

CLEANING AND MAINTENANCE

GOODNITE cannot be washed or dry-cleaned. To clean the pillow, remove the outer pillowcase, ventilate the pillow or gently clean the protective inner cover with a slightly damp cloth to remove dust or stains from the surface. The protective inner cover protects the sensitive technical parts of the pillow from moisture buildup.

DO NOT REMOVE THE INNER PROTECTIVE COVER!

The outer pillowcase can be removed and cleaned according to the instructions on the washing label (inside the cover). For washing, the pillowcase needs to be turned inside-out and the zipper closed.

TECHNICAL SPECIFICATIONS

1. SPECIFICATIONS

- AC power supply: 6 Volts output (details see label of the AC power supply)
- Pillow size: 60x40x6cm
- Pillow material: high-quality polyurethane foam
- The material of GOODNITE is fire-retardant.

2. APPLICATION ENVIRONMENTH:

- Temperature: 5°C – 45°C
- Relative humidity: ≤ 65%

3. ELECTROMAGNETIC PROPERTIES AND SAFETY

GOODNITE operates with safe low-voltage (power supply: 6 Volts) and has been intensively tested on it's electromagnetic properties and safety according to international standards.

WARRANTY OF GOODNITE

GOODNITE is sold with a product warranty according to the laws and regulation in the selling country. The warranty will only be granted if GOODNITE was purchased from an authorized dealer.

For details on warranty and general Terms and Conditions, please visit: [www.nitetronic.com](http://www.nitetronic.com)

1. GENERAL CONDITIONS OF WARRANTY

- The warranty is only valid if GOODNITE was used according to the guidelines stated in the instructions for use.
- The warranty is only valid if GOODNITE was used by end-user.
- The warranty covers electrical and mechanical defects and permanent deformation of the foam of more than 2cm of the original shape.

- In case of problems or complaints, please contact the authorized dealer from whom you purchased GOODNITE. For warranty questions, please submit the original invoice or the original proof of purchase.
- The warranty is not extended if GOODNITE was replaced or repaired during the initial warranty period.

2. THE WARRANTY DOES NOT APPLY

- If the instructions for use, cleaning and maintenance of GOODNITE stated in this manual were not followed or if it was damaged in any other way by poor maintenance or careless use.
- If GOODNITE or other components were forcibly compressed, bent or squeezed or exposed to any other excessive force resulting in a material failure, loss of functionality or permanent deformation of the pillow.
- If GOODNITE or its components get wet or are soaked.
- If GOODNITE or cover is soiled or unhygienic.
- If GOODNITE or other components have been modified or repaired without written permission.
- If the seal around the pipe to the pillow and the protective inner cover of GOODNITE has been deliberately damaged or removed.
- If GOODNITE and its components, especially the air pump, pipes and air valves have been damaged by high humidity or dusty environment.
- If the washable pillowcase has not been washed according to the instructions on the label, which is located on the inside. The washable pillowcase may have limited warranty.
- If GOODNITE was used for professional demonstration or professional testing or any other use expect for use by end-user in home environment.

3. THE RETURN MAY BE REJECTED:

- If the contents of the product packaging are incomplete.
- If GOODNITE or its components were damaged or improperly used – i.e. not in accordance with the instructions for use.

4. RETURN PROCEDURE:

- Please see the enclosed Warranty Card

NOTE

GOODNITE is continuously refined and improved. There might be slight variations in specification, features, color, materials or appearance, which do not influence the basic function.

FAQ

Please take a look at our FAQ list (frequently asked questions) with valuable user information at [www.nitetronic.com](http://www.nitetronic.com)

GERMAN ENGINEERING  
Designed and Manufactured by Nitetronic

[www.nitetronic.com](http://www.nitetronic.com)

