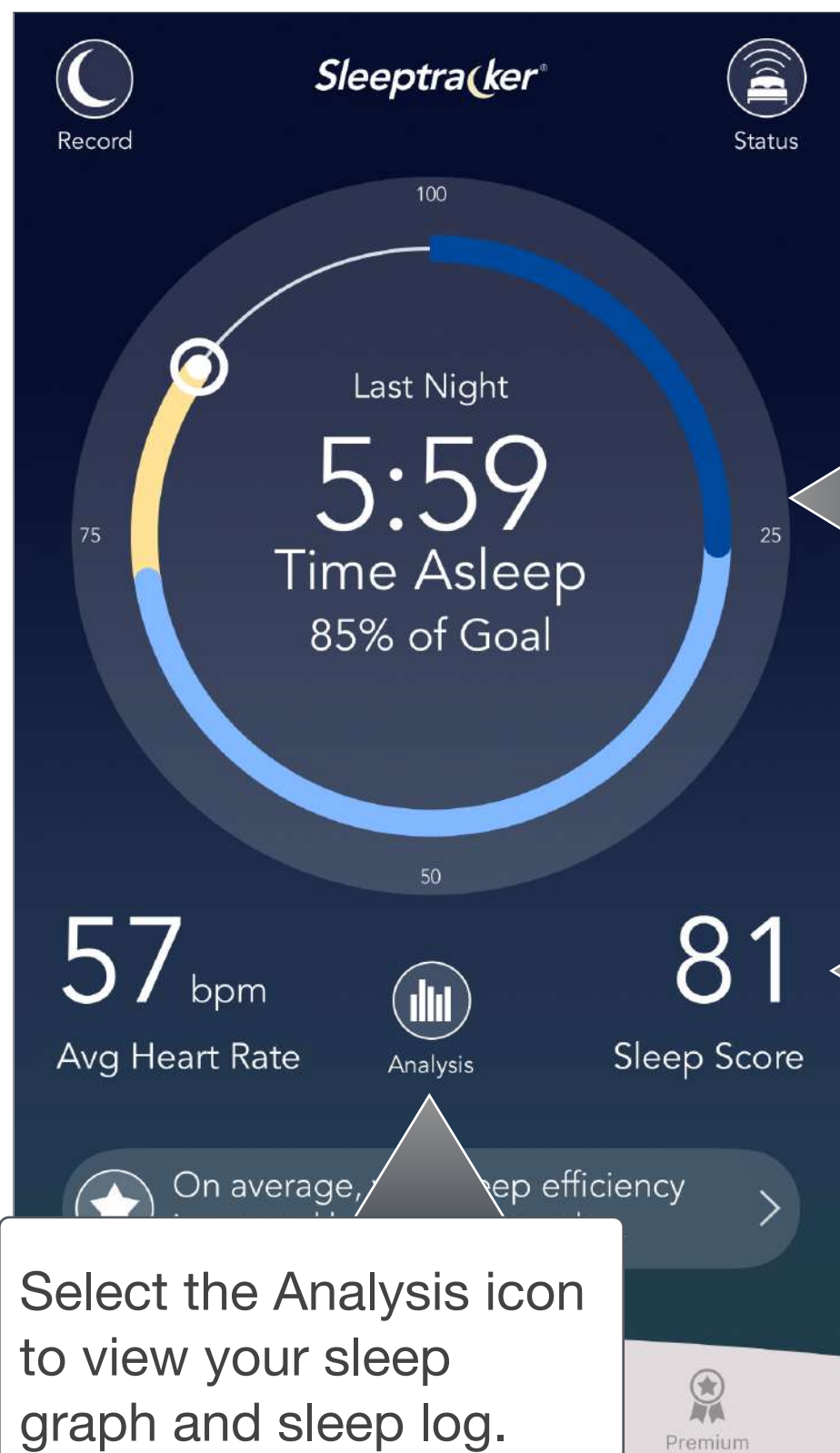
Next, install the Sleeptracker® app onto your phone. The first time you use the app, it will guide you through the easy process of creating a user account and connecting your smartbed to your home Wi-Fi network.

