

# Ultrahuman Home: The Future of Healthy Living

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## **Where can I buy the Ultrahuman Home?**

We're excited to announce that Ultrahuman Home can be purchased via our [website](#).

## **What are the shipping timelines for Ultrahuman Home?**

You can expect your Ultrahuman Home to be shipped out within 5-7 business days

## **When does it go live on the Ultrahuman website?**

Ultrahuman Home is now available for purchase on our [website](#).

## **What is the return/ exchange policy on the device?**

The Ultrahuman Home comes with a 30-day return policy for your added peace of mind.

The Ultrahuman Home comes with a 12-month warranty covering electronics and sensors, excluding mechanical damage. This policy ensures that any defects or malfunctions within the warranty period are promptly addressed, providing you peace of mind with your purchase.

## **Do I need to anticipate any customs fees or taxes when ordering Ultrahuman Home for delivery overseas?**

Ultrahuman Home may be subject to taxes, customs duties, and fees levied by the destination country. Any such additional costs will have to be borne by the recipient of the shipment.

## **What do I get when I unbox the Ultrahuman Home?**

Inside the Ultrahuman Home box, you'll find the Ultrahuman Home device itself, along with a USB-C cable for power, a notecard with a message from us and a brochure providing additional information about the product and its features.

### **What is the product made out of?**

The Ultrahuman Home is meticulously crafted from anodized aluminum, ensuring a seamless design that effortlessly blends into your living space.

### **How many colours does it come in?**

At present, Ultrahuman Home is available in a single color. *(Name of the colour)*

### **How many variants of the device exist?**

Ultrahuman Home comes in a single variant and includes a microphone that users can switch off anytime they prefer not to use it.

### **What is the expected lifespan of Ultrahuman Home?**

*The Ultrahuman Home is designed with industry-grade sensors and precision engineering. With rigorous quality checks and high-quality materials, it's built to withstand the test of time, providing reliable performance for years to come. (Need confirmation from the team)*

### **Is there a calibration period associated with the product?**

No, there is no calibration period required for the Ultrahuman Home.

### **How much electricity does the product consume?**

The Ultrahuman Home consumes 2 Watts of power.

### **What are the device, OS and bluetooth requirements to use Ultrahuman Home?**

The Ultrahuman Home is designed to seamlessly interface with iPhones operating on iOS 15 or newer, as well as Android devices functioning on Android 6 or subsequent versions.

### **What are the sensors used in the device?**

Ultrahuman Home utilizes an array of sensors to capture a wide range of environmental data. These include temperature sensors for monitoring room temperature, humidity sensors to track moisture levels, particulate matter sensors for air quality detection, precision microphones for measuring noise levels and sleep disturbances, natural light sensors to assess Vitamin D levels and UV, and blue light sensors to monitor the impact of artificial lights on your circadian rhythm.

### **What is the Bluetooth range of Ultrahuman Home?**

The Wi-Fi range of the Ultrahuman Home is up to 20 feet, while the Bluetooth range extends up to 8 feet.

### **Does Ultrahuman Home have a camera?**

*The Ultrahuman Home does not include a camera. Instead, it features an Infrared sensor, which helps map your home and provide temperature readings. This design choice prioritises privacy while still delivering valuable insights into your living environment.*

### **How much EMF does Ultrahuman Home emit?**

The Ultrahuman Home emits a standard amount of EMF. This is comparable to a TV or a Wi-Fi powered device.

### **Is it safe for pregnant women or children around?**

Yes, it's safe. The Wi-Fi and Bluetooth signals emitted by Ultrahuman Home are comparable to those of devices like smart TVs or smart bulbs, posing no additional risk. The Ultrahuman Home can safely become a part of any household

### **Is privacy a concern with Ultrahuman Home's microphone feature?**

We understand and respect our users' privacy. All audio processing for the device is conducted locally, ensuring your data remains secure. The Ultrahuman Home also includes a physical mic cut-off button, giving you full control over your privacy.

### **How does Ultrahuman Home differ from other home health monitors?**

Ultrahuman Home distinguishes itself from other home health monitors by offering a long-term view of key environmental markers and their impact on health. While regular monitors measure various factors like PM, humidity, and temperature, Ultrahuman Home uniquely correlates this data with users' health markers, providing valuable insights into how their living environment influences well-being over time. This approach has the potential to revolutionize health tracking, empowering users to make informed decisions for a healthier lifestyle.

