HOMNI

USER MANUAL

NOTES ON SAFETY

Please read this section carefully to familiarize yourself with features and operations before using the unit. The warning signs and the sample icons shown here are listed in order for you to use this product safely and correctly as well as to prevent product damage, risk and injury to you or others. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

⚠ PRECAUTION WARNING	Indicate the right condition to use the product and prevent damage risk and injury.
⚠ CARE AND MAINTENANCE	Indicate matters in which the possibility of damage may happen as a result of incorrect handling and improper maintenance.

⚠ PRECAUTION WARNING

- Indoor use only
- Do not cover the product
- Avoid looking directly at LED source
- This appliance is not a toy and is not intended for use by young children
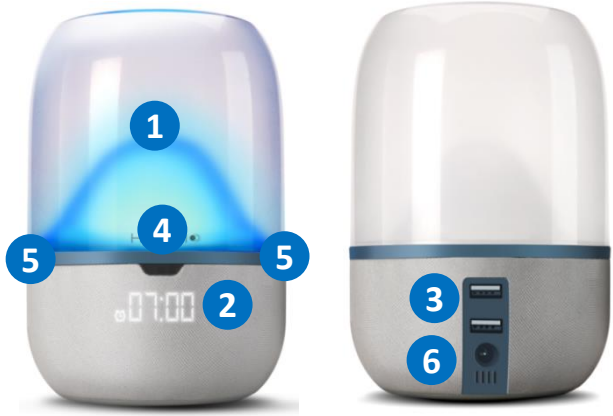- Do not place the device and/or its AC adapter in contact with liquids

⚠ CARE AND MAINTENANCE

- The mains adapter is a sealed unit; do not try to dismantle it or replace the mains cable. If the mains adapter or its cable become damaged, the mains adapter must only be replaced with an original mains adapter. Only use with the supplied mains adapter
- Use a dry soft cloth to clean up the device. DON'T use propellant, abrasive or other chemicals.

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PRODUCT OVERVIEW

1 LED light
2 Time display
3 USB ports
4 Movement sensor
5 Touch interfaces
6 Power supply
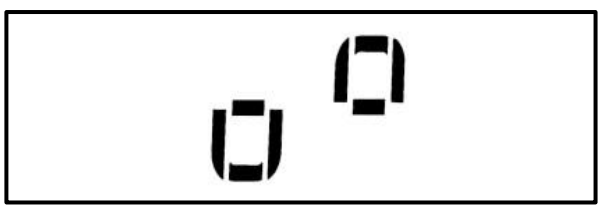
LCD OUTLOOK

1 Monitoring period indicator

2 Shows if next alarm is activated

3 Only if you choose 12h time format

4 Left touch interfaces is activated
5 Right touch interfaces is activated

Pairing process between your smartphone and Homni is successful

Your Homni is ready to be paired with your smartphone

Pairing process failed

INSTALL THE MOBILE APP WELLNESS COACH - SLEEP

DOWNLOAD THE MOBILE APP WELLNESS COACH – SLEEP

Download our free mobile app Wellness Coach – Sleep on the App store (iOS) our Google Play (Android). Or please follow the next steps below :

1. Type **homni.terraillon.com** in your device's web browser.

2. Tap the download button depending on your devices:

   App store if you are using iOS

   Google Play if you are using Android

3. Tap « **Get** » (iOS) ou « **Install** » (Android) to start installation.

Note for Android user: If the app is not displayed on Play Store, your smartphone/tablet might not be compatible with Wellness Coach – Sleep app. Please contact us by phone (08 26 88 17 89) or by mail using serviceconsommateurs@terraillon.fr telling us your smartphone/tablet model.

CREATE AN ACCOUNT ON THE MOBILE APP WELLNESS COACH – SLEEP

Note: If you already have created an account on Wellness Coach – Health or on Wellness Coach – Sleep app, please log in and go to « Set up your Homni » section on *.*

1. Open the app **Wellness Coach – Sleep.**
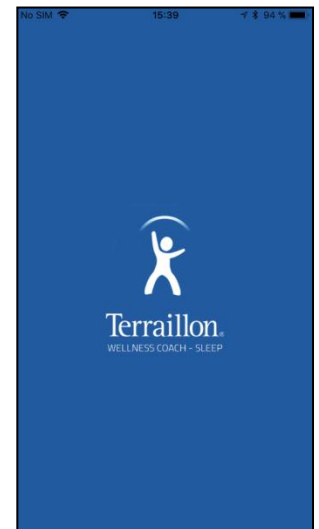
2. Select **Create my account.**

3. Fill in your information and then tap **Continue.**

Note: information about your weight, height and waist size will be useful if you want to use our second mobile app Wellness Coach – Health. Find out more about this app on terraillon.com. If you do not wish to add this information, please leave the default value of those settings.

