

# **User Manual for Nox Smart Sleep System**

Sleepace

# 01 Brief Introduction

Thank you for purchasing this Nox Smart Sleep System. Nox works by itself or in combination with the Sleepace App, and can help you fall asleep easily and wake up naturally with its gentle light and soothing music. It can also monitor your bedroom environment. The Sleepace App can monitor your sleep data when used by itself and can also provide sleep analysis and sleep tips when used together with Nox.

The Nox Smart Sleep System includes Nox (smart sleep light) and RestOn (smart sleep monitor). RestOn can monitor your sleep data accurately, including your heart rate, breath rate and the number of times you turn over and/or leave your bed. The Sleepace App provides a more accurate and complete sleep analysis and as well as sleep suggestions when RestOn is used in combination with Nox.

# 02 Functions

## ► Nox Smart Sleep Light

Place your Nox Smart Sleep Light on your nightstand and plug it into the wall. The red light, which helps your brain produce melatonin and soothing music and sounds will help you fall asleep faster. In the morning Nox will wake you up slowly at the lightest stage of your sleep by simulating a sunrise gradient effect and by playing soft music. Nox will also monitor your bedroom temperature, humidity, sound, luminosity and other parameters.

In addition, Nox also has a USB port to charge your phone, tablet or other electronic devices.

## ► Nox Smart Sleep System

The Nox Smart Sleep System includes Nox and RestOn.

Simply put your RestOn Smart Sleep Monitor underneath your bedsheet and let it monitor your sleep time, heart rate, breath rate, the number times you leave your bed, your sleep stage etc. When used in combination with Nox, RestOn can analyze your sleep quality completely. It can help you fall asleep easily and wake you up intelligently. Once RestOn has detected that you have fallen asleep, Nox will stop its sleep-aid mode automatically. In the morning, Nox will wake you up with its soft light and soothing sounds as soon as RestOn detects your lightest sleep stage. The Nox Smart Sleep System will monitor your sleep data and bedroom parameters comprehensively and all your data will be saved in the cloud where you can check it anytime and anywhere.

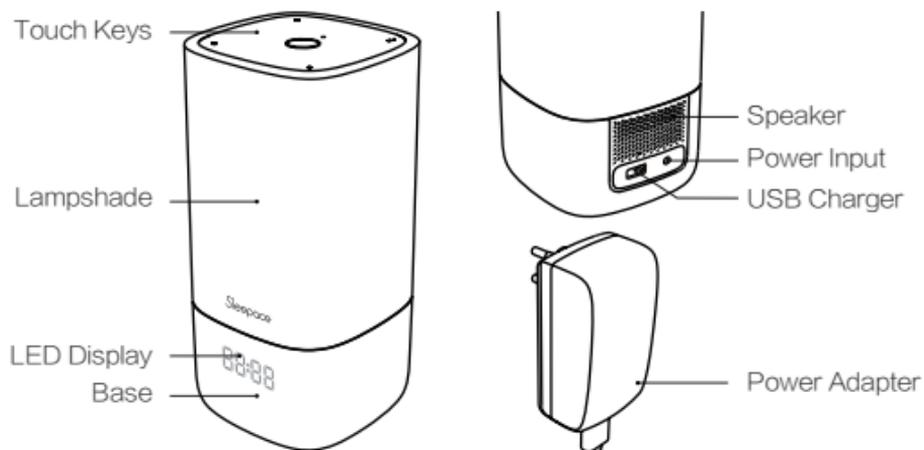
## ► Sleepace App

The Nox Smart Sleep Light/Smart Sleep System works with the Sleepace App and provides daily/weekly/monthly/quarterly reports by analyzing your sleep quality. The App will also render sleep advice and suggestions according to your vital and environmental data. You can follow your relatives and friends' sleep status remotely via the Cloud share function.

You can set up both devices through the Sleepace App. Updates for firmware can also be made through the App.

