

Smart Sleep
Optimization System

User Manual



Model: BQP

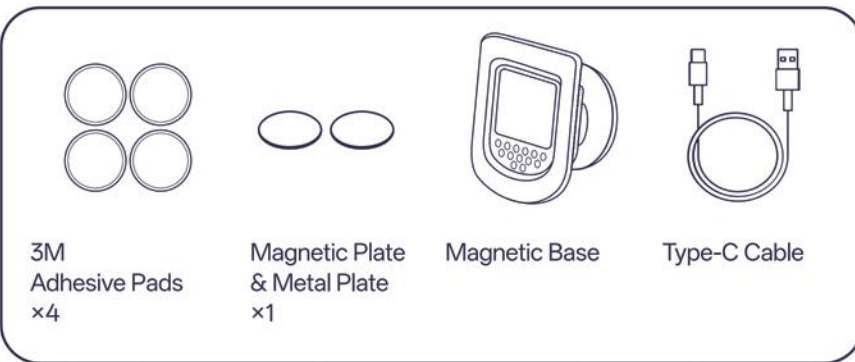
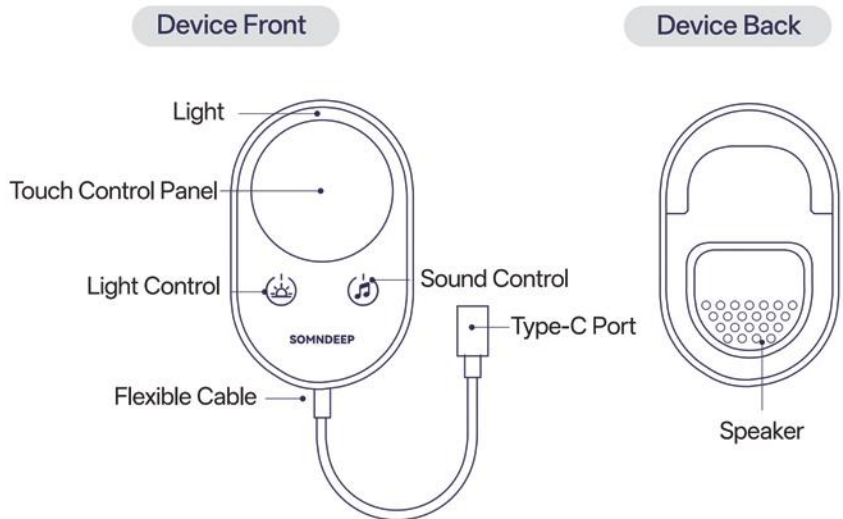
Package Contents

Device	×1
Magnetic Base	×1
Type-C Extension Cable	×1
User Manual	×1
Magnetic Plate & Metal Plate	×1
3M Adhesive Pads	×4

Specifications

Product Name	Somndeeep Sleep Optimization System
Model	BQP
App Support	iOS / Android
Dimensions	2.05×3.32×0.43 in (52×82×11 mm)
Net Weight	55 g(with base)
Input Voltage	DC 5.0 V
Input Current	Max 400 mA
OperatingTemperature	32 - 109.4 °F(0 - 43 °C)
Sleep MonitoringFunctions	Heart Rate, Breathing, Body Movement, Sleep Stage Detection

Product Overview



Installation Position

The device can be mounted at any height between 12 in (30 cm) to 35 in (90 cm). For the most accurate sleep tracking and personalized experience, please install it at the recommended height below.

Recommended Mounting Position & Height

Position the device so that its center is 12–16 in (30–40 cm) above the mattress surface.

Once the mounting position is selected, securely attach the magnetic base.

⚠ **Note:** The magnetic base is not designed for frequent removal after installation.

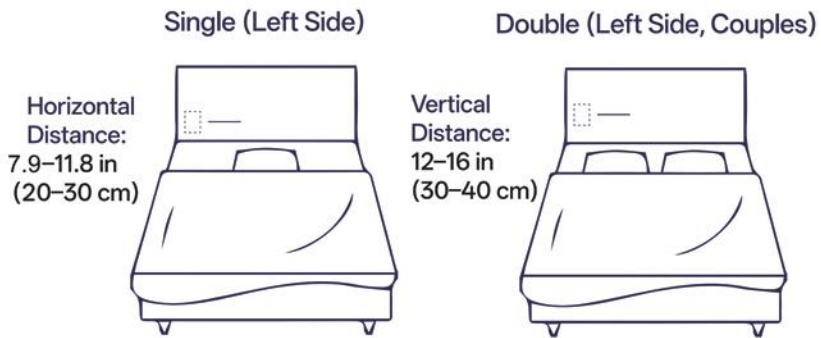
Additional Recommendation

If you frequently change your sleeping orientation (e.g., switching the direction of your head and feet), we recommend installing the device so it directly faces the center of the bed. This setup ensures the most accurate sleep monitoring and helps prevent data loss caused by changes in sleep position.

Installation Method

Ensure the mounting surface is flat, smooth, and clean. Peel off the backing from the double-sided adhesive tape. Apply the tape evenly into the recessed area on the back of the magnetic base. Keep the perforated side of the base facing downward, with the gray square facing upward. Align the base with the mounting surface and press firmly for 30 seconds to secure a strong bond to the wall or door. Attach the main unit to the magnetic base, ensuring proper alignment. Adjust the pivot mechanism on the back of the base to orient the screen toward your sleeping area.