If you already have an account on Wellness Coach – Health app, you do not need to create an account on Wellness Coach – Sleep app: please log in with the same credentials.

4. Add your e-mail adress and choose your password.

5. Please carefully read the personal data and privacy policy terms and conditions (to see full terms and conditions, click on the underlined quotation).
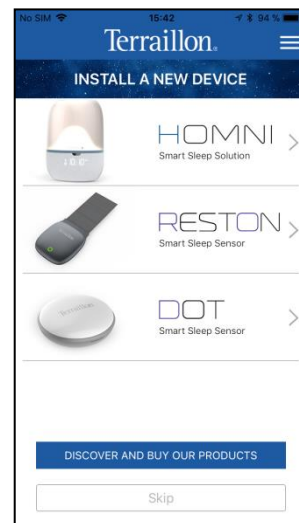
6. Tap **Register** to complete the registration.

SET UP YOUR SMART SLEEP SOLUTION HOMNI

INSTALL YOUR HOMNI

Please ensure Bluetooth connection on your smartphone / tablet is on.
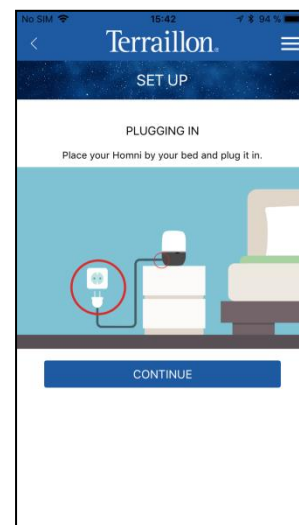
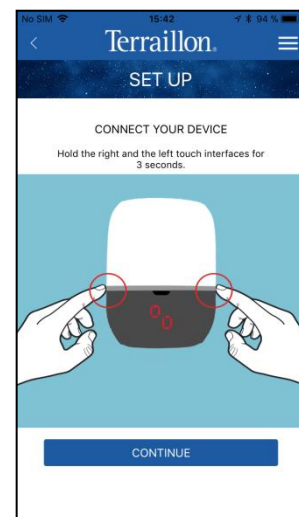1. Select **HOMNI.**

2. Place your Homni near your bed.

3. Plug it the appliance in. The display on the Homni should be on now.

4. Tap **Continue**.

5. Hold both right and left touch interfaces for 3 seconds. The pairing symbol should appear on the display.
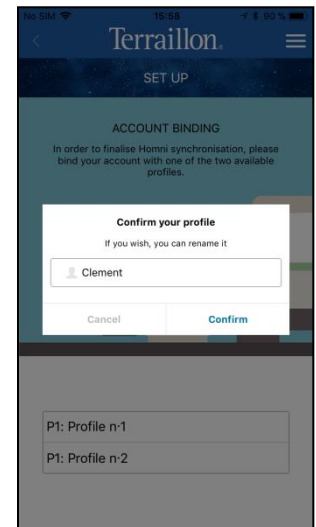
Then tap **Continue**.

6. Select your Homni.

7. Select an user profile and rename it. Then tap **Confirm.**

Note: *the pairing process can take up to one minute to be set up. If the process takes longer, please start the process again*

During « fall asleep » and « wake up » programmes set-up, Homni will show an overview of the programme selected each time you change a setting.

CHOOSE YOUR FALL ASLEEP PROGRAMME

Dusk programme has been developed in collaboration with the European Sleep Center helping you to fall asleep gently. Indeed red hues light will not affect melatonine production, your sleep hormone. Homni will diffuse orange then red hues as the Dusk programme progresses.

Breathe in and out to the rhythm provided by the light to relax as you fall asleep, thanks to the **Cardiac Coherence** programme. Over the course of the programme, light brightness variations will be lower and lower: your respiratory and cardiac frequencess will gently slow down. Then you will feel more relaxed to fall asleep smoothly.
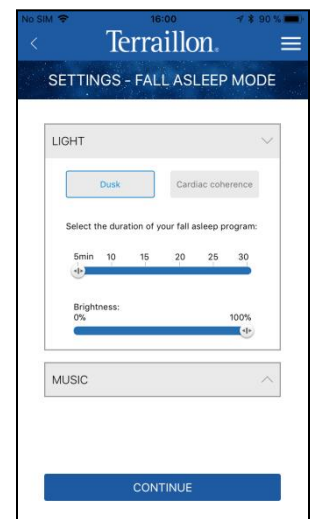
SET UP YOUR "FALL ASLEEP" PROGRAMME

1. Choose between **Dusk** and **Cardiac Coherence** programme. Define duration and brightness.

Notes: Cardiac Coherence programme duration is locked to 10 minutes.

