Instruction Manual Wellness Coach - Sleep



TABLE OF CONTENTS

INSTALL THE MOBILE APP WELLNESS COACH - SLEEP	4
LOGIN TO WELLNESS COACH – SLEEP	5
Login with a Wellness Coach – Health account	
Create an account on Wellness Coach – Sleep	
SET UP YOUR SMART SLEEP SOLUTION HOMNI	
Install your HOMNI	
Set up your fall asleep programme	
Set up your wake up programme	
Set up HOMNI bedroom environment monitoring period	
Set up HOMNI display	12
SET UP YOUT SLEEP SENSOR DOT	13
Install your sleep sensor DOT	
Set up your sleep sensor DOT	
SET UP YOUT SLEEP SENSOR RESTON	16
Install your sleep sensor RESTON	
Set up your sleep sensor RESTON	
HOME SCREEN OVERVIEW	10
With HOMNI and a sleep sensor (DOT or RESTON)	
With a sleep sensor (DOT or RESTON)	
SIDE MENU OVERVIEW	20
DOWNLOAD YOUR SLEEP DATA	21
Download data from HOMNI and a sleep sensor(DOT or RESTON)	
Download data from DOT	
Download data from RESTON	23
SLEEP DASHBOARD OVERVIEW	24
With data from HOMNI and a sleep sensor (DOT or RESTON)	
With data from DOT	
With data from RESTON	26

TABLE OF CONTENTS

ACCESS TO HOMNI SETTINGS	27
Set up your fall asleep programme	27
Set up your wake up programme	28
Set up HOMNI bedroom environment monitoring period	29
Set up HOMNI display	30
HOMNI firmware	31
Delete HOMNI	31
ACCESS TO DOT SETTINGS	32
Set up DOT monitoring period	32
DOT firmware	33
DOT battery charge level	33
Delete DOT	33
ACCESS TO RESTON SETTINGS	34
Set up RESTON monitoring period	34
RESTON firmware	35
DOT battery power level	35
Delete RESTON	35
MANAGE WELLNESS COACH – SLEEP USERS	36
Available users	36
Edit user(s) information	37
Add a user	38
Create a user account	39
Log a user off	41
HOMNI EXCLUSIVE FEATURES	42
Set up wake up mode	42
Choose your moodlight	43
Stream vour music	44

INSTALL 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.

<u>Note for Android user:</u> 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 <u>serviceconsommateurs@terraillon.fr</u> telling us your smartphone/tablet model.

LOGIN TO WELLNESS COACH – SLEEP

LOGIN WITH A WELLNESS COACH - HEALTH ACCOUNT

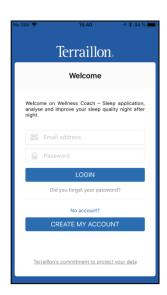
If you already have an account on Wellness Coach - Health app, you do not need to create an account on Wellness Coach - Sleep app: please log in with the same credentials.

CREATE AN ACCOUNT ON WELLNESS COACH - SLEEP

1. Open the app Wellness Coach - Sleep.

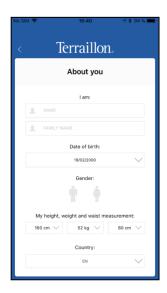


2. Select Create my account.



3. Fill in your information and then tap Continue.

<u>Note:</u> 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.



- 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.



7. When you login for the first time, the app allows you to set up directly a new product.

Choose the product you want to set up.

If you do not want to set up a product at this moment, tap the marked button and then **Home screen**.



SET UP YOUR SMART SLEEP SOLUTION HOMNI

Please ensure Bluetooth connection on your smartphone / tablet is on.

INSTALL YOUR HOMNI

1. If it is your first login, the app allows you to set up directly a new product.

Then tap **HOMNI**.



If not, tap the marked buton on home screen.