# 03 Contents

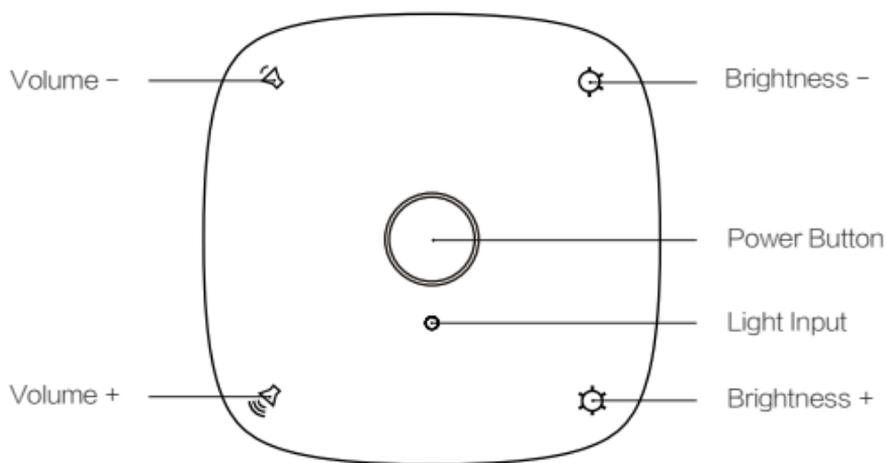
- 1x Nox
- 1x RestOn
- 1x Power Adapter (12V, 1.5A)
- 1x USB Cable
- 1x User Manual



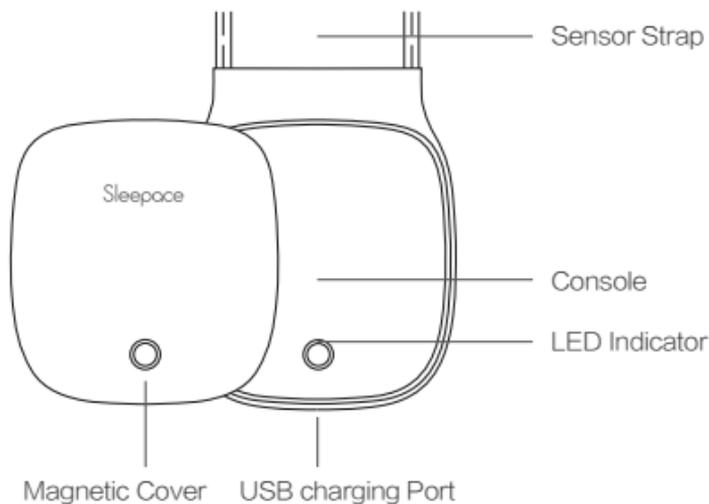
Nox Overview



Nox LED Display



Nox Touch Keys



RestOn Overview

## 04 User Requirements

### ► Wi-Fi Router

You will need a Wi- Fi router to set the smart sleep light, update your firmware and to upload sleep data.

### ► Installation of App

There are three ways to download the Sleepace App:

1. Scan the QR Code.



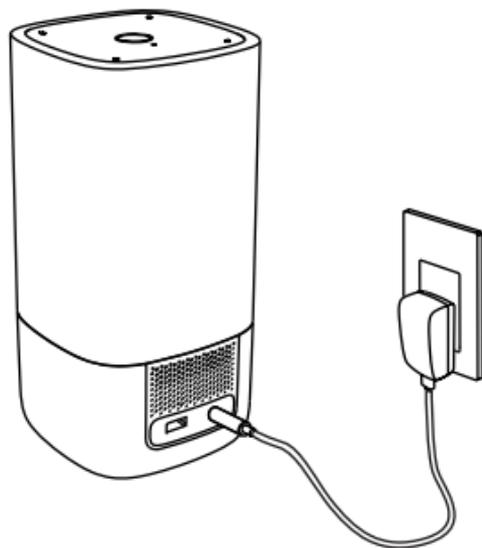
2. Download via [www.mysleepace.com](http://www.mysleepace.com).
3. Search " Sleepace " in GooglePlay or iTunes store for download .

You will need a smart phone with Bluetooth 4.0 that supports iOS 7.1 or later or Android 4.3 or later.

# 05 Installation Guide

## ► Installation of Nox

Put Nox on your nightstand and plug it into the wall. Make sure the power cord is plugged into Nox as well. Once you power Nox on the LED display should be showing "88:88" to let you know that you have successfully installed Nox.