Your SmartMotion™ smartbed must be connected to a Wi-Fi network in order to sync data with the Sleeptracker® app.

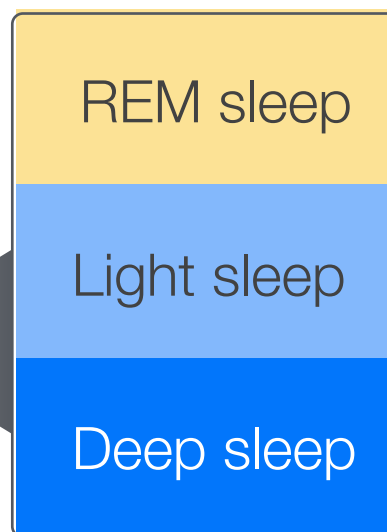


Home Page

The Home page shows an overview of daily progress toward your sleep goal. Important sleep statistics are viewable in the center ring. Daily tips, personal statistics, and comparisons from the Sleeptracker® Coach will be accessible at the bottom of the page — these tips will become more personalized as the app gets to know your sleep habits.

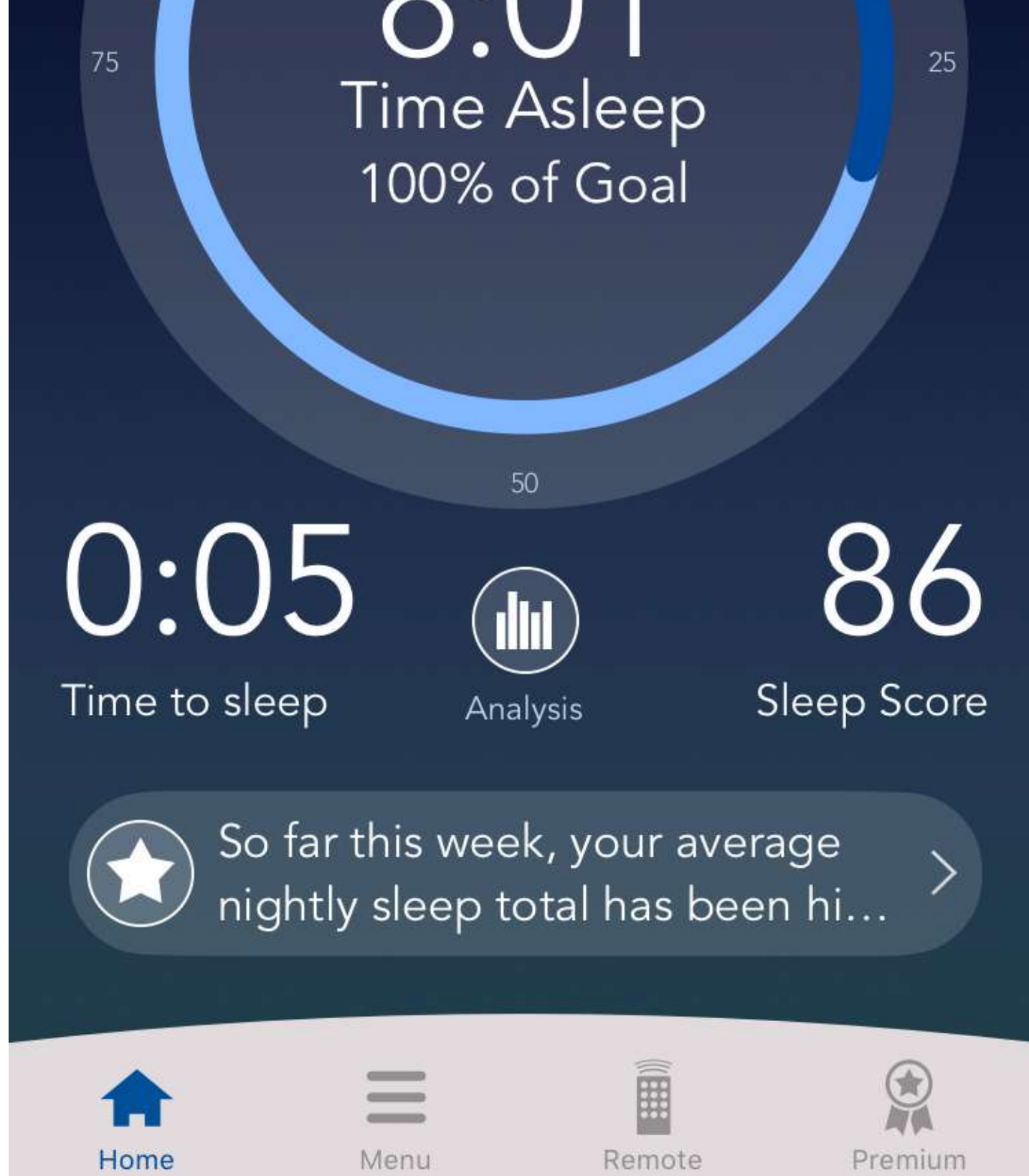


The center ring cycles through the time spent in each sleep phase:



Your **Sleep Score** combines all sleep metrics into one simple value. Scores range from 0-100. As your sleep improves, your score will go up.

Select the Analysis icon to view your sleep graph and sleep log.



