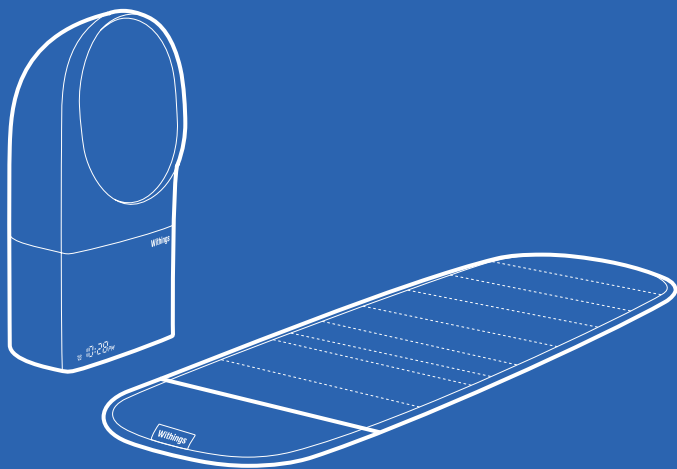


Withings

Aura

Smart sleep System



Quick Start Guide

FR Démarrage rapide | **DE** Schnellstart

ES Inicio rápido | **IT** Avvio rapido

PT Iniciação rápida



Thank you for choosing the **Withings Aura™** Smart Sleep System

FR Merci d'avoir choisi le Withings Aura™, Smart Sleep System

DE Wir bedanken uns für Ihre Wahl des Withings Aura™, Smart Sleep System

ES Gracias por elegir el Withings Aura™, Smart Sleep System

IT Grazie per aver scelto lo Withings Aura™, Smart Sleep System

PT Obrigado por escolher o Withings Aura™, Smart Sleep System

i Need help?

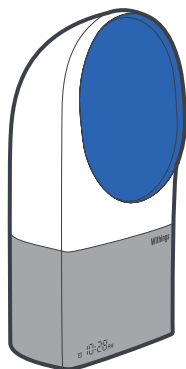
FR Besoin d'aide | **DE** Brauchen Sie Hilfe

ES Necesita ayuda | **IT** Serve aiuto | **PT** Necessita ajuda

➔ support.withings.com/aura

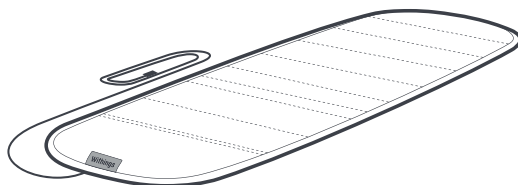
Box content

FR Contenu de la boîte | **DE** Inhalt | **ES** Contenido de la caja | **IT** Contenuto della confezione | **PT** Conteúdo da caixa



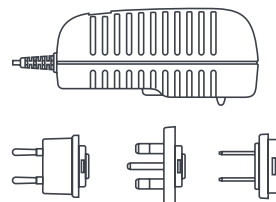
Bedside device

FR Appareil de chevet
DE Nachttischgerät
ES Dispositivo luminoso y sonoro
IT Dispositivo da comodino
PT Aparelho de cabeceira



Sleep sensor

FR Capteur sommeil
DE Schlafsensor
ES Sensor del sueño
IT Sensore del sonno
PT Captador de sono



Power supply + Local AC plugs

FR Bloc d'alimentation + adaptateurs locaux
DE Netzgerät + lokale Adapter | **ES** Bloque
alimentador de corriente + adaptadores locales
IT Alimentatore + adattatori locali | **PT** Bloco
de alimentação + adaptadores locais

