

Aura Smart Sleep System

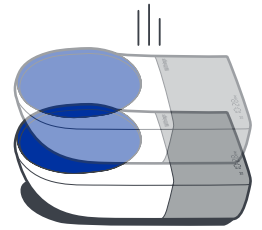
Sleep assistant - Sleep analyser
Installation and Operating Instructions



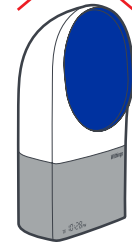
Safety Instructions



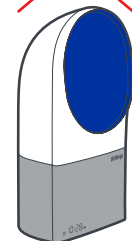
If the product falls avoid looking directly at the LED source and disconnect the power supply. Reconnect the Aura to power after setting it back in place. If it fails to turn on or does not seem to be functioning properly, contact the Withings support team by going to: <http://support.withings.com/>.



Do not cover the bedside device



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



This device is designed for indoor use only.



This product is not a medical device and should not be used to diagnose, treat, cure, or prevent any medical conditions.



This product is not a toy. Do not allow children to play with it.



The environmental sensors cannot be used to adjust the environmental parameters in the rooms.



Only use the power supply supplied with the product.



The socket-outlet shall be installed near the equipment and shall be easily accessible.



Store the product in a clean, dry place at 5°C to 40°C.



Use the product at temperatures between 10°C and 35° C and at altitude between 0m and 2000m.



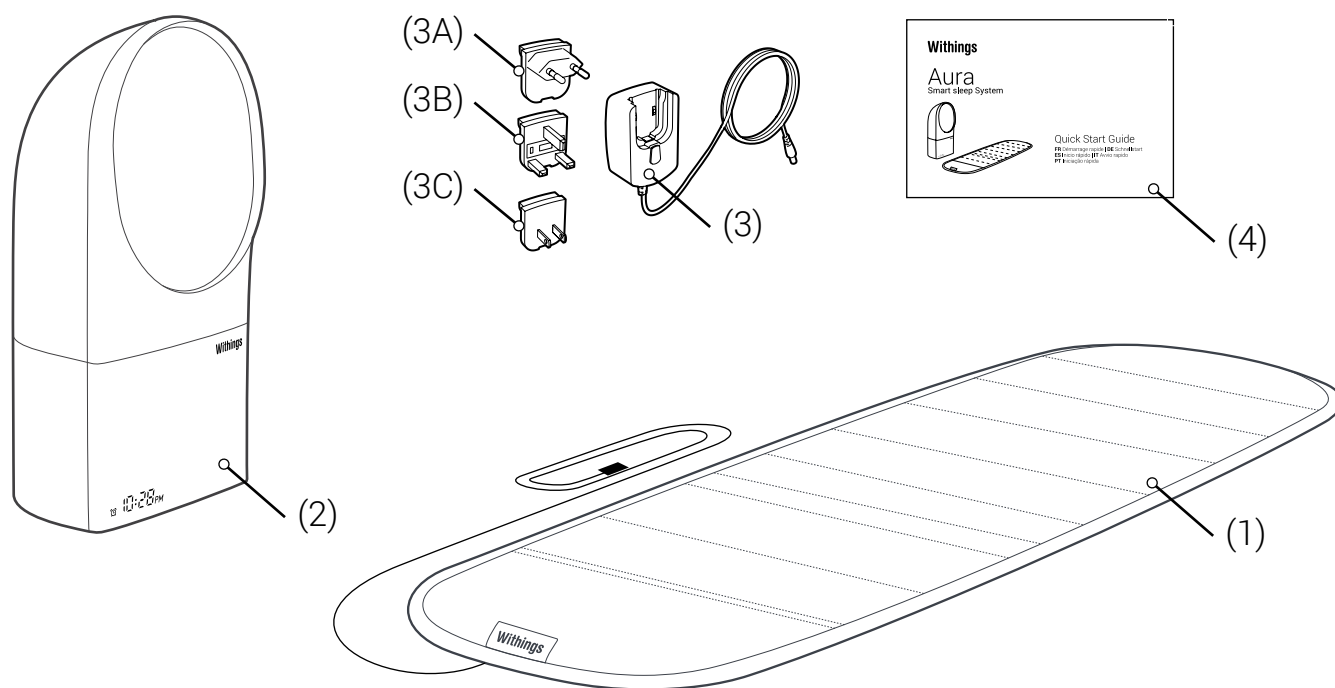
Never use the product for extended periods in direct sunlight.

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Box Contents



(1). Sleep sensor

(2). Bedside device

(3). AC power adapter

(3A). Plug adapter for European Union countries

(3B). Plug adapter for United Kingdom

(3C). Plug adapter for United States of America

(4). Quick start guide

Minimum Requirements

Wi-Fi router

A personal home Wi-Fi router connected to the Internet is required to :

- Set up the Aura Smart Sleep System,
- Upgrade the firmware,
- Upload sleep data.

For more details about Wi-Fi router compatibility, refer to “Specifications” on page 42.

iOS Device

An iOS device¹ (with operational Bluetooth and Wi-Fi) is required to :

- Set up the Aura Smart Sleep System,
- Access to the specific functions,
- Track sleep data.

For iOS device compatibility, refer to “Specifications” on page 42.

iOS Version

The latest iOS² is required to install and run the Withings Health Mate App.

1 iOS Device refer to any mobile electronic devices marketed by Apple Inc, such as iPod Touch, iPhone and iPad (see the full compatibility list in “Specifications” on page 42

2 iOS (previously iPhone OS) is a mobile operating system developed by Apple Inc. and distributed exclusively for Apple hardware.

Product Overview

Short description of the Aura Smart Sleep System

Short description of the Aura Smart Sleep System

The Aura Smart Sleep System helps you to track, improve, and understand your sleep patterns.

From dusk until dawn, thanks to the programs of natural light and high quality sound, the Aura assists you in falling asleep more quickly and makes for an energized wake-up experience. During the day time, the system offers dedicated programs for relaxing sessions.

The Aura Smart Sleep System also tracks your sleep stages. The Aura records data using the sleep sensor under the mattress, and uses the data to fine tune the programs.

The Health Mate App on mobile and web enable you to visualize your sleep cycles. You can use these to better understand your sleep profile and compare your data night by night.

Main functions can be performed using the touch interface on the Bedside device. The Health Mate App allows you to set up the system and to access the functions of the Aura.

The Aura Smart Sleep System is dynamic and is always getting better. The automatic firmware updates will bring improvements, additional functions, and innovations to enhance the system.

Light and sound programs

The system uses scientifically-validated light and sound programs which act on the release of melatonin, the natural sleep-inducing hormone. It thereby facilitates transitions into sleep and creates an energizing wake-up experience.

For your falling-asleep experience, the light spectrum changes and fades out continuously. Meanwhile, the sound intensity decreases slowly until switching off after about twenty minutes.

The wake-up sequence starts gradually with light spectrum changes and sound. It lasts from 0 to 20 minutes depending on the configuration prior to wake-up time. Light and sound sequences are replayed in a loop.

Naps and relaxing sessions dedicated programs help to recharge the body and the mind.

The system is pre-loaded with one default program for smooth fall asleep, energizing wake-up and relaxing sessions. Up to three other programs can be selected and loaded into the system using the Health Mate App. The application facilitate the selection of wake-up programs by playing a preview.

When you activate a program, the touch interface on the bedside device allows you to adjust the sound volume.

Sleep tracking

Using the sleep sensor, the Aura is able to track your movement, respiration and heart rate while you sleep. By analyzing this data, the Aura can provide you with your sleep cycles and quality. Every morning, the system allows you to visualize this data in the Health Mate mobile and web apps, building a telling image of your nights.

Functions

Main functions are covered by the touch interface on the Bedside device. These functions are accessible from multiple touch gestures such as tap, swipe, short ,and long press.

These simple touch gestures allow you to:

- increase or decrease sound and light intensity
- activate or deactivate alarm
- launch sleep program, stop any program
- snooze a wake-up program

Other functions, such as setting the wake-up time and changing the sleep program can be performed in the Health Mate App.

System update

The Aura Smart Sleep System includes separate firmware for the Bedside Device and the Sleep Sensor.

During the setup, the firmware for each device is automatically updated to the latest version.

After the setup, whenever the system is connected to the Internet (via a personal Wi-Fi router), firmware is kept up to date automatically.

The automatic firmware update can bring additional functionality to the system. To keep you informed, new functions are listed in the chapter “Document release overview” for each new release of this user guide.

Overview of the Aura Smart Sleep System Setup

To easily install and set up the Aura Smart Sleep System, follow the steps below, which will be detailed in the following pages :

1. Place the Bedside Device on a table next to your bed.
2. Connect the Sleep Sensor's USB plug to the one of the dedicated USB ports on the Bedside Device. Refer to page 12.
3. Plug the AC power adapter to a power outlet. Refer to page 13.
4. Install the Health Mate App on your iOS Device. Refer to page 14.
5. Enable Bluetooth on your iOS Device : Settings>Bluetooth.
6. Launch the Health Mate App. Refer to page 14.
7. Pair the Aura Smart Sleep System and your iOS Device. Refer to page 15.
8. Setup using the Health Mate App. Refer to page 15.
9. Load Wi-Fi settings from your iOS Device, using the Withings Health Mate App. Refer to page 17.
10. Install Aura bedside device and sleep sensor using the Withings Health Mate App. Refer to page 19.
11. If you do not have already a Withings user account, create one using the Withings Health Mate App. Refer to page 23.

Set up the Aura Smart Sleep System in Your Room

Sleep Sensor

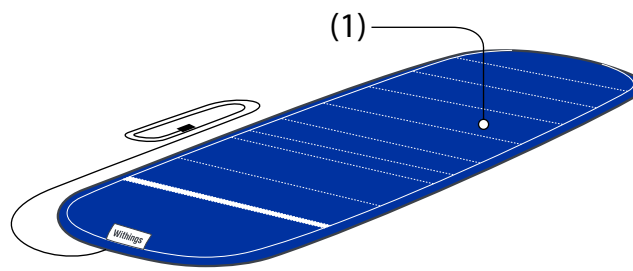


fig - 01

The Sleep Sensor detects body movements, respiration, and heart rate. Correctly positioning the sensor under the mattress allows for the most accurate measurements.



Keep sharp objects away from the sleep sensor (1) !

Place the Sleep Sensor underneath the mattress as follow: :

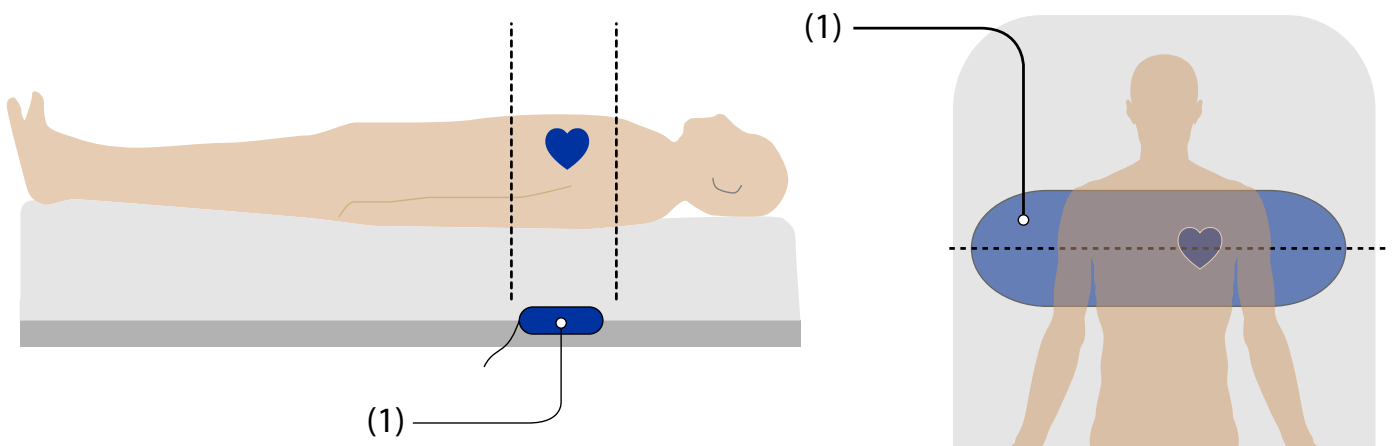


fig - 02

1. Completely unroll the Sleep Sensor, as in "fig - 01".
2. With the label (1A) facing up, place the Sleep Sensor between the mattress and the box spring or bed platform. It can also be placed between the mattress and mattress topper or pad. The sensor should be placed horizontally at chest level, as in "fig - 02".
3. When placing the Sleep Sensor, ensure that it is not folded.

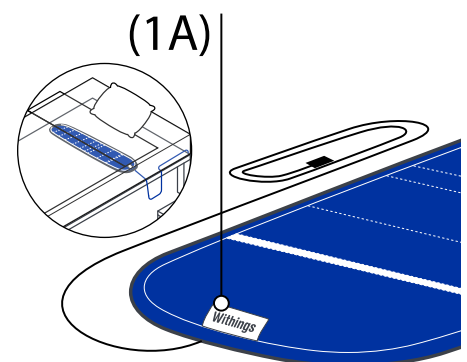


fig - 03

Bedside Device

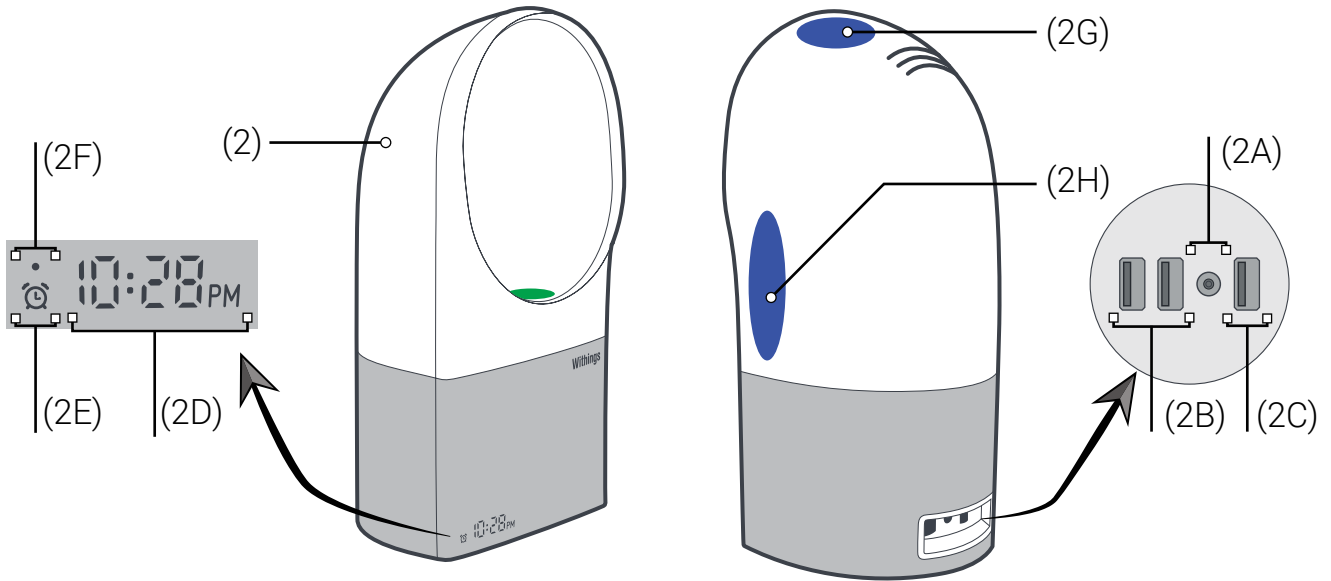


fig - 04

- | | | |
|----------------------------------|---|-------------------------------------|
| (2). Bedside Device | (2A). Power Jack | (2B). Sleep Sensor USB ports (only) |
| (2C). iOS Device USB port (only) | (2D). Clock Display, Volume level Display | (2F). Startup Indicator |
| (2E). Alarm Indicator | (2G). Touch Interface (Top) | (2H). Touch Interface (Side) |



This product is for indoor use only

1. Place the Bedside Device (2) on a table near the bed at same height as you head when laying on the bed. Make sure that the Bedside Device is approximately one meter (about 39 inches) from your head.

