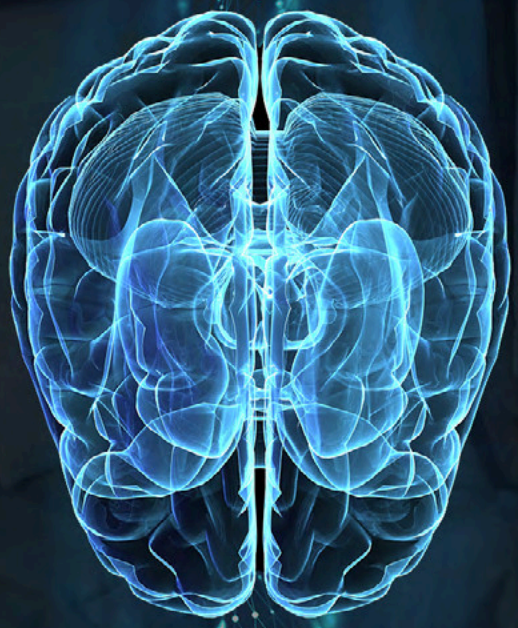
Drift off to sleep easier | Wake less throughout the night | Get back to sleep quicker if you do wake



Mammoth® SmartPillow

SleepEngine™
by CAMBRIDGE SLEEP SCIENCES

User Manual

Wake up in the morning refreshed | Feel less tired throughout the day | Clear your daily brain fog

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Important safety instructions

1. General safety

- Read all instructions: Please read these instructions thoroughly before using the Mammoth SmartPillow with SleepEngine™ technology
- Use only as directed: Use this product only for its intended purpose as described in this user guide. Do not use attachments that are not recommended by the manufacturer
- Do not alter the product: Do not make any alterations to the product as this may compromise safety, regulatory compliance, product performance and may void your rights to have the product repaired or replaced

2. Power supply

- USB cable use: This product includes a 2-metre USB cable. Ensure the cable is routed safely and clear of walkways and sleeping areas to prevent tripping or entanglement hazards. Avoid placing the cable under the pillow or bedding to prevent damage and overheating
- Power source: Connect the USB cable only to a suitable power source that complies with the manufacturer's requirements
- Power on/off: This product does not have an on/off switch - it has been designed to be left switched on. If required, switch off at the wall socket and/or remove the plug
- Handling the cable: Do not twist, knot, or excessively bend the USB cable, which can cause damage. Regularly inspect the cable for any signs of wear or damage

3. Health and safety

- Supervision: This product should be used only as recommended. To ensure safe use, it is not intended for use by individuals with reduced physical, sensory or mental capacity unless supervised or instructed by a responsible adult
- Choking hazard: Keep small parts away from children and pets to avoid the risk of choking
- Cable safety: Ensure the USB cable is positioned in a way that keeps it clear of sleeping areas to prevent accidental entanglement. For optimal safety, secure the cable out of reach of young children and pets

4. Environmental considerations

- Avoid water exposure: Do not expose the product or its components to water or other liquids, to prevent electric shock or damage. The pillow cover is removable and washable but the internal electronic components should be kept dry at all times
- Heat sources: To avoid damage and overheating, keep the product away from heat sources such as radiators, stoves and direct sunlight

5. Maintenance and care

- Cleaning: Follow the manufacturer's instructions for cleaning the pillow cover. Do not attempt to clean the electronic components or the product's internal parts
- Inspection: Regularly inspect the pillow, USB cable and any accessories for signs of damage. If damage is detected, discontinue use immediately and contact customer support for assistance

6. Usage

- Personal use: This product is intended for personal use only. Please do not use it as a medical device or for anything other than sleep enhancement
- Sleep environment: Ensure your sleep environment is safe and comfortable. Do not place heavy objects on the pillow or the product's electronic components.

7. Disposal

- Environmentally friendly disposal: Follow local regulations for disposing of electronic products. Do not dispose of this product or its components in regular household waste.

By following these safety instructions, you can ensure a safe and effective experience with your Mammoth SmartPillow with SleepEngine™ technology. For any questions or concerns, please contact customer support.

What's in the box?

You should find the following items inside the box:

- Mammoth SmartPillow with a compact SleepEngine™ sound unit inside
- Power adapter
- Cable ties

Carefully remove all items from the box. If any items are missing or appear damaged, please get in touch with customer support straight away.

