Sleep Tracking Pad
P300

User Manual

Sleepace

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1. 产品概述

P300采用专业传感器，多维度追踪采集整夜的睡眠信息，包括心率、呼吸率、翻身、离床入睡时长、睡眠时长，睡眠时长等睡眠高质睡眠数据。设备通过蓝牙连接手机APP连接后，可为您全面分析睡眠质量并呈现睡眠报告，辅助改善睡眠质量，提高健康生活水平。

2. 产品介绍
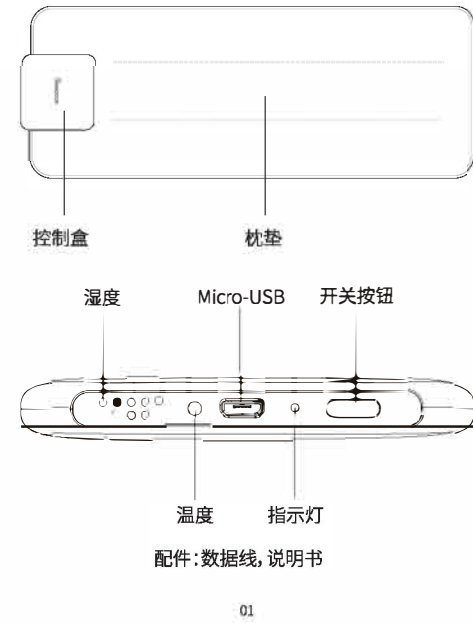
控制盒   枕套
温度   Micro-USB   开关按钮

温度   指示灯

配件：数据线、说明书

3. 安装方式

3.1 产品的安装
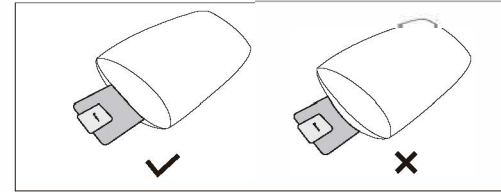
安装时要求将P300放入枕头的枕套内，不要放置在枕头外底部
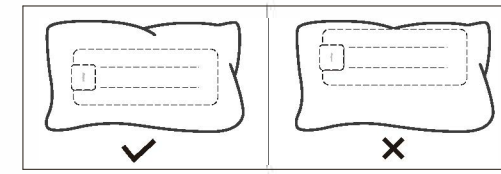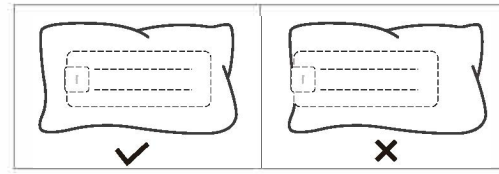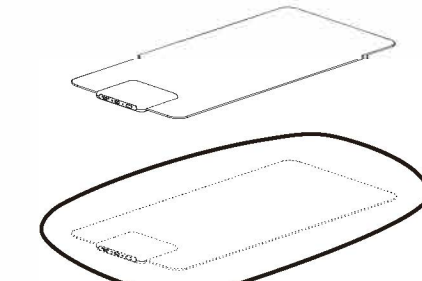
第一步：将控制盒电量充满，指示灯变绿；
第二步：长按控制盒电源键开机；
第三步：将P300嵌入枕头的枕套内，嵌贴着枕头底部与枕套；
第四步：APP绑定设备并开始睡眠监测。

开机与关机

开机	长按3秒，亮绿灯
关机	关机状态下，长按3秒亮红灯

产品放置在枕头内部腔居中，不能放置偏左，偏右，偏上，偏下

开机

3.2 APP的安装

您可以通过以下两种方式下载安装手机应用程序：
1.扫描二维码快速下载

各大安卓、iOS应用市场搜索"舒�候"进行下载来安装使用。
支持iOS8.0以上系统的苹果手机和Android4.3以上系统且支持蓝牙4.0手机。

4. 使用APP

1. 注册APP
2. 蓝牙绑定设备
3. 在首页页面点击"开始睡觉"，睡眠监测在该页面点击"起床"，稍等片刻即可在报告页中查看睡眠数据。

5. 指示灯说明

状态	指示灯
设备开机	指示灯绿灯亮3秒后熄灭
设备关机	指示灯红灯亮3秒后熄灭
电量低	指示灯红灯每隔2秒闪烁一次，请及时充电
设备充电中	指示灯红灯常亮
设备充电满	指示灯绿灯常亮