Home button:

When highlighted it indicates you are currently on the Home page.

Touch this button from anywhere else in the app to return to the Home page.

Application menu:

Manage your alarm, sleep goal, user profile, and account settings. Add a new user or get help using the app.

Remote Control:

Control your adjustable base

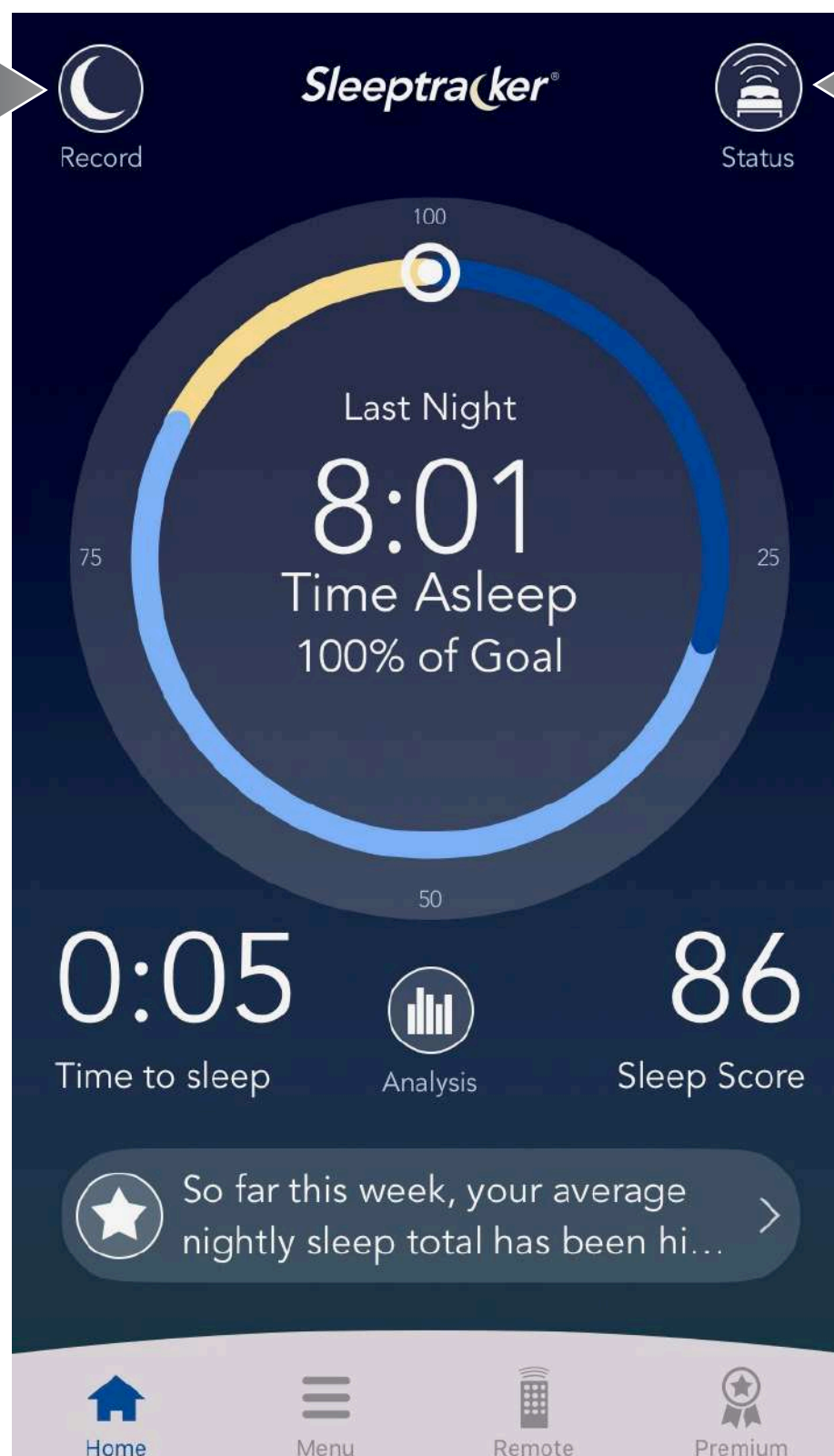
Sleeptracker Premium:

Get the most out of your Sleeptracker® monitor with a premium subscription. New users receive a free trial.

Sleep Recording

Select the Moon button on the home page to start a sleep recording. Start the recording when you are ready to fall asleep, versus laying in bed reading or watching TV, to improve the accuracy of calculated sleep efficiency values and for a more accurate sleep score.

Select the Moon button to begin a sleep recording and adjust your sleep cycle alarm settings.

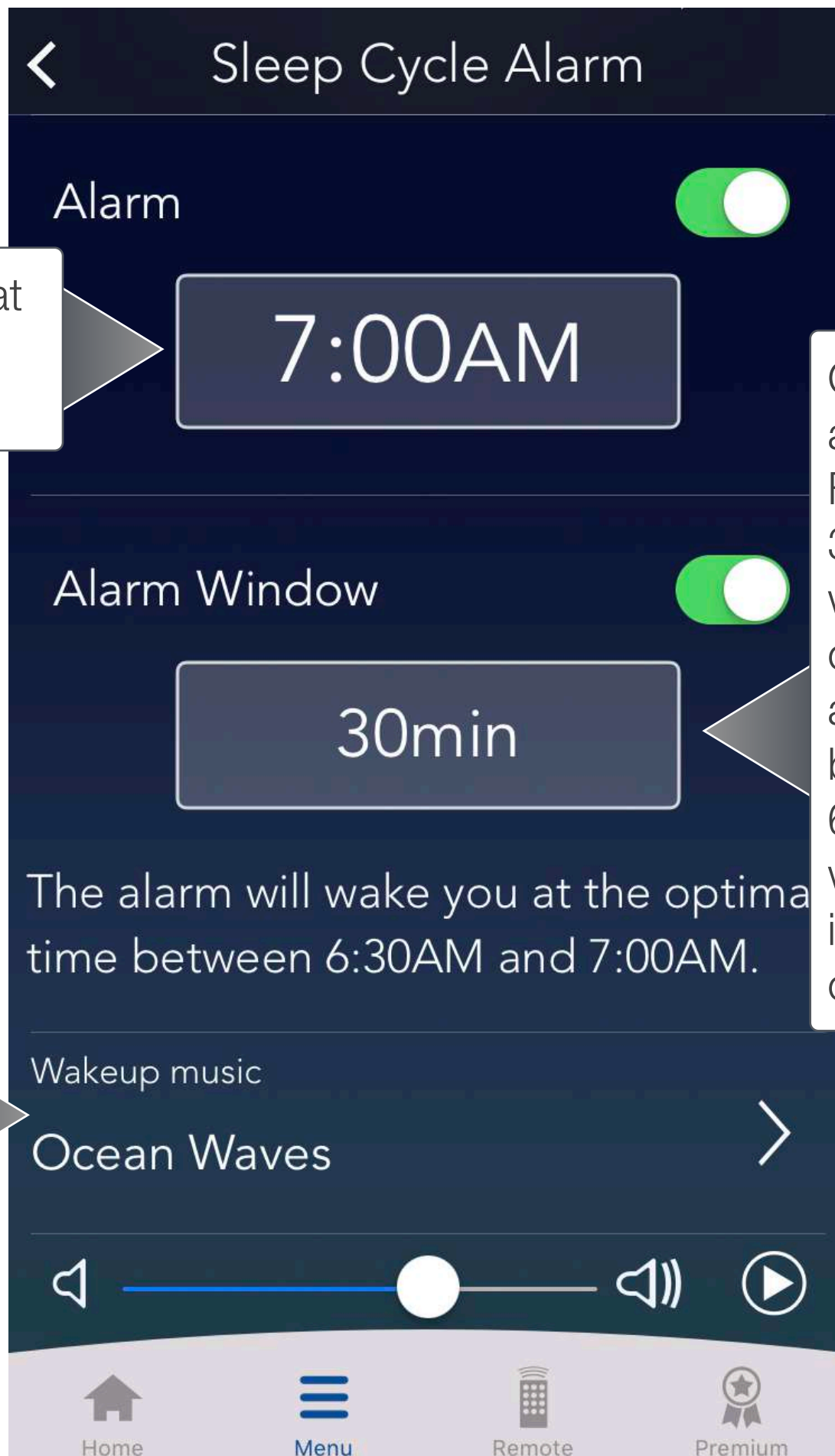


The bed icon indicates the connectivity status of your base: your phone and base must be connected via your home Wi-Fi network to start a sleep recording.



Sleep Cycle Alarm

The **Sleep Cycle Alarm** wakes you during your lightest phase of sleep in a given window before of time. The alarm set time is the latest time at which the alarm will sound. Access the alarm settings from Menu > Set Sleep Cycle Alarm.



Set the latest time at which the alarm will sound.

7:00AM

Choose an alarm window. For example: a 30 minute window will cause the alarm to fire between 6:30-7:00am if/when you are in a light phase of sleep.