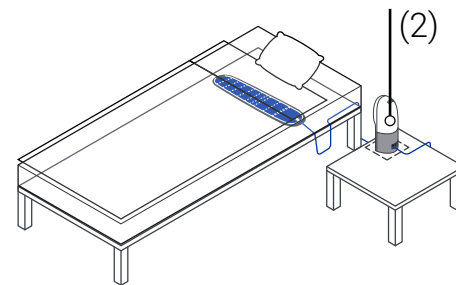


fig - 05

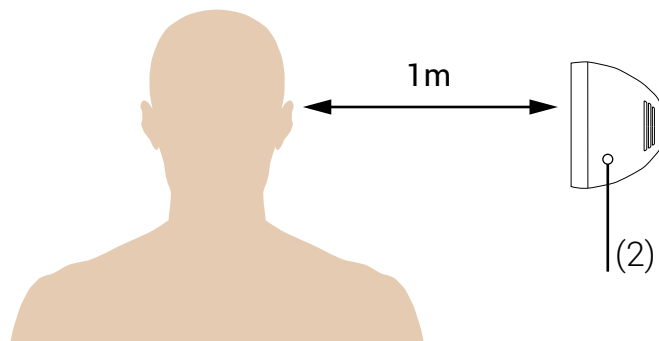


fig - 06

2. Connect the Sleep Sensor's USB plug (1C) to the one of the USB ports (2B) on the Bedside Device.

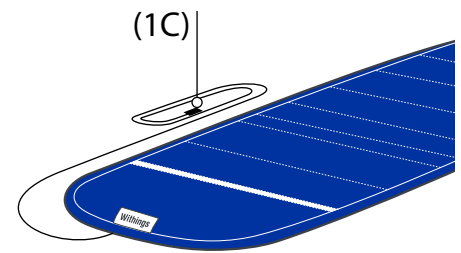


fig - 07



Only use USB ports (2B) for plugging in the Sleep Sensor. Do not use USB port (2C).

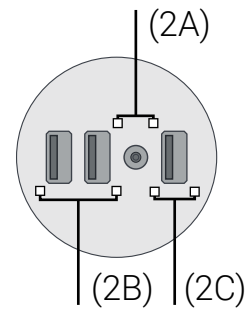


fig - 08

3. Connect the AC power adapter (3) to the power jack (2A) on the Bedside Device.
4. Select the correct plug adapter from the travel adapter plug set : (3A) for European Union countries, (3B) for the United Kingdom and (3C) for the United States of America.

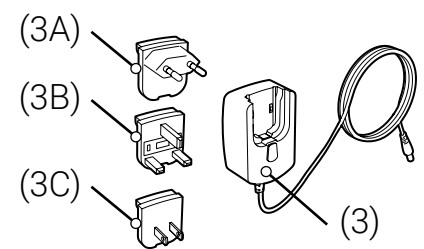


fig - 09

5. Follow the arrow in "fig - 10" to connect the plug adapter to the AC power adapter using the blue matching dots.
6. Push the lower side of the plug adapter down until a click sound is heard.
7. Ensure that the plug adapter is properly seated into the AC power adapter slot.

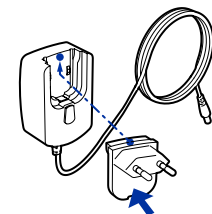


fig - 10

8. If the plug adapter is not properly seated, pull down the release button to disengage the plug adapter, and connect it again
9. Plug the AC power adapter to a power outlet.
10. The Aura will start up and the startup indicator will turn ON, as in "fig - 04" on page 12. The startup indicator will turn off and the clock display will turn on when the startup is complete.

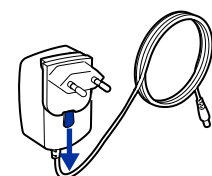


fig - 11

Health Mate App

Install the Health Mate App on your iOS Device

1. Type go.withings.com in your iOS Device's web browser.
2. Tap "Download on App Store" as in "fig - 12".
3. Tap "FREE" as in "fig - 13".

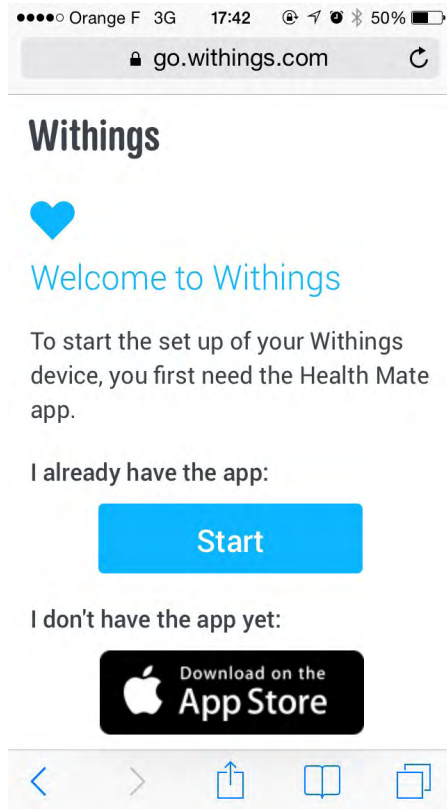


fig - 12

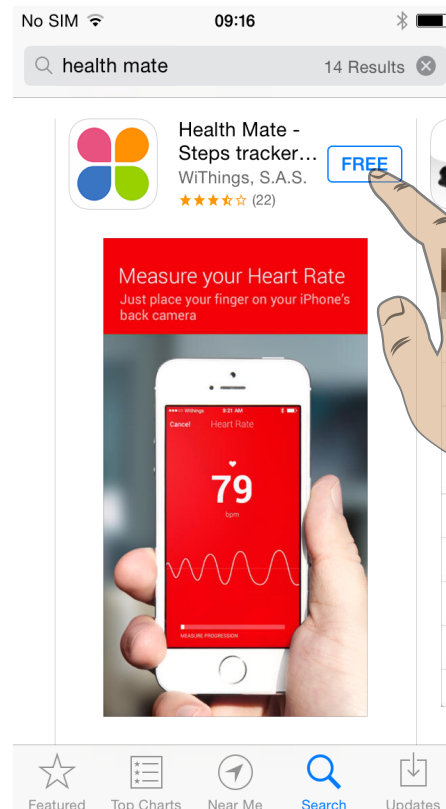


fig - 13

Launch the Health Mate App

Tap on the Withings Health Mate App icon

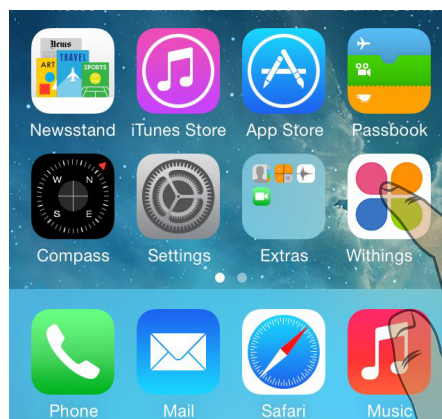



fig - 14



Setup using the Health Mate App

Bluetooth pairing

Prerequisite :

- Withings Health Mate App has been installed on the iOS device. Refer to. Refer to “Install the Health Mate App on your iOS Device” on page 14.
 - The Bedside Device is plugged into power.
 - The Sleep sensor has been placed correctly underneath your mattress and has been plugged in to the Bedside Device, refer to “Set up the Aura Smart Sleep System in Your Room” on page 11.
 - Before Bluetooth pairing, it would be more appropriate to connect the iOS Device to the personal Wi-Fi network.
1. Enable Bluetooth connection on your iOS Device : Settings>Bluetooth.
 2. Type go.withings.com in your iOS Device’s web browser and tap “Start” as in “fig - 12” on page 14.
 3. Scroll down to the Aura and tap the image as in “fig - 15”.
 4. The Health Mate App starts to search for Aura device in the Bluetooth range. An activity indicator  shows that the current task is in progress. This step can take up to 1 minute.
 5. An alert will appear prompting you to select your device from the accessory list, select Withings Aura as in “fig - 18”.

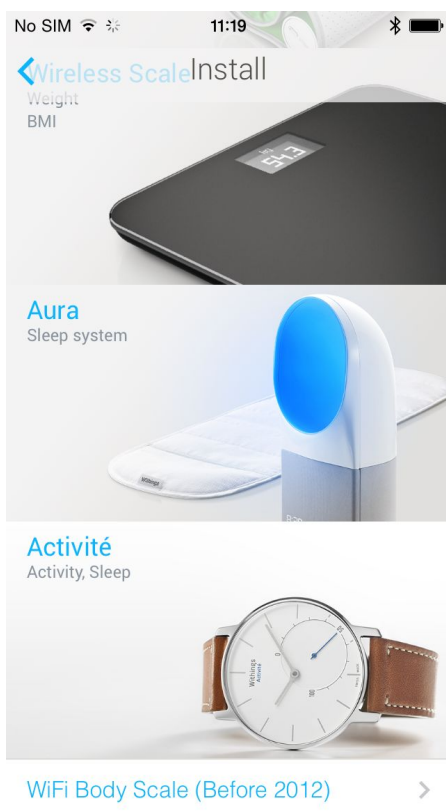


fig - 15

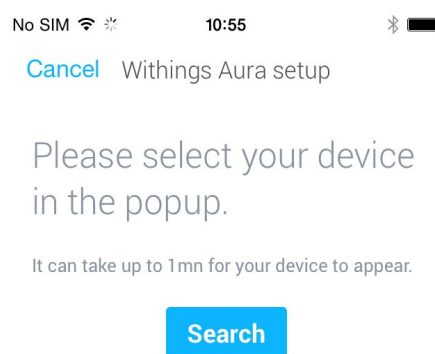


fig - 16

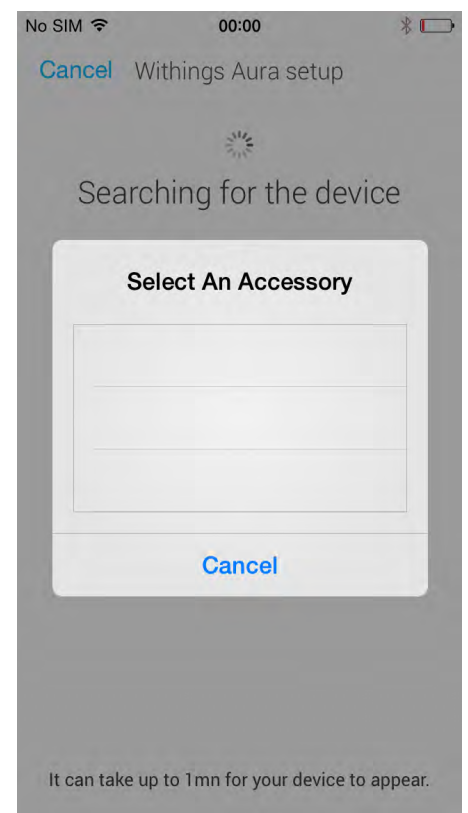


fig - 17

6. If the Aura does not appear on the list after waiting for about one minute as in “fig - 18”, you will need to go to the Bluetooth Devices menu on your iOS device and select the Withings Aura to pair manually. Then, return to the Health Mate App and return to step 3 above.
7. Tap “Next” to pair Aura Smart Sleep System to your iOS device as in “fig - 20”.

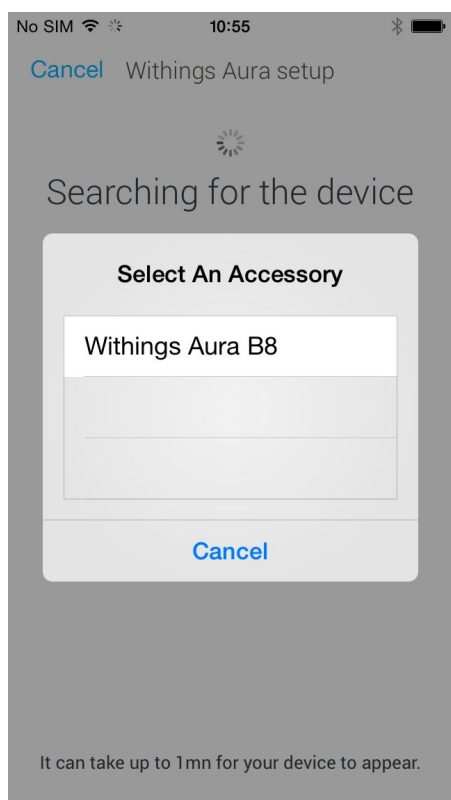


fig - 18

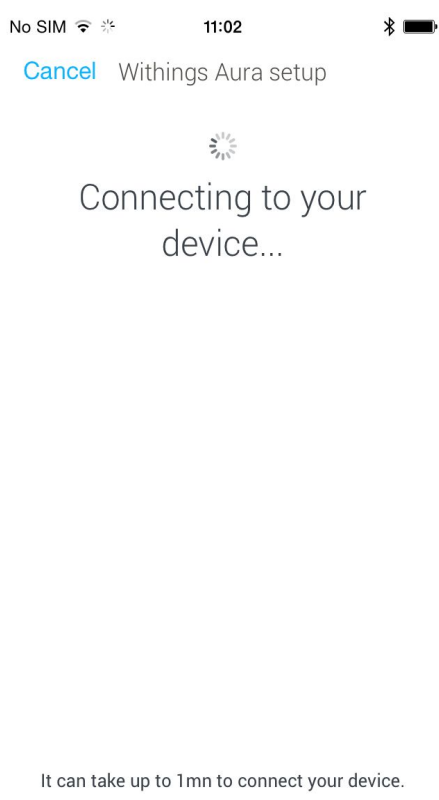


fig - 19



fig - 20

Quick Wi-Fi network configuration

Aura Smart Sleep System is able to load Wi-Fi settings (network name, password) stored on your iOS Device using the Health Mate App and Bluetooth technology.