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6. 产品规格

控制盒	90mm*85mm*12mm
整机	535mm*200mm*12mm
重量	170g
通信方式	蓝牙4.0
工作时间	电池续航超过半个月
充电电流	5.0V 1A
供电方式	3.7V锂离子可充电电池 900mAH
通讯距离	室内10米
温度范围	0°C-40°C
湿度范围	20%-90%RH
软件平台	Android 4.3或以上，iOS 8.0或以上

7. 重要须知

·请将本产品接触皮肤盖被，请勿放置在电热毯等加热设备上一起使用。
·请勿将本产品入水中，可能对产品造成损害。
·将电源适配器插入电源时，请勿触摸电源插座的金属部分。
·本产品适用于平卧躺眠的睡眠，请勿将枕垫置于有活动性能的上。
·此款可导致放置的的传感器不能发挥其正常功能。
·请确保及有较强的振动源旁过，以确保您想过准确度如用户的睡眠情况。儿童、老人、宠物等请不要单独时如需帮助本产品的证明人。
·本产品传感器具有一定灵敏度，请勿破损监测或者提供外部的如客。
·本产品为防水本品。
·请勿过度弯折本产品。该产品内置传感器，过度折可能会造损害传感品。
·禁止对卧敷等清洗物。如吴台拆卸可更换电池造成破坏与起火。后后有效。
·如长期不使用本产品，请将控制盒关机。可控枕垫至品存放。
·切忌把枕垫拆卸。
·压缩收纳等容易导致产品的损害。

使用环境须知：

·本产品适合的环境：8-24CM的床垫温床度。
·本产品不适合于安放在绵床上。
·采用松软的棉软不宜软环境，请勿被透电弹床能稳定信号不准确。
·夏天使用的温环境对枕垫的性能的传感器精细信号与造成影响，不建议使用将枕垫、竹制凉席，请勿放置枕头不影响本产品的运用。

8. 安全事项

·请勿将本品接触盖温设备，请勿放置在电热毯等加热设备上一起使用。
·请勿将本品入水中，可能对产品造成损害。
·将电源适配器插入电源时，请勿触摸电源插座的金属部分。
·本产品适用于平卧躺眠的睡眠，请勿将枕垫置于有活动性能的上。(如床上)。
·此类可导致放使用的传感器不能发挥其正常功能。
·请确保及有较强的振动源旁过，以确保您想过准确度测如用户的睡眠情况。儿童、老人、宠物等请不要单独时如需帮助本产品的证明人。
·本产品传感器具有一定灵敏度，请勿破损监测或者提供外部。
·本产品为防水本品。
·请勿过度弯折本产品。该产品内置传感器，过度折可能会造损害传感品。
·禁止对卧敷等清洗物。如吴台拆卸可更换电池造成破坏与起火。后后有效。
·如长期不使用本产品，请将控制盒关机。可控枕垫至品存放。
·此产品不适用于18岁以下人群的睡眠监测。

权，请自行拆卸、维修或修改或修改系统软件造成成损坏异常的。
·浸水、摔坏或地柄极端情况。
·使用过程中出现产品包装造的外力、感应受坡损的，但因结构成材料损害造成的外壳脱损的。

10. 声明

本着不同无，持续发展的原则，本公司保留在不预先通知的情况下对文档中描述的产品进行修改的权利。
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本说明内容著者的校对体印关及保护，未经公司司查询的情况下，严禁任何形式复制、传送、发复和使用本手册中的任何内容。
·用户涉及查询应产品声列号，APP程序下载，售后服务咨询。
服务热印否咨询或问等相关内容，可以通过本公司网站，热线直接获取。

产品技术支持及服务信息

用户涉及查询应产品序列号、驱动程序下载、售后服务咨询、服务投诉和否咨询或等相关内容，除非法同本公司网站，热线直接获取。
服务热线电话：400-9300-186
服务网址：www.sleepace.com
公司地址：深圳市南山区前山路东11号方信息港A栋2楼
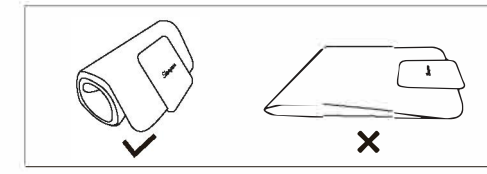
9. 保修说明

