

Sleep Tracking Pad  
P300

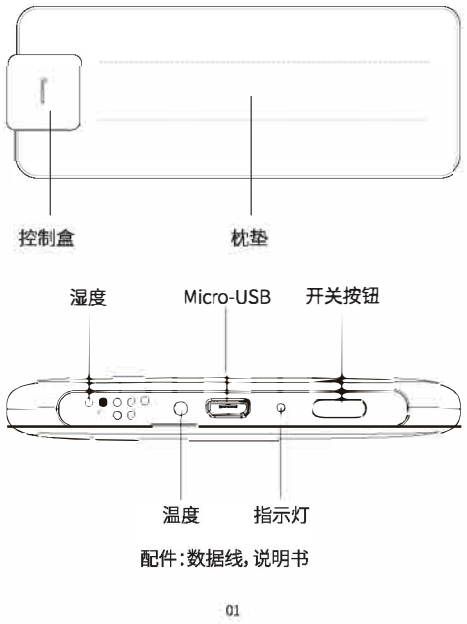
User Manual

Sleepace

1. 产品概述

P300利用专业的传感器,多维度地采集整夜的睡眠信息,包括心率、呼吸率、翻身、离枕、深中浅睡眠、入睡时长、睡眠时长、睡眠周期等数据。设备通过蓝牙和手机APP连接,可为您全面分析睡眠质量并呈现睡眠专家指导,辅助您改善睡眠质量,提高健康生活水平。

2. 产品介绍

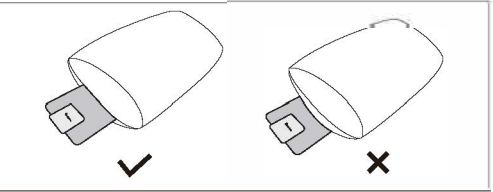


开机与关机

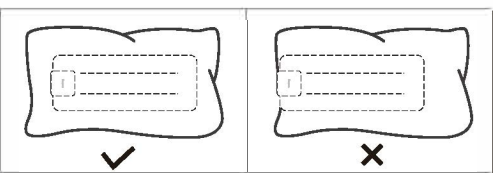
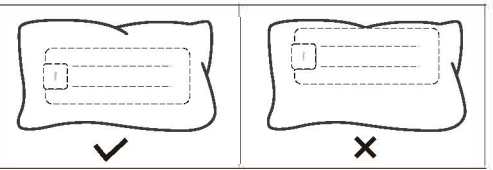
开机	长按3秒,亮绿灯
关机	开机状态下,长按3秒亮红灯

3. 安装方式

3.1 产品的安装

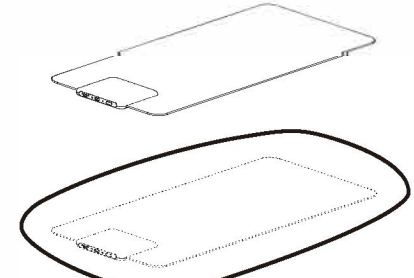


安装时要求P300塞入枕头的枕套内,不要放置在枕头外底部



产品放置在枕头内部要居中,不能放置偏左,偏右,偏上,偏下

开机



第一步:将控制盒电量充满,指示灯变绿;  
第二步:长按控制盒电源键开机;  
第三步:将P300塞入枕头的枕套内,紧贴着枕头底部与枕套;  
第四步:APP绑定设备并开始睡眠监测。

3.2 APP的安装

您可以通过以下两种方式下载安装手机应用程序:

1.扫描二维码快速下载



2.各大安卓、iOS应用市场搜索“舒睡”进行下载

※支持平台——  
支持iOS8.0以上系统的苹果手机和Andriod4.3以上系统且支持蓝牙4.0手机。

4. 使用APP

1. 注册APP

2. 蓝牙绑定设备

3. 在监测页面点击“开始睡觉”,睡眠后在该页面点击“起床”,稍等片刻即可在日报表中查看睡眠数据。

5. 指示灯说明

状态	指示灯
设备开机	指示灯绿灯亮3秒后熄灭
设备关机	指示灯红灯亮3秒后熄灭
电量低	指示灯红灯2秒闪烁一次,请及时充电
设备充电中	指示灯红灯常亮
设备充满电	指示灯绿灯常亮