2. Choose **HOMNI**.

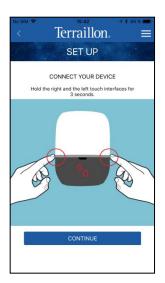


- 2. Place your HOMNI near your bed.
- 3. Plug it the appliance in. The display on the HOMNI should be on now.
- 4. Tap Continue.



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

Then tap Continue.



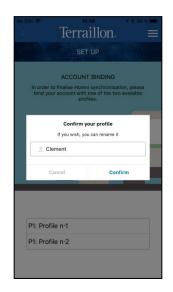
6. Select your HOMNI.





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

<u>Note:</u> 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**.

<u>Note:</u> 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.

<u>Note:</u> 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 page 14).

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



SET UP YOUT SLEEP SENSOR DOT

Please make sure your smartphone Bluetooth is on.

INSTALL YOUR SLEEP SENSOR DOT

1. If it is your first login, the app allows you to set up directly a new product.

Then choose **DOT**.



If not, tap the marked buton on home screen.



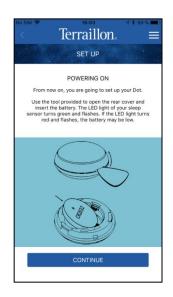
2. Choose DOT.



3. 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.

<u>Note:</u> If a red light turns on, it means that battery is discharged.

4. Tap Continue.





5. Select your DOT.



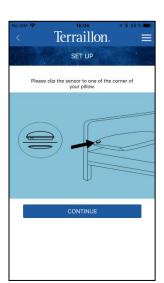
SET UP YOUR SLEEP SENSOR DOT

- 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.





SET UP YOUT SLEEP SENSOR RESTON

Please make sure your smartphone Bluetooth is on.

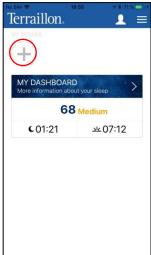
INSTALL YOUR SLEEP SENSOR RESTON

1. If it is your first login, the app allows you to set up directly a new product.

Then choose **RESTON**.



If not, tap the marked buton on home screen.



2. Choose **RESTON**.



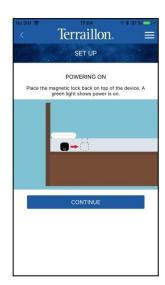
3. Follow instruction manual in order to ensure a proper positionning of the product on your mattress.

Then tap Continue.



4. Place the magnetic lock back on top of the device. A green light shows power is on.

Then tap Continue.



5. Choose RESTON when it is appearing.



SET UP YOUR SLEEP SENSOR RESTON

1. Please select **RESTON** monitoring debut period

Your sleep sensor RESTON will stop automatically its monitoring when it will notice 60 minutes of inactivity

If inactivity period is below 60 minutes, **RESTON** will keep on monitoring.

2. Then tap Continue, RESTON set up is now completed



HOME SCREEN DESCRIPTION

WITH HOMNI AND A SLEEP SENSOR (DOT OR RESTON)

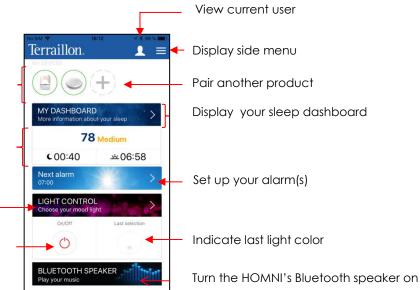
These are the product(s) already paired. The green circle indicates that the products are currently connected. Tap them to access its settings

Night recap:

- Sleep score
- Bedtime and wake up time

Set up moodlight

Turn on/off HOMNI's LED light

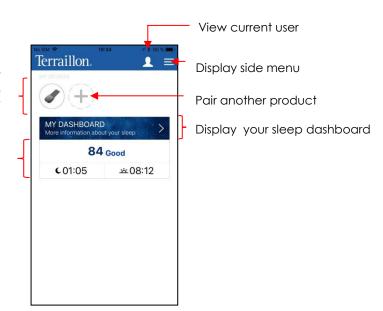


WITH A SLEEP SENSOR (DOT OR RESTON)