·自购产品之日起第8日至第15日内，若产品主机出现非人力损坏的性能故障，经由售后服务中心检测确定，可选择免费维修或调换。
·自购产品之日起12个月内，若产品主机出现非人力的性能故障，经由售后服务中心检测确定，可选择免费维修或调换。
·请保修后若品牌的性能故障，在保修期内可消费者免费提换的范围除。
·当检购中内产品出现性能故障，需要办理退货、换货、保修服务，请联系购买厂家。

本产品属于消费类电子产品，由于使用环境及使用个体区别，对监测指标不准确不属于产品的保修范围。

符合于下情况之一者，不在保修范围，如吴台折可能会造损害传感品。
·超过三包有效期的。
·无正包凭证及有效发票的（修证明修产品在保修有效期内的除外）
·三包凭证上的内容与商品物标识不符或经公司产品保改动。
·未按照说明书要求使用、维护、保养而造成损坏的，未经授

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11. 三包凭证

用户信息

客户姓名	
电子邮箱	
联系电话	
邮寄编码	
联系地址	

维修记录

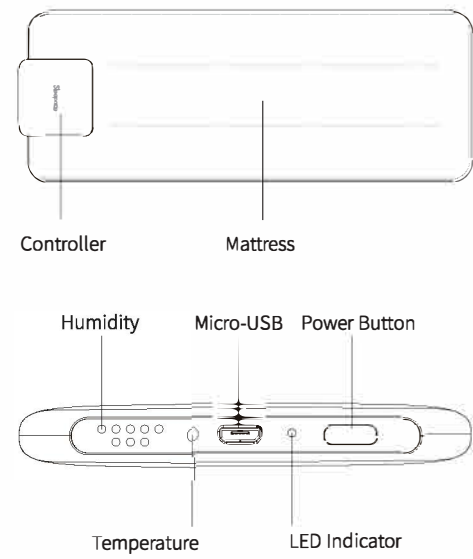| 送修记录	故障现象	维修日期	维修员签字

收到时如要求退货退换，禁止使用并被拆退

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01. Product Introduction

P300 is used to track your sleep data including heart rate, respiratory rate, turning over, sleep cycle etc and provides a comprehensive sleep analysis and sleep advice to help improve your sleep quality.

02. Device Description

Controller   Mattress

Humidity   Micro-USB   Power Button

Temperature   LED Indicator

Box Contents:
1 *P300   1 *USB charging cable   1 *User Manuel

03. Operation Guide

Step1: Download the `Comfort Sleep` APP and register an account ,Connect the P300 to APP.
There are two ways to download the app.
1. Scan the QR code.

2. Search "Comfort Sleep" in [App Store] [Google Play] for download. You will need a smart phone with Bluetooth 4.0 that supports iOS 8.0 and later or Android 4.3 and later.

Step 2: Connect P300 to APP.
Make sure the controller and your smart phone are switched on and Bluetooth is activated on your smart phone. Follow the instructions given by the app to connect the device.
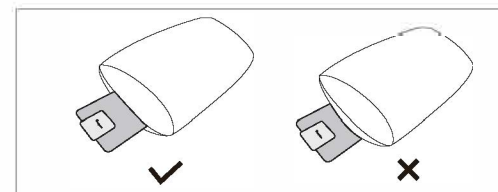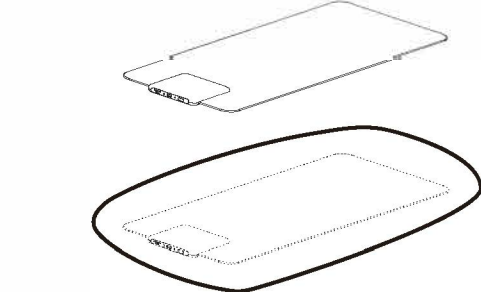
It is requested that the product should be put inside the pillow case. Please do not put it under or outside the pillow case.
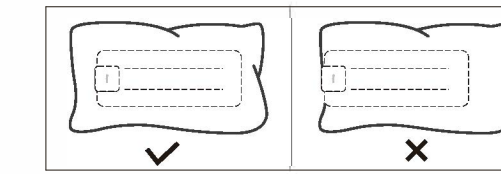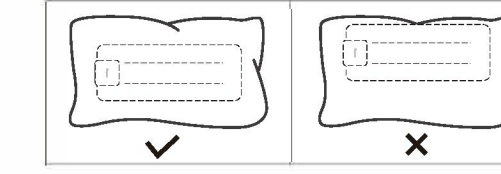
Please put the product exactly in the middle of the pillow.

Step 3: Sleep Monitoring
Click 'Start Sleep' on the homepage of APP to start sleep monitoring. The device will keep recording if leave bed shortly (e.g. going to the bathroom). If leave bed for more than 60 minutes, the device will stop monitoring automatically, you may have to click "Start Sleep" again.

Step 4: Sleep Report
Click `Get Up` to stop sleep monitoring when you get up, the recorded data will be transferred to the App automatically with a comprehensive sleep report as well as your sleep quality analysis and personal sleep guidance. If forget to click "Get Up" via App, the device will stop the device will stop sleep monitoring. Please connect the device with App again to sync sleep data for sleep report.

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05. Technical Specifications

| Controller Size	90mm*85*12mm
Product Size	535mm*200mm*12mm
Weight	170g
Communication Mode	Bluetooth 4.0
Bluetooth Transmission Range	max. 10 meters
Battery Life	Up to 2 weeks
Compatibility	Bluetooth 4.0 and up, IOS8.0 or later, Android 4.3 or later.
Power Supply	Re-chargeable Lithium-ion-battery 3.7V, 900mAH. Charging current 5.0V 1A

06. Precautions

Please note, this device is not a medical device and cannot be used to prevent sudden death.Users shall not be entirely dependent on this device and neglect the care of those persons under their care or being monitored.

04. LED Indicator

Status	Display
Power On (Press the power button for 3 seconds)	Green LED indicator is ON for 3 seconds
Power Off (Press the power button for 3 seconds)	Red LED indicator is ON for 3 seconds
Low Battery	Red LED indicator flashes every 2 seconds, please charge the device immediately
Charging Device	Red LED indicator ison constantly
Charging Completed	Green LED indicator stays ON

1. Fully charge the controller till the green LED indicator is ON.
2. Disconnect the charging cable and the controller.
3. Power on the controller by pressing the power button for 3 seconds.Connect P300 with APP and start monitoring.
4. Put P300 in the pillow.

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07. Safety Notice

· Do not excessively bend this product. The build-in sensor may be damaged.
· Please keep the product away from high-temperature equipment, and do not use the product when using an electrical blanket.
· Do not touch the metal end of power plug when plugging into power socket.
· The sensor belt is nonconductive, safe to users.
· Please power the device off if for a long term non-using.
· For children and the elders, please use the product with the involvement of a guardian.
· Do not use the product during charging process
· The device must not be used close to any source of vibration (e.g. washing machines, loud music etc.) as the vibrations could affect the functions of the device.
· NOTE: DO NOT disassemble or replace battery.
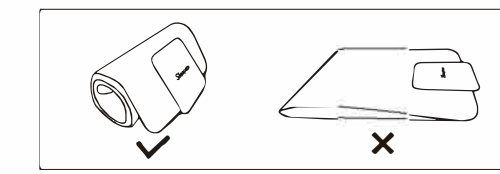
When you pack and store the product, please roll it into a cylinder. Please do not fold it as it will damage the sensor.

08. Warranty

Please contact your dealers for warranty service. For more information about the product, warranty or service, please go to www.sleepace.com.

FCC: ID: 2ADIOP300

Hereby, Shenzhen Medica Technology Development Co., Ltd declares that the radio equipment type sleep tracker is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: http://www.sleepace.com

Shenzhen Medica Technology Development Co., Ltd.
2F Building A, Tonglang Information Harbor, No. 11, East Langshan Road, Nanshan District, Shenzhen, China

CE (symbols) FCC ID: 2ADIOP300

RF Exposure Information and Statement

This equipment complies with CE and FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance of 20 cm between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Notice:
The suitable temperature for the product and accessories is 0°C-40°C.
Observe the national local regulations in the location where the device is to be used.

Frequency Band	Max output Power
BLE (2402-2480MHz)	0dbm

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction Federal Communication Commission (FCC Radiation Exposure Statement Power is so low that no RF exposure calculation is needed.

Sleepace

Web:www.sleepace.com
Add: 2F Building A, Tongfang Information Harbor, No. 11, East Langshan Road, Nanshan District, Shenzhen, China

V1.1