Prerequisite :

- Health Mate App already installed on the device. Refer to “Install the Health Mate App on your iOS Device” on page 14
- A compatible Wi-Fi router. Refer to “Specifications” on page 42
- The Aura Smart Sleep System paired with your iOS Device, refer to “Bluetooth pairing” on page 15.
- iOS Device connected to your personal home Wi-Fi network.

1. Tap “Quick setup”.
2. Once the personal Wi-Fi network is displayed, tap to select “Quick setup”
3. An alert appears, tap “Allow” to share Wi-Fi settings with the Health Mate App.

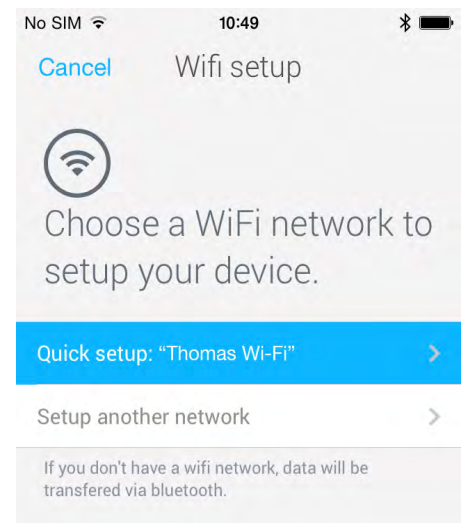


fig - 21

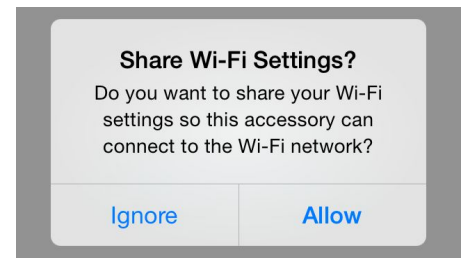


fig - 22

Manual Wi-Fi Network Configuration

For most users, the Quick Wi-Fi Configuration is the best choice. However, the Health Mate App allows to manually select a Wi-Fi network. This function is especially helpful when multiple personal Wi-Fi network are in the range. For example a home-office equipped with a personal and professional network.

1. Tap "Setup another network", as in "fig - 21" on page 17
2. Select your desired Wi-Fi network to set up your device as in "fig - 23".
3. If your network doesn't appear, swipe down from the top of the screen to refresh Wi-Fi network list.
4. Select your preferred Wi-Fi network. If you have a hidden SSID, tap "Manual configuration" and enter your SSID.
5. Enter the password and tap "OK"

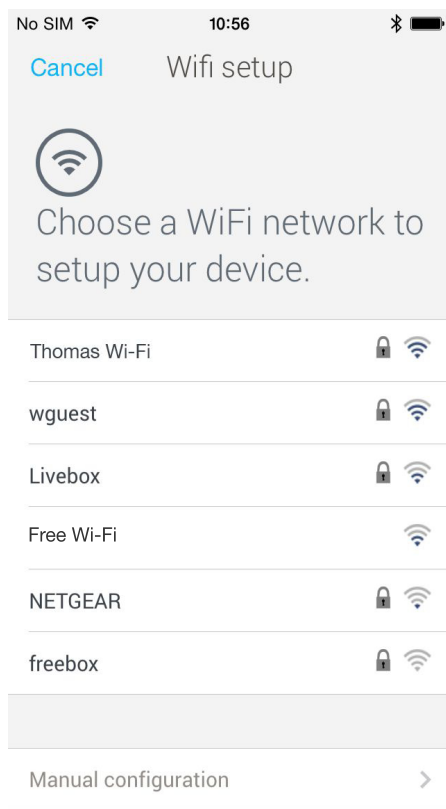


fig - 23

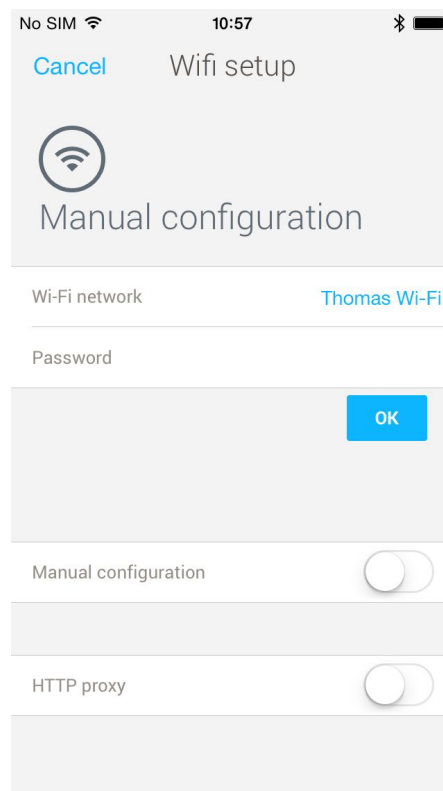


fig - 24

Configuring the Aura Bedside Device and Sleep Sensor in the Health Mate App

Prerequisite :

- A Withings user account is required to install the Bedside Device and the Sleep Sensor. If a user account is not registered in the Withings Health Mate App, the app will prompt you to create one automatically. Refer to “Creating a new user using the Health Mate App” on page 23.

During the configuration, the Withings Health Mate App will ensure that the Bedside Device and the Sleep Sensor are upgraded to the last firmware version. This step might takes few minutes.



fig - 25



fig - 26

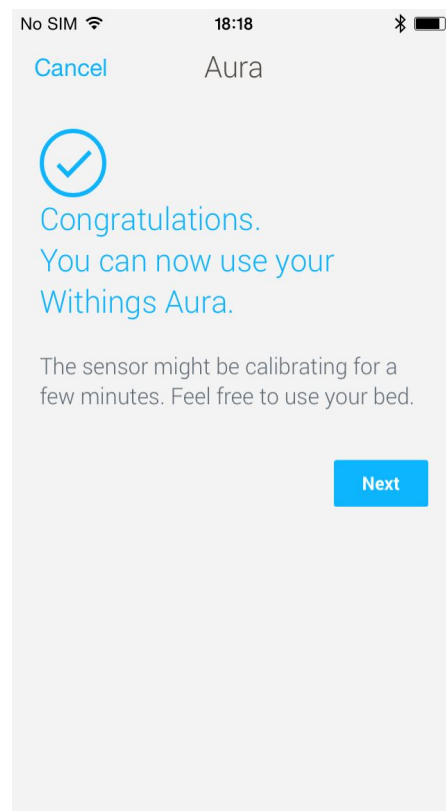


fig - 27

Configure Aura Sleep Sensor

During the configuration, the Aura calibrates the sleep sensor. This step may take up to ten minutes. During the these 10 minutes the Sleep Sensor emits a low audible sound and illuminates a LED.

Note : Do not sit on the bed while the LED is ON.

The LED switches off to indicate that you can now use the product.

After the configuration :

- If a unique user is registered on a same iOS device, the first name (set during the user account creation) appears automatically on the installed device, “fig - 28” and “fig - 29”.
- If several users are registered on a same iOS device, the sensor must be assigned manually “fig - 30”. A tap on the screen, opens the list of registered users.

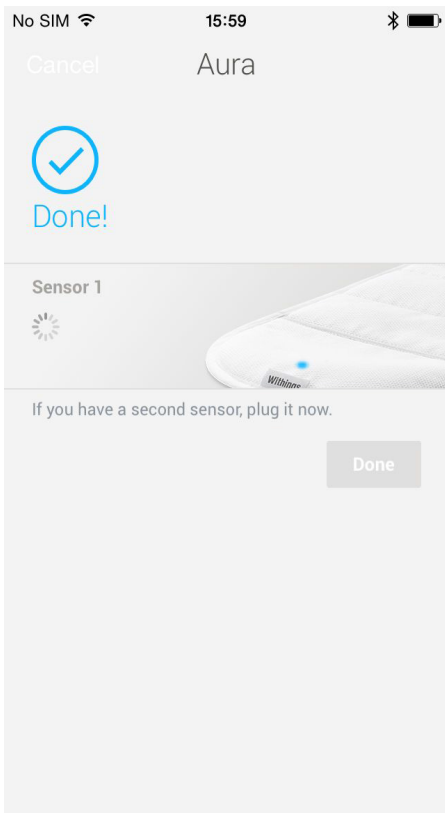


fig - 28

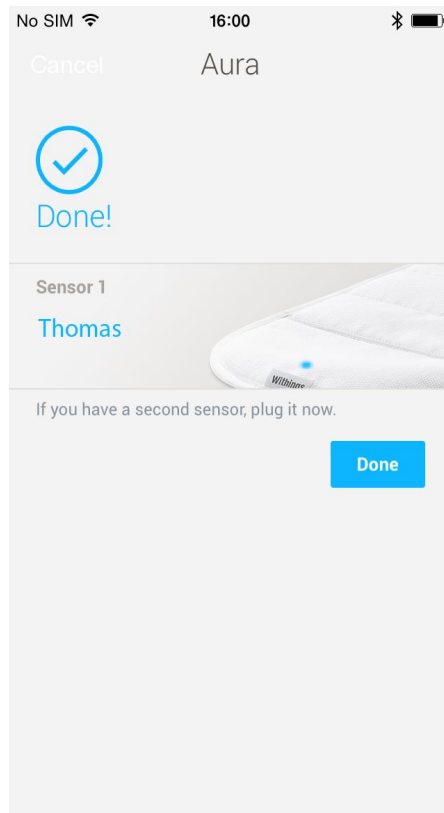


fig - 29

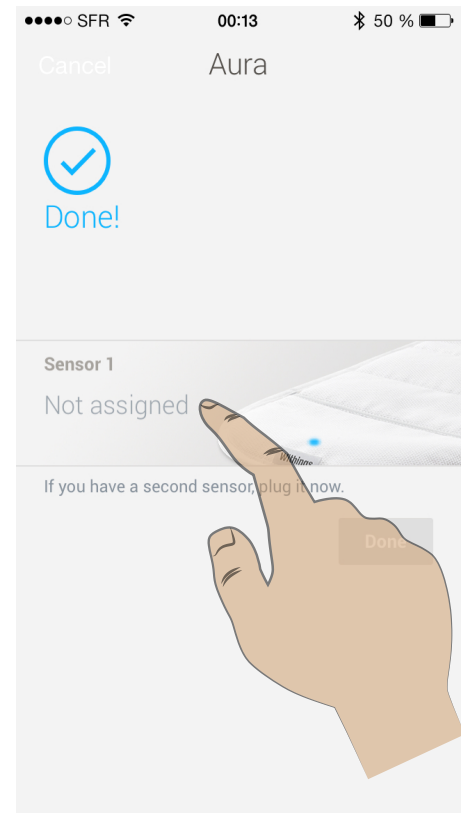


fig - 30

A screen as “fig - 31” indicates that the installation has been carried out.

All installed devices are listed in the “My Devices” screen, by going to. From the main menu => Devices.

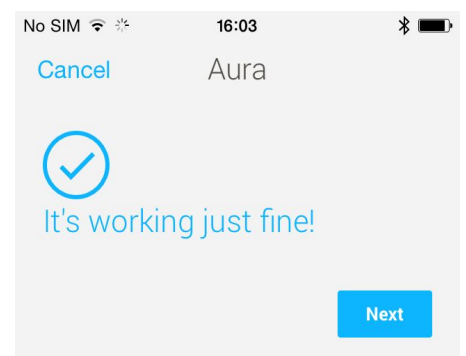


fig - 31

As described before, the Withings Health Mate App searches and finds Withings devices automatically.

In the event that the install screen for the Bedside Device does not appear on your iOS Device, the Withings Health Mate App allows to manually install it a device from the main menu.

Go to My Devices. Tap the plus sign in the upper right. Tap “Install a new device”

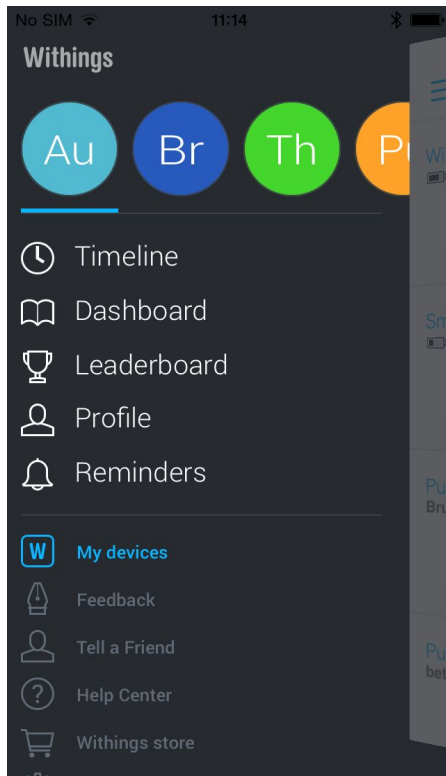


fig - 32

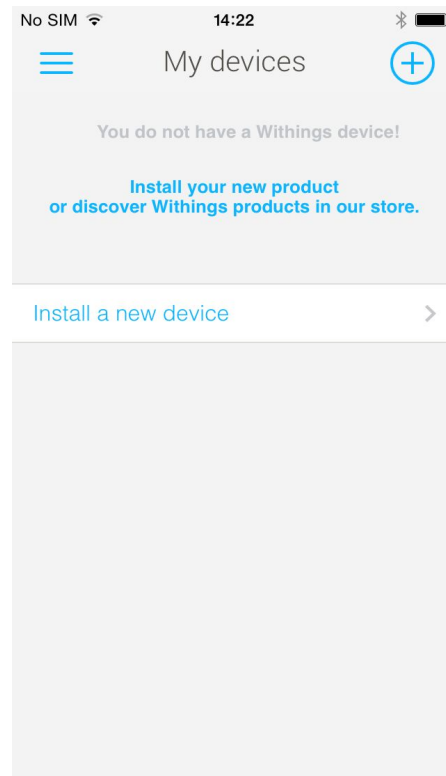


fig - 33

Scroll down to the Aura and tap the image, then tap “Install Now”.