### **What are the biomarkers that Ultrahuman Home can measure?**

Ultrahuman Home measures a range of biomarkers such as temperature, humidity, particulate matter, noise levels, smoke levels, blue light levels, and UV light levels to give you comprehensive insights into your environment.

### **How accurate is the data from the sensors?**

You can rely on the data from the device being highly accurate, as we calibrate our device against industry-standard devices. We've conducted thorough testing and performed rigorous quality checks to ensure precision. Additionally, we continuously gather feedback from users to refine our algorithms and provide regular software updates for ongoing improvement.

## **How often is the data sampled from my surroundings?**

The readings are live and continuously updated to provide you with real-time insights into your surroundings and environment.

## **How many people can connect to Ultrahuman Home simultaneously?**

*Eg: if 2 people are using Ultrahuman ring at their house - can one home device be connected to both the users apps?*

Yes, the Ultrahuman Home allows up to 10 people to access the data simultaneously through cloud sharing. However, for specific diagnostics or settings adjustments, only one user can connect to the device at a time.

## **How should I use Ultrahuman Home for the best results?**

For the best results, we recommend you install the device in your bedroom & the space where you spend most of your time. This will allow you to gain the most actionable insights and improve your quality of life.

Having your Ultrahuman Home at your bedside table allows for the most impact. The insights gained by gathering your UV light, temperature, and air quality data along with tracking sound data throughout your sleep time can positively influence your body's circadian rhythm and overall sleep efficiency.

## **Can Ultrahuman Home track multiple spaces within my home?**

Yes, Ultrahuman Home can be installed in multiple spaces within your home. Our app consolidates all these locations into a single page called "Ultraspace." From there, you can easily assess each area's health with designated Space Scores and dive into individual markers to optimize them accordingly.

## **Does Ultrahuman Home integrate with other smart home devices?**

Yes, Ultrahuman Home seamlessly syncs with smart home devices via IFTTT (If this, then that) protocols. A significant feature of IFTTT is its ability to sync seamlessly with your smart home devices, such as Google Home, Apple Home, and Amazon Alexa devices. This synchronisation allows you to customise and automate a vast array of tasks, thereby enhancing the overall efficiency and convenience of your smart home system.

For example, Ultrahuman Home can identify the air quality and humidity in your space and signal your air purifier, and humidifiers to bring them to their optimal levels.

## **What integrations will work with Ultrahuman Home? Write/read? (3rd party apps)**

The Ultrahuman Home is compatible with Apple HomeKit and devices that use the Thread protocol.

### **How long does the device store data for?**

The device is designed to store data for a period of up to 15 days, allowing you to access and review historical information about your environment and health markers.

### **How can I use the data from Ultrahuman Home to improve my biomarkers?**

Along with data about your environment, the Ultrahuman app will show you actionable insights on how to improve each of your biomarkers. By regularly monitoring the insights provided by Ultrahuman Home regarding factors like temperature, air quality, and noise levels, you can make informed decisions to optimize your living environment.

### **Can I use the data from my Ultrahuman ring along with the Ultrahuman home?**

Absolutely! Ultrahuman Home seamlessly integrates with your Ultrahuman Ring, allowing you to combine data from both devices for a comprehensive view of your health and living environment. This synergy between Ultrahuman Ring and Ultrahuman Home, enabled by UltraSync technology, provides valuable insights into how your surroundings impact your health markers. For instance, you can correlate data from your ring, such as sleep quality metrics, with environmental factors measured by Ultrahuman Home, such as temperature and noise levels. This holistic approach empowers you to make informed decisions to optimize your well-being and create a healthier lifestyle.

### **How does Ultrahuman Home monitor sunlight exposure?**

Ultrahuman Home keeps track of your sunlight exposure using specialized photo-detecting sensors. These sensors monitor different types of UV light, including UVA, UVB, and UVC, right in your living space. This way, you can gauge how much sunlight you're soaking in throughout the day, helping you fine-tune your routines or adjust your home setup to ensure you're getting just the right amount of sunshine for your well-being.

### **Can Ultrahuman Home help me manage exposure to blue light?**

Certainly! Ultrahuman Home is equipped with blue light exposure sensors, making it easier for you to manage your exposure to blue light. These sensors provide valuable insights into how blue light affects your circadian rhythm, helping you prioritize your well-being. By tracking and managing your blue light exposure, you can cultivate a healthier sleep-wake cycle, leading to improved overall well-being.