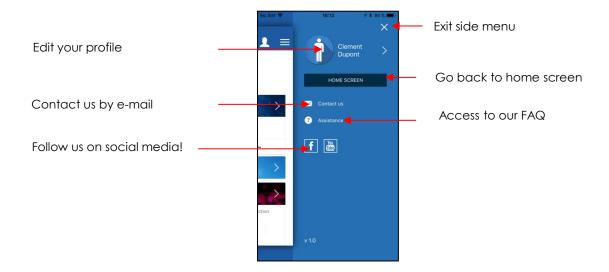
These are the product(s) already paired. The green circle indicates that the products are currently connected. Tap them to access its settings

Night recap:

- Sleep score
- · Bedtime and wake up time



SIDE MENU OVERVIEW



DOWNLOAD YOUR SLEEP DATA

DOWNLOAD DATA FROM HOMNI AND A SLEEP SENSOR (DOT OR RESTON)

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).

<u>Note:</u> 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.



DOWNLOAD DATA FROM DOT

Please ensure Bluetooth connection on your smartphone / tablet is on. As well, make sure you are close enough to DOT.

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

<u>Note:</u> 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.

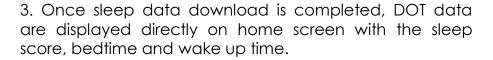




DOWNLOAD DATA FROM RESTON

Please ensure Bluetooth connection on your smartphone / tablet is on. As well, make sure you are close enough to DOT.

- 1. When you are on the home screen, make sure you are connected to **RESTON** (green circle displayed).
- 2. You have two alternatives to download RESTON data:
- If you want to download your data **one hour before you woke up**, slide down the application thank your index finger (as shown with the red arrow).
- If you want to download your data one hour after you woke up, a pop up appears on your home screen to explain that RESTON is still monitoring. Tap Yes to stop RESTON monitoring and download your data.



Now you can access your sleep dashboard to get more information about HOMNI and DOT data.



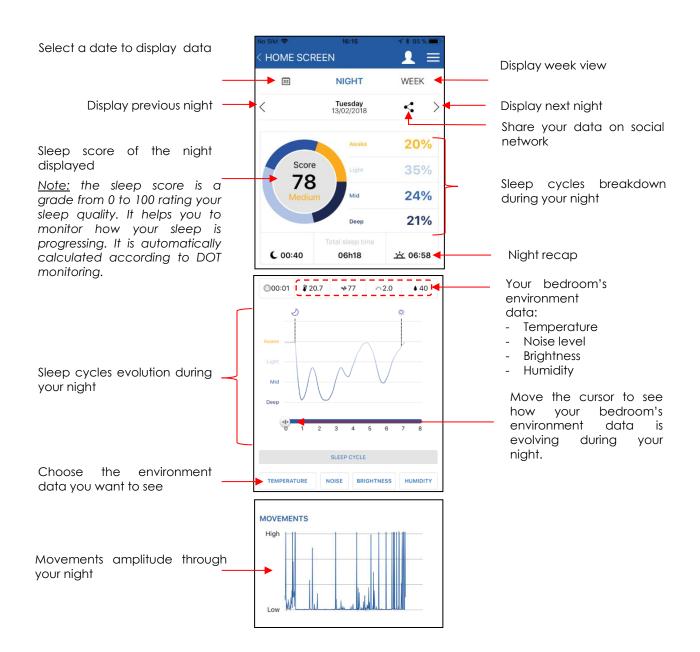


SLEEP DASHBOARD OVER VIEW

WITH DATA FROM HOMNI AND A SLEEP SENSOR (DOT OR RESTON)