2. If you wish, select a pre-loaded music from the menu. Then choose its maximum volume level (it will gradually decrease).

3. Tap **Continue.**

SET UP YOUR « WAKE UP » PROGRAMME

1. Add your alarm(s) by selecting the corresponding day(s).

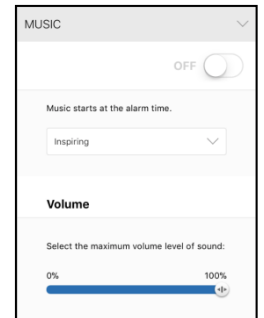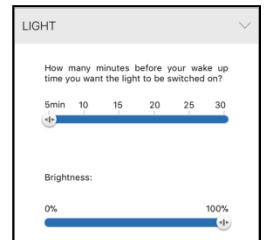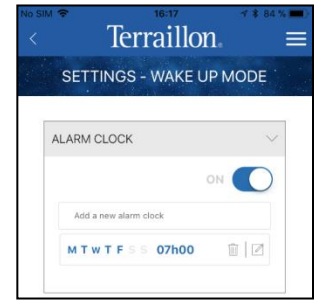*Note: you can only set up one alarm a day.*

2. Choose how many minutes before your wake up time you want the light to start, then the maximal brightness.

Note: brightness will gradually increased.

3. If you wish, select a pre-loaded music from the menu. Then choose the maximum volume level (it will gradually increase).

Note: music will start at the alarm time.

4. Tap **Continue.**

SET UP HOMNI BEDROOM ENVIRONMENT MONITORING PERIOD

1. Choose the bedroom monitoring start and end time. Then tap **Continue**.

Note: the monitoring period cannot exceed 12 hours in total. The choosen monitoring period has no impact on fall asleep and wake up programmes trigger.

2. Tap **Continue**.

Note: keep in mind that you cannot use Homni's Bluetooth speaker while monitoring period.
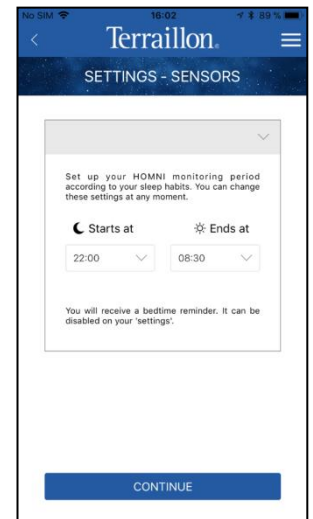
SET UP HOMNI DISPLAY

1. Choose which information will appear on Homni's display.

2. Choose the time format.

3. Enable or disable the night display function.

When night display is enabled, Homni's display will be turned on all night.

When night display is disabled, Homni's display will be turned off during monitoring period. However you can always turn it on at any time (see on).
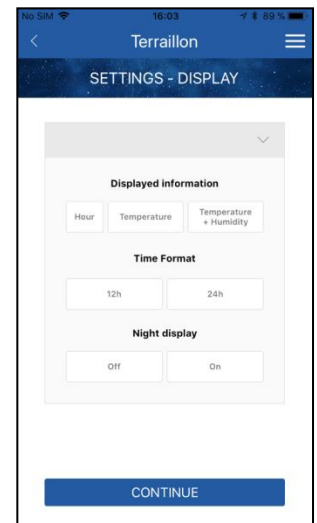
4. Tap **Continue**, the Homni set-up is now completed.
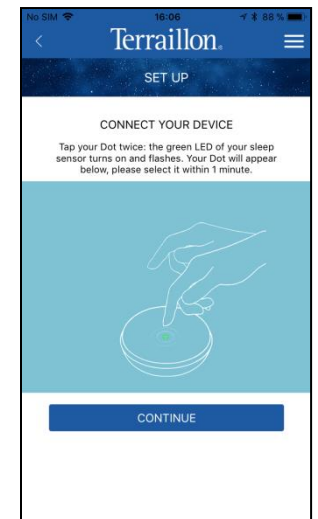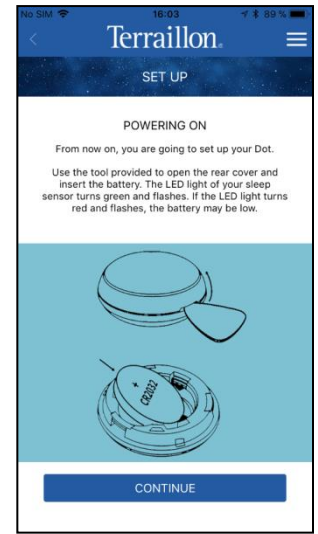
SET UP YOUT SLEEP SENSOR DOT

INSTALL YOUR SLEEP SENSOR DOT

Please make sure your smartphone Bluetooth is on and then tap the "+" button at the the top of the app home screen and select **Dot**.
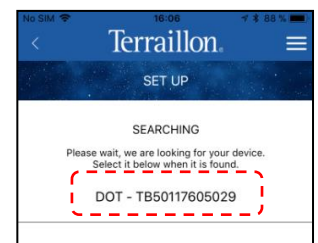
1. Insert the included battery in your Dot. Position your Dot face up so you can see the « Terraillon » logo. Then tap the device at least twice: the green LED should turn on and flashes.