Get to know your **Withings Aura™** Smart Sleep System

FR Apprenez à connaître votre Withings Aura™, Smart Sleep System

DE Lernen Sie Ihren Withings Aura™, Smart Sleep System kennen

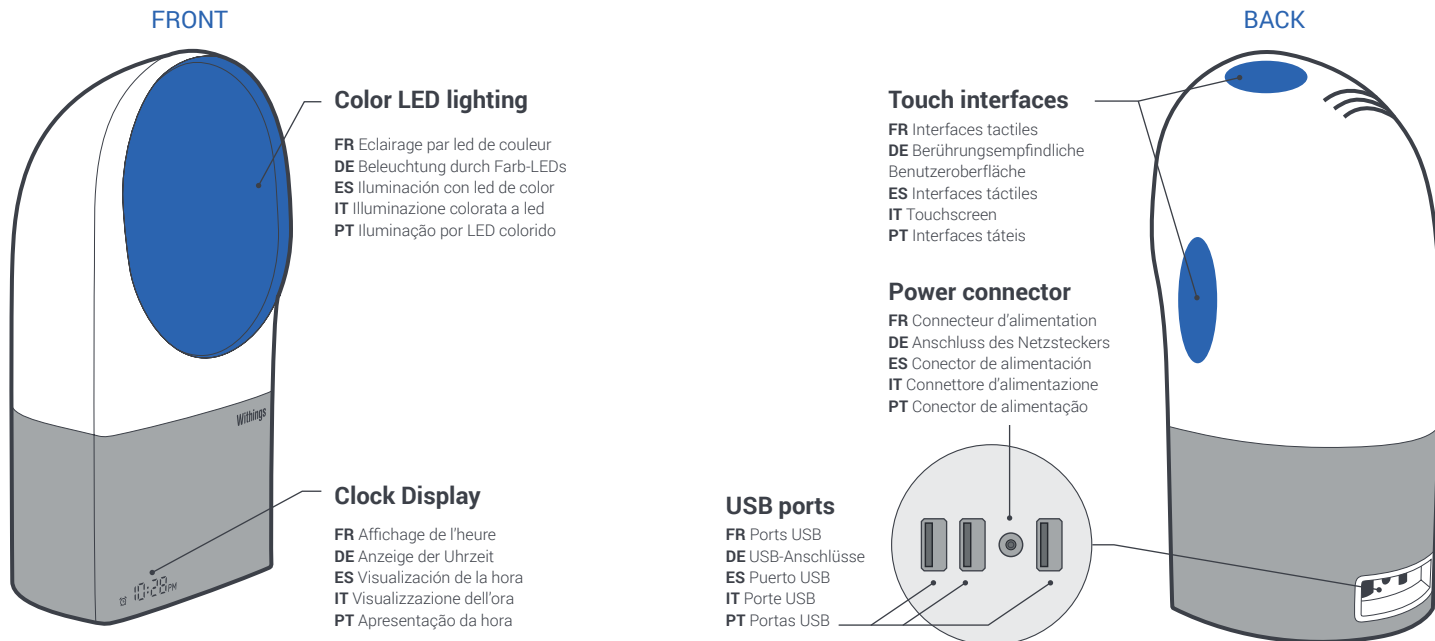
ES Aprenda a utilizar su Withings Aura™, Smart Sleep System

IT Familiarizzate con il vostro Withings Aura™, Smart Sleep System

PT Aprenda a conhecer seu Withings Aura™, Smart Sleep System

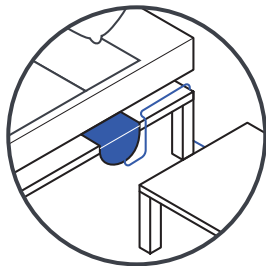
Bedside device overview

FR Aperçu de votre appareil de chevet | **DE** Übersicht Ihres Nachttischgeräts | **ES** Visualización de su dispositivo luminoso y sonoro | **IT** Panoramica del vostro dispositivo da comodino | **PT** Visão geral do seu aparelho de cabeceira



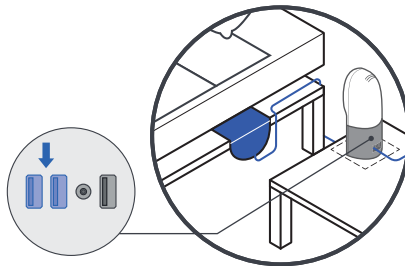
Installation overview

FR Aperçu de l'installation | **DE** Überblick zur Installation | **ES** Descripción de la instalación | **IT** Panoramica sull'installazione
PT Visão geral da instalação