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

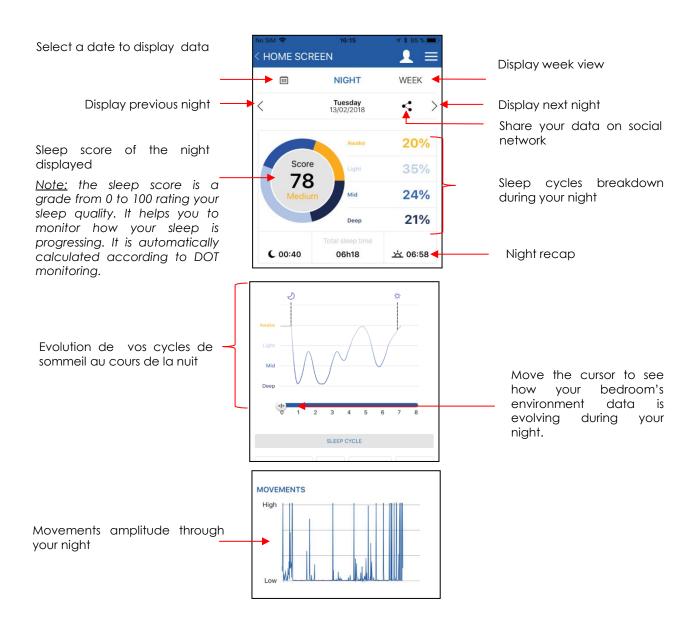




WITH DATA FROM DOT

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





WITH DATA FROM RESTON

Terraillon. Tap the « MY DASHBOARD » banner to access your sleep dashboard. Y DASHBOARD Select a date to display data HOME SCREEN Display week view **|** | | | | NIGHT WEEK Display previous night Tuesday 13/02/2018 Display next night > Share your data on social network 20% Sleep score of the night displayed 78 Note: the sleep score is a Sleep cycles breakdown 24% during your night grade from 0 to 100 rating your sleep quality. It helps you to 21% Deep monitor how your sleep is progressing. It is automatically **C** 00:40 06h18 Night recap ☆ 06:58 calculated according to DOT monitoring. Evolution de vos cycles de sommeil au cours de la nuit Move the cursor to see your bedroom's how environment data is evolving during your night. MOVEMENTS High Movements amplitude through your night HEART RATE **BPM** -100 Your heart rate RESPIRATORY RATE врм Your respiratory rate High Normal HOMNI26Table of contents

ACCESS TO HOMNI SETTINGS

- 1. On the home screen, please ensure you are connected to **HOMNI** (green circle).
- 2. Tap HOMNI icon.



SET UP YOUR FALL ASLEEP PROGRAMME

1. Tap Programs.



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

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

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





SET UP YOUR WAKE UP PROGRAMME

1. Tap Alarms.



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

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

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

<u>Note:</u> brightness will gradually increased.

4. 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.

5. Tap **Continue**.







SET UP HOMNI BEDROOM ENVIRONMENT MONITORING PERIOD

1. Tap Sensors.



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

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

3. Tap Continue.

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



SET UP HOMNI DISPLAY

1. Tap Display.



- 2. Choose which information will appear on HOMNI's display.
- 3. Choose the time format.
- 4. 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.



5. Tap **Continue**, the HOMNI set-up is now completed.

HOMNI FIRMWARE

Firmware is the internal software of HOMNI and can see its verion here.



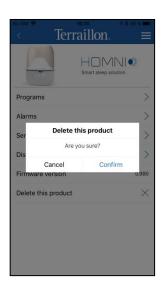
DELETE HOMNI

1. Veuillez appuyer sur le bouton indiqué ci-contre



2. Tap Confirm.

Note: Delete the product does not imply deleting your data



ACCESS DOT SETTINGS

- 1. On the home screen, please ensure you are connected to **DOT** (green circle).
- 2. Tap DOT icon.



SET UP DOT MONITORING PERIOD

1. Tap Activation period



- 2. By default, DOT monitoring period is the same as the HOMNI. However if you wish you can select different settings for the DOT.
- 3. Tap **Continue**.



DOT FIRMWARE

Firmware is the internal software of DOT and can see its verion here.



DOT BATTERY POWER LEVEL

DOT Battery level is shown here.