Note: If a red light turns on, it means that battery is discharged.
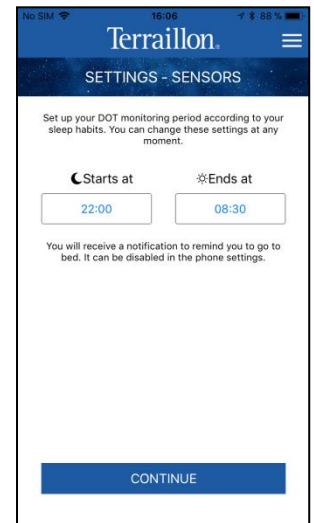
2. Tap **Continue.**

3. Select your Dot.

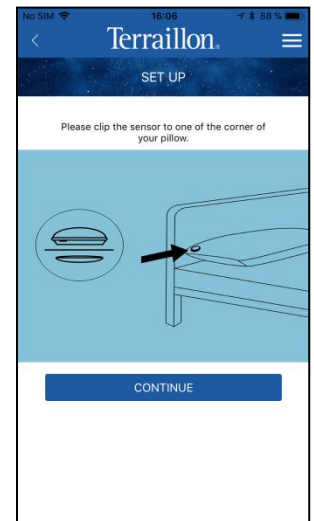## SET UP YOUR SLEEP SENSOR DOT

1. By default, Dot monitoring period is the same as the Homni. However if you wish you can select different settings for the Dot.

2. Tap **Continue**.

3. Clip DOT to one corner of your pillow.

4. Tap **Continue**, Dot set-up is now completed.

USE HOMNI IN YOUR DAILY ROUTINE

TURN ON AND TURN OFF YOUR SLEEP MODE

1. When facing Homni, tap once the left side of Homni (on this symbol ▬) to start « fall asleep » programme.

Note: By default, the fall asleep programme is Dusk.

2. You can turn off the fall asleep programme anytime. Just the tap the left side of the Homni again.

TURN ON AND TURN OFF YOUR NEXT ALARM

1. When facing Homni, tap and hold 2 seconds the left side of Homni (on this symbol ▬) to activate your next alarm. The clock symbol ⏰ will appear on the display.

2. To desactivate your next alarm, tap and hold 2 seconds the left side of the Homni.

TURN ON AND TURN OFF HOMNI LIGHT

1 When facing the Homni, tap the right side of the Homni once (on the symbol ▬) to turn on the LED light. Tap again to turn it off.

2. When LED light is on, tap and hold the right side of the Homni to dim the lighjt. Remove your hand when you want to keep this brightness level.

Note: Wellness Coach – Sleep app allows you to turn on/off Homni's light as well.

USE HOMNI WHEN « NIGHT DISPLAY » IS OFF

1. When Homni is monitoring, tap once the right side of the Homni (on symbol ▬) to display the time.

2. Tap a second time on the same side to turn the Honmi's LED light on

3. Tap a third time to turn Homni's LED light off and stop displaying time.

TURN OFF OR DELAY YOUR ALARM IN THE MORNING

1. When your alarm starts, briefly pass your hand in front of the movement sensor to postpone to delay it by10 minutes.

2. When your alarm is starts, keep your hand for 2 seconds in front of the movement sensor to desactivate the current alarm.