Quick start guide

1. Positioning your pillow

- Use a pillow cover and place the pillow on your bed as you would with any traditional pillow
- Ensure the power cable is positioned towards the back of your pillow to avoid obstructing your movement or safety during sleep

2. Connecting your SmartPillow to power

- Your SmartPillow has been designed with a permanent power cable which connects the SleepEngine™ sound unit directly to a power source
- Connect the USB-A end of the cable to the power adapter provided
- Plug the adapter into the power socket and switch it on (if needed)

3. Power cable routing

- Prevent the cable from creating loops or becoming tangled
- Neatly gather and secure the bulk of the cable outside the pillow using the cable ties supplied

4. Using the SleepEngine™ App

- The SleepEngine™ App is required to control all the sound features of the SmartPillow
- Download the SleepEngine™ App to your smart device from the App Store or Google Play Store

Download on the App Store

ANDROID APP ON Google play

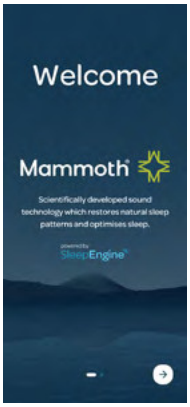
- Launch the App and follow the on-screen instructions to connect your SmartPillow using Bluetooth
- Note that to connect your SleepEngine™ App to the SmartPillow, you will need to scan the QR code found on the label attached to the power cable – this ensures a secure connection between your App and the SmartPillow
- Personalise your sleep experience by choosing your preferred sleep settings, to include Sleep Program, Soundscape, volume and wake-up alarm
- Experiment with different settings to discover which best help you to fall asleep and stay asleep throughout the night

Guide to using the SleepEngine™ App

The SleepEngine™ App controls all the sound technology features of your SmartPillow. The App can be downloaded to your smart device from the App Store or Google Play Store.

Download on the App Store

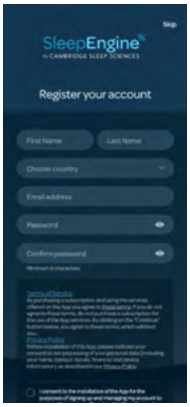
ANDROID APP ON Google play



Once downloaded, you will need to launch the App to start the simple registration process and begin using its features.

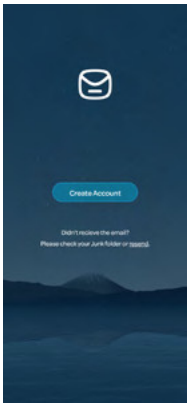
At the Welcome screen, tap to move to the Registration/Log In page.

Register your account



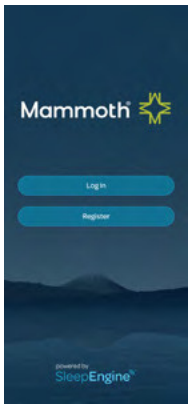
You must register an account to start using the App.

- Tap the 'Register' button to begin the registration process
- Enter your information into each field
- Read the Terms of Service and Privacy Policy by tapping the respective links
- Check the box to agree to the Terms of Service, Privacy Policy and App's installation
- Tap the 'Continue' button to proceed
- You will be prompted to verify the email address you provided - tap 'Create Account'
- Check your inbox for an email containing a verification link. Please note that if you cannot see the email in your inbox, check your junk folder or tap 'Resend Link' to receive a new email
- Click on the link to verify your email address – you will then see confirmation in the App that your account has been created
- Tap the 'Get Started' button to complete your setup and to start using the App



Log in to your account

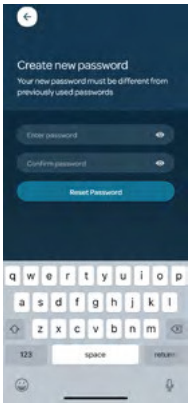
Once your account has been registered, you will need to log in to access the App. After your first login, your account will remain active, and you will not need to log in again unless you log out.