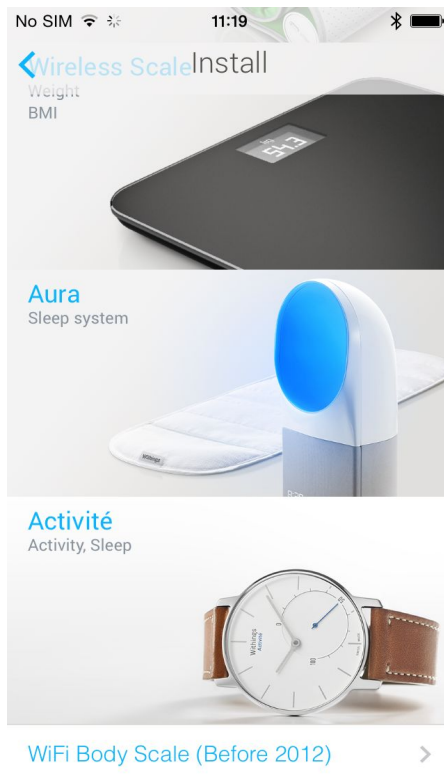


fig - 34



fig - 35

All installed devices are listed in the “My Devices” screen, by going to. From the main menu => Devices.

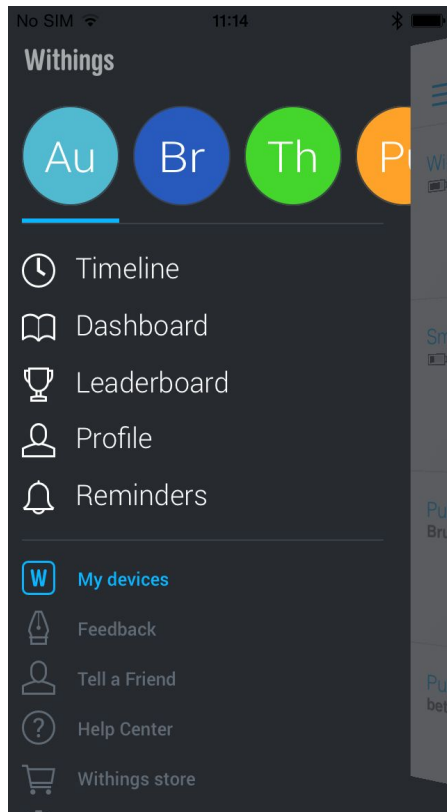


fig - 37

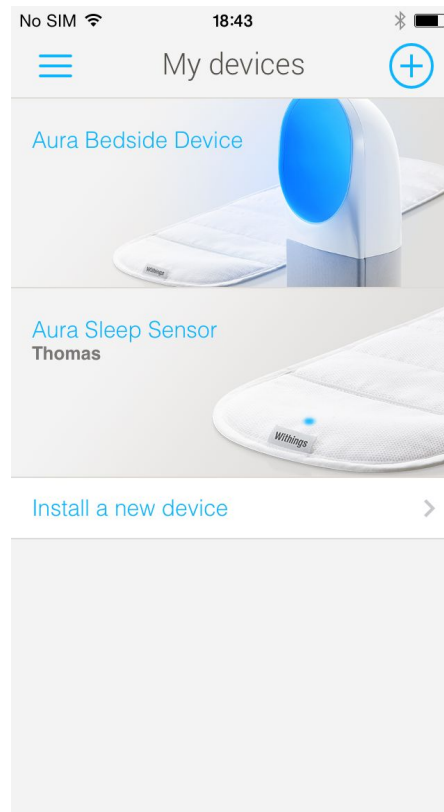


fig - 36

Creating a new user using the Health Mate App

An user can be created from the “Profile” tab in the main menu, “fig - 38”. If an user is not created, before installing the Aura, the Withings Health Mate App prompts you to create a user automatically before the install process continues.

Follow the steps in the Withings Health Mate App and fill all required fields to create a user, “fig - 39”.

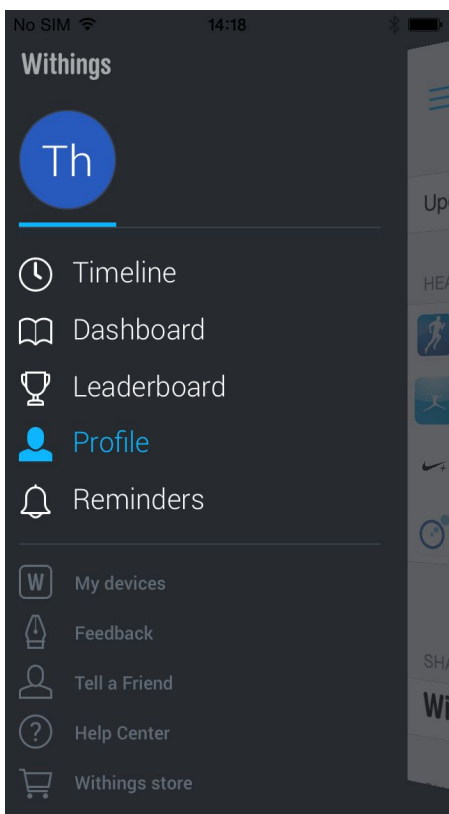


fig - 38

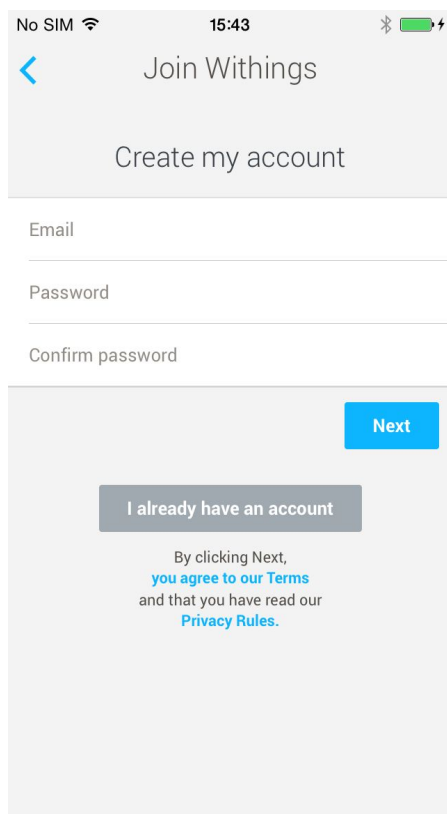


fig - 39

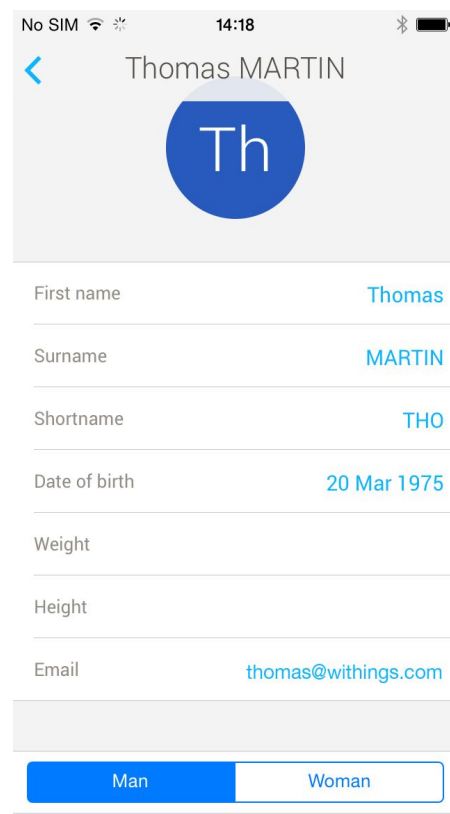


fig - 40

Update the Aura Firmware

During the installation, the Health Mate App automatically checks that the firmware of the Bedside Device and Sleep Sensor are up to date.

After the installation, the Aura will automatically download and install new updates as they become available. There is no action required on your part.

Note : During an update, the startup indicator turns on, as in “fig - 04” on page 12.

Display the firmware version

To see what version of the firmware your Bedside Device and Sleep Sensor are currently running, go to My Devices in the main menu, and tap the device you wish to check..

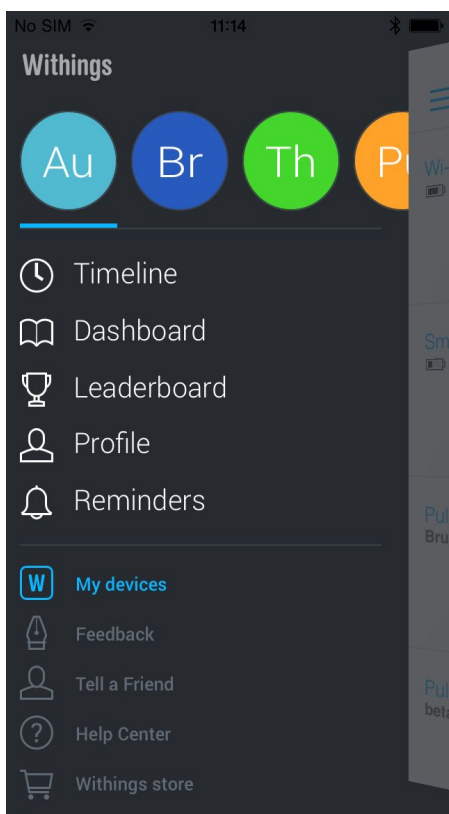


fig - 41

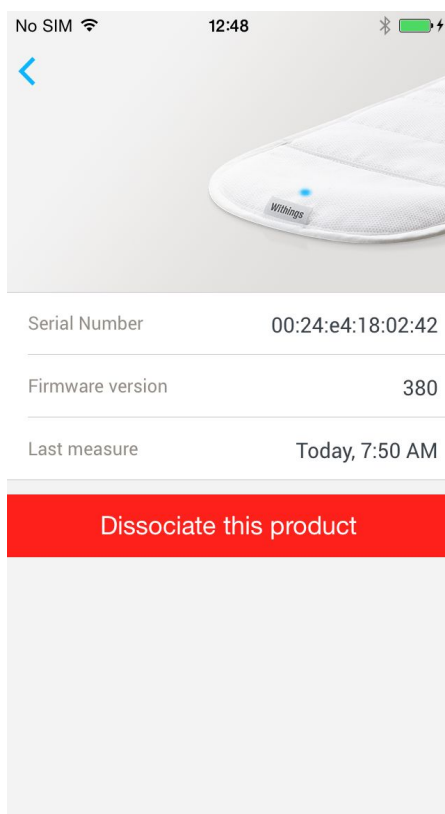


fig - 42

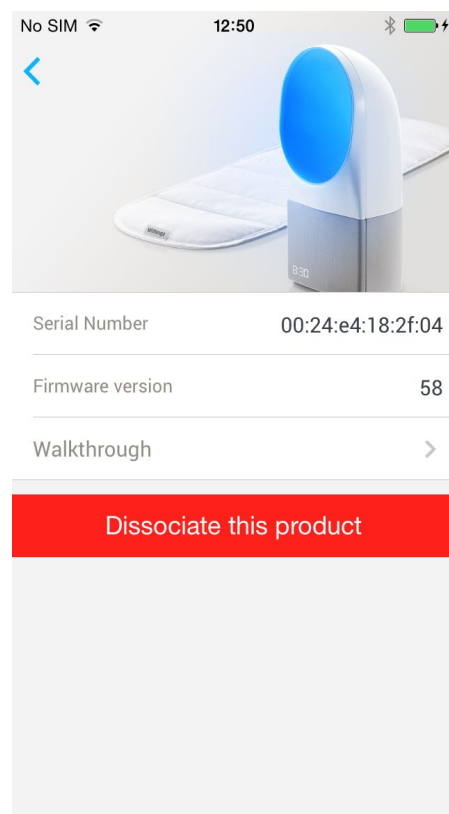


fig - 43

Main functions of the Aura Bedside Device

The Aura Bedside Device can be controlled directly using the following touch gestures..

Switch the reading light on and off

Tap the top gently switch the reading light on and off

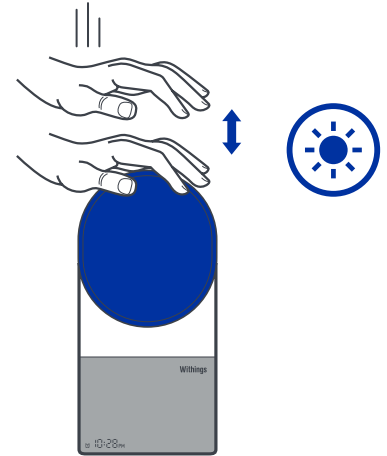


fig - 44

Turn the alarm on or off

Long press the right side of the Bedside Device for 3 seconds to turn the alarm on or off. You will see the Alarm Indicator appear or disappear respectively as in "fig - 04" on page 12.

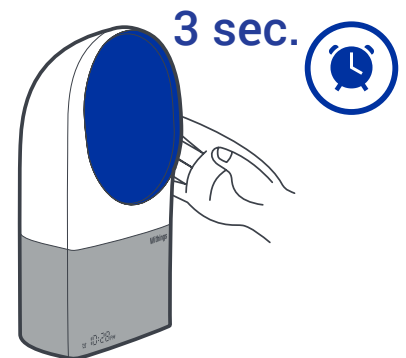


fig - 45

Start the sleep program

Long press the top of the Bedside Device for 2-3 seconds to start the sleep program.

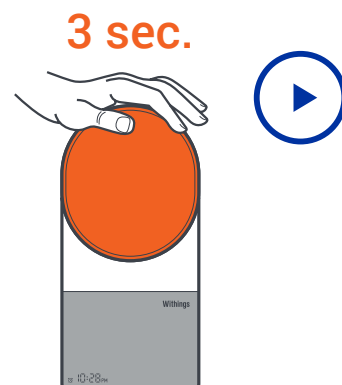


fig - 46

Adjust the volume

Swipe your hand up on the right side of the Bedside Device to turn the volume up. Swipe down to turn the volume down.

During the volume adjustment, the Volume Level Display (from 0 to 100) replaces the Clock Display.

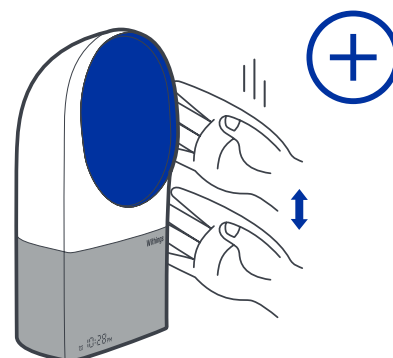


fig - 47

Snooze

Tap to the top of the Bedside Device once to snooze for 9 minutes.