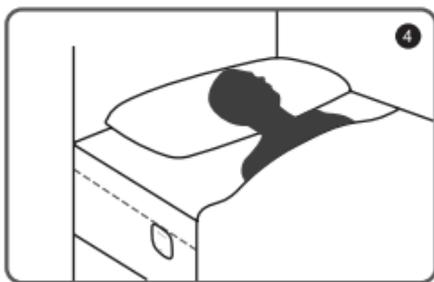
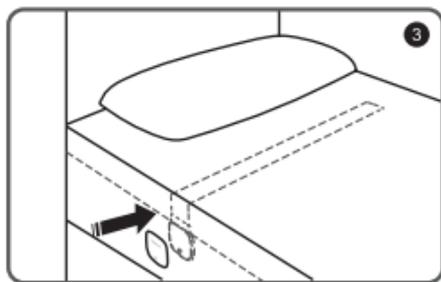
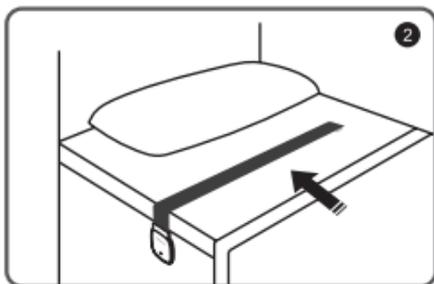
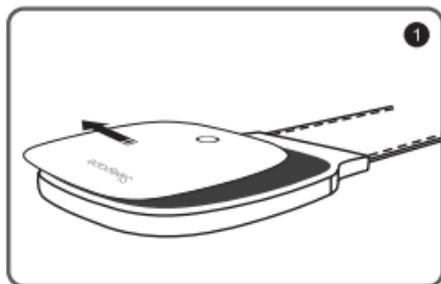


Power Supply Connection



LED Display

## ► Installation of RestOn ( for smart sleep system )



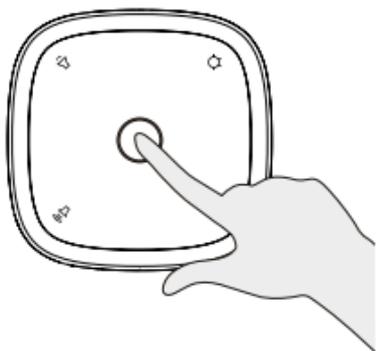
① Remove magnetic cover. ② Place sensor strap underneath bed sheet, positioning it across chest area. ③ Place magnetic cover onto unit. ④ Connect your device to the App and start the monitoring.

## 06 User Manual

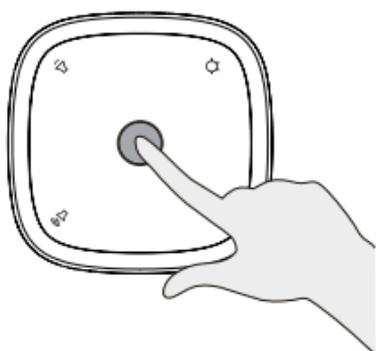
### ► Test Mode

As soon as Nox is turned on, the display will be showing "88:88". This means that Nox is in test mode. To turn on the light, touch the button on top of the lamp. Touch the center button again to turn off Nox.

Touch the center button for 3 seconds to switch to the Sleep-aid mode. The Sleep-aid music as well as a red light will come on. A slight touch of the center button will stop the Sleep-aid mode.



Touch to Power On/Off

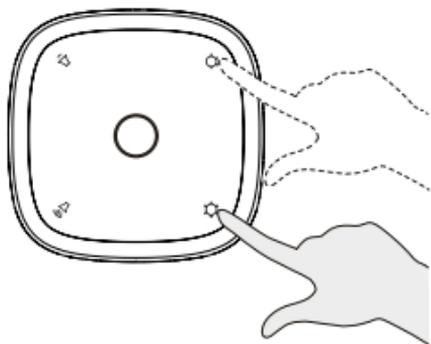


Touch to switch to sleep-aid mode

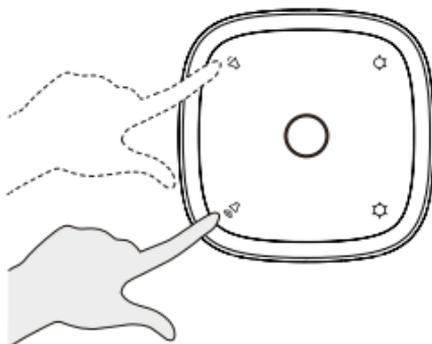
Touch Volume + / Volume - to adjust the volume.

