

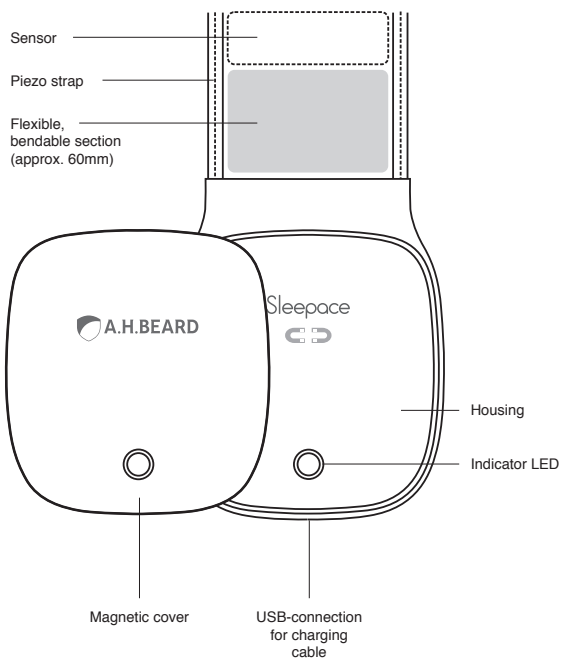
# RESTON SLEEP TRACKER

User Guide



Powered by **Sleepace**

## 1 Device and controls



Included:

1 \*A.H. Beard Sleep Tracker

1 \*USB charging cable

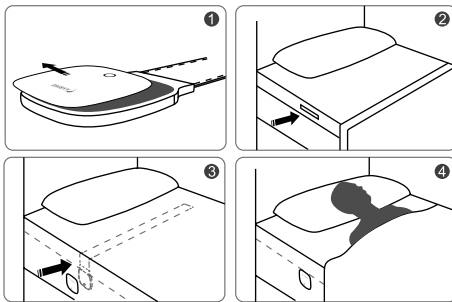
1 \*User Guide

## 2 Activating and positioning your RestON Sleep Tracker

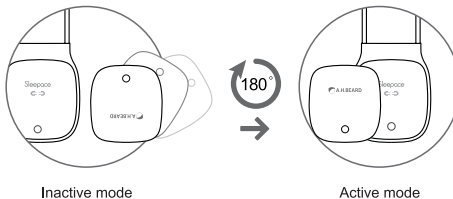
Determine if your mattress is an A.H. Beard compatible mattress. (An A.H. Beard Compatible Mattress includes an insertion slot).

### If used with A. H. Beard Compatible Mattress:

1. Remove the magnetic cover by sliding to the left or right.
2. Locate the insertion slot in mattress.
3. Insert the piezo strap into the slot until all the way in, ensuring the strap is flat within the slot with no kinks or bends. Once inserted, only the tracker should be visible.
4. Place sheet over your mattress, completely covering sleep tracker and replace the magnetic cover over the sheet.



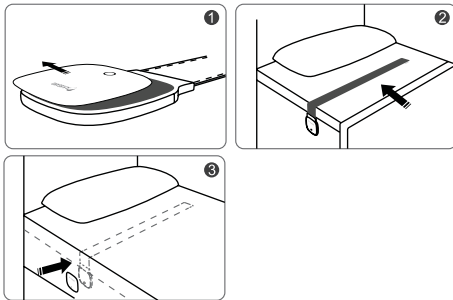
5. Activate tracker by rotating magnetic cover 180° (Green LED will signal activation of tracker)



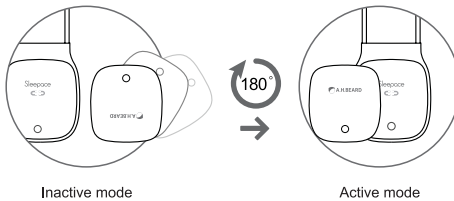
6. You are now ready to download the A.H. Beard Sleep Tracker App.

**For use with non-compatible A.H. Beard Mattress:**

1. Remove the magnetic cover by sliding to the left or right
2. Put the piezo strap between the mattress and sheet as shown, approximately at the height of your chest when laying down.
3. Place sheet over your mattress, completely covering sleep tracker and replace the magnetic cover over your sheet.



4. Activate tracker by rotating magnetic cover 180° (Green LED will signal activation of tracker)



5. You are now ready to download the A.H. Beard Sleep Tracker App.

### 3 Downloading the A.H. Beard Sleep Tracker App

1. Activate Bluetooth® on your iOS or Android device before downloading the A.H. Beard Sleep Tracker App. Refer to your device instructions.
2. Download and Install the App on your smartphone. The App is available free of charge from Google Play Store or Apple App Store. Simply search A.H. Beard Sleep Tracker.



iOS: Version 7 and newer. Android: Version 4.3 and newer. Bluetooth®4.0 and up.