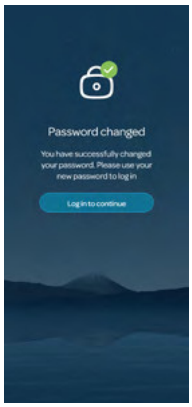
- When you open the App, tap the 'Log In' button
- At the Log In page, enter your email address and password – if you wish to view your password, tap the eye icon in the password field
- Tap the 'Log In' button and you will be logged into the App
- If you have forgotten your password, tap the 'Forgot Password?' link to reset it
- If you don't have an account, tap 'Click here to register' to create a new account and follow the registration process above

Forgotten password

- Reset your password at the log in page by tapping the 'Forgot Password?' link
- Enter your email address and tap the 'Send' button. An email with recovery instructions will be sent to your address. Please note that if you cannot see the email in your inbox, check your junk folder or tap the 'resend' link to receive a new email
- Click on the link in your email and you will then see a 'Create new password' page in the App



- Enter and confirm your new password details, and tap the 'Reset Password' button
- Once successfully changed, you will see the 'Password changed' page
- Tap the 'Log in to continue' button and follow the log in process above

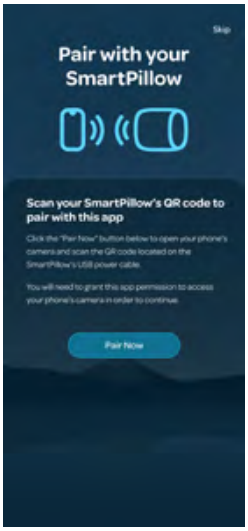


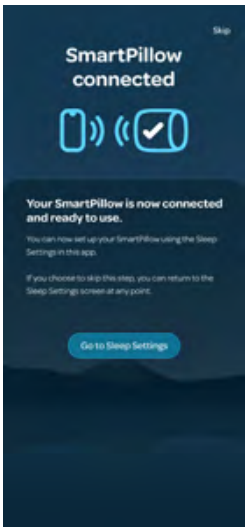
Connecting your App and SmartPillow

SleepEngine™ technology is designed to provide a personalised and safe sleep experience. To connect your App and SmartPillow, we have created a secure one-to-one connection feature which uses a unique QR code. This ensures that once your App is paired with the SmartPillow, no other app can connect to it.

- When you first log in to the App, you will be guided through the set-up process and prompted to connect your App to the SmartPillow
- To enable this, make sure that Bluetooth on your smart device is enabled and turned on
- Find the QR code on the label attached to the power cable of your SmartPillow. This QR code is unique to your device and is essential for establishing the one-to-one connection
- Select 'Pair Now' from the set-up screen
- When prompted, allow the App to access your device's camera and then use it to scan the QR code
- Once the QR code has been scanned, the App will begin the process of securely pairing with your SmartPillow - this may take a few moments
- Once successfully paired, you will receive a message confirming the secure connection with your SmartPillow
- If the QR code fails to scan or if the connection is unsuccessful:
    - Ensure that your device's camera has sufficient lighting and try again to scan the QR code
    - Make sure that Bluetooth on your smart device is enabled and turned on - the connection between your device and SmartPillow relies on Bluetooth
    - Restart the app and try scanning the QR code again if the issues persists

Please note that if another smart device using the SleepEngine™ App scans the QR code and connects to the SmartPillow, it will override the previous connection





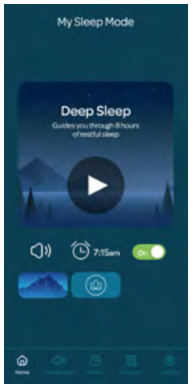
Home

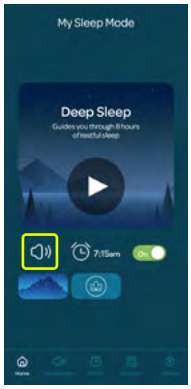
Each time you launch and enter the App, you will land at the Home page. This page summarises your chosen settings and enables you to easily manage your Sleep Program, Soundscape, Alarm Sound and volume levels.

