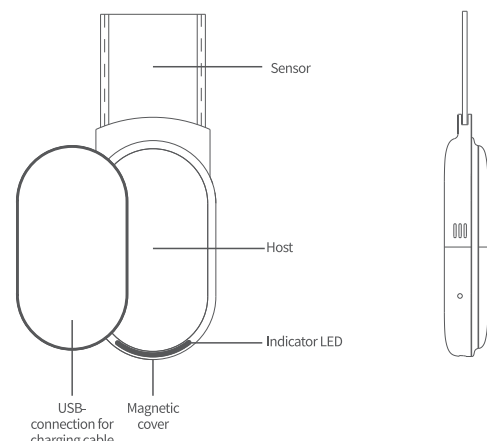
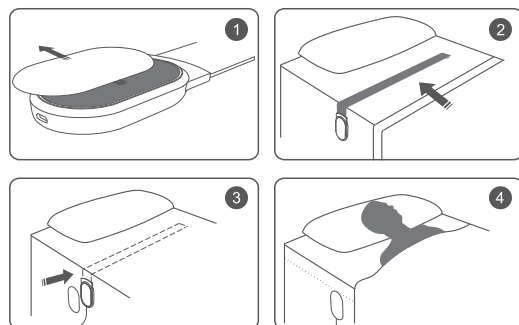
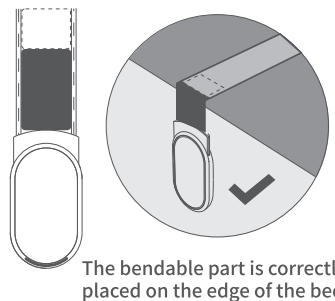
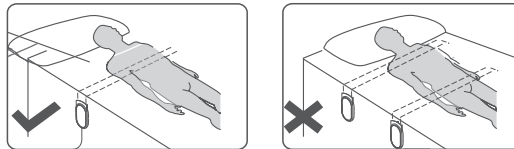
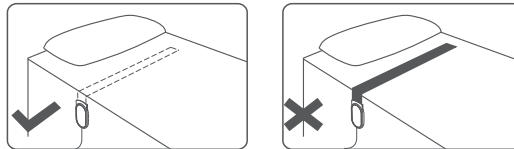


Smart Sleep Monitor User Manual	Get to know Smart Sleep Monitor The monitors your sleep data including heart rate, respiratory rate, and body movement through the professional sensor, and analyzes your sleep duration, sleep quality, and sleep cycle (awake, light sleep, deep sleep) through algorithms, and provides advice for sleep improvement.  Accessories: 1.Power adaptor 2.Instruction manual 1	Installing the App Download and install the iOS or Android App via scanning the following QR code with your mobile phone.  Activating and positioning the  2	① Remove the magnetic cover. ② Place the sensor band on the mattress (it should be placed under your chest when lying down) and cover the sheets. ③ Put back the magnetic cover, connect power supply to start the device. ④ Connect the App and start sleep monitoring.  The bendable part is correctly placed on the edge of the bed 3	How to correctly place the  Correct placement Wrong placement (It is too close to the pillow or the waist)  Correct placement Wrong placement (Place it between the sheets and the mattress) (The is placed directly on the sheets) 4	configured. 2) At the bottom of the "Add Device" page, click "Add Manually", and add the device manually according to the interface prompts. 2.To configure the device network: enter the Wi-Fi configuration page, and enter the password of the home wireless network for configuration according to the interface prompts, after the configuration is completed, the device will be connected to the home wireless network. ● Support 2.4G router only ● The specific functions of the App shall prevail Sleep monitoring 1.You can check your real-time data on the homepage of the App. 2.Sleep for one night, and check the report on the homepage of the App after getting up the next day. If you want to check the report in time, click "Sync" to get the report. 5	Indicator LED Instructions <table><tr><th>Function/Status</th><th>Indicator LED</th></tr><tr><td>Power on</td><td>The indicator will go out automatically after lighting up in green for 1 second.</td></tr><tr><td>Disconnected to Wi-Fi</td><td>Red light always on/ flashing slowly.</td></tr><tr><td>Connect to Wi-Fi</td><td>Indicator light is dim.</td></tr><tr><td>During the firmware upgrade</td><td>The green light flashes till the firmware upgrade is completed.</td></tr><tr><td>Reset(Close the magnetic cover 3 times within 15 seconds)</td><td>Red light flashes 3 times quickly.</td></tr><tr><td>Configuration mode</td><td>The green light flashes slowly till the configuration mode finished.</td></tr></table> ● After restoring the factory settings, the device needs to be re-configure network via the App, otherwise it will not be able to connect to App. 6	Function/Status	Indicator LED	Power on	The indicator will go out automatically after lighting up in green for 1 second.	Disconnected to Wi-Fi	Red light always on/ flashing slowly.	Connect to Wi-Fi	Indicator light is dim.	During the firmware upgrade	The green light flashes till the firmware upgrade is completed.	Reset(Close the magnetic cover 3 times within 15 seconds)	Red light flashes 3 times quickly.	Configuration mode	The green light flashes slowly till the configuration mode finished.
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Specification		A:Ensuring that the network to which the device is connected is unblocked, the report will be automatically generated one hour after you get out of bed in the morning. You can open the App to check your sleep report, and you can also check it remotely.		Q: What is the principle of monitoring? A: We use a non-wearable piezoelectric sensor to collect the vibrations of the chest and abdomen. Combine with our patented algorithm, we can get sleep reports and sleep advice. It can monitor heart rate, respiratory rate, out of bed status, body movement, the ratio of deep and light sleep and so on.		detect the user's sleep status. Vibrations caused by electric fans, washing machines, or loud music may lead to misjudgment of this device.		Daily inspection and maintenance		majeure, the user shall bear the relevant responsibilities and losses.		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. * RF warning for Portable device: The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.	
Product Model	Z400TWP												
Housing	104mm*54mm*18.6mm												
Sensor	830mm*45mm*1.5mm												
Weight	88.5g												
Power Supply Mode	Adapter power supply												
Power Supply	Input:100-240V~50/60Hz, Output: 5.0V±1.0A												
Transmitting Method	Wi-Fi												
Operating Conditions	Temperature Range:0°C-40°C Humidity Range:20%RH-90%RH Non-condensing												
FAQ													
Q: Why does it always fail to configure the network? A: Please first make sure whether the device enters the configuration mode, and then check whether the router supports 2.4G, if not, please reset the router. Q: How can I synchronize sleep reports? Does it support remote synchronization?													
7		8		9		10		11		12		13	

	KNIGHTAI TECH LIMITED Add: RmS068, 2/F, The capilal, 61-65 Chatham Road, South, Tsim Sha Tsui, Hong Kong Please contact our local distributors for support. V1.0					
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