USE THE MOBILE APP WELLNESS COACH – SLEEP

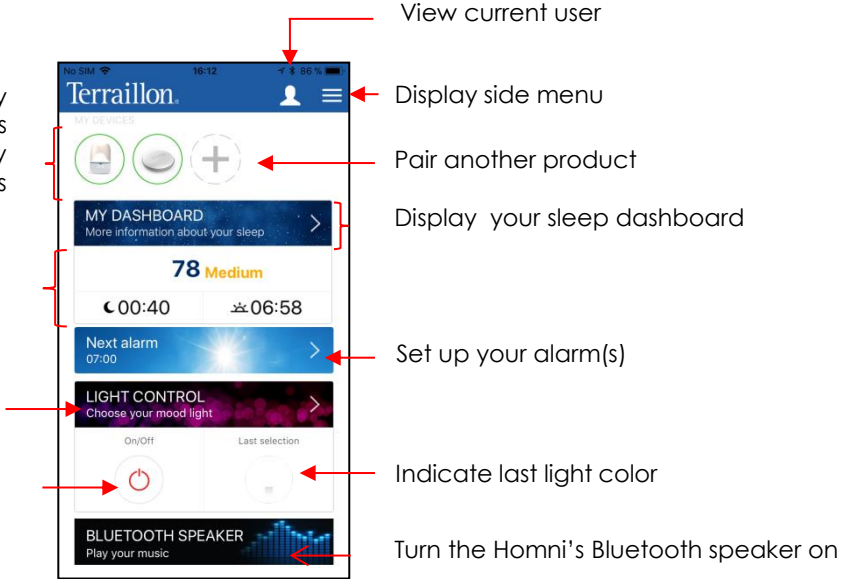## WELLNESS COACH – SLEEP HOME SCREEN

View current user

These are the product(s) already paired. The green circle indicates that the products are currently connected. Tap them to access its settings

Night recap:
• Sleep score
• Bedtime and wake up time

Set up moodlight

Turn on/off Homni's LED light

Display side menu

Pair another product

Display your sleep dashboard

Set up your alarm(s)

Indicate last light color

Turn the Homni's Bluetooth speaker on

WELLNESS COACH – SLEEP SIDE MENU

Edit your profile

Contact us by e-mail

Follow us on social media!

Exit side menu

Go back to home screen

Access to our FAQ
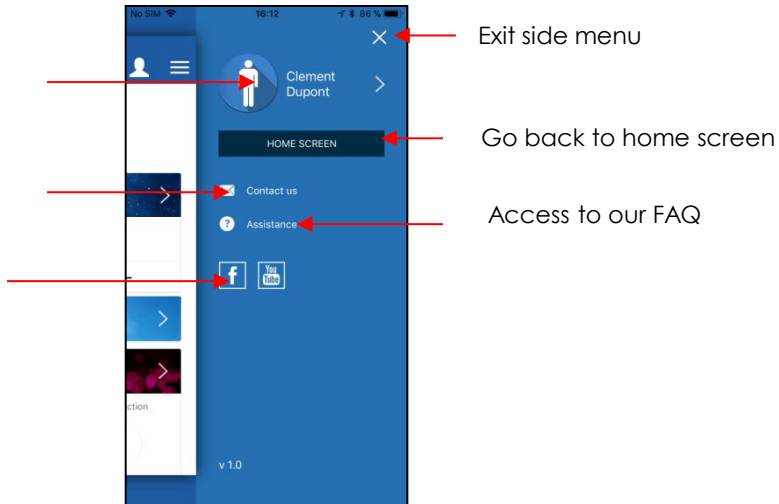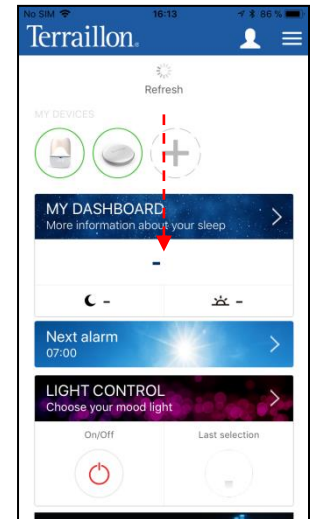
DOWNLOAD YOUR SLEEP DATA

Please ensure Bluetooth connection on your smartphone / tablet is on. As well, make sure you are close enough to HOMNI and/or DOT to ensure data are transmitted properly.

1. When you are on the home screen, make sure you are connected to **HOMNI** and/or **DOT** (green circle displayed).

Note: your DOT will be activated automatically for 30 minutes before and after the monitoring period.

If you want to download your data outside these periods (and outside the analysis period), you must first tap on your DOT to activate it: the green LED flashes.

2. To download sleep data, please slide down the application thank your index finger (as shown with the red arrow). A progress bar will appear showing you data download status

3. Once sleep data download is completed, Dot data are displayed directly on home screen with the sleep score, bedtime and wake up time.