### 4 Connecting to the App

Before starting, ensure the sleep tracker and your smartphone are switched on and Bluetooth® is activated on your smartphone. Start the app and connect your smartphone with the A.H. Beard Sleep Tracker. You need to create a user account before first use. Follow the instructions given by the app to start the sleep tracking. The tracker only has to be activated via the app before you go to bed. It is not necessary to have a Bluetooth® connection to your smartphone during your sleep. During short interruptions of sleep (e.g. going to the bathroom) the device will continue to record. If longer interruptions (more than 60 minutes) occur, the device will stop the tracking process and switch itself off. You may have to re-activate upon your return. After awakening, stop the recording via the app and switch the device off. The recorded data will automatically be transferred to the app. The device will also switch off automatically after 60 minutes of non-usage. Connect the app with the tracker again to read out the recorded data. You now may check the recorded or historical data in the app. The app offers various possibilities for evaluating your sleep quality,

### 5 Charging the Battery

To charge the battery, connect the device with the included USB cable to a PC or a laptop or a USB power supply. The USB connection is suitable for charging only and not for the transfer of data. The charging state of the built-in battery will be indicated by the indicator LED as follows:

- Indicator LED flashes red each 2 seconds: Battery empty-please charge immediately!
- Indicator LED lights up in red constantly: Battery charging.
- Indicator LED lights up in green constantly: Battery fully charged.

Battery safety instructions

- Do not disassemble or dismantle the battery! Danger of explosion!
- Keep away from fire and heat sources! Danger of explosion!
- Do not dispose used batteries in the household refuse; put them in a hazardous waste container or take them to battery collection point, at the shop where they were purchased!

## 6 Technical specifications

Power supply	Re-chargeable lithium-ion-battery 3.7V, Charging current 5.0V=1000mA
Bluetooth® transmitting range	max. 10 meters
Compatibility	Bluetooth® 4.0 and newer, iOS 7 and higher, Android 4.3 and higher
Strap size	Approx. 800 x 65 x 2mm
Operating conditions	0°C - 50°C (32°F - 122°F)
Battery runtime	Up to 4 weeks
Weight	Approx. 165g

## 7 Safety notice

Only use the unit for the specific purpose described in the instruction manual. Any misuse will void the warranty.

- The unit is only designed for indoor use.
- The appliance is only suitable for use on flat and even bed surfaces. Do not use the A.H. Beard Sleep Tracker on mobile beds (such as inflatable beds or hammocks), as this could damage the device.
- This tracker is not a medical device and cannot be used to prevent sudden death.
- The use of this device does not replace the advice of a physician.
- People with health problems should consult a physician before using this device.
- Do not excessively bend this product. The built-in sensor may be damaged.
- Do not use the product during the charging process.
- Do not let the device come in contact with liquids. It is not waterproof.
- The device must not be used close to any source of vibration (e.g. washing machines, loud music etc.) as the vibrations could affect the functions of the device.
- Only use the device within the ambient conditions mentioned in "technical specifications"!
- This device 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 device in a safe way and understand the hazards involved.
- Cleaning and user maintenance shall not be made by children without supervision.

## 8 Warranty

For more information on the product warranty or service questions, please go to [ahbeard.com](http://ahbeard.com)

### FCC statements:

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.

**NOTE:** The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications or changes to this equipment. Such modifications or changes 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. 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.

Notice: Observe the national local regulations in the location where the device is to be used. This device may be restricted for use in some or all member states of the European Union (EU)



### CE Notice:

The suitable temperature for the product and accessories is 0°C-50°C. Observe the national local regulations in the location where the device is to be used.

Frequency Band	Max output Power
BLE(2402-2480MHz)	0dBm

Hereby, Shenzhen Medica Technology Development Co., Ltd declares that the radio equipment type RestOn Sleep Tracker is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <http://www.sleepace.com>

**NOTE:** DO NOT disassemble or replace battery.

©2015 Shenzhen Medica Technology Development Co., Ltd. All rights reserved.

Sleepace™ is a registered trademark of Shenzhen Medica Technology Development Co., Ltd. in the U.S. and other countries. All other trademarks included herein are the property of their respective owners.

Manufactured by  
Shenzhen Medica Technology Development Co., Ltd  
2F Building A, Tongfang Information Harbor, No. 11, East Langshan Road,  
Nanshan District, Shenzhen, China

---

Distributed by A.H. Beard Pty Ltd  
1/35 Bryant Street Padstow NSW 2211 | 1300 645 000 | [www.ahbeard.com](http://www.ahbeard.com)