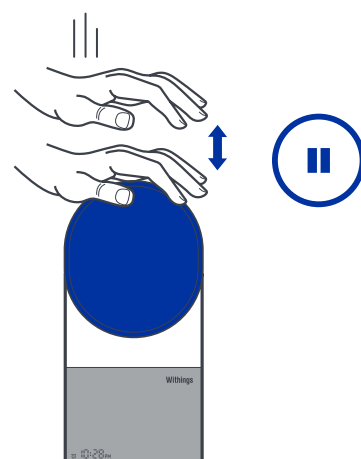


fig - 48

Stop Any Program

Double-tap the top of the Bedside Device to stop any program (sleep, wake-up, etc.)

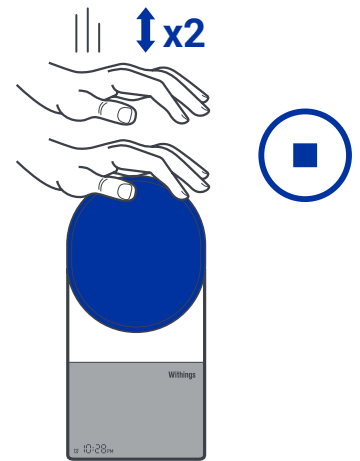


fig - 49

Connect and charge an iOS Device using a USB port

The Aura is able to charge your iOS Device.

Plug your iOS Device into the USB port (2C) using its charging cable.



Do not connect your iOS Device USB to the USB ports (2B).

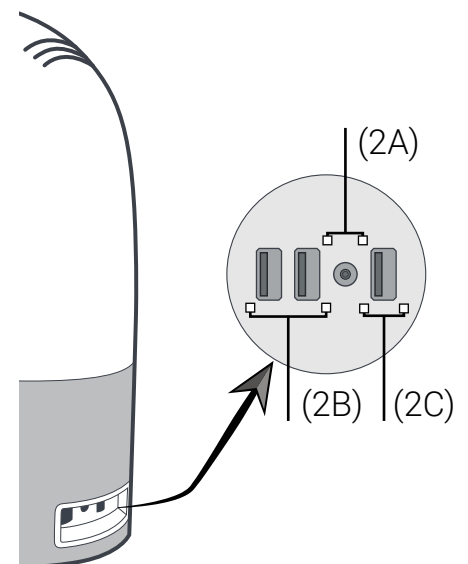


fig - 50

Specific Functions Using the Health Mate App

Time settings

Your Aura's time is set and synced automatically with your iOS device's settings or Withings web service.

In the event of a power failure in your home the Withings Aura will reboot once power has returned. The Aura will then retrieve the current time via Wi-Fi. The Aura can also retrieve the time from your iOS device if it is connected to the Bedside Device via USB or Bluetooth. Your set alarm time should not be lost as a result of a power failure.

Wake-Up Program (Alarm) and Smart Wake-Up Time Settings

The Aura will wake you by bringing you to your light sleep phase, using the selected light and sound program.

Withings Aura offers a Smart Wake-Up function to make sure you emerge from sleep during a light sleep stage. The light sleep stage is indeed proven to be the optimal phase during which to be awoken in order to start the day feeling revived. To achieve this, the Smart Wake-Up function leverages a progressive light and sound program, to gently bring you out from deeper sleep stages to a light sleep stage in order to be awoken.

Before setting the wake up time, you must complete the initial setup. For more information on setting up your Aura, refer to "Overview of the Aura Smart Sleep System Setup" on page 10.

Prerequisites :

- The Aura is set up and connected to your personal home Wi-Fi network,
- Your iOS device is connected to your personal home Wi-Fi network or its Bluetooth connection is switched on.

To set the Wake-Up Program (alarm) and Smart Wake-Up time :

1. Launch the Health Mate App.
2. Tap on the "Timeline" in the Health Mate App main menu.
3. Swipe the widget (higher area of the Timeline) to go to the "Set your alarm" screen.

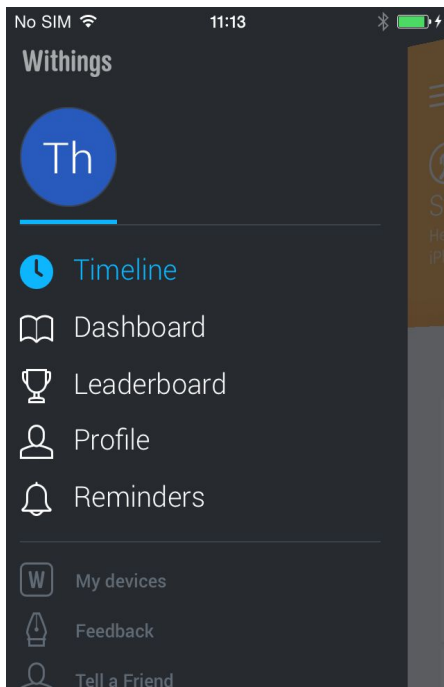


fig - 51

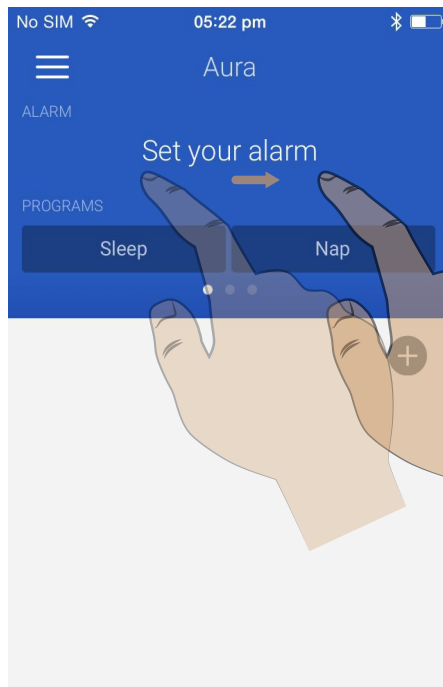


fig - 52

4. Tap on "Set your alarm" and switch the alarm from OFF to ON.

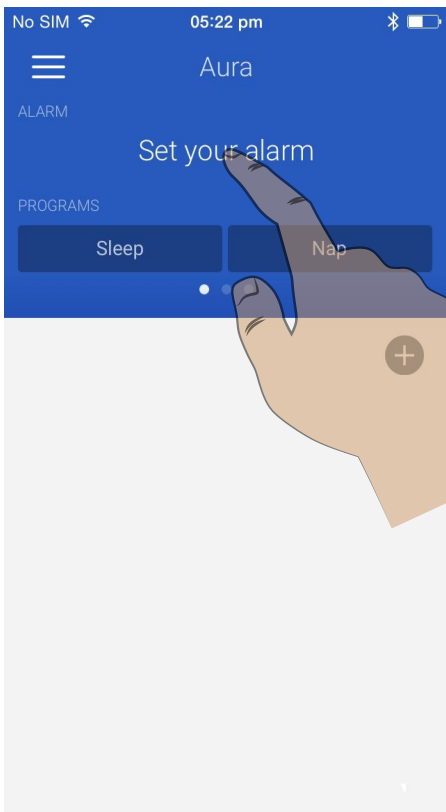


fig - 53

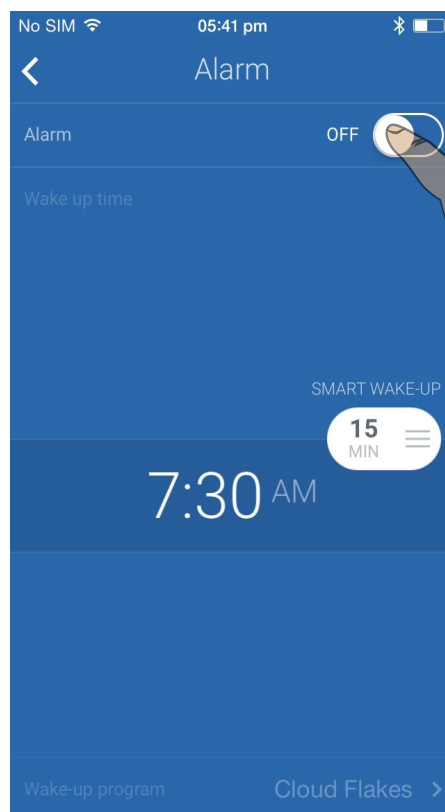


fig - 54

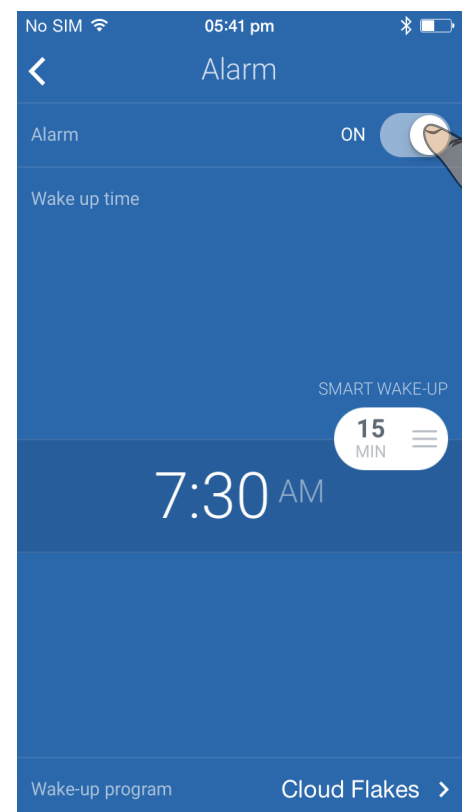


fig - 55

5. Tap and drag the displayed time on the screen up or down to set the alarm time.

Note : The alarm is automatically activated by dragging the displayed time.

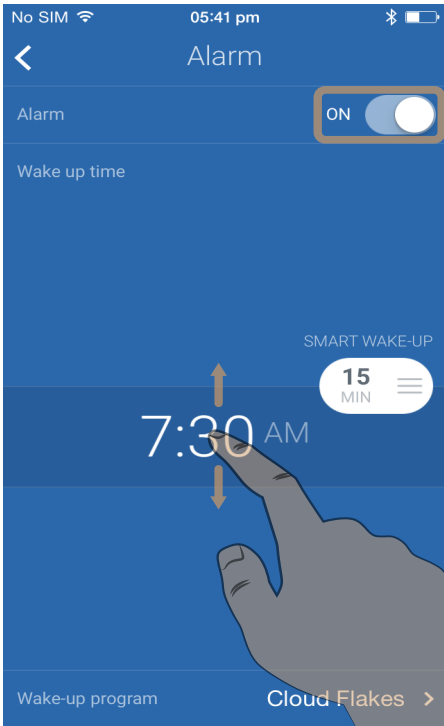


fig - 56

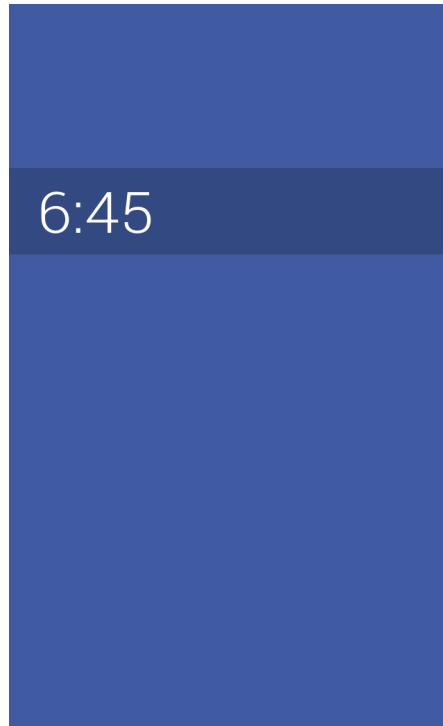


fig - 57

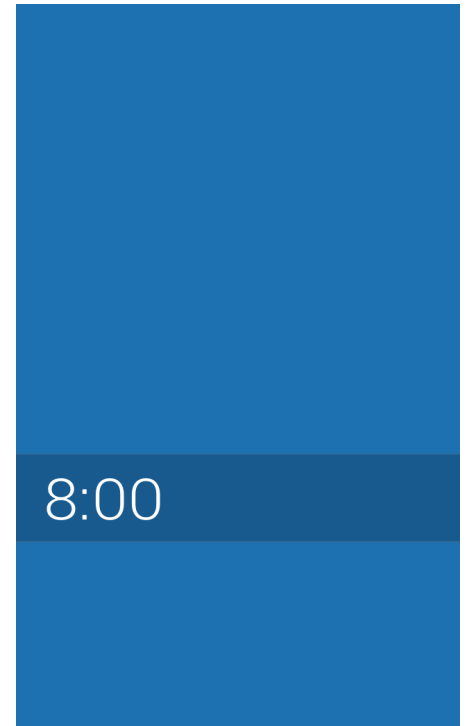


fig - 58

Note : The display of the alarm time is grayed out if the Bedside Device is out of range.

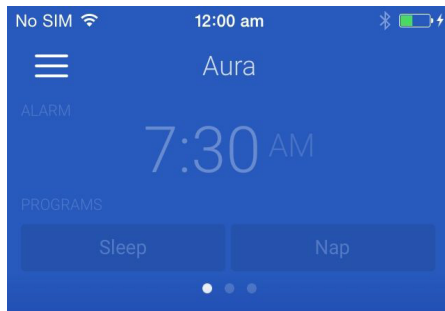


fig - 59

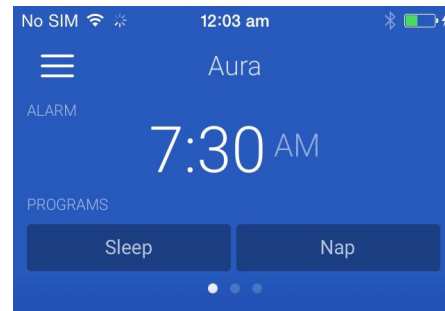


fig - 60

6. After setting the alarm time, tap and drag the Smart Wake-Up Time Picker on the screen up or down to set the pre-wake-up duration. You can set the Smart Wake-Up time between 1 to 20 minutes.