Touch Brightness + / Brightness - to adjust the brightness.

More functions can be accessed through the Sleepspace App.



Touch to adjust the brightness(☆/☆)



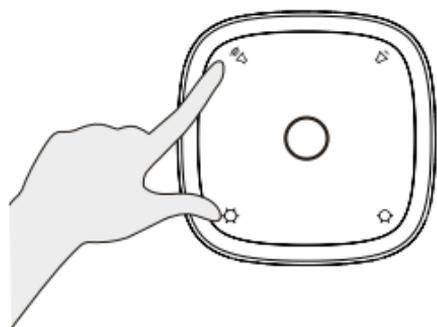
Touch to adjust the volume(🔊/🔊)

## ► Connect RestOn

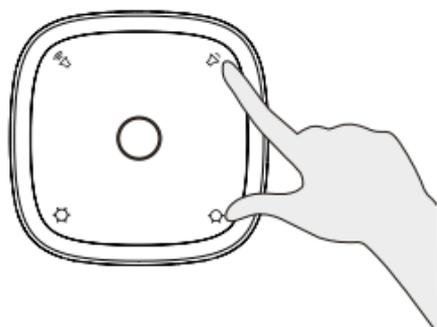
Please select "Connect RestOn" in your App or scan the QR code. Once RestOn is connected, the Sleepace App will ask you to register an account for your smart sleep system. If you already have an account, simply connect it to your Nox.

## ► Connect Nox to the Internet

When Nox is in test mode, please log into your Sleepace App. If you connect Nox after you have registered or logged in to the App, the App will prompt you to press Volume + and Brightness + at the same time for the quick set-up mode of Nox. When the LED display shows "00:00", you can choose your network, enter your password and connect to your Wi-Fi through the App. Should the quick set-up fail, you can also select the network through the App in the Manual mode. Press Volume- and Brightness- at the same time; once the LED display shows ":" go to the settings in your phone and select the Wi-Fi hotspot "Sleepace Nox" (you can skip this step for Android). Go back to the Sleepace App, choose your network, enter your password and connect to your Wi-Fi.



Quick set-up mode (☰+☼)



Manual set-up mode (☼+☰)



Successfully connected

※Important: The Sleepace App will only work properly if Nox and your smart phone are both connected to your Wi-Fi.

## ► Daily Operation of Nox

Slightly touch the center button on top to turn on the lamp. Touch Brightness + or Brightness - to adjust the brightness. Touch the center button again to turn Nox off.

## ► Nox Sleep-aid Set-up

Nox's Sleep-aid setting will help you fall asleep easily with its soothing lights and music. You can also customize the settings and change the music and/or sound and light through the Sleepace App.

Nox supports 3 sleep- aid modes:

- Sleep- aid Timer: Touch the center button for 3 seconds to access the Sleep- aid mode; set the time when you want the Sleep- aid mode to stop from the App. Once set up, Sleep- aid mode will stop automatically at the set time.

- Smart Sleep- aid mode 1: Simply start monitoring by pushing 'start sleep' in the App. Nox will start the Sleep- aid mode and automatically stop it once it has detected that you have fallen asleep. Do not stop the Sleepace App in this mode.

- Smart Sleep- aid mode 2: (for Nox Smart Sleep System): Simply start monitoring by pushing 'start sleep' in the App. Nox will start the Sleep- aid mode and automatically stop it once the smart sleep monitor has detected that you have fallen asleep. Do not stop the Sleepace App in this mode.

Once you have started the Sleep-aid mode, touch Volume + / Volume - to adjust the volume and Brightness + / Brightness - to adjust the brightness. Touch the center button to stop the Sleep- aid mode. You can also change the settings through the Sleepace App.