30min

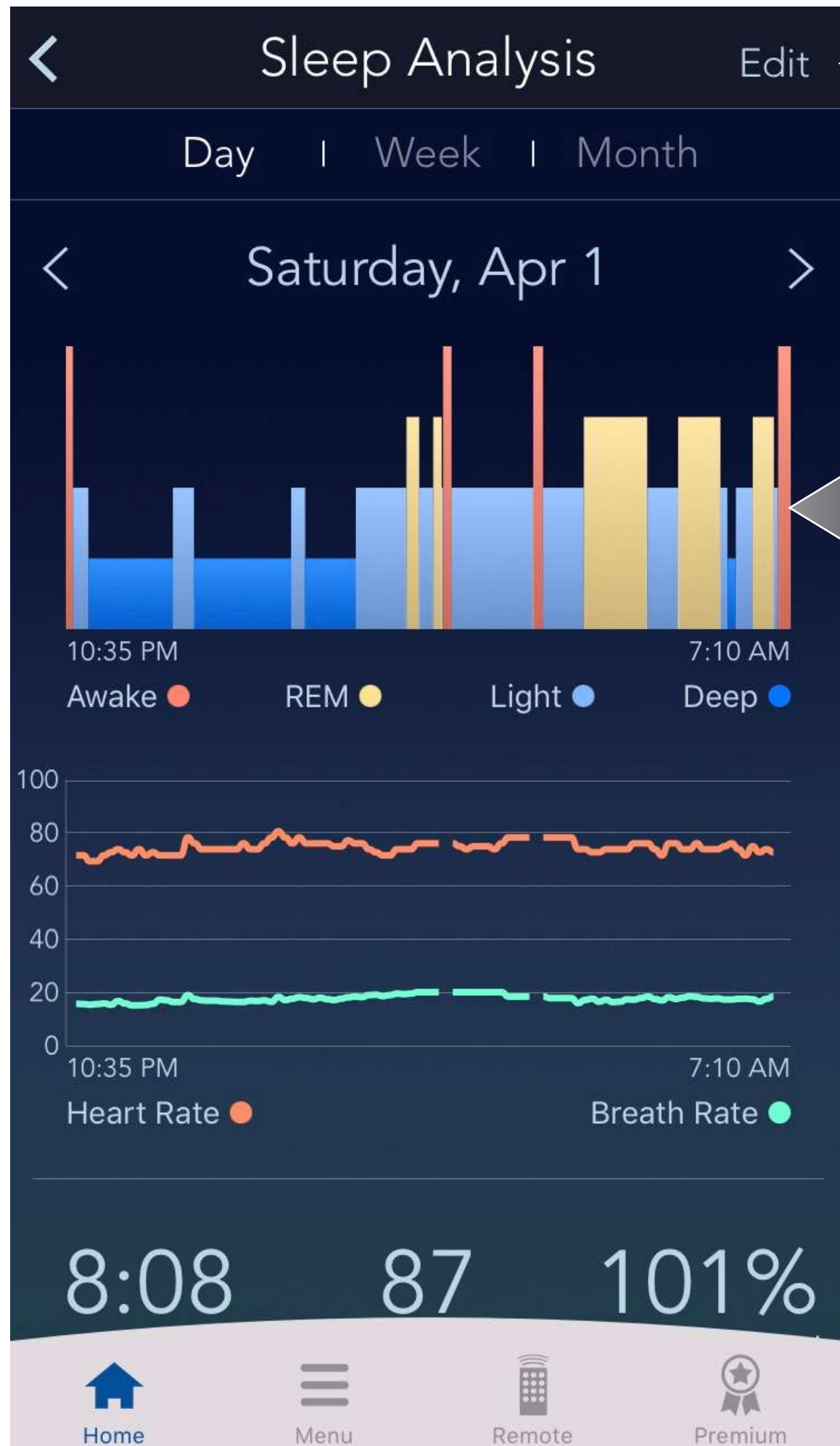
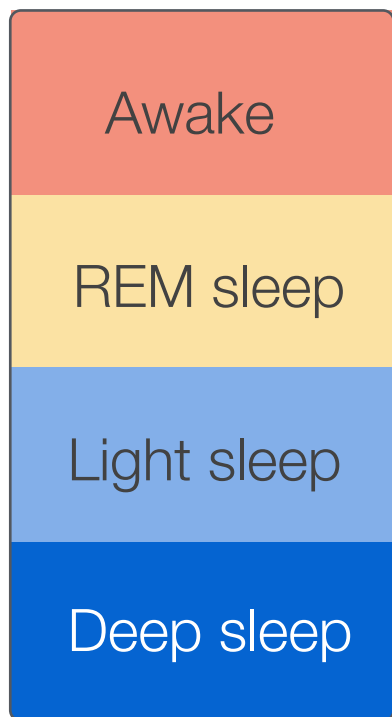
The alarm will wake you at the optimal time between 6:30AM and 7:00AM.

Wake up to a preset sound, or select your own music.

Wakeup music
Ocean Waves



Sleep Log



Edit your bed time or rise time.*

The sleep graph indicates periods of deep sleep, light sleep, REM sleep and awake time over the course of the night.

View heart rate and respiration rate graphs.

* For example: if you started your sleep recording too early, or if you forgot to stop your sleep recording in the morning



Sleep Phases