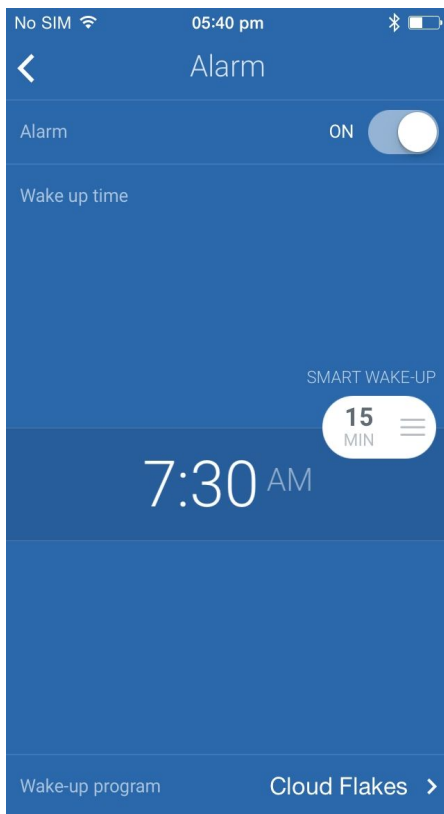


fig - 61

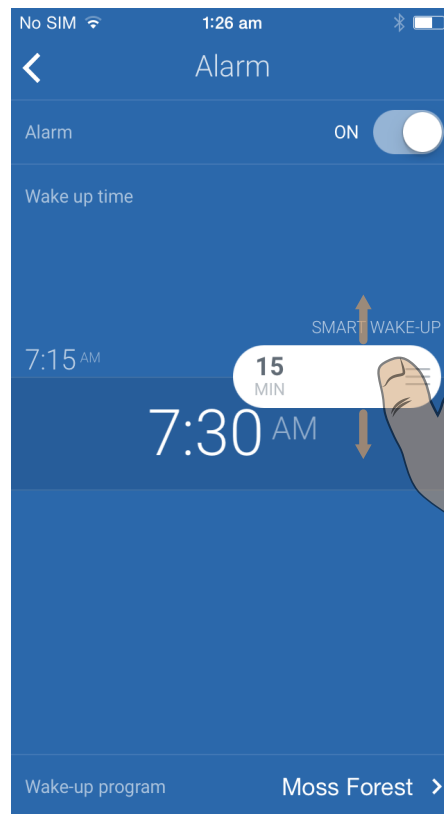


fig - 62

Note : If you are left handed, it is possible to move the Time Picker to the left side of the screen.

Tap and drag the Time Picker from the right to the left side of the screen.

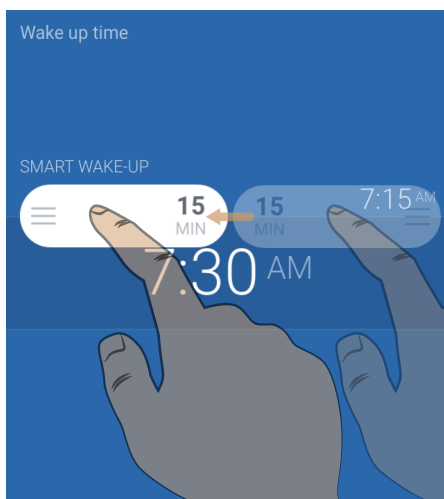


fig - 63

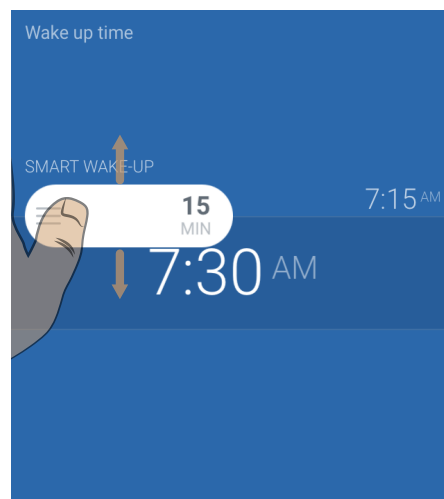


fig - 64

Select and setup the wake-up program

- To access the list of **wake-up programs**, press on the currently displayed program as in “fig - 65”.
- To play a preview of the **wake-up program**, press on the corresponding play icon on the right side of the screen as in “fig - 66”.
- To stop the preview of the **wake-up program**, press on the corresponding stop icon on the right side of the screen as in “fig - 67”.
- Tapping the back arrow < in the upper left hand corner of the screen will confirm your choices.

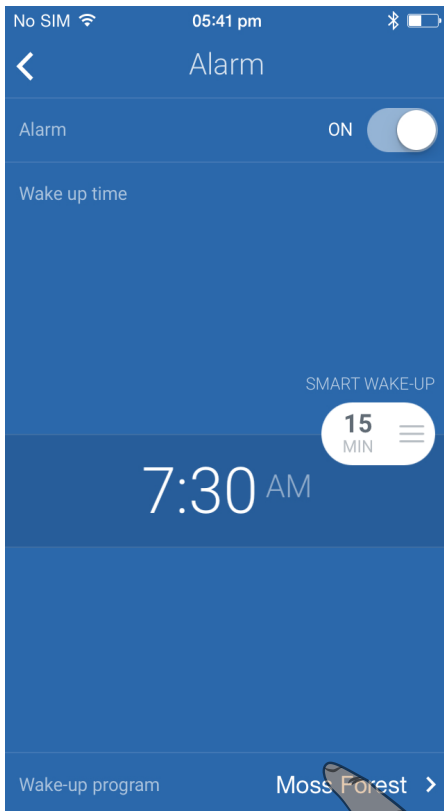


fig - 65

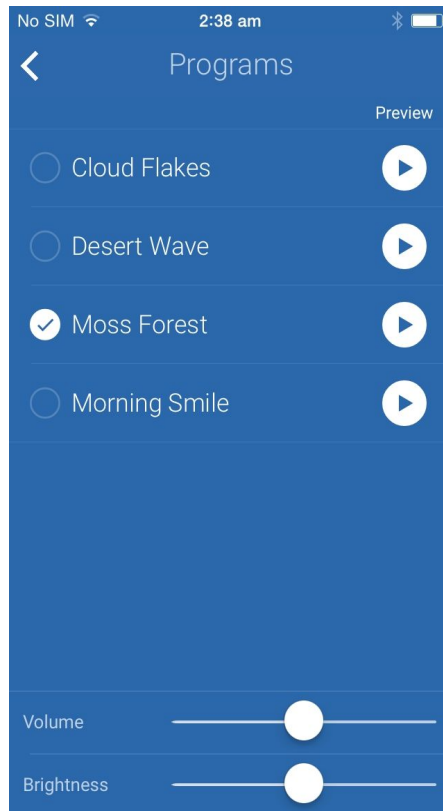


fig - 66

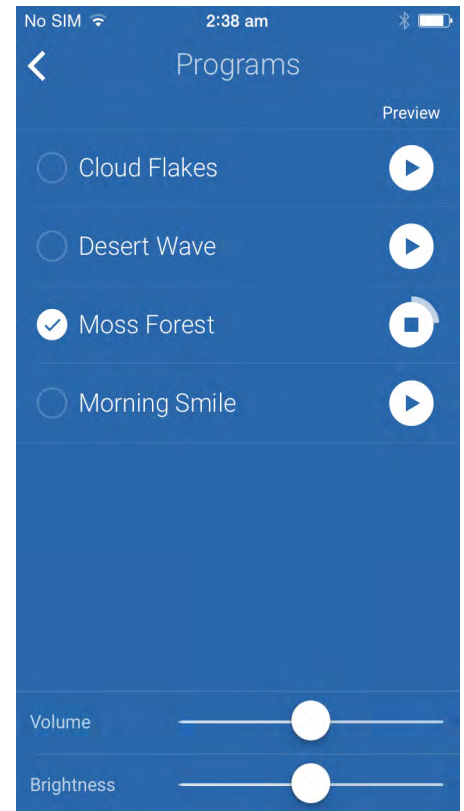


fig - 67

- To adjust the **wake-up program** sound volume, move the volume slider as in “fig - 68”.
- To adjust the **wake-up program** light intensity, move the brightness slider as in “fig - 69”.
- To change the program, select a program from the list. A progress view indicates the loading progress as in “fig - 70”.

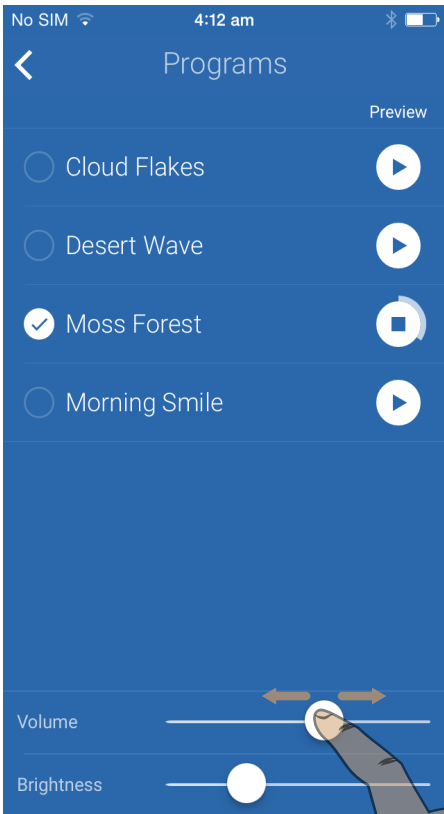


fig - 68

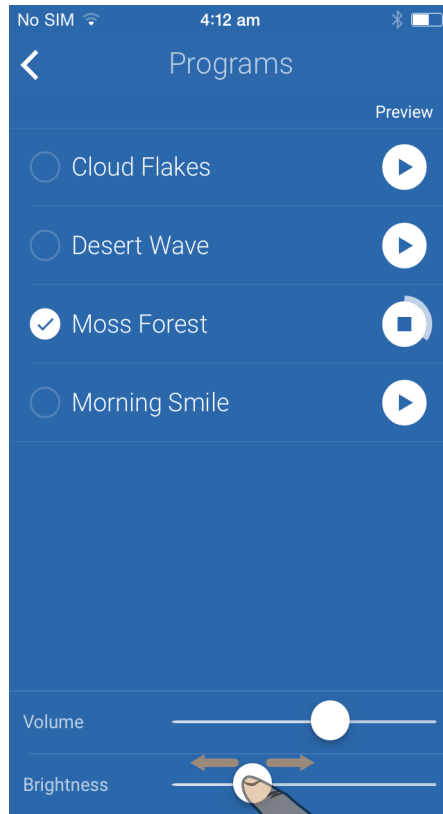


fig - 69

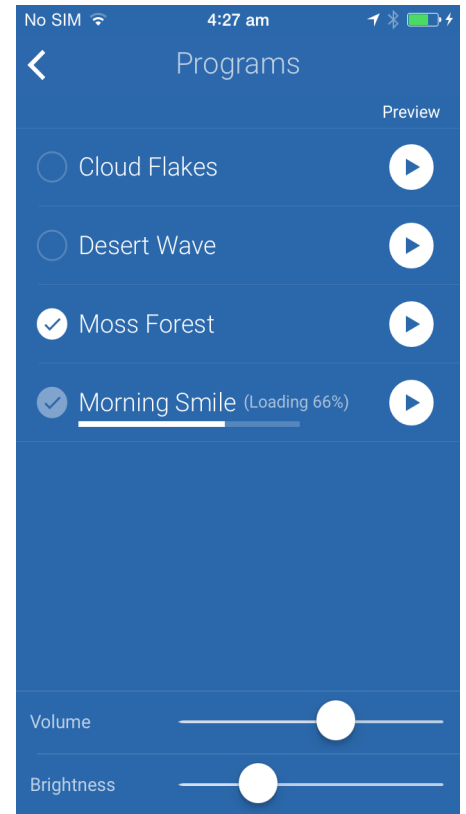


fig - 70

Start and stop the sleep program

- To start the sleep program, press “SLEEP” as in “fig - 71”.
- To stop the sleep program, press “Stop” as in “fig - 72”.

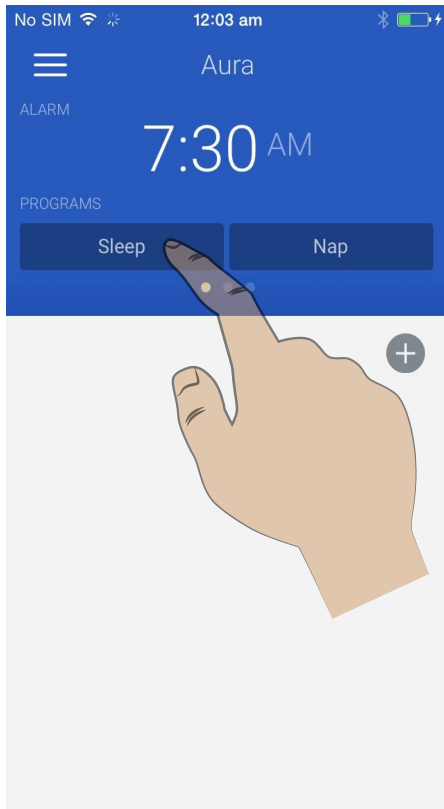


fig - 71

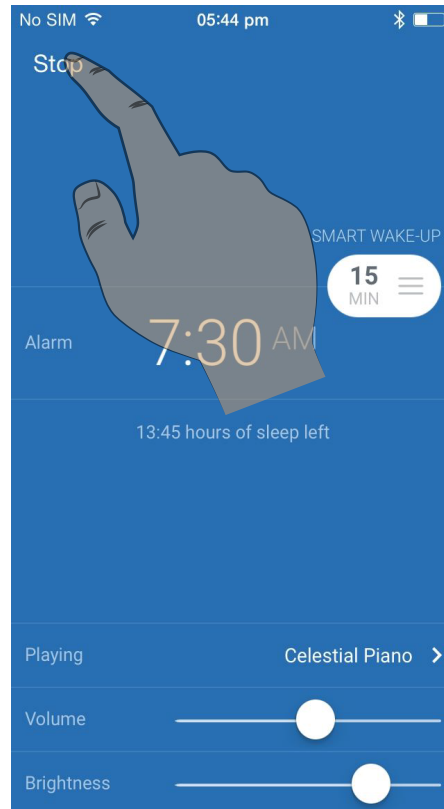


fig - 72

- To adjust the **sleep program** sound volume, move the volume slider as in “fig - 73”.
- To adjust the **sleep program** light intensity, move the brightness slider as in “fig - 74”.

