

# User Manual

**SLEEPON**

▶ Quick Start Guide

## Important Notice

Though GO2SLEEP is based on scientific principles and research on human physiology and cognition, it is not a medical device. Please consult your physician when considering integrating GO2SLEEP's feedback into your health activities.

## What's in the box?

GO2SLEEP	×1
Ring Silicon Holder	×3
Charger	×1
USB Cable	×1
User Manual	×1

# What's in the box?



GO2SLEEP



Charger



User Manual



USB Cable



Ring Silicon Holder-S

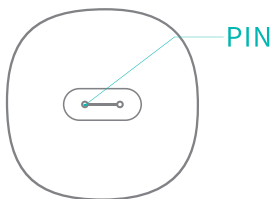
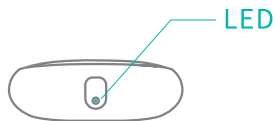
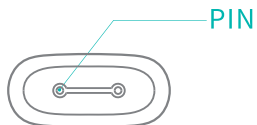


Ring Silicon Holder-M



Ring Silicon Holder-L

## Get to know GO2SLEEP



## Step 1

### Choose a silicon holder

Take out the GO2SLEEP, choose a silicon holder of the right size, and put the GO2SLEEP into the silicon holder.



L



M

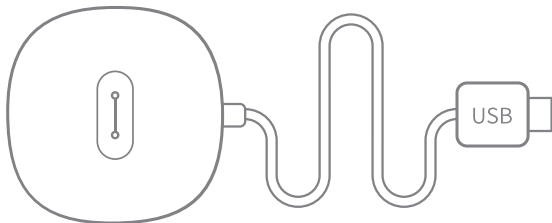


S

## Step 2

### Connect the charger to the power source

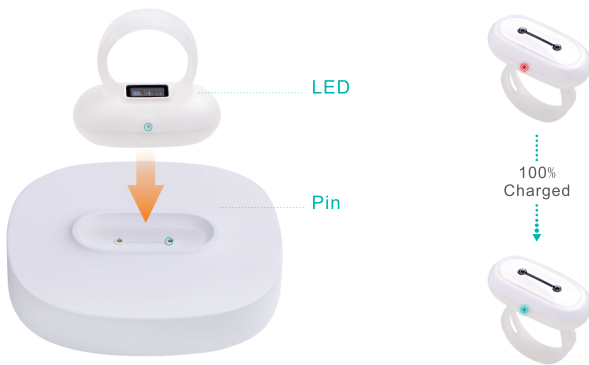
Connect the charger with the USB cable, then connect them to the power source.



## Step 3

### Activate/Charge your GO2SLEEP

When using GO2SLEEP for the first time, put your GO2SLEEP on charge dock as shown in the picture. As the red led light flashes, the device has been activated successfully and in the charging state. Once fully charged the red light will turn green.





## Step 4

### Download SLEEPON APP

Android Device : Search for “SLEEPON” in Google Play. Tap on the SLEEPON icon and select “Install”.

iOS Device: Search for “SLEEPON” in Apple Store. Press “Get” to download.



**SLEEPON**

Better Sleep Better Life



## Step 5

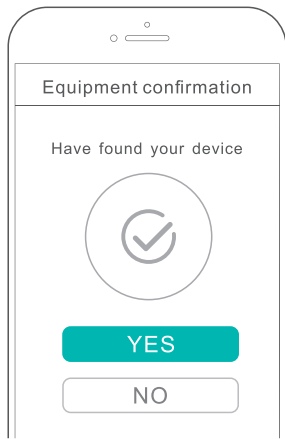
### Connect GO2SLEEP

Open the app and tap Join SLEEPON to be guided through a series of questions that help you create your SLEEPON account, or login to your existing account. The app will search for the ring automatically. After binding successful, the green light turns on and the ring vibrates once which means the connection is successful.



SLEEPON

Open the app

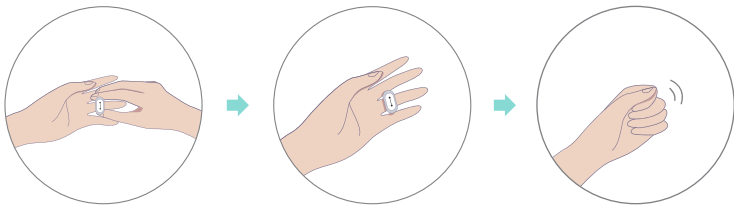


Connected

## Step 6

### Wear GO2SLEEP correctly

Put the ring on your finger snugly as shown in picture, the lights of the sensor will keep flickering.

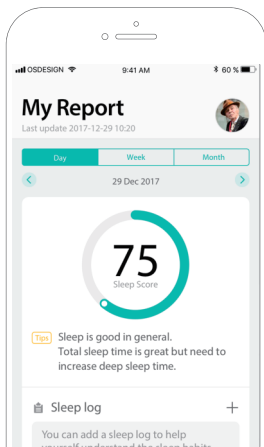


# Start Using

What are the features In GO2SLEEP?

## Sleep monitoring

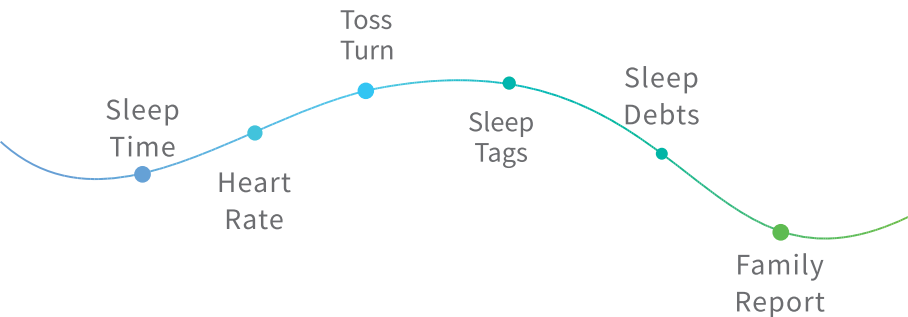
Before you go to bed, put the ring on your finger. Then GO2SLEEP start to monitor your Heart Rate and Sleep status during the sleep.



## Sleep report

The sleep report can be viewed via SLEEPON APP. Daily, weekly or monthly sleep reports are available in the APP.

\* Welcome to explore SLEEPON APP for more information.



## 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 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 statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

## App updates

The SLEEPON app is being updated regularly. To make sure you benefit from this stream of improvements, ensure that you keep your smartphone up-to-date and keep automatic app updates enabled. We'll notify you when particularly exciting updates are released.

## We are here to help

We want you to have an amazing experience with your GO2SLEEP. Most problems can easily be resolved by email. Before returning the product, contact the SLEEPON support team. We have excellent customer support representatives that are eager to help.

FAQs & troubleshooting available at :  
[www.sleepon.us/faqs/](http://www.sleepon.us/faqs/)

Contact us : [service@sleepon.us](mailto:service@sleepon.us)

Follow us on social media to keep update with latest news .



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