Now you can access your sleep dashboard to get more information about Homni and Dot data.
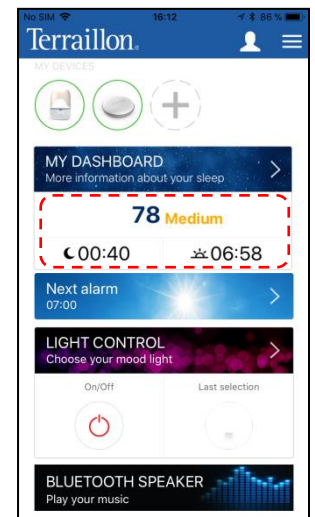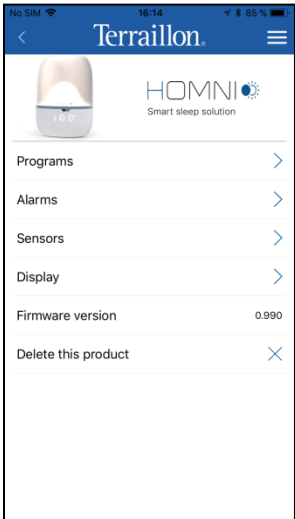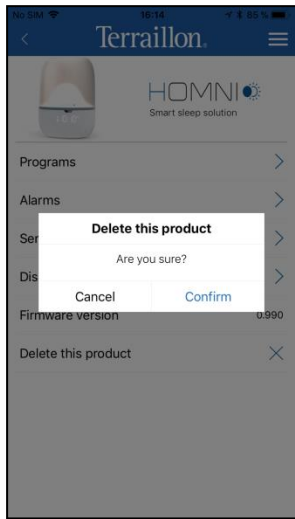
ACCESS TO HOMNI AND DOT SETTINGS

1. When you are on the home screen, make sure you are connected to HOMNI and/or DOT (green circle displayed).

2. Select the chosen device.
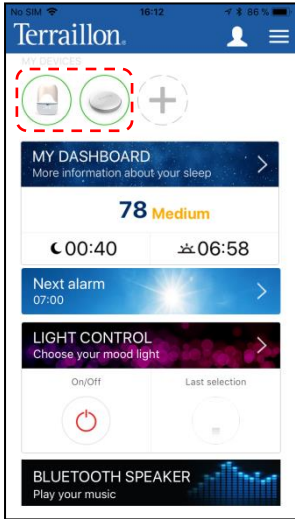
3. Edit the settings you want to change (here for example the Homni).

This menu allows you to delete the product as well.

YOUR SLEEP DASHBOARD

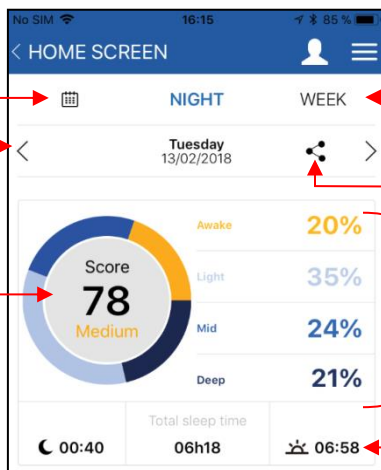Tap the « **MY DASHBAORD** » banner to access your sleep dashboard.

Select a date to display data

Display previous night

Sleep score of the night displayed

Note: the sleep score is a grade from 0 to 100 rating your sleep quality. It helps you to monitor how your sleep is progressing. It is automatically calculated according to Dot monitoring.

Sleep cycles evolution during your night

Choose the environment data you want to see

Movements amplitude through your night

Display week view

Display next night

Share your data on social network

Sleep cycles breakdown during your night

Night recap

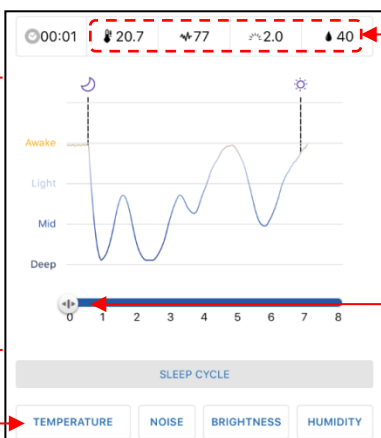Your bedroom's environment data:
- Temperature
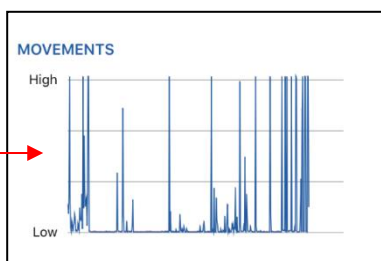- Noise level
- Brightness
- Humidity
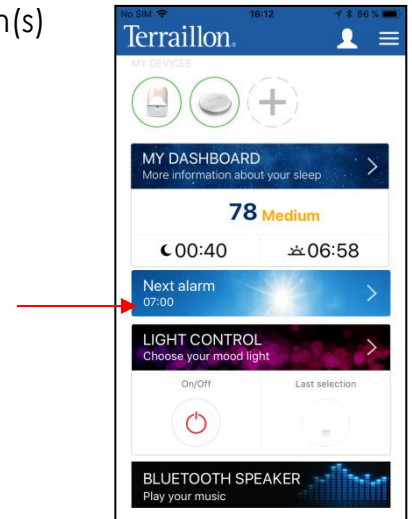
Move the cursor to see how your bedroom's environment data is evolving during your night.