## ► Nox Smart Alarm Set-up

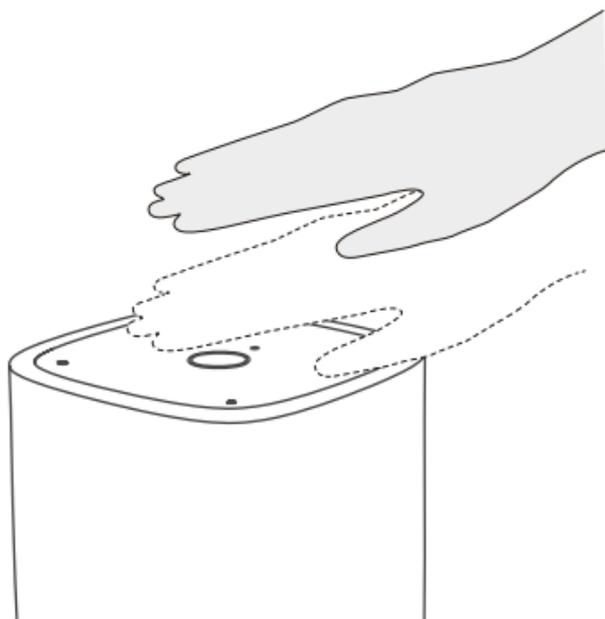
The Nox Smart Alarm feature can wake you up naturally with light and music; you can customize the wake up music or sound as well as the light from your Sleepace App.

Nox supports 3 Smart Alarm modes:

- Alarm Timer: Simply set your desired alarm time from the Sleepace App.
- Smart Alarm mode 1: Set the alarm through the App. Nox will wake you up automatically within 30 minutes of your set alarm time when you are at the lightest stage of your sleep in the morning. In case you are not in a light sleep phase within the range, Nox will wake you at your set time. Do not stop the Sleepace App in this mode.
- Smart Alarm mode 2 (for Nox Smart Sleep System): Set the alarm through the App. Smart sleep monitor's sleep monitoring function will let Nox know when you are at the lightest stage of your sleep in the morning so Nox can wake you up at the right time for you. In case you are not in a light sleep phase

within the range, Nox will wake you at your set time. Do not stop the Sleepace App in this mode.

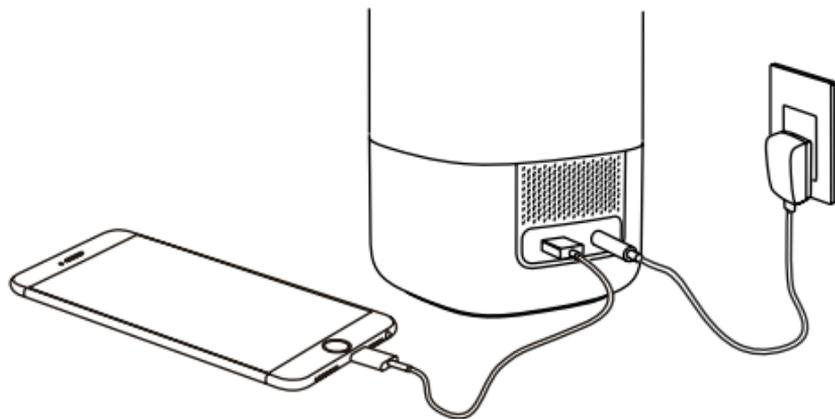
Push the center button to turn off the alarm. You can also turn it off through the Sleepace App. To snooze, just slightly tap the top, Nox will resume the alarm again later.



Tap to snooze

## ► Nox Charger

Nox has a USB port with an output of 5V- 1A that lets you charge your electronic devices. Simply connect your device with the USB port and Nox will charge your device.



Nox Charger

## ► Sleepspace App User Guide

Please log into the Sleepspace App to check your daily, weekly, monthly or quarterly sleep report. The App will analyze your sleep and provide suggestions according to your sleep status and environment parameters.

The Sleepspace App supports smart phones to monitor your sleep quality. The App in conjunction with Nox can be used as a sleep- aid as well as a smart alarm.