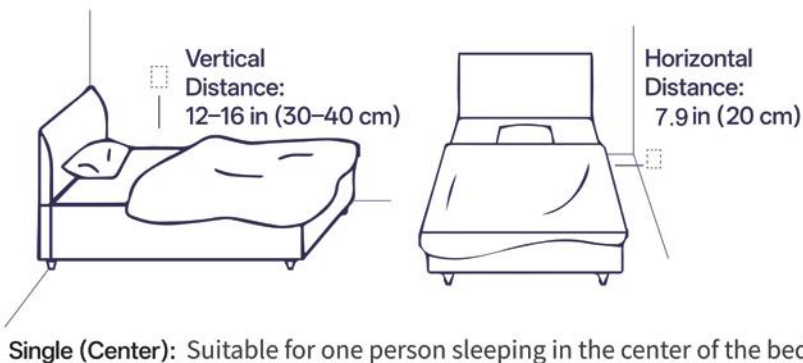
Sleeping on the Left Side of the Bed :



Single (Left Side): Suitable for one person sleeping on the left side of the bed.

Double (Left Side, Couples): For couples sharing the bed, install the device on the side farthest from the other sleeper to avoid interference in sleep data.

Sleeping in the Center of a Single Bed:



Single (Center): Suitable for one person sleeping in the center of the bed.

User Guide

POWER SUPPLY

1. Connect the sleep aid device using the provided Type-C cable and a compatible adapter.
2. We recommend using an adapter with an output of 5V = 1A to ensure stable operation.
3. Note: Use only compatible adapters to avoid damage.

Feature Overview

Thank you for choosing the SOMNDEEP Sleep Optimization System. This product combines millimeter-wave non-contact sensing technology with smart lighting and audio features to create an innovative sleep optimization system. It not only helps you understand your sleep patterns but also supports deeper, higher-quality rest through intelligent light and sound adjustments. With cutting-edge technology, it guards your peace throughout the night.

Radar-Based
Sleep Monitoring
Technology

SOMNDEEP™ uses non-contact the device monitoring combined with AI-powered data analysis to continuously track key sleep metrics, including sleep depth variations, time to fall asleep, and nighttime responses. This enables users to receive long-term, visualized sleep health reports.

AI-Powered
Data Analysis

The app generates daily sleep quality reports and provides comprehensive sleep insights. It continuously delivers science-based sleep optimization recommendations to help you achieve deeper and higher-quality rest. The accuracy of these reports improves over time as you continue using the system. We recommend collecting at least 3 days of data to ensure stability.

Sleep-Enhancing Sounds

The system offers a variety of soothing sounds, including white noise, rainfall, ocean waves, birdsong, and campfire sounds, designed to enhance your sleep experience. The app continually updates with new sounds, inspired by ongoing sleep aid research and user feedback.

Soothing Sleep Light

The system features a wide range of light combinations and uses long-term data analysis to help you find the most effective lighting for falling asleep. The app regularly updates light modes and colors based on the latest sleep research to optimize your sleep experience.

Download the App

To download the Somndeep app, scan the QR code or search "Somndeep" in the App Store.



Core Features of the App



Enter your Wi-Fi network name and password. The device will then connect to your network.

Note: This device does not support 5G Wi-Fi networks

Frequently Asked Questions (FAQ)

Question	Answer
Can I place the device on the bed for use?	No. The device must be installed at a fixed angle and distance. Please follow the installation guide and mount it on the bedside, not on the bed.
Can the device be installed on a bedside table or soft surface?	No. For stable and accurate measurement, mount the magnetic base on a flat, hard, dust-free vertical surface such as a wall or headboard.
Do I need to reset the device if I change my sleeping position?	No. Changing your sleeping position does not require resetting. Just make sure the device is mounted correctly as instructed.
Will the device be affected if two people sleep on the same bed?	Yes, if two people are in bed, signals may interfere. For best results, place the device closer to the person being monitored and farther from the other sleeper.
What should I do if the device cannot detect any data?	Try the following troubleshooting steps: Positioning: Make sure the device faces your chest/abdomen, mounted 12–16 in (30–40 cm) above the bed, with no objects blocking it. Power: Confirm the Type-C cable is firmly connected to a DC 5V/1A adapter and that the device powers on.using a DC 5.0V/1A adapter. Confirm the device powers on or responds. Distance & angle: If you are too far (over 19 in / 48 cm) or the angle is off, the device may not detect sleep signals.

If your problem is not listed, please contact: support@letwesaf.com

Safety Instructions

1.Before using and operating the device, please read and follow all safety information to ensure optimal performance and avoid any hazards or misuse.

2. Use this product within a temperature range of 32°F to 95°F (0°C to 35°C). Store it within -4°F to 113°F (-20°C to 45°C).

3. The power plug serves as the main disconnect device. For plug-in devices, the power outlet should be installed near the product and be easily accessible.

4.Do not expose this product to high temperatures, humidity, or strong magnetic fields.

5.If the device or power cable is damaged, stop using it immediately and contact official customer service.

Environmental & Recycling Information

This product and its packaging comply with environmental protection standards. Please do not dispose of it as regular household waste. Dispose of the product through authorized electronic waste recycling channels in accordance with local regulations.

Warranty Information

12-months Warranty Statement

Thank you for choosing our product! We are committed to delivering high-quality products and excellent customer service, offering you a 12-month warranty.

Warranty Coverage:

This warranty covers defects in materials or workmanship during normal use. If any manufacturing defects occur within the warranty period, we will replace the product or provide a refund.

Note: this warranty only applies to purchases from authorized brand online stores and our official website.

CUSTOMER SUPPORT

✉ support@letwesaf.com

FCC Caution.

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.

Any Changes or modifications not expressly approved by the party responsible for compliance 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.

RF warning for Mobile device:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

SOMNDEEP