iX21
by ADVANSA

smart pillow

Instructions for use
iX21 Smart pillow

<u>**Setting Up before the first use:**</u>

Please read and respect the safety regulations in chapter 2 before use.

For the first use:

1. Charge the iX21 Smart Pillow battery: open the zip on the side of the pillow, locate the cable with micro-USB port and plug in a phone charger, connected to a power supply. Allow at least 2 hours for the battery to charge up.
(An extension cord is supplied with a universal USB port that can be inserted into any phone jack.) Keep your battery regularly charged to avoid capacity reduction.

2. Download and install the iX21 Smart Pillow mobile application on your smartphone. The app is available for download on the App Store and Google Play. You need an access to the Internet to download the app.

3. Once installed, you create your account by following the instructions on the smartphone app.

4. Activate the Bluetooth on your phone in order to connect to the smart pillow. On some smartphones, the GPS may also need to be activated so that the Bluetooth Low Energy works properly. The app may ask to access to your contacts. This authorization is required by the Google Authentication Manager tool that we use. Your contact book WILL NOT be used by the app.

5. Follow the instructions and connect your smartphone to the Pillow via Bluetooth on your mobile app.
Place a hand on the iX21 Smart Pillow, it vibrates smoothly to confirm it's connected to your smartphone.

6. In case of Bluetooth connection problems try turning the pillow over (this will activate the pillow's Bluetooth signal for 5 minutes).

Start Guide

1. Place your iX21 Smart Pillow on your bed, just as you would a normal pillow. Unplug the charger.

2. When you're ready to go to sleep, open the app and start the monitoring of the night by clicking on the pillow symbol with a green arrow at the right top corner.
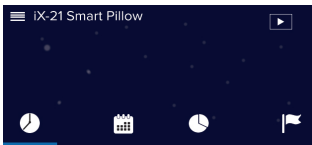
3. This will open a new window that will allow you to check the battery level and wake-up alarm setting before starting recording. A quick question is also asked about your day.

4. Set the alarm and the way you prefer to woken up: vibration in the pillow or vibration and phone alarm (this option is only available for Android). You have the option to set a "smart alarm" to wake you a little earlier at the optimum time in your sleep cycle.

5. Define a time gap if you want to start the recording a little later e.g. when you intend to read before going to sleep.

6. Click OK to start the monitoring.

7. The iX21 Smart Pillow monitors your sleep during the night and will wake you up at the right time (if you have activated the smart alarm).

8. You have the option to select airplane mode for your phone during the night. The Bluetooth on the iX21 pillow will automatically stop when your head is placed on it (to avoid emission of radio-waves).

9. In the morning, stop the pillow alarm by removing your head from the pillow or by turning over the pillow.

10. Deactivate the airplane mode, check that the Wi-Fi is activated or that you have 3/4 G coverage.

11. Open the app and stop the monitoring by pressing the pillow symbol with the red square in the top right corner. The data transfer and synchronization will begin.
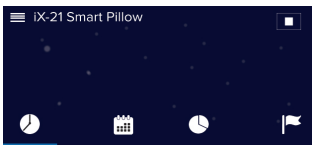
12. After about 5 minutes, your night's data is available on the application. Let's see how well you slept last night…

13. After data has built up for about a week, you will have access to the statistical analysis of your sleep over several days. (Optional in the subscription part of the App)

14. After approximately 10 nights, the Sleep Coach will advise you on how to improve the quality of your sleep (a minimum delay is needed to give relevant advice on recurring problems). (Optional in the subscription part of the App)

15. Check the battery level on the app. There is enough battery power for approximately one week. If the battery level is too low, recharge the pillow as described in first use section.

Remark: Depending on the settings and on your smartphone package fee, additional charges may be incurred for connecting to the Internet or transferring data. Monitoring and sleep data are free while further functions of the app (coaching and statistics) are payable on monthly basis.

Usage advice

Once you have started to monitor a night, do not plug-in nor recharge the pillow (this will initiate a reset and stop the monitoring). Data would be lost.

Contact / FAQ

For further product information and frequently asked questions, please visit our website www.iX21.net
You can also contact us by email on support@ix21.net

SAFETY AND MAINTENANCE INSTRUCTIONS *

Spécifications

- Model: iX21 Smart Pillow
- Smartphone OS: Android 4.3 and above / iOS 9 and above
- Wireless compatibility: Bluetooth Low Energy (BLE)
- Wireless range: 5 meters
- Battery life: 5 to 7 days
- Battery: Li-on Battery, rechargeable
- Charging current: 5.0 V

Maintenance

Charging instructions:
- Use a USB power supply (e.g .phone charger) complying with your country regulations.
- Maximize the battery life by making full battery charges.
- When the power adapter is inserted into the power outlet, do not touch the metal end of the USB plug.
- After cleaning the iX21 Smart Pillow, wait for it to be perfectly dry before plugging it to the power supply.

Washing instructions:
We recommend spot cleaning with water without soaking the pillow.
Your iX21 Smart Pillow is machine washable at 40°C on a delicate cycle, with low spin drying (< 900 rpm).
Do **NOT** tumble dry.

Software Updates:
Software updates for the iX21 Smart Pillow will be automatically provided on your mobile app and installed on the iX21 Smart Pillow.

Precautions of Use and Safety Instructions

Please note that this IX21 Smart Pillow device is not a medical device and cannot be used to detect or prevent medical issues. Users with medical illnesses or symptoms should consult a doctor.

Caution: risk of explosion if incorrect power adapter is used. Please follow battery charging instructions. (See "Maintenance" section). The optimal temperature for the use of this product and accessories is between 16°C and 22°C. The product must not be used under 0°C or over 45°C. Avoid exposing the iX21 Smart Pillow to direct sunlight.

Do not touch the sensor inside the pillow, do not dismantle or try to repair the iX21 Smart Pillow by yourself, and do not replace the battery. The warranty will not be valid in such cases.

Disposal: as for other electronic products, at end of life, you are invited not to put your pillow in the normal garbage but to bring it in a specific collection point from where it will be recycled. Full safety guidelines and instructions can be found at www.iX21.net.

* These instructions are provided in the interest of user safety.
ADVANSA and Cityzen Sciences do not accept liability in the case they are not respected.

Legal Notice

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.

REMARK:

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.

EU Regulatory Conformance

Hereby, this device is declared compliant with the essential requirements and other relevant provisions of Directive 1999/5/EC.

Any changes or modifications to this equipment not expressly approved may cause, harmful interference and void the FCC authorization to operate this equipment.

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