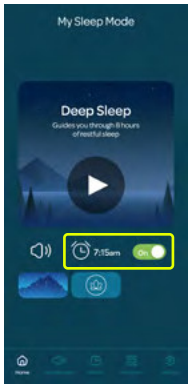
- Start/stop your chosen Sleep Program by tapping the large play/pause button

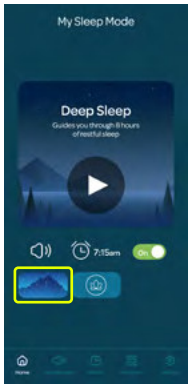
Note: to choose a different Sleep Program, follow the guidance in the Sleep Programs section below

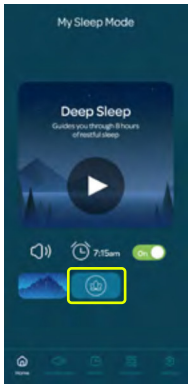
- The volume of all sounds can be managed by tapping on the speaker icon which is found underneath and to the left of the main Sleep Program icon (next to the alarm clock icon). Follow the guidance in the Sound Controls section below
- The alarm clock icon is found next to the speaker icon and shows the alarm wake-up time. The on/off button next to the alarm clock icon allows you to easily turn the alarm on and off. Further guidance on the alarm function can be found in the Alarm Sounds section below
- The Soundscape icon can be found beneath the volume icon – this displays your chosen Soundscape. To change your Soundscape, tap on the icon and it will take you to the Soundscapes page. Follow the guidance in the Soundscapes section below
- The Alarm Sound icon can be found beneath the alarm on/off button – this displays your chosen alarm sound. To change your Alarm Sound, tap on the icon and it will take you to the Alarm Sounds page. Follow the guidance in the Alarm Sounds section below







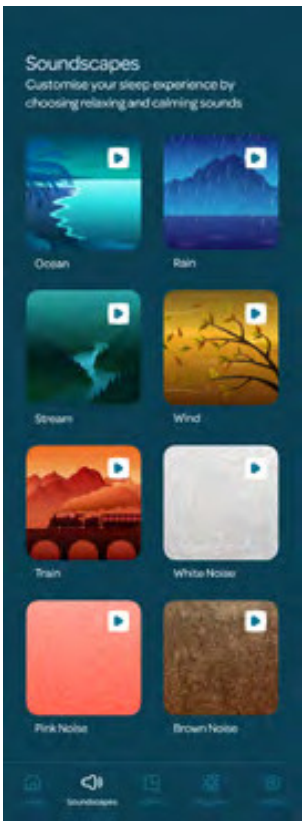




Soundscapes

You can customise your sleep experience by playing relaxing and calming Soundscapes alongside the scientifically-developed Sleepsound. The Soundscapes are optional to use.

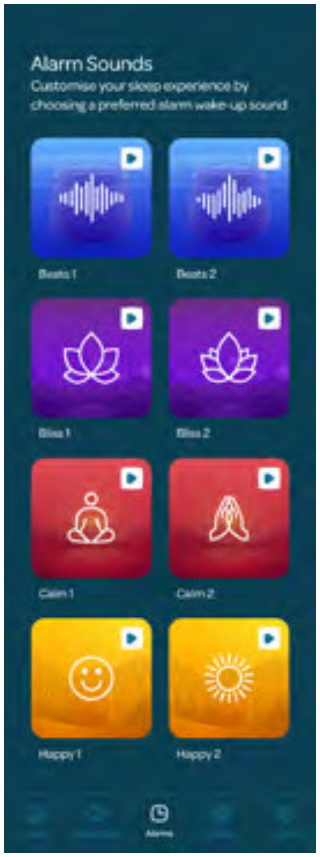
- Select the Soundscapes page from the navigation menu found at the bottom of your screen or by tapping the Soundscape icon from the Home page
- You will see 8 different Soundscape icons to choose from. To hear a preview of a sound before selecting it, tap on the play button found in the right hand corner of each icon
- To select your preferred Soundscape, tap the icon, then press continue and the chosen Soundscape will play alongside the Sleepsound throughout the duration of the sleep program that you use
- You will see your selected Soundscape icon on your home screen, underneath the chosen sleep program (next to the Alarm Sound icon)
- To adjust the volume of your Soundscape, tap the sound icon found on your Home page and follow the guidance in the Sound Controls section below



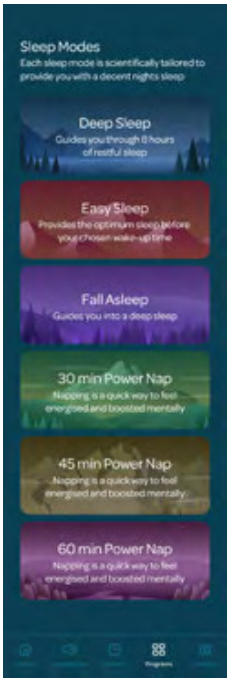
Alarm Sounds

You can choose your preferred alarm wake-up sound. Whether you want a smooth, easy start to the day or an energetic lift following a Power Nap, you'll find an option that is just right for you.