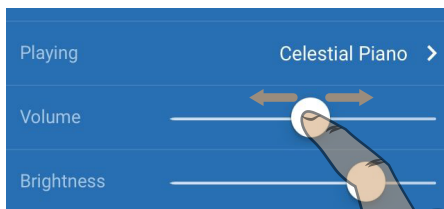


fig - 73

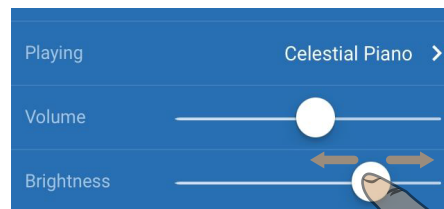


fig - 74

From this screen, you can also :

- Set the alarm time as in “fig - 75”.
- Set the pre-wake-up duration as in “fig - 76”.

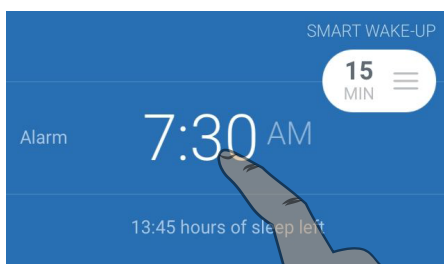


fig - 75

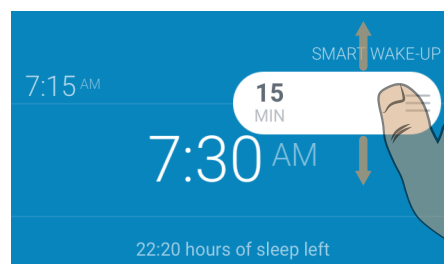


fig - 76

Select a sleep program

- To access the list of **sleep programs**, press on the currently displayed program as in “fig - 77”.
- To change the program, select a program from the list. A progress view indicates the loading progress as in “fig - 78”.

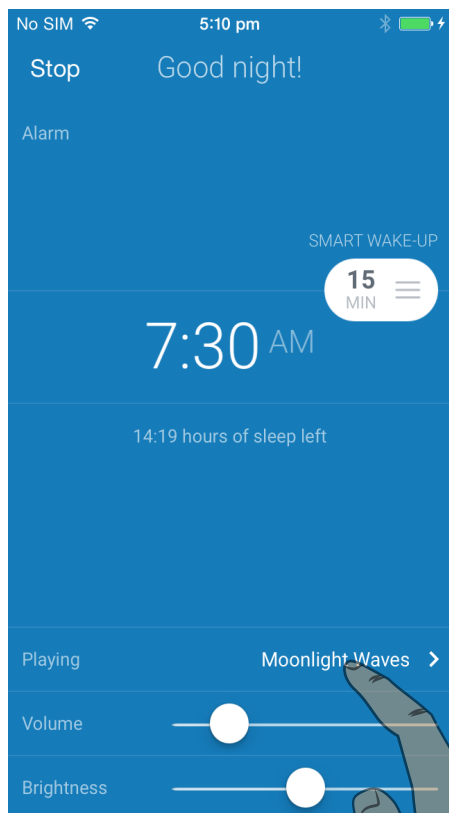


fig - 77

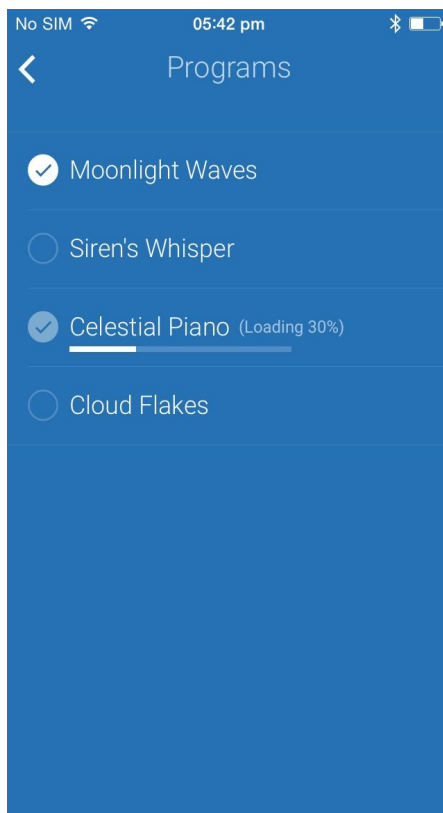


fig - 78

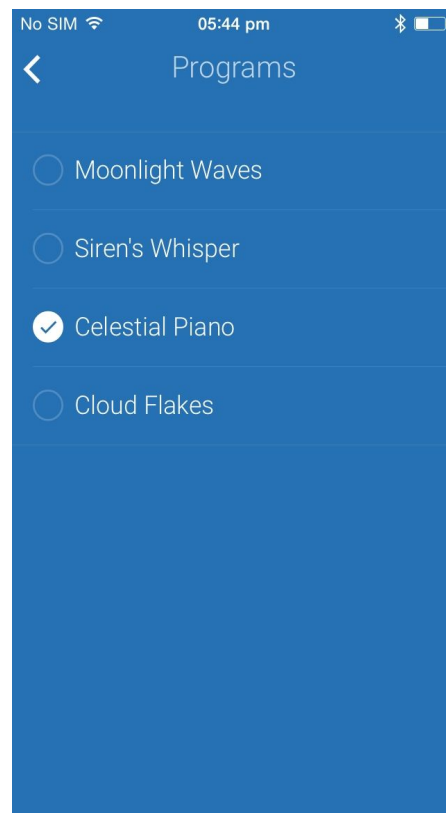


fig - 79

Start and select a nap program

- To start the **nap** program, press “NAP” as in “fig - 80”.
- To stop the **nap** program, press “Stop” as in “fig - 81”.
- To access the list of **nap programs**, press on the currently displayed program as in “fig - 82”.
- To change the program, select a program from the list. A progress view indicates the loading progress as in “fig - 84”.
- To adjust the **nap program** sound volume, move the volume slider as in “fig - 85”.
- To adjust the **nap program** light intensity, move the brightness slider as in “fig - 86”.
- Tapping the back arrow < in the upper left hand corner of the screen will confirm your choices.

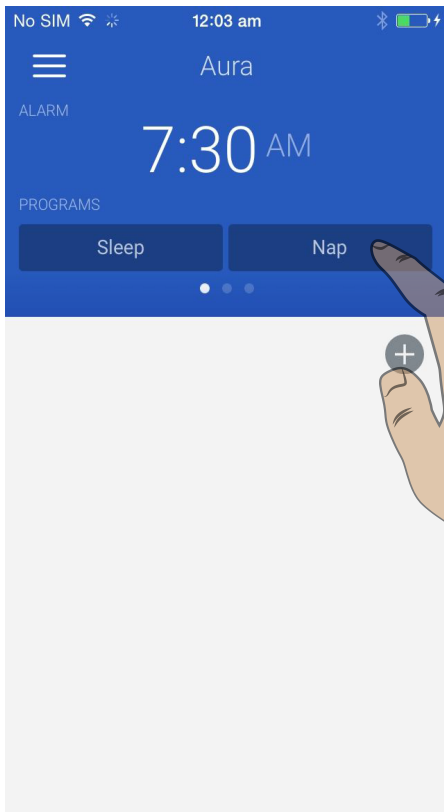


fig - 80

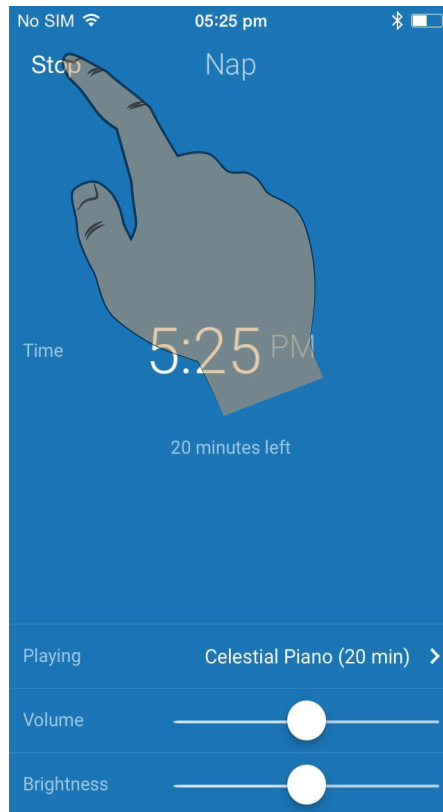


fig - 81

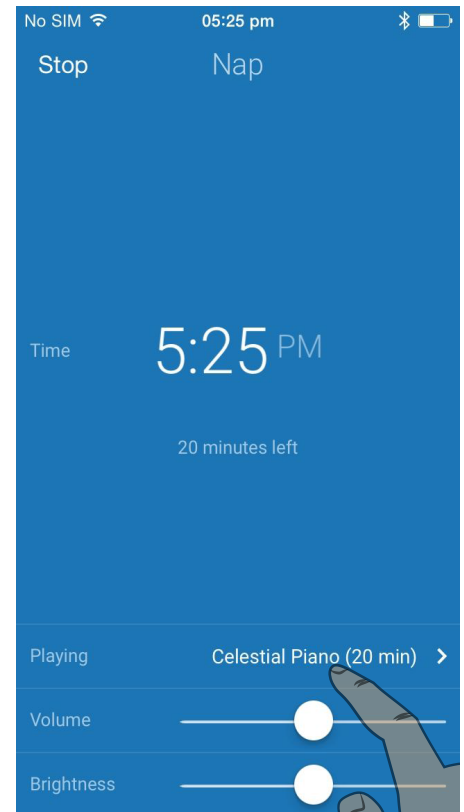


fig - 82

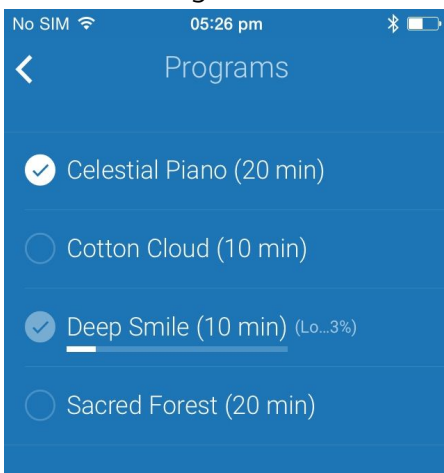


fig - 84

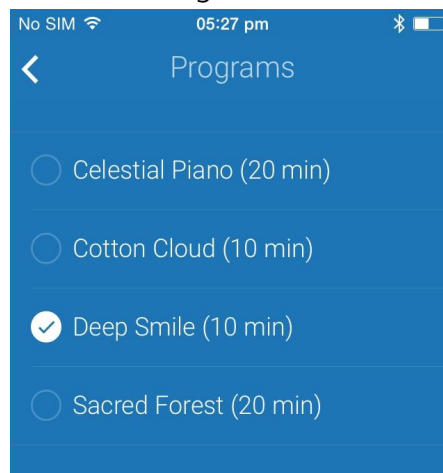


fig - 83



fig - 85

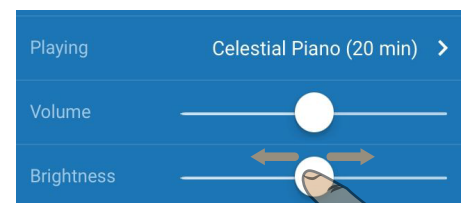


fig - 86

Sleep Tracking

For more information about the Sleep Tracking, refer to “Sleep tracking” on page 9.

The sleep tracking requires a complete setup of Aura Smart Sleep System. Main steps are listed in “Overview of the Aura Smart Sleep System Setup” on page 10.

Every morning, the system correlates data and build a telling image of your night. A notification appears on the main menu of the Withings Health Mate App. Tap on “Timeline” to display the sleep activity.

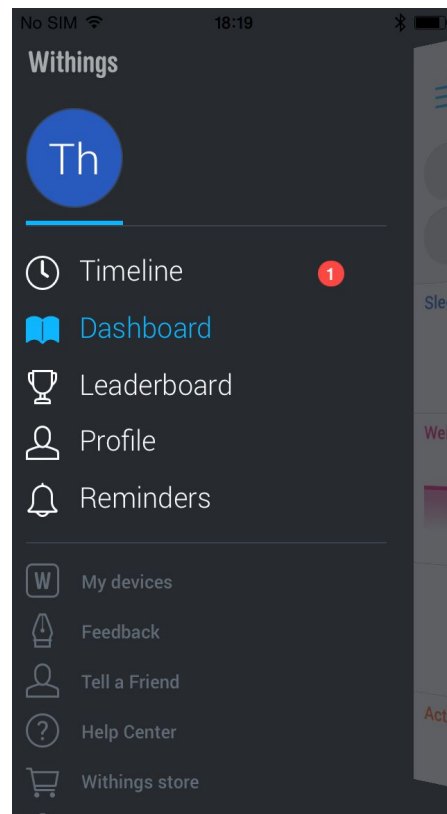


fig - 87

Display of sleep stages

In the “Timeline”, separate daily and weekly sleep tracking are displayed. Sleep stages are highlighted with different colors :