## ► Nox Touch Keys

Feature	Action
Power On / Off	Touch the center button once
Turn On Sleep-aid Mode	Touch the center button for 3 seconds
Turn Off Sleep-aid Mode	Slightly touch the center button once
Quick Set-up	Simultaneously touch Volume + and Brightness + for 3 seconds
Manual Set-up	Simultaneously touch Volume- and Brightness- for 3 seconds
Adjust Brightness	Touch Brightness + or Brightness -
Adjust Volume	Touch Volume + or Volume -
Turn Off Alarm After Waking Up	Slightly touch the center button once
Snooze	Tap the top once

## ► Nox LED Display

Status	Display
Test Mode	Clock shows " 88:88 "
Wi-Fi Connected	Clock shows time, Wi- Fi icon lights up
Turn On Sleep Mode	Clock shows time
Turn Off Sleep Mode	Clock shows time
Start Wake Up Mode	Clock shows time
Turn Off Wake Up	Clock shows time
Snooze	Clock shows time, ":" flashes
Go To Quick Set-up	Clock shows "00:00"
Go To Manual Set-up	Clock shows ":"

# 07 Specifications

## ► Nox

Model	N101
Size	4.02 x 4.02 x 8.09 inches
Weight	23oz
Color	Grey
Data transmission	Wi- Fi, Bluetooth 4.0 ( 33ft. reach indoors )
Power	15W
Rated input	100~240V 50/60Hz 0.6A
Output	12V 1.5A
Lifetime	25,000 hours
Color	16.7 billion
USB output	5V 1A
Display	Time, Wi- Fi connection

## ► RestOn

Model	Z101
Device	4.1 x 3.5 x 0.4 inches
Sensor Strap	34.6 x 2.6 x 0.08 inches
Weight	5.8oz
Battery	Lithium-ion 3.7v rechargeable battery
Wireless	Bluetooth 4.0
Wireless Range	10m (33ft)
Software Platform	Android 4.3 or above; iOS7 or above
Battery Life	Over a month
Charging Current	5.0V 1000mA

## 08 FAQs

Question	Possible Causes	Solutions
App does not control Nox	<ol style="list-style-type: none"><li>1. Nox is not turned on</li><li>2. Nox is not connected to the Internet</li><li>3. Smart phone is not connected to the Internet</li></ol>	<ol style="list-style-type: none"><li>1. Please ensure Nox is powered on</li><li>2. Connect Nox to the Internet</li><li>3. Make sure your smart phone is connected to the Internet</li></ol>
App does not control RestOn	<ol style="list-style-type: none"><li>1. RestOn is not turned on</li><li>2. RestOn is disconnected from Nox</li><li>3. RestOn is powered off</li><li>4. Nox is not turned on</li><li>5. Nox is not connected to the Internet</li><li>6. Smart phone is not connected to the Internet</li></ol>	<ol style="list-style-type: none"><li>1. Ensure RestOn is powered on</li><li>2. Ensure RestOn is connected to Nox</li><li>3. Make sure the Nox display shows that RestOn is connected</li><li>4. Please charge your RestOn</li><li>5. Please make sure Nox is powered on</li><li>6. Ensure Nox is connected to the Internet</li><li>7. Ensure your smart phone is connected To the Internet</li></ol>

Question	Possible Causes	Solutions
Unable to register account	Smart phone is disconnected from the Internet	Please connect to your Wi-Fi or open GPRS
Unable to check last nights' analysis	<ol style="list-style-type: none"> <li>1.APP is not in monitoring mode</li> <li>2.Bluetooth is not connected</li> <li>3.Wi-Fi is not connected</li> </ol>	<ol style="list-style-type: none"> <li>1. Please open APP before you go to sleep and select "Start Sleep" on the real-time monitoring page. Select "Stop Monitoring" when you get up.</li> <li>2. Please make sure the device is powered on and your smart phone is within 33ft. of the device; make sure Bluetooth is turned on.</li> <li>3. Please make sure your Wi-Fi is connected properly</li> </ol>