YOUR NEXT ALARM

1. Tap the « **Next alarm** » banner to access alarm(s) settings.

Note: the banner also displays your next alarm.

2. Edit your alarm(s) by selecting the corresponding day(s).

Note: you can only set up one alarm a day
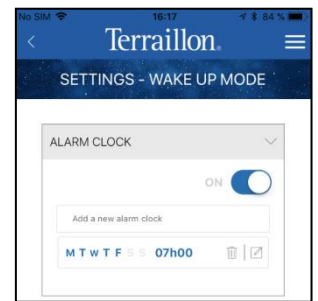
2. Choose how many minutes before your wake up time you want the light to start, then the maximum brightness.

Note: brightness will gradually increased.
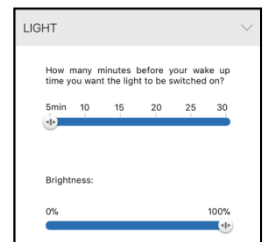
3. If you wish, select a pre-loaded music from the menu. Then choose the maximum volume level (it will gradually increase).

Note: music will start at the alarm time.
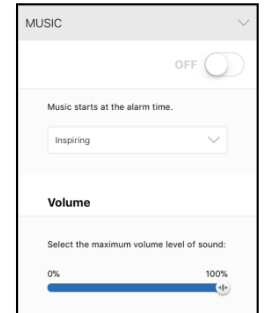
4. Tap **Continue.**

CHOOSE YOUR MOODLIGHT

Tap the « **LIGHT CONTROL** » banner.

Move the cursor over the color palette to select the light color

Turn on/off the rainbow mode

Choose light brightness
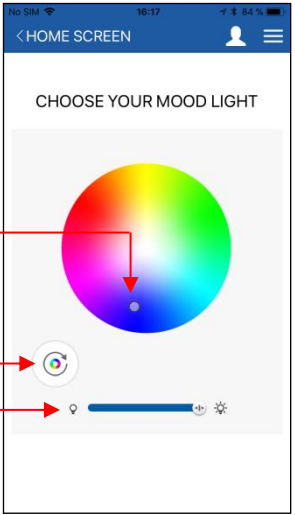
Display the last selected color

Turn on/off Homni's LED light

HOMNI **21**
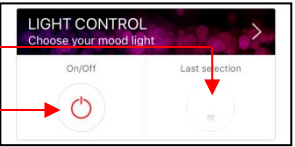
STREAM YOUR MUSIC

1. Tap the « **BLUETOOTH SPEAKER** » banner.

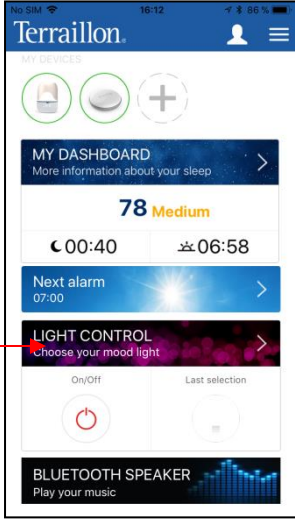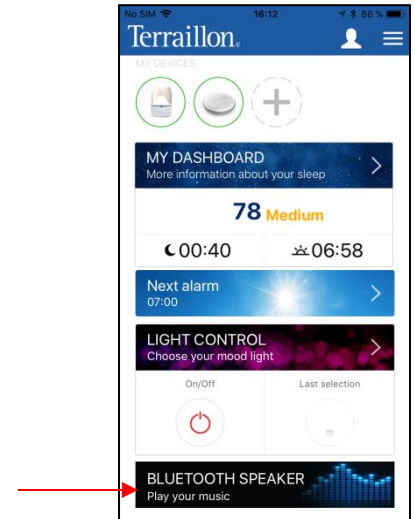2. A pop-up message will appear asking you to go to your « Bluetooth settings » and to select **HOMNI Speaker** .

*Note: as soon as you tap the marked banner, **HOMNI Speaker** will be visible 1 minute in the Bluetooth devices list.*
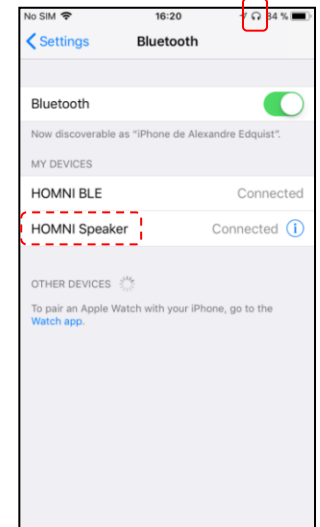
3. When you are connected to **HOMNI Speaker**, a headphone logo will appear on top of your smartphone. You can now stream your own music from any app you want.

Note: keep in mind that you cannot use Homni's Bluetooth speaker while monitoring period.