- REM
- LIGHT
- DEEP
- AWAKE

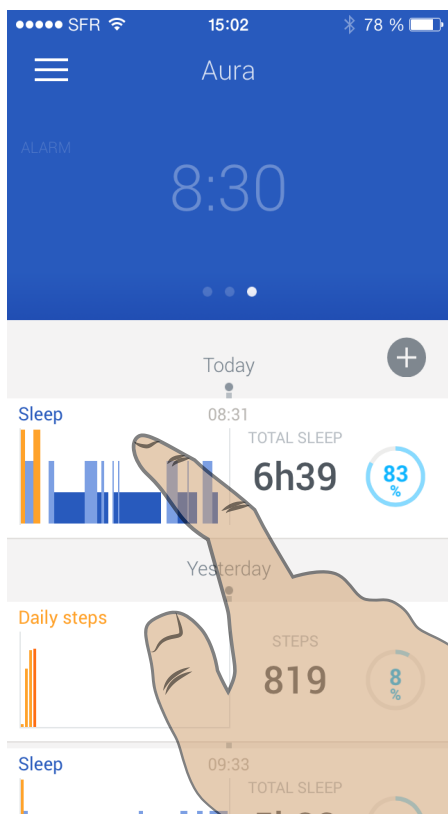


fig - 88

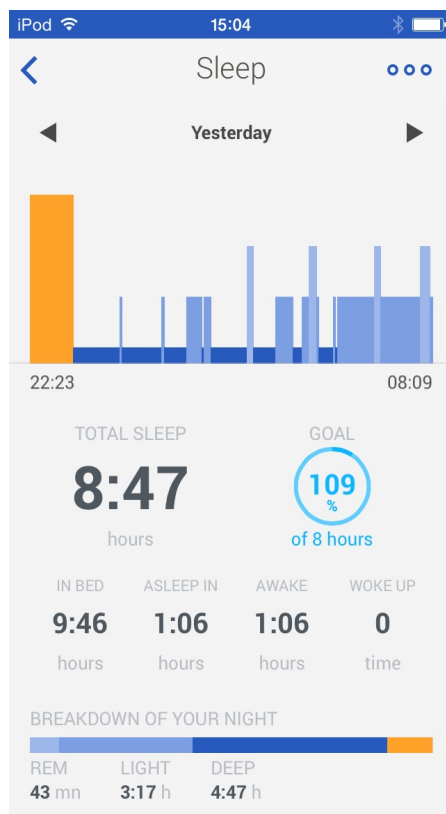


fig - 89

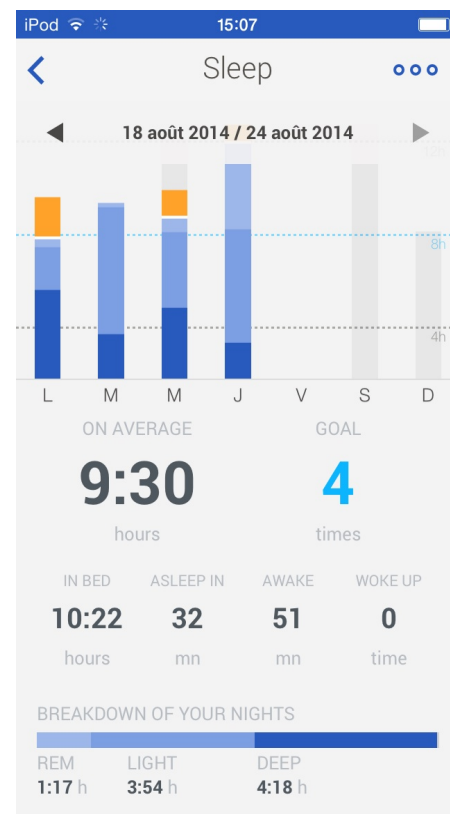


fig - 90

About sleep stages

During sleep, the body and mind go through different sleep stages in order to maximize both mental and physical recovery. In phases of deep sleep, the body repairs muscles and tissues, boosts the immune system and stimulates physical growth and development. **REM (rapid eye movement)** sleep is viewed by sleep experts to be an essential phase to fortify memories, to boost mood, and to consolidate information received during the day. **Light sleep** represents a phase of transition when falling asleep and between **deep sleep** and **REM sleep**.

Dissociate a Withings Device

Dissociate a device removes it from your account. You may want to do this if you will be giving the Aura to someone else after setting it up and using it yourself.

1. To dissociate a Withings device, select "My Devices" in the Health Mate App's main menu.
2. Choose the device you want to dissociate.
3. Select "Remove from my account" or "Remove from all other accounts".

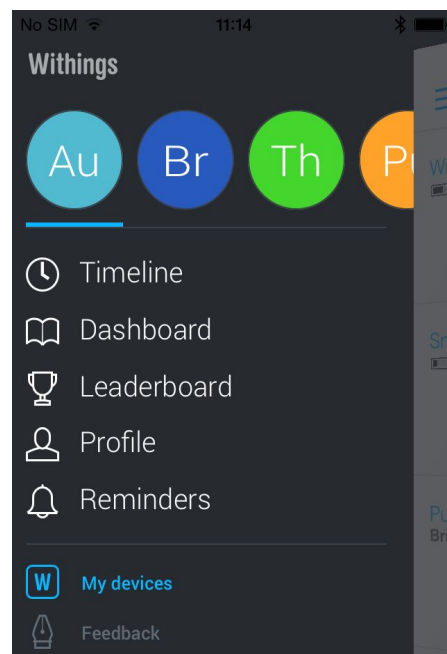


fig - 91

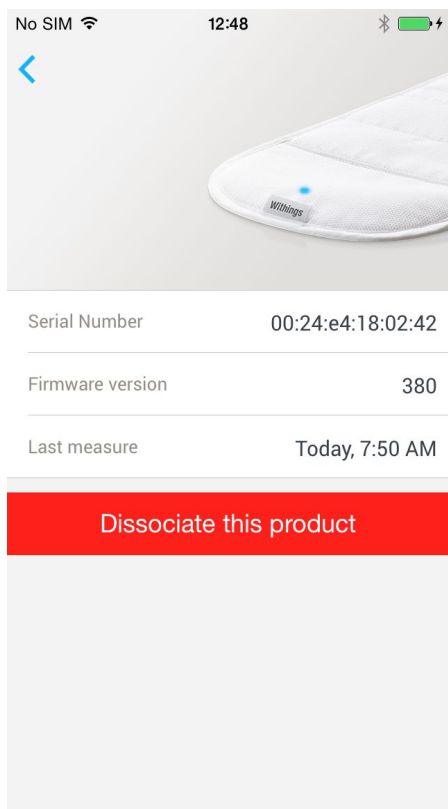


fig - 92

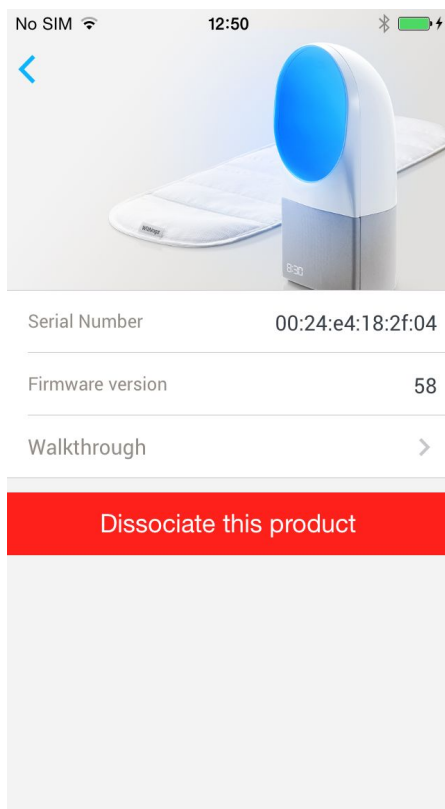


fig - 93

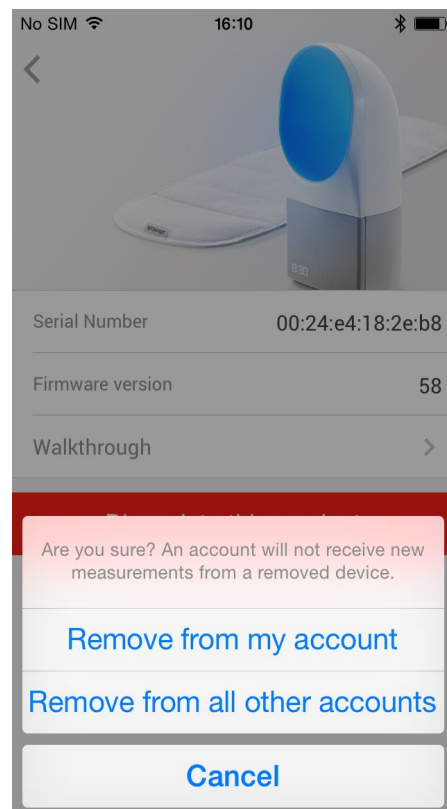


fig - 94

Access the Tutorial using the Health Mate App

In the Health Mate App, 7 steps video tutorial shows the main functions of the Aura.

To access this tutorial, go to the Health Mate App's main menu. From here select 'My Devices.' Select the 'Aura Bedside Device' and then select 'Walkthrough.'

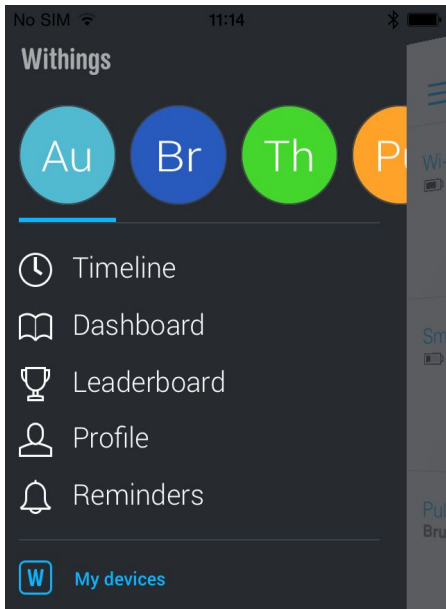


fig - 95

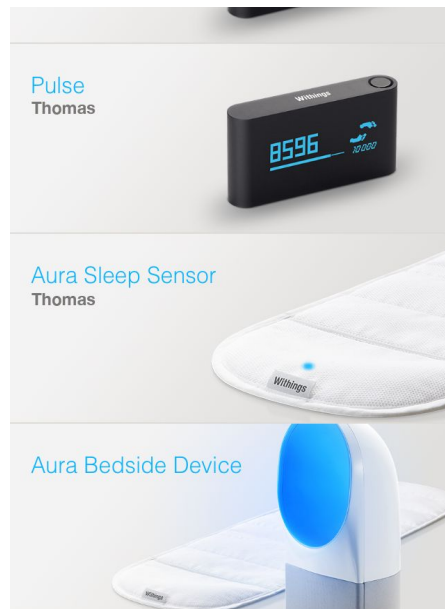


fig - 96

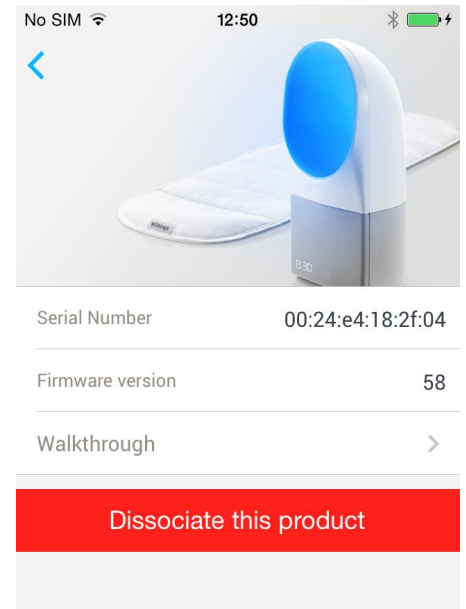


fig - 97

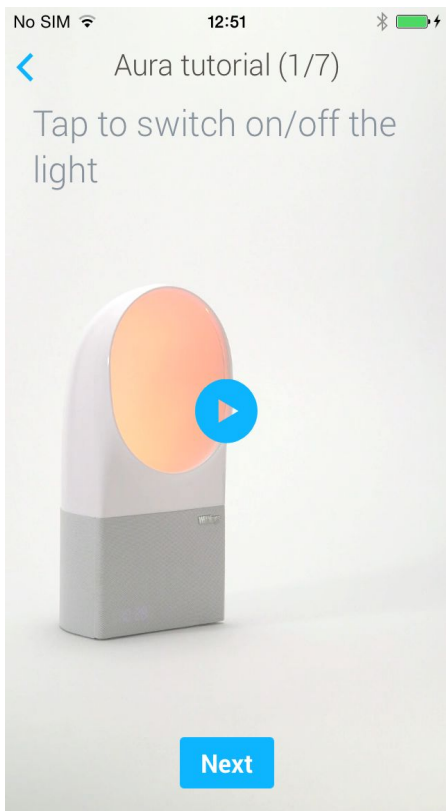


fig - 98



fig - 99

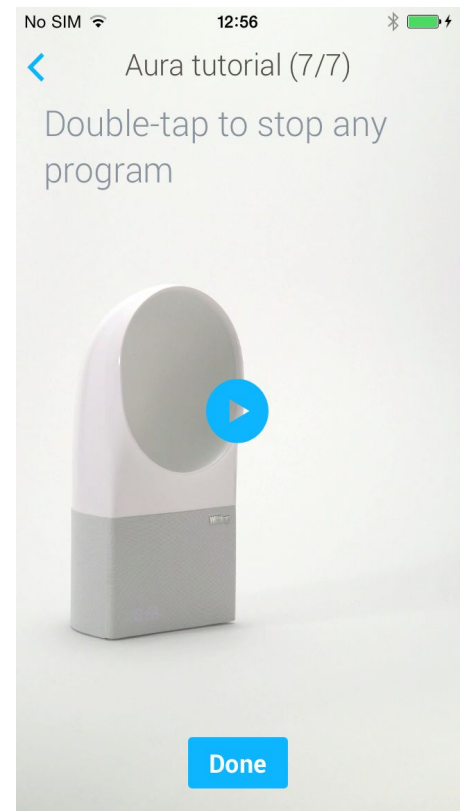


fig - 100

Care and Cleaning Instruction

The sleep sensor is equipped with a washable cover.

Carefully remove the sensor assembly from the cloth cover.

The cloth cover can be washed in a washing machine. Washing temperature must not exceed 30°C or 86°F.

Specifications

Bedside Device

- Friendly and elegant design to fit diverse room styles
- Touch interface to control light/sound levels and key functions
- High-power multi-color LED technology
- High-quality audio speaker
- Paint-free white casing and fabric audio speaker cover
- Dimensions: 288 x 128 x 135 mm (11.3 x 5 x 5.3 in.)

Sleep Sensor

- To be placed under the mattress at the chest level
- Washable cloth cover for perfect fit in a bedding environment
- 4 meter (13.1 ft) USB cable with fabric finish
- Monitors sleep of one person (also works in a bed with two persons)

Display

- Smart time display (smoothly disappears during sleep time)
- Intensity adapts to user settings and ambient light levels

Connectivity

- Wi-Fi 802.11 b/g/n (2,4 Ghz only)
- Bluetooth / Bluetooth Low Energy (Bluetooth Smart Ready)
- Three USB ports: two ports for connecting up to two Withings Aura Sleep Sensor, one port for iOS charger function

Sensors

- Sleep monitoring sensor
- Room light level measurement

Compatible iOS Devices

- iPhone 4s/5/5c/5s
- iPod Touch 5th Gen

Compatible iOS

- iOS 7.0 and above

Document Release Overview

Release date		Modifications
July 20th 2014	v1.0	First release
September 20th 2014	V1.1	<p>Update : "Product Overview" on page 8.</p> <p>Update : "Wake-Up Program (Alarm) and Smart Wake-Up Time Settings" on page 28.</p> <p>New subsection : "Select and setup the wake-up program" on page 32.</p> <p>New subsection : "Start and stop the sleep program" on page 34.</p> <p>New subsection : "Select a sleep program" on page 35.</p> <p>New subsection : "Start and select a nap program" on page 36.</p> <p>New subsection : "Display of sleep stages" on page 38</p>

Warranty

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.

Regulatory Statements

Federal Communications Commission (FCC) Statements

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 appliance 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

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.



Withings Aura Smart Sleep System

v1.1 | September 20th, 2014

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