### **How does noise detection help improve my biomarkers?**

Noise detection provided by Ultrahuman Home plays a crucial role in improving your biomarkers, particularly in optimising your sleep quality. Exposure to noise during sleep can significantly disrupt your sleep patterns, leading to feelings of daytime sleepiness and affecting cognitive functions like learning and memory. By understanding your optimal noise band both during the day and at night, Ultrahuman Home helps create a calmer environment conducive to better sleep. With insights into ambient noise levels, you can adjust your sleep environment to ensure a restful night's sleep, ultimately enhancing your overall well-being.

### **How does temperature tracking improve my sleep?**

As our bodies naturally cool down before sleep, maintaining an optimal bedroom temperature is crucial. Temperature imbalances can disrupt sleep patterns, leading to increased wakefulness and decreased REM sleep. Ultrahuman Home's sensors monitor room temperature fluctuations, providing insights into ideal sleeping conditions. By analyzing this data, Ultrahuman Home offers actionable recommendations to improve sleep quality, ensuring you wake up feeling refreshed.

### **What is snore detection and how does it help with sleep apnea?**

Snore detection in Ultrahuman Home involves the use of super-precision microphones to monitor and analyse the sound signature patterns associated with snoring. These microphones detect irregularities that affect breathing patterns during sleep, which can be indicative of sleep apnea—a condition characterised by interrupted breathing during sleep. This early detection is crucial in addressing sleep apnea, as it enables individuals to seek appropriate medical attention and treatment to mitigate its potential health consequences.

### **What is smoke detection and when will this feature be available?**

The Ultrahuman Home can detect an increase in the level of CO<sub>2</sub> and CO and warn you about smoke levels in your surroundings. This feature will be enabled via software update and will go live by the end of the year.

### **What are the various pollutants that the air quality monitor can detect?**

The Ultrahuman Home features a uniquely imagined aero-flow design that enhances airflow, allowing it to detect harmful particles such as pollen and particulate matter ranging from PM<sub>1</sub>, PM<sub>2.5</sub> and PM<sub>10</sub>. Additionally, it monitors CO & CO<sub>2</sub> concentration indoors, ensuring it remains within the ideal range. With Ultrahuman Home, you can be confident that your living space has conducive air quality.

### **What is airplane mode?**

The Ultrahuman Home comes with an airplane mode that allows you to govern your exposure to Wi-Fi and Bluetooth. All your markers are tracked when airplane mode is turned on, and they are synced as soon as you turn it off.

### **Does it have an export data feature?**

Yes, Ultrahuman Home provides an export data feature, allowing you to access and download all stored data from the cloud to your smartphone. This feature enables you to analyze your environmental and health data more comprehensively, share insights with healthcare professionals, or simply keep a personal record for reference. This will be made available via a software update by Q3, 2024.

### **How does Ultrahuman Home improve sleep quality?**

Ultrahuman Home contributes to improving sleep quality in several ways. By monitoring factors such as temperature, humidity, noise levels, and exposure to blue light, it helps create an optimal sleep environment conducive to restful sleep. For example, Ultrahuman Home can detect and alert you to temperature imbalances that may disrupt sleep, allowing you to adjust the thermostat accordingly. It also provides insights into noise disturbances, including snoring, which can impact sleep quality. Additionally, Ultrahuman Home offers recommendations based on your sleep patterns, helping you establish a bedtime routine that promotes better sleep hygiene.

### **What is air quality tracking? How can this improve my long term home health?**

The Ultrahuman Home device uses a combination of advanced sensors to measure air quality, including particulate matter (PM), carbon dioxide (CO<sub>2</sub>), and other relevant pollutants. These sensors continuously monitor the levels of these substances in the air, providing real-time data and alerts to keep you informed about the health of your indoor environment.

By measuring air quality, Ultrahuman Home helps you identify potential sources of indoor pollution and take proactive steps to address them. This could involve adjusting ventilation, using air purifiers, or minimising activities that generate pollutants. By reducing exposure to harmful substances, you can improve respiratory health and overall well-being over the long term.

### **How many square feet does a single device cover? For larger homes, would it be necessary to order more than one device?**

The Ultrahuman Home device is designed to cover approximately 500 square feet, which is typically sufficient for a large hall and adjacent rooms.

If your home is larger or has areas with limited coverage, you can install an additional Ultrahuman Home unit in those spots to ensure complete coverage.