Question	Possible Causes	Solutions
<p>When monitoring with RestOn App still shows heart rate and/or breath rate while nobody is in bed</p>	<ol style="list-style-type: none"> <li>1. Sensor detected additional vibration other than the user</li> <li>2. Wrong positioning of sensor</li> <li>3. Data sync delay</li> </ol>	<ol style="list-style-type: none"> <li>1. Avoid touching the user's bed</li> <li>2. Remove fans or dehumidifiers around the user and make sure the sensor is placed under the user's chest</li> <li>3. Please wait for about 10 seconds</li> </ol>
<p>Nox is unable to connect to Wi-Fi</p>	<ol style="list-style-type: none"> <li>1. The frequency range of your Wi-Fi router connected with the phone is 5G</li> <li>2. The router firewall is turned on</li> <li>3. Router is in 11n only wireless mode</li> <li>4. Incorrect configuration of Wi-Fi connection by disregarding the password input</li> </ol>	<ol style="list-style-type: none"> <li>1. Please switch the router frequency to 2.4G by logging into your router home page</li> <li>2. Please set your router to stop mac address filtering</li> <li>3. Please set your router to 11b/g/n mixed mode</li> <li>4. Please follow the connection guide in the APP</li> </ol>

# 09 Safety Notice

## ► Nox Safety Notice

- Please read the user manual and the safety notices of the lamp carefully to avoid potential dangers. Please use the lamp according to the instructions.
- Device should only be used at the predetermined voltage and frequency; the lamp is for indoor use only and should not be used outdoors.
- In case of any unexpected occurrences, stop using Nox immediately, cut off the power and check the device.
- Recommended usage temperature range is between 14° F and 113° F.
- Nox is not waterproof.
- Avoid turning the device upside down.
- Please unplug the power if you do not use Nox for an extended period of time.
- The USB charging port on Nox should only be used with devices and/or cables that support USB 2.0 and higher.
- The adapter should be installed near the equipment and should be easily accessible.
- This charger is for indoor use only.
- EU Regulatory conformance.  
Shenzhen Medica Technology Development Co., Ltd. Hereby declares that this device is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.
- Do not use the Nox smart sleep light in temperatures that are either too high or too low, never expose your mobile phone to direct sunlight or water. To ensure your phone is working properly it should only be exposed to temperatures between 32° F - 104° F.

- Comply with your local regulations on Nox smart sleep light packaging, battery and used Nox smart sleep light disposal and take them to a collection point for proper recycling. Do not dispose of used phones or batteries in your regular trash.

Please take your used, unwanted lithium batteries to a household hazardous waste collection place. Do not dispose of them in your regular trash.

- RF exposure information: The Maximum Permissible Exposure (MPE) level has been calculated based on a distance of  $d=7.87$  inches between the device and the human body. To maintain compliance with RF exposure requirement, use the product with a 7.87inch distance between the device and the human body.

Federal Communication Commission (FCC) Radiation Exposure Statement  
When using the product, maintain a distance of 7.87 inches from the body to ensure compliance with RF exposure requirements.

#### **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 measure:

- Reorient or relocate the receiving antenna.
- Increase the distance 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.

CE 0700



## ► RestOn Safety Notice

This product is not intended to diagnose, treat, cure, or prevent any disease. It is not a medical device and cannot be used to prevent sudden death.

Attention! For users with medical conditions or diseases, family members should take measures to regularly and personally monitor their health.

Please note that this product must not be used by persons wearing a pacemaker. This product is not intended to monitor person's under 18.

- RestOn is best used on mattresses with a height between 3 and 10 inches.
- Mattresses that are too thin may cause the sensor to read the signal inaccurately.
- In the summer the heat may influence the sensor capture signal negatively. While bamboo mats are not suggested, cooling mats should not affect the accuracy.