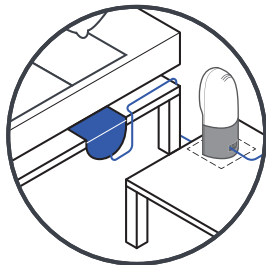
1. Place the sensor underneath your mattress

FR Installez le capteur sous votre matelas.
DE Installieren Sie den Sensor unter Ihrer Matratze.
ES Instale el sensor debajo del colchón.
IT Installate il sensore sotto il vostro materasso.
PT Instale o captador sob o seu colchão.



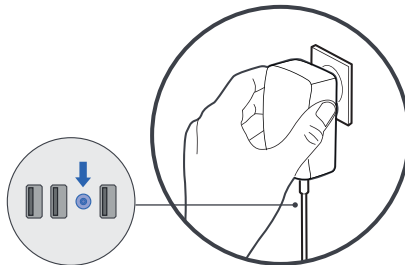
2. Connect the sleep sensor to a USB port of your bedside device.

FR Branchez le capteur sur l'un des ports USB de votre appareil de chevet. | **DE** Schließen Sie den Schlafsensor an einen der USB-Anschlüsse des Nachttischgerätes an. | **ES** Conecte el sensor a uno de los puertos USB de su dispositivo luminoso y sonoro. | **IT** Collegate il sensore a una delle porte USB del vostro dispositivo da comodino. | **PT** Ligue o captador numa das portas USB do seu aparelho de cabeceira.



3. Place the bedside device on your side of the bed

FR Placez l'appareil de chevet de votre côté du lit | **DE** Stellen Sie das Nachttischgerät auf Ihre Seite des Bettes | **ES** Coloque el dispositivo luminoso y sonoro en su mesilla de noche | **IT** Posizionare il dispositivo da comodino dal vostro lato del letto | **PT** Coloque o dispositivo de cabeceira do seu lado da cama.

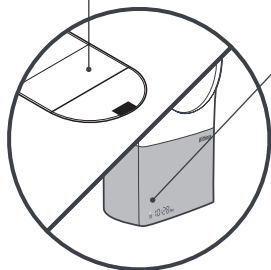


4. Connect the power supply of your bedside device.

FR Branchez l'alimentation de votre appareil de chevet. | **DE** Schließen Sie die Stromversorgung des Nachttischgerätes an. | **ES** Conecte el suministro de su dispositivo luminoso y sonoro. | **IT** Collegate l'alimentazione del vostro dispositivo da comodino. | **PT** Ligue a alimentação do seu aparelho de cabeceira.

10-mn
calibration

1-mn
activation



5. Ten-minute calibration. One-minute activation.

FR Se calibre en dix minutes. S'active en une minute.
DE Zehn Minuten Kalibrierung. Eine Minute Aktivierung.
ES Se calibra en unos diez minutos. Se activa en un minuto. | **IT** Si calibra in dieci minuti e si attiva in un minuto.
PT Dez minutos para a calibração. Um minuto para a ativação.



6. Visit go.withings.com in your smartphone's web browser

FR Entrez go.withings.com dans le navigateur de votre smartphone. | **DE** Schließen Sie die Stromversorgung des Nachttischgerätes an. | **ES** Entre go.withings.com en el navegador de su smartphone. | **IT** Digitate go.withings.com nel browser del vostro smartphone.
PT Introduza go.withings.com no navegador do seu smartphone.

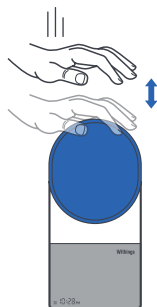


7. Launch the Health Mate application.

FR Lancez l'application Health Mate | **DE** Starten Sie die Health Mate App | **ES** Lanzar la aplicación Health Mate
IT Avviate l'applicazione Health Mate | **PT** Lance a aplicação Health Mate.