Nitetronic Germany GmbH  
Osterbrooksweg 71  
22869 Hamburg  
GERMANY

Nitetronic America LLC  
1300 W 9th street, Upland, CA  
91786 USA

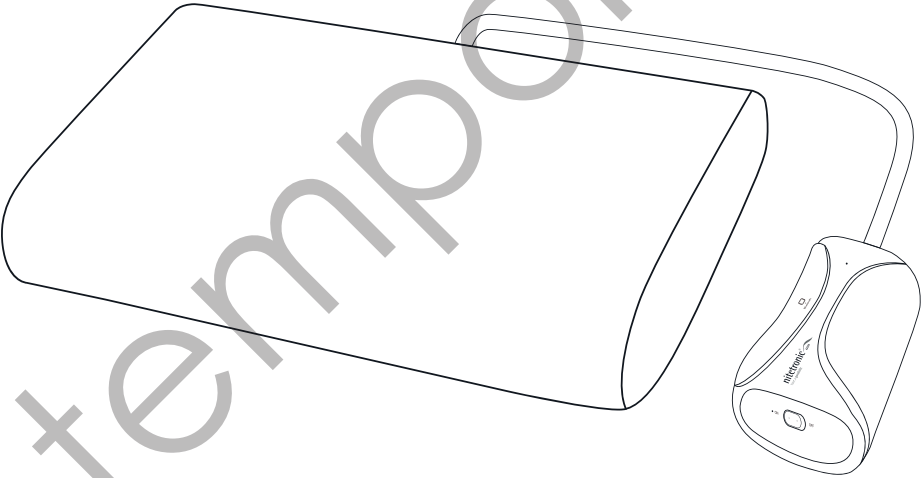
Nitetronic Hong Kong Limited  
Room 1702, Sino Centre  
582-592 Nathan Road  
Kowloon, Hong Kong

Nitetronic Shanghai  
Room 801A, 8F, Building No. 16,  
1000 Jin Hai Road, 201206  
Shanghai CHINA



GN02-6000

User Manual



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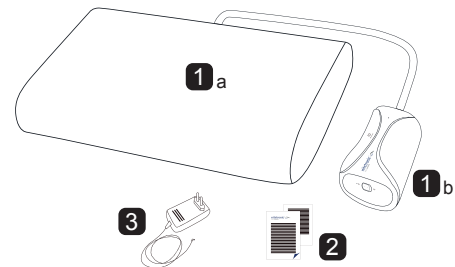
Nitetronic® Goodnite

## EVERYONE DESERVES A GOODNITE

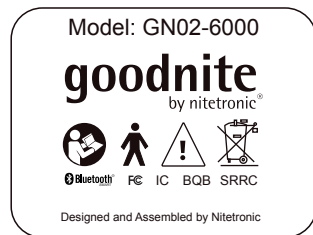
Congratulations on your GOODNITE purchase. You now belong to a growing number of users worldwide benefiting from a significant reduction of snoring and enjoying a healthy and restful sleep. Please read through the following instructions carefully before using GOODNITE for the first time in order to fully understand the functions, effects and benefits of GOODNITE.

## PACKAGE CONTENT

- GOODNITE:
  - Pillow with washable pillowcase
  - Electronic Control Unit
- User Manual, Warranty Card
- AC power supply



Product label on the back of the Electronic Control Unit:



After unpacking GOODNITE, a temporary characteristic mild odor may be present. This smell is completely harmless and will disappear after a short time. In order to avoid any unpleasant odor, air the product before use and keep the room ventilated for a while.

## QUICK START

- Connect the power supply to Electronic Control Unit
- Place GOODNITE on the bed
- Turn Power Switch to ON

## ABOUT GOODNITE

GOODNITE is a computer-controlled pillow that helps reduce snoring. GOODNITE reduces obstructions of the upper airway by changing the head position and so helps to improve your sleep quality.

## 1. ADVANTAGES

GOODNITE supports healthy and restful sleep by help keeping the upper airway open during the sleep.

The effects of GOODNITE has been verified in a clinical study at the University ENT-Clinic of Mannheim/Heidelberg (published 2014) and in an International Field-Test in the home environment (published 2014).

GOODNITE does not require any additional medication or devices.

For further Information please visit: [www.nitetronic.com](http://www.nitetronic.com)

## 2. TARGET GROUP OF USER

- Adults over 18 years

## 3. GOODNITE IS NOT SUITABLE FOR

- Persons with intracranial electrode shall not use GOODNITE
- Persons with pacemakers or with severe Obstructive Sleep Apnea Syndrome (OSAS) should consult a physician prior to use of GOODNITE

## 4. SIDE EFFECTS

- No side effects are known if GOODNITE is used according to the User Manual.