- Select the Alarms page from the navigation menu
- You will see 8 different alarm sound icons to choose from. To hear a preview of a sound before selecting it, tap on the play button found in the right hand corner of each icon
- To select your preferred alarm sound, tap the icon, then press continue and the chosen alarm sound will play at the end of your chosen sleep program
- You will see your selected alarm sound icon on your home screen, underneath the chosen sleep program (next to the Soundscapes icon)
- To adjust the volume of your Alarm Sound, tap the sound icon found on your Home page and follow the guidance in the Sound Controls section below

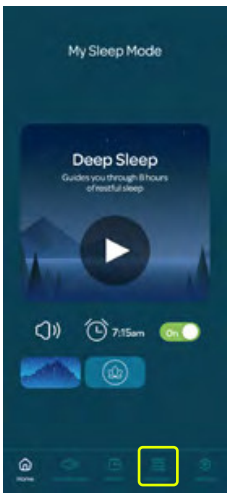


Sleep Programs



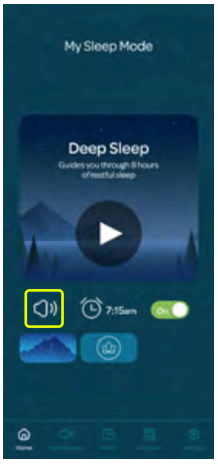
Each Sleep Program has been scientifically developed to provide you with the best possible sleep, whether you want to achieve a complete night's sleep or benefit from the boost of a nap.

- There are 4 Sleep Programs to choose from:
  - **Deep Sleep** is the recommended 'gold standard' sleep program. It is a fixed 8-hour program which includes an 18 minute wake-up cycle and alarm. It's ideal if you have a regular schedule which allows for an undisturbed 8 hour period of restful sleep
  - **Easy Sleep** is an alternative to Deep Sleep when you have less than 8 hours to sleep. Choose between 2 and 8 hours of sleep to provide the optimum sleep pattern up to your alarm time
  - **Fall Asleep** is a 2-hour sleep program which guides you into deep sleep and provides an optional wake-up alarm for a time of your choice. It's ideal if you struggle to get to sleep but usually remain asleep once you do
  - **Power Nap** guides you into an energising nap with an optional wake-up alarm. You can choose from 30, 45 and 60 minute programs. Naps are ideal if you don't manage to get your full 8-hour sleep or simply want to be refreshed during your day



- Select a Sleep Program by tapping on the chosen icon and you will see that it shows on the Home page, ready for you to play when you want to start your period of sleep
- To switch Sleep Programs, tap on Programs in the navigation menu and select a new Sleep Program, as previous
- To adjust the volume of the Sleepsound which plays during each program, tap the sound icon found on your Home page and follow the guidance in the Sound Controls section below

Sound Controls



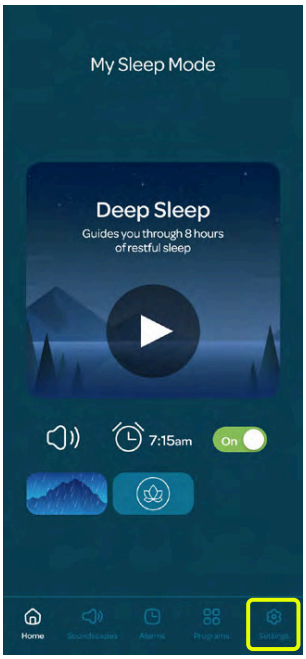
Access the Sound Controls page by tapping on the speaker icon found on the Home page. Here you can control the volume of your Sleepsound, Soundscape and Alarm.