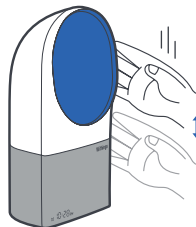
Main functions of your **bedside device**

FR Interactions principales avec votre appareil de chevet | **DE** Interaktionen mit dem Nachttischgerät | **ES** Interacciones principales con su dispositivo luminoso y sonoro | **IT** Interazioni principali con il vostro dispositivo da comodino | **PT** Interações principais com o seu aparelho de cabeceira



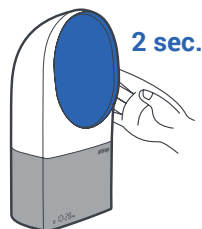
Tap to switch on / off the light

FR Appuyez pour allumer / éteindre la lumière. | **DE** Kurzes Antippen, um das Licht ein- oder auszuschalten. | **ES** Pulse para encender o apagar la luz. | **IT** Premere per accendere o spegnere la luce. | **PT** Toque para ligar ou desligar a luz.



**Swipe your hand up or down
to adjust light and volume**

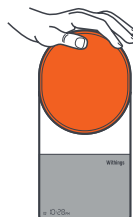
FR Déplacez votre main verticalement pour ajuster la lumière et le volume. | **DE** Streichen Sie mit Ihrer Hand nach oben oder unten, um Licht und Lautstärke anzupassen. | **ES** Para ajustar la luz y el volumen, deslice con la mano hacia arriba o hacia abajo. | **IT** Far scorrere la mano verso l'alto o verso il basso per regolare la luce e il volume. | **PT** Passe a sua mão para cima ou para baixo para ajustar a luz e o volume.



Side long-press to activate/deactivate the alarm.

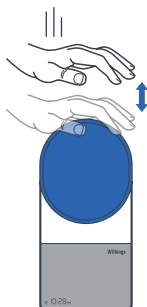
FR Appuyez pendant quelques secondes sur le côté de l'appareil de chevet pour activer / désactiver l'alarme | **DE** Langes Drücken auf der Seite um den Alarm zu aktivieren bzw. zu deaktivieren | **ES** Presione un lateral durante unos segundos para activar/desactivar la alarma | **IT** Tenere premuto per qualche secondo sul lato per attivare/disattivare l'allarme | **PT** Pressione longamente a lateral para ativar/desativar o alarme.

3 sec.



Long-press to start a sleep program.

FR Appuyez pendant quelques secondes pour démarrer un programme d'endormissement. | **DE** Langes Drücken, um das Schlaf-Programm zu starten. | **ES** Mantenga pulsado durante unos segundos para iniciar el programa de sueño. | **IT** Tenere premuto per qualche secondo per accendere un programma per addormentarsi | **PT** Pressione longamente para iniciar um programa de sono.



Tap to snooze a wake-up program

FR Appuyez pour enclencher la répétition | **DE** Kurzes Antippen, um den Snooze-Modus im Aufwach-Programm zu aktivieren. | **ES** Pulse para silenciar el programa despertador. | **IT** Premere una volta per attivare la ripetizione della sveglia. | **PT** Toque para colocar o despertador em modo soneca.

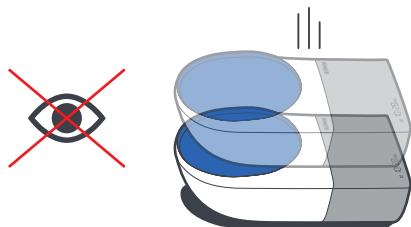


Double-tap to stop any program (sleep, wake-up, etc.)