If you feel uncomfortable from using GOODNITE, withdraw using GOODNITE immediately and consult your doctor.

## 5. GETTING USED TO THE GOODNITE/ ADJUSTMENT PERIOD

Users might require some time to get used to the special shape of GOODNITE and might also recognize very little sound from GOODNITE which are caused by inflation or deflation of the integrated air-chambers.

To adjust the height of GOODNITE for a comfortable sleep, the user may place some foam or cloth underneath the pillow.

## ABOUT SNORING

Snoring is generally subject to the individual's health and body condition. Alcohol consumption, cigarettes, eating habits, colds, allergies, stress, medication, physical/mental condition as well as the individual Body Mass Index (BMI) may influence snoring habits, intensity and duration.

Snoring may lead to sleep disorder, daytime tiredness and reduced performance. Snoring also disturbs the restful sleep of the spouse and can cause social conflicts.

Snoring over a long period of time is a typical symptom for more serious obstructions in the upper air-ways, such as Obstructive Sleep Apnea (OSA). OSA may lead to increase risk of heart attacks and strokes. In this case, please consult your physician.

## FUNCTIONAL DESCRIPTIONS OF GOODNITE

GOODNITE continuously monitors the user's breathing sounds. It turns the head automatically, quietly and gently to the side as soon as snoring is detected. Turning of the head to the side increases the gap between the tongue and throat and thus expands the airways and reduces snoring. If no positive effect is achieved with the first movement, GOODNITE will turn the head to the other side until the snoring stops or is reduced at most. GOODNITE holds that position to stabilize the head in the optimal position.

GOODNITE focuses on the snoring of the person on the pillow. This reduces unintentional actions from the snoring of the spouse. Different sensitivity and detection modes of snoring can be set with the 'NiteLink' Application (APP) on an Android or iOS tablet/phone.

The effectiveness of GOODNITE and the 'Quality of Sleep' can be determined by using the NiteLink' Application (APP) on an Android or iOS tablet/phone.

For further information please visit: [www.nitetronic.com](http://www.nitetronic.com)

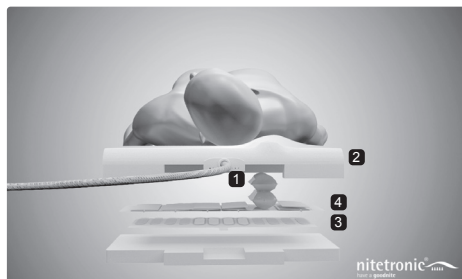
## SAFETY REGULATIONS

### 1. SAFETY NOTES

- GOODNITE was developed for use by a single person.
- Do not expose GOODNITE to excessive pressure by forcibly squeezing, pushing or bending it.
- GOODNITE must only be used with the supplied AC adapter.

- GOODNITE should be connected to an easily accessible socket so that in case of failure the power cord can be unplugged easily.
- Do not use GOODNITE near electric blankets, hot water bottles or other electrical or hot objects, as their high temperatures can damage GOODNITE.
- Do not cover the AC adapter with blankets or store it near a heater, heat sources or in direct sunlight. The device could overheat. This can damage the power supply and GOODNITE. Keep the AC adapter at a well ventilated location.
- Protect GOODNITE from moisture, dust, corrosive liquids and vapors.
- Do not use GOODNITE if it does not work properly or if parts are damaged.
- Observe the chapter "Cleaning and Maintenance" to avoid dirt and bacterial contamination.
- Do not smoke in bed!**

## INNER STRUCTURE OF GOODNITE



- Snoring sensor
- Polyurethane foam
- Position sensor
- Multiple air-Chambers

High-quality polyurethane foam (2) for optimal comfort. Remark: The comfort increases during the first days of usage.

Integrated snoring sensors (1) detect snoring of the user on the pillow. Integrated position sensors (3) determine the precise position of the head on the pillow.

One of the air-chamber (4) underneath and sidewise of the head inflates to turn the head sidewise.

GOODNITE has a washable pillowcase that provides additional comfort. GOODNITE is covered by an protective inner cover.

DO NOT OPEN THE PROTECTIVE INNER COVER.