6. 产品规格

控制盒	90mm*85mm*12mm
整机	535mm*200mm*12mm
重量	170g
通信方式	蓝牙4.0
工作时间	电池续航超过半个月
充电电流	5.0V 1A
供电方式	3.7V锂离子可充电电池 900mAH
通讯距离	室内10米
温度范围	0°C-40°C
湿度范围	20%-90% RH
软件平台	Android 4.3或以上, iOS 8.0或以上

7. 重要须知

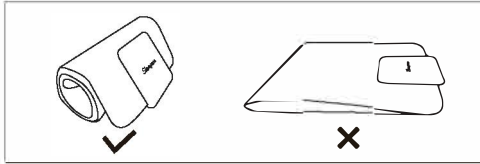
·请谨记本产品不是医疗设备或者防止猝死的设备,使用者不应该完全依赖而忽略对被监测者的照顾。对于既有疾病的使用者,家人应不时亲自探视被监测者的情况。  
·此产品不适用于18岁以下人群的睡眠检测。

使用环境须知:

- 本产品最佳使用环境: 8-24CM的席梦思床垫。
- 本产品不适合于安放在硬床板上。
- 采用松软的棉絮作为床褥取代床垫,有可能造成传感器捕捉信号不准确。
- 夏天使用凉席可能对枕垫内的传感器捕捉信号造成影响,不建议使用麻将凉席、竹制凉席。铺设冰丝凉席不影响本产品的使用。

8. 安全事项

- 请勿将产品接触高温设备,请勿放置在电热毯等加热设备上一起使用。
- 请勿将产品丢入水中,可能对产品内部造成损害。
- 将电源适配器插入电源插座时,请勿触碰电源适配器的金属端。
- 本产品适用于平坦稳固的表面,请勿将枕垫放置于有活动功能的床上(如吊床)。
- 此举可导致枕垫内的传感器不能发挥其正常工作。
- 请确保没有较强的振动源靠近,以确保枕垫可准确探测到用户的睡眠情况。电脑、宠物等所带来的振动有可能导致本产品的误判。
- 本产品传感器不带电,不会对被监测者造成任何伤害。
- 本产品不能水洗。
- 请勿过度折弯产品,该产品内置传感器,过度折弯可能会损害传感器。
- 禁止拆卸及更换电池,如私自拆卸和更换电池造成爆炸及起火,后果自负。
- 如长期不使用本产品,请将控制盒关机,可把枕垫卷起来存放,切忌把枕垫折叠。
- 压缩收纳等容易导致产品的损害。



收纳时要求滚卷收纳,禁止对折收纳

9. 保修说明

- 自购产品之日起第8日至第15日内,若产品主机出现非人为损坏的性能故障,经由售后服务中心检测确定,可选择免费维修或更换。
- 自购产品之日起12个月内,若产品主机出现非人为损坏的性能故障,经由售后服务中心检测确定,可向消费者提供免费维修服务。
- 适配器若出现非人为损坏的性能故障,在保修期内可向消费者免费更换新的适配器。
- 当你购买的产品出现性能故障,需要办理退货、换货、保修服务,请联系购买厂家。

本产品属于消费类电子产品,由于使用环境及使用个体区别,对监测指标不准确不属于保修范围内。  
符合下列情况之一者,不在保修范围,深圳市迈迪科技发展有限公司售后服务中心将实行合理的收费修理:  
·超过三包有效期的。  
·无三包凭证及有效发票的(够证明该产品在保修有效期内的除外)  
·三包凭证上的内容与商品实物标识不符或内容被篡改的。  
·未按使用说明书要求使用、维护、保养而造成损坏的,未经授

权,擅自拆卸、维修产品或修改系统软件造成损坏或功能异常的。  
·浸水、摔坏或电路板烧毁。  
·使用过程中引起的产品表面如外壳、感应垫破损的,但因结构或材料因素造成的外壳裂损的除外。