DELETE DOT

- 1. Tap the marked button.
- 2. Tap Confirm.

<u>Note:</u> Delete the product does not imply deleting your data



ACCESS RESTON SETTINGS

- 1. On the home screen, please ensure you are connected to **DOT** (green circle).
- 2. Tap DOT icon.



SET UP RESTON MONITORING PERIOD

1. Tap **Activation period**.



2. Please select **RESTON** monitoring debut period

Your sleep sensor RESTON will stop automatically its monitoring when it will notice 60 minutes of inactivity

If inactivity period is below 60 minutes, **RESTON** will keep on monitoring.

3. Then tap Continue.



RESTON FIRMWARE

Firmware is the internal software of RESTON and can see its verion here.



RESTON BATTERY POWER LEVEL

DOT Battery level is shown here.



DELETE RESTON

- 1. Tap the marked button.
- 2. Tap Confirm.

Note: Delete the product does not imply deleting your data



MANAGE WELLNESS COACH - SLEEP USERS

AVAILABLE USERS

Tap the marked button.



This screen will show you all the different user accounts.

<u>Note:</u> If you have more than one account, the connected one is marked with this symbol ② .



EDIT USER(S) INFORMATION

1. Tap the marked button.

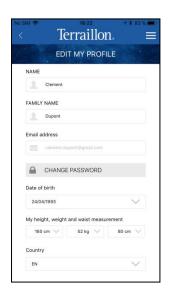


2. Tap Edit my profile.

Note: you are only allowed to edit the profile connected.



3. Change the settings you want to modify and then tap **Save**.



ADD A USER

1. Tap marked button.



2. Tap Add a user.



3. Enter your credentials and then tap **Sign in**.



CREATE A USER ACCOUNT

1. Tap marked button.



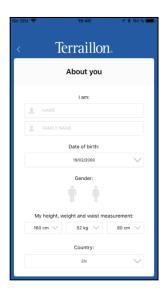
2. Tap Create an account.



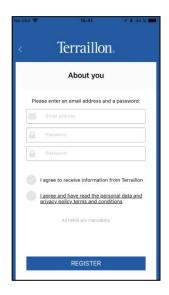
3. Fill in your information and then tap **Continue**.

<u>Note:</u> 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.



LOG A USER OFF

1. Tap marked button.



2. Tap **Disconnect a user**.



3. Choose the user you want to log off taping the cross, then tap **Confirm**.

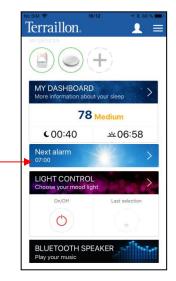


HOMNI EXCLUSIVE FEATURES

SET UP WAKE UP MODE

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.





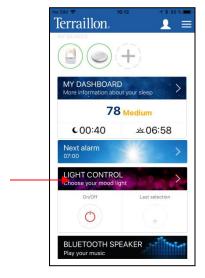


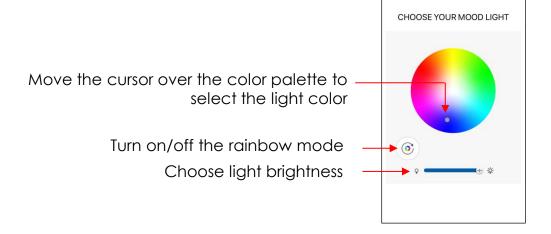
4. Tap **Continue**.

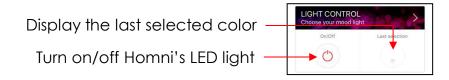


CHOOSE YOUR MOODLIGHT

Tap the « LIGHT CONTROL » banner.







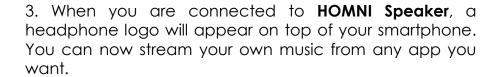
STREAM YOUR MUSIC

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** .

<u>Note:</u> as soon as you tap the marked banner, **HOMNI Speaker** will be visible 1 minute in the Bluetooth devices list.



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