### Safety notice:

- Do not bend the product excessively or forcefully as this may damage the built-in sensor.
- Do not use the product while charging as this may effect the product life.
- Do not put the device in contact with high temperatures and do not use it with other equipment such as electric blankets.
- Do not place the product in water as it may cause damage to the inside of the device.
- Do not touch the metal end of the power adapter when plugging it into the outlet.
- The sensor strip should only be used on a flat, stable surface. Do not use with unstable beds like hammocks as this may lead to a malfunction of the device.
- Make sure there is no other motion source around to ensure that the sensor can accurately detect the user's sleep quality.
- Vibration caused by fans, dehumidifiers, loud music, etc. may cause malfunction of the device.
- This sensor strip does not have power and will not cause any harm due to currents or other potentially dangerous components.
- Keep the sensor dry.
- If you are planning on not using this product for an extended period of time, turn it off and roll the sensor strip up to avoid damaging the sensors.
- Avoid folding the sensor strip, as compressed storage may lead to product damages.

# 10 Appendix

Sleepace reserves the right, without prior notice, to make changes and improvements of the product description in this document.

The content of this manual is provided by the manufacturer. Unless an applicable law provides, the documents does not make any kind of promises regarding the accuracy, reliability and content.

This manual is protected by copyright laws and regulations, any reproduction in any form, transmission, distribution and use of any of the contents of this manual without written permission is prohibited.

# Nox Smart Sleep System Warranty

Nox Smart Sleep System consist of Nox, RestOn and a mobile App, which must be downloaded separately. Nox consists of a lamp, a power cable with adapter, RestOn consists of a Bluetooth-enabled sensor, a USB charging cable, a This Limited Warranty covers ONLY the lamp, adapter, the sensor and charging cord.

## ► Limited Warranty

This limited warranty covers any defects in material or workmanship under normal use. It does not cover normal wear and tear or damage of the product resulting from negligence, unauthorized modification, repair or disassembly, water, natural disaster or theft or loss of the product. The warranty period for Nox, RestOn and all of Sleepace' s products is one year from the date of purchase.

## ► Returns

Returns for any reason other than a defective unit will be honored for free for 15 days after the purchase. In case of a defective product, customers may return the unit during the one-year warranty period for a replacement or a partial or full refund of the amount paid. We will replace the defective unit at our sole discretion with a new or refurbished one. If we replace your product, the replaced product will continue to be warranted for the remaining time of the initial warranty period. All returned parts for which a refund or replacement was issued will become the property of Sleepace.

## ► Exchange a Defective Unit/ Warranty Claims

In order to make a warranty claim, customers must obtain a Return Merchant Authorization (RMA) from Sleepace and present the following: (a) the model

number of your product, (b) your full address and contact information and (c) your proof of purchase. The product must be returned in its original packaging including its original accessories. Customers are responsible for paying the shipping costs for returning the item. Shipping costs are non-refundable. Contact customer support at [support@mysleepace.com](mailto:support@mysleepace.com) for more information.

## ► Refunds

Refunds are only granted for up to 90 days from purchase date. Once we have received the defective item, your refund will be processed, and a credit will automatically be applied to your credit card or original method of payment.

## ► Consumer Protection

This limited warranty is the only express warranty Sleepace provides for Nox and RestOn, and the above remedy is your sole remedy. To the maximum extent permitted by applicable law, Sleepace expressly disclaims all other warranties and remedies of any kind, whether express, statutory, or implied. Except that any implied warranties of merchantability and fitness for particular purpose are limited in duration to the one-year period of the express warranty.

## ► Limitations and Exclusions

You expressly understand and agree that, to the maximum extent permitted by applicable law, Sleepace shall not be liable to you under any theory of liability, whether contract, tort (including negligence) or otherwise for any indirect, incidental, special, consequential, or exemplary damages that may be incurred by you in connection with Nox and RestOn or these terms, including any loss of data, whether or not Sleepace or its representatives have been advised of or should have been aware of the possibility of any such losses arising. You expressly understand and agree that, to the maximum extent permitted by applicable law, Sleepace's total liability in connection with Nox and RestOn or

this limited warranty will not exceed the purchase price that you actually paid for your Nox and RestOn. Some states do not allow the exclusion or limitation of incidental or consequential damages, or allow limitations on how long an implied warranty lasts, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary from state to state.

No employee or representative of Sleepace or any third party is authorized to modify, extend, or add to this Limited Warranty. If any term for this Limited Warranty is held to be illegal or unenforceable, the remaining terms of this Limited Warranty will remain in full force and effect.

## Shenzhen Medica Technology Development Co ., Ltd.

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