10. 声明

本着不断完善,持续发展的原则,本公司保留在不预先通知的情况下,对文档中描述的产品进行修改和改进的权利。  
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用户涉及查询产品序列号、驱动程序下载、售后服务咨询、服务投诉和咨询等相关内容,可以通过本公司网站、热线直接获得。  
服务热线电话:400-9300-186  
服务网址:www.sleepace.com  
公司地址:深圳市南山区朗山路东11号同方信息港A栋2楼

11. 三包凭证

用户信息 \_\_\_\_\_  
客户姓名 \_\_\_\_\_  
电子邮箱 \_\_\_\_\_  
联系电话 \_\_\_\_\_  
邮政编码 \_\_\_\_\_  
联系地址 \_\_\_\_\_

维修记录

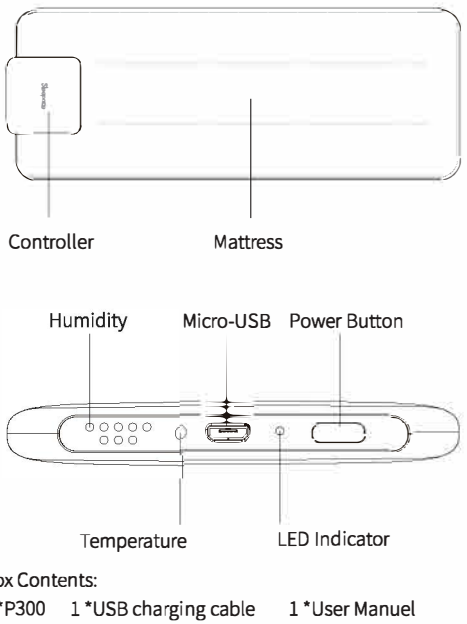
送修记录	故障现象	受理日期	维修员签字

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01. Product Introduction

P300 is used to track your sleep data including heart rate, respiratory rate, turning over, sleep cycle etc and provides a comprehensive sleep analysis and sleep advice to help improve your sleep quality.

02. Device Description



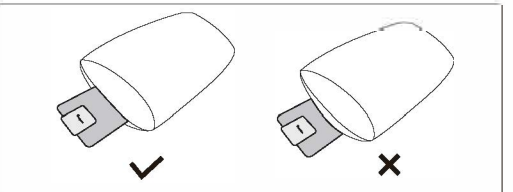
03. Operation Guide

Step1: Download the "Comfort Sleep" APP and register an account, Connect the P300 to APP.  
There are two ways to download the app.  
1. Scan the QR code.



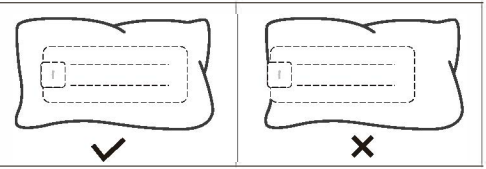
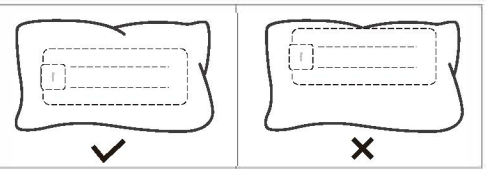
2. Search "Comfort Sleep" in the App Store or Google Play for download. You will need a smart phone with Bluetooth 4.0 that supports iOS 8.0 and later or Android 4.3 and later.

Step 2: Connect P300 to APP.  
Make sure the controller and your smart phone are switched on and Bluetooth is activated on your smart phone. Follow the instructions given by the app to connect the device.

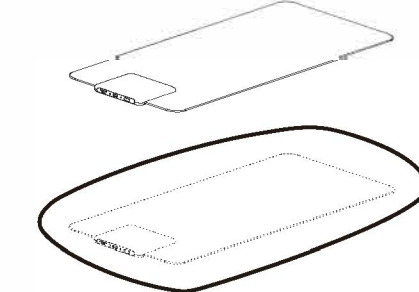


It is requested that the product should be put inside the pillow case. Please do not put it under or outside the pillow case.

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Please put the product exactly in the middle of the pillow.



1. Fully charge the controller till the green LED indicator is ON.
2. Disconnect the charging cable and the controller.
3. Power on the controller by pressing the power button for 3 seconds. Connect P300 with APP and start monitoring.
4. Put P300 into the pillow.

Step 3: Sleep Monitoring  
Click "Start