MANAGE WELLNESS COACH – SLEEP USERS

USERS MANAGEMENT

Tap the marked button.

This screen will show you all the different user accounts.

Note: *If you have more than one account, the connected one is marked with this symbol* ✓ .
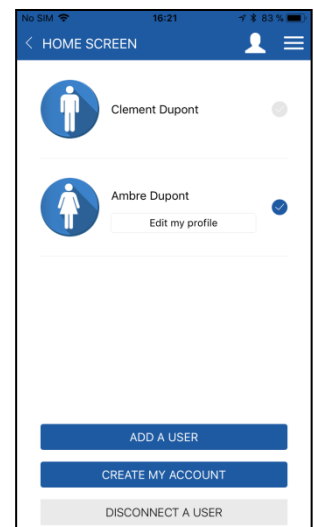
If you want to add a user, tap **Add a user**.

If you want to use another account, tap on the name (for example here Amber Dupont).

To disconnect a user, tap **Disconnect a user**.

Choose the user you want to disconnect and then tap the cross aside.

Then tap **Confirm**.
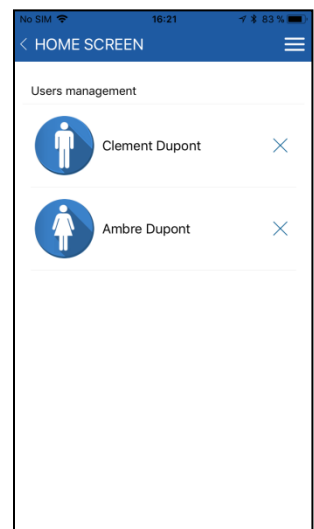
EDIT USER(S) INFORMATION

1. Tap the marked button.

2. Tap **Edit my profile**.

Note: you are only allowed to edit the profile connected.
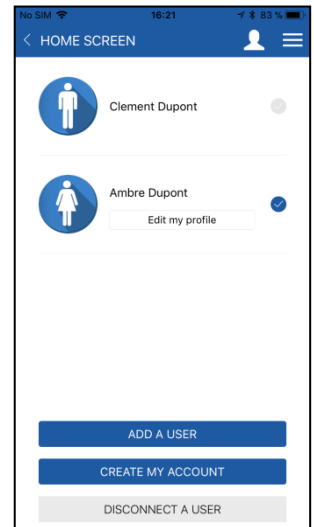
3. Change the settings you want to modify and then tap **Save**.
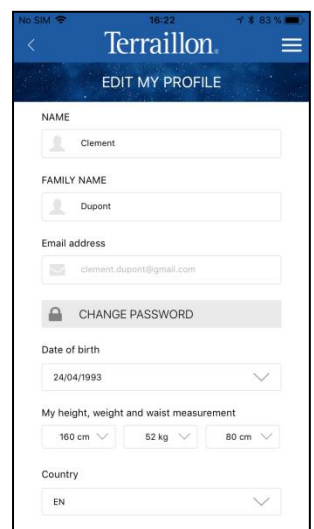
PRODUCT SPECIFICATION

- Operating voltage: 100 V-240 V
- Operating temperature: +10°C to +45°C
- Lighting power: 500 lumen white / 200 lumen RGB
- Sound output: 2x3 W
- Dimensions: 11 x 11 x 15,5 cm
- USP Port (2x 1A) Smartphone & tablet
- RF Frequency band: 2,4 Ghz
- Max RF power BT Classic: 8 dbm - Max RF power BLE Classic: 3 dbm
- Compatible with iOS 8 minimum (iPhone 4s and latest, iPod 5ème génération, iPad 3 and latest, iPad mini), Android 4.4.2 minimum

PROTECT THE ENVIRONMENT

After life, dispose of this product at a designated waste recycling point.

DECLARATION OF CONFORMITY

Hereby, Terraillon SAS declares that this device complies with the essential health and safety conditions. This product meets the essential requirements and other relevant provisions of the directive RED 2014/53/UE. The complete declaration of conformity is available on http://www.terraillon.com/fr/mentions-legales.

WARRANTY

This product is guaranteed against defects in materials or manufacturing for 2 years. During this period, any such defects will be repaired free of charge (proof of purchase must be shown in the case of a complaint under warranty). The warranty does not cover damage resulting from improper use or negligence. In the event of a claim, first contact the shop where you purchased your device.

US

- Changes or modifications not expressly approved by TERRAILLON could void the user's authority to operate the equipment.
- 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.
- Purpose of USB ports is only to recharge small electronic devices. Do not connect a computer.
- Please read the Terraillon's commitment to protect your data - ajouter le lien -

FEDERAL COMMUNICATION COMMISSION (FCC) RADIATION EXPOSURE STATEMENT

FCC ID: 2AM6B – 14353

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