FR Appuyez deux fois pour arrêter un programme (sommeil, réveil, etc.) | **DE** Zweimal kurz antippen, um alle Programme zu beenden (Einschlafen, Aufwachen usw.) | **ES** Pulse dos veces para detener cualquier programa (sueño, despertador, etc.) | **IT** Premere due volte per interrompere qualsiasi programma (addormentamento, sveglia, ecc.) | **PT** Toque duas vezes para parar qualquer programa (sono, despertar, etc)

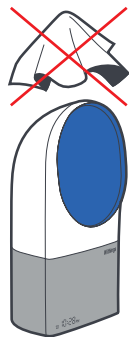
Important notice

FR Conseils importants | DE Wichtige hinweise | ES Consejos importantes | IT Suggerimenti importanti | PT Conselhos importantes



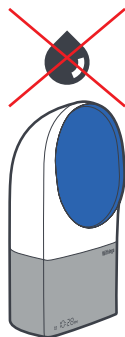
If the product falls, avoid looking directly at the LED source, disconnect the power supply and refer to the «Safety instructions» section of the user guide.

FR En cas de chute du produit, évitez de regarder directement la led de couleur et débranchez l'alimentation. | **DE** Sollte das Gerät herunterfallen, vermeiden Sie es direkt in die Farb-LEDs zu sehen und unterbrechen Sie die Stromversorgung. | **ES** Si el producto se cae, no mire directamente al led de color y desconecte la alimentación. | **IT** In caso di caduta del prodotto, evitate di fissare direttamente il led colorato e scollegare l'alimentazione. | **PT** Em caso de queda do produto, evite olhar diretamente para o LED colorido e desligue a alimentação.



Do not cover the bedside device.

FR Ne recouvrez pas l'appareil de chevet. | **DE** Bedecken Sie niemals das Nachttischgerät. | **ES** No cubra el dispositivo luminoso y sonoro. | **IT** Non coprire il dispositivo da comodino. | **PT** Não cubra o aparelho de cabeceira.



Do not allow the device to come into contact with water.

FR Evitez les projections d'eau sur l'appareil de chevet. | **DE** Vermeiden Sie den Kontakt des Nachttischgerätes mit Wasser. | **ES** Evite las salpicaduras de agua en el dispositivo luminoso y sonoro. | **IT** Evitare gli schizzi d'acqua sull'apparecchio da comodino. | **PT** Evite projeções de água sobre o aparelho de cabeceira.



For more information, refer to the «Safety instructions» section of the user guide which can be found at:
<http://support.withings.com/aura>

Warranty

FR Garantie | DE Garantie | ES Garantía | IT Garanzia | PT Garantia

EN

Withings Inc. of 16192 Coastal Highway, Lewes, DE 19958 ("Withings") warrants the Withings-branded Aura hardware product and accessories contained in the original packaging ("Withings Product") against defects in materials and workmanship when used normally in accordance with Withings' published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser («Warranty Period»). Withings' published guidelines include but are not limited to information contained in technical specifications, safety instructions and quick start guide. Withings does not warrant that the operation of the Withings Product will be uninterrupted or error-free. Withings is not responsible for damage arising from failure to follow instructions relating to the Withings Product's use.

FR

Withings SA à 20 rue Rouget de Lisle 91230 France (ou son ayant droit) (« Withings ») garantit le matériel et les accessoires Aura de marque Withings contenus dans l'emballage d'origine (« Produit Withings ») contre les défauts de matériel et de main d'œuvre, lorsque ceux-ci sont utilisés conformément aux spécifications techniques, aux consignes de sécurité et aux manuels d'utilisation ainsi qu'aux autres recommandations publiées sur le Produit Withings et sous réserve qu'ils surviennent dans un délai d'UN (1) AN suivant la date d'achat initiale par l'utilisateur final (« Période de garantie »). Withings ne garantit pas que le fonctionnement du Produit Withings sera ininterrompue ou sans erreur. Withings n'est pas responsable pour des dommages provenant d'un non suivi des instructions d'utilisations du Produit Withings.

DE

Withings SA mit Sitz 20 rue Rouget de Lisle 91230 France („Withings“) gewährleistet für einen Zeitraum von EINEM (1) JAHR ab dem Datum des ersten Kaufs durch den Endnutzer („Garantiefrist“), dass das Aura-Gerät und alle Zubehörteile mit dem Markenzeichen Withings, die in der Originalpackung enthalten sind („die Withings-Produkte“) frei sind von Material- und Verarbeitungsfehlern, wenn sie unter normalen Bedingungen gemäß den von Withings veröffentlichten Anleitungen verwendet werden. Die von Withings veröffentlichten Anleitungen umfassen unter anderem die Informationen, die in den technischen Informationen, den Sicherheitsanweisungen und der Kurzanleitung enthalten sind. Withings garantiert keinen ununterbrochenen oder fehlerfreien Betrieb des Withings-Produkts. Withings ist nicht verantwortlich für Schäden, die aus der Nichtbefolgung der Anweisungen.

ES

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IT

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PT

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These instructions apply to equipment models FCC ID: XNAWSD01 and FCC ID: XNAWSM01

Federal Communications Commission (FCC) Statement

15.21 - You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

CAUTION: These equipments may not be modified, altered, or changed in any way without signed written permission from Withings Inc. Unauthorized modification may void the equipments authorization from the FCC and will void the Withings Inc warranty.

15.105(b) - The equipments have 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. These equipments generate, use 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 these equipments do cause harmful interference to radio or television reception, which can be determined by turning the equipments 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 equipments and receiver. / • Connect the equipments 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.

The device Withings Aura Smart Sleep Sensor (FCC ID XNAWSM01) 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 of the device.

The device Withings Aura Bedside Device (Smart Sleep Dock - FCC ID XNAWSD01) 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 of the device.

FCC RF Radiation Exposure Statement: These equipments comply with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. The device model FCC ID XNAWSD01 must be installed to provide a separation distance of at least 20cm from all persons.

These equipments comply with the R&TTE Directive.

A copy of the EU Declaration of Conformity is available online at www.withings.com/compliance

• These appliances 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 appliances in a safe way and understand the hazards involved

• Children shall not play with the appliances

• Cleaning and user maintenance shall not be made by children without supervision

WARNING TO USERS IN THE CANADA / ATTENTION POUR LES UTILISATEURS AU CANADA

These devices comply with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) these devices may not cause interference, and (2) these devices must accept any interference, including interference that may cause undesired operation of the devices. Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication. This device complies with Industry Canada RF radiation exposure limits set forth for general population (uncontrolled exposure).

The device model FCC ID XNAWSD01 must be installed to provide a separation distance of at least 20cm from all persons and must not be collocated or operating in conjunction with any other antenna or transmitter.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) il ne doit pas produire de brouillage, et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif. Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention d'autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante. Le présent appareil est conforme aux niveaux limites d'exigences d'exposition RF aux personnes définies par Industrie Canada. L'appareil de modèle FCC ID: XNAWSD01 doit être installé afin d'offrir une distance de séparation d'au moins 20cm avec l'utilisateur, et ne doit pas être installé à proximité ou être utilisé en conjonction avec une autre antenne ou un autre émetteur.



This product is not a medical device and should not be used to diagnose or treat any medical condition.

FR Ce produit n'est pas un appareil médical et ne doit pas être utilisé pour diagnostiquer ou traiter une pathologie.

DE Dieses Produkt ist kein Medizinprodukt und darf nicht verwendet werden, um gesundheitliche Beschwerden zu diagnostizieren oder zu behandeln. **ES** Este producto no es un dispositivo médico y no se debe utilizar para diagnosticar o tratar una patología. **IT** Questo prodotto non è un dispositivo medico e non deve essere usato per diagnosi o trattamento di malattie. **PT** Este produto não é um dispositivo médico e não deve ser usado para diagnosticar ou tratar qualquer doença.

Withings Aura Smart Sleep System
v1.0 | July 7th, 2014 | PKG_WAS01_007
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