- The volume of each sound can be individually set
  - To set the volume for one or more of the sounds, first tap on the chain link icon to enable you to move the sliders
- Move the slider up/down to your chosen volume level. You may want to experiment with setting different levels - the following levels are suggested to start with:
  - **Soundscape:** 50 (optional – set the level at 0 if not being used)
  - **Sleepsound:** 53
  - **Alarm:** 50 (optional – use the on/off button found on the Home page)
- Please note:
  - If you choose to use a Soundscape to play alongside your Sleepsound, the volume of the Soundscape should be set 3-5 points **below** the Sleepsound volume. This will ensure that the Sleepsound works effectively
  - Once you have set your individual volume levels, tap the chain link icon again to lock those settings
  - The volume of the Sleepsound does not need to be loud for it to work effectively – you should only just be able to hear the sound when your head is on the pillow
  - Once you have set the volume of the individual sounds, you can adjust the overall sound volume by using the volume control on your smart device, as required
- Tap Home in the navigation menu to start your Sleep Program

Settings

Tap on Settings in the navigation menu to access a range of options and information to help you manage your account and make the most of your SleepEngine App.

- **Edit Profile Details:** update your name, country and email address as required
- **Edit Password:** change your password or reset your password if you have forgotten it. Note that passwords must be a minimum of 8 characters long and contain at least one uppercase, lowercase, special character and number
- **Frequently Asked Questions:** provides information on the most common questions we are asked
- **Feedback:** contact us if you have a specific query, issue or comment that you would like to tell us about
- **Privacy Policy:** our statement about how we gather, use and manage customer data
- **Terms of Service:** the legal agreement between us (the service provider) and you (the user)
- **Log Out:** log out of your account – once done, you will be required to log in again when you launch the App
- **Delete Account:** permanently delete your account and all data associated with it.



Technical information

1. Device specifications

- **Model Number:** SE-EU-001
SE-EU-002
- **Dimensions:** Pillow: 60 cm x 40 cm x 15 cm (L x W x H)
- **Weight:** Approximately 1.9 kg
- **Materials:**
  - **Pillow:** High-density, pressure-relieving Medical Grade™ foam
  - **Cover:** MicroFresh washable quilted cover
  - **Sound unit:** Blend of Polycarbonate and Acrylonitrile Butadiene Styrene
- **Audio technology:** Integrated SleepEngine™ technology with two high-quality in-built speakers
- **Audio output:** Stereo sound with sinusoidal waveforms
- **Power supply:**
  - **Input:** 5V DC via USB
  - **Cable length:** 2 metres
- **Connectivity:**
  - Bluetooth 5.1 for wireless control via SleepEngine™ mobile app
  - Compatible with iOS and Android devices
- **Audio frequency range:** Low-frequency tones specifically designed to enhance sleep
- **Operating Environment:**
  - **Temperature:** 0°C to 40°C (32°F to 104°F)
  - **Humidity:** 10% to 90% non-condensing

2. Audio features

- **Sound modes:**
  - Deep Sleep
  - Easy Sleep
  - Fall Asleep
  - Power Nap
- **Soundscapes:**
  - Ocean Waves
  - Wind
  - Rain
  - Stream
  - Train
  - Brown Noise
  - Pink Noise
  - White Noise

3. Alarm features

- Customisable alarm sounds
- Adjustable volume settings
- Gradual wake-up

4. App features

- **Compatibility:**
  - iOS 11.0 or later
  - Android 6.0 or later
- **Control functions:**
  - Select sleep programs
  - Adjust audio levels
  - Set and manage alarms

5. Certifications

- **Compliance:**
  - UKCA certified
  - CE certified
  - FCC certified
  - RoHS Compliant
- **Safety standards:**
  - Tested for electromagnetic compatibility (EMC)
  - Conforms to international safety standards for electronic devices

6. Maintenance and care

- **Cleaning instructions:**
  - **Pillow Cover:** Machine washable. Remove cover and wash at 30°C with mild detergent. Do not bleach. Tumble dry on low heat or air dry
  - **Device:** Wipe clean with a soft, dry cloth. Do not use water or cleaning solvents on electronic components.
- **Storage:** Store in a cool, dry place when not in use. Avoid direct sunlight and extreme temperatures
- **Warranty:** Two-year limited warranty covering manufacturing defects. For warranty claims, contact customer support with proof of purchase

7. Customer support

- For technical support, troubleshooting or warranty enquiries, please contact our customer support team

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Registered office: 115B Innovation Drive, Milton Park, Abingdon, Oxfordshire OX14 4RZ.
MSPGDE00-0924

FCC STATEMENT

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.

Warning: Changes or modifications to this unit not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

For a Class B digital device or peripheral, the instructions furnished the user shall include the following or similar statement, placed in a prominent location in the text of the manual:

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 radiofrequency 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 aparticular 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.