## THE USE OF GOODNITE

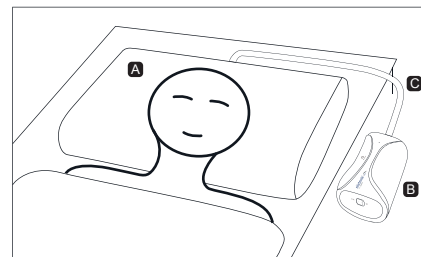
### 1. BEFORE USING GOODNITE

Make sure that GOODNITE is used in a clean and dust-free environment with low humidity. Dust and moisture can limit the lifetime and functionality of the technology.

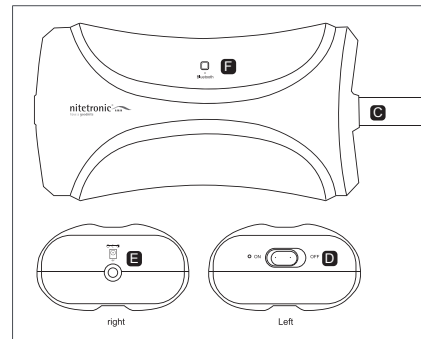
The use of an additional personal pillow cover is recommend. The size of the personal pillow cover shall be thin and not too tight so the function of GOODNITE is not disrupted.

### 2. USE OF GOODNITE – INITIAL OPERATION

Place GOODNITE on your bed like a normal pillow (see figure).



- (A) Correct position of pillow on the bed  
(B) Electronic Control Unit  
(C) Pipe to pillow  
(D) Power Switch  
(E) Power Plug (6V DC)  
(F) Bluetooth Button



Plug the AC Power Supply into the Power Plug (E) of the Control Unit (B). Turn the Power Switch (D) to ON. The light on the Control Unit lights up green.

Place the Control Unit (B) under the bed. Make sure that the Pipe (C) between the Control Unit and the pillow is not tightened or pinched.

Push Bluetooth Button (F) if requested by "NiteLink" Application (APP).

MAKE SURE YOUR HEAD IS CORRECTLY ON THE PILLOW DURING SLEEP. GOODNITE FOCUSES ON THE SNORING OF THE PERSON ON THE PILLOW.

It is recommended to use an additional thin personal pillow cover for GOODNITE.

To start the Bluetooth connection, download the "NiteLink" Application (APP) and follow the instruction on your device.

## "NiteLink" APPLICATION (APP) FOR SMARTPHONES

The "NiteLink" Application (APP) is available for ANDROID (version 4.4 and above) and iOS Smartphones. "NiteLink" allows the user to configure GOODNITE and analyze the effectiveness of GOODNITE. The function of GOODNITE is constantly improved and the firmware of GOODNITE can be updated with "NiteLink".



Download the "NiteLink" Application (APP) from iTunes, Google Play and Baidu (China).



App Store



Google play



Bai Du

Connect GOODNITE to your Smartphone with Bluetooth and follow the instructions.

The snoring and the head movement of the user on the pillow are constantly monitored. The data are automatically synchronized to the Smartphone and can be analyzed with "NiteLink".

To determine the effectiveness of GOODNITE, the user needs to compare the snoring-time between nights with ACTIVATED pillow and DE-ACTIVATED pillow.

For further information please visit: [www.nitetronic.com](http://www.nitetronic.com)

## TRANSPORTATION AND STORAGE

Store GOODNITE in its original shape in a dry environment (maximum 65% relative humidity) and at a suitable room temperature (+5 to +45°C). Store GOODNITE carefully (do not fold or bend, do not expose to pressure) to prevent shape or technical damage of GOODNITE and the inner structures inside the pillow. Use the original packaging for transportation.

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.

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 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.

IC statement:

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.

Should be translated to:

Cet appareil est conforme avec Industrie Canada RSS exemptes de licence standard(s).

Son fonctionnement est soumis aux deux conditions suivantes:

- (1) cet appareil ne peut pas provoquer d'interférences, et
- (2) cet appareil doit accepter toute interférence, y compris celles pouvant causer un mauvais fonctionnement de l'appareil.

RF exposure:

The device has been evaluated to meet general RF exposure requirement, The device can be used in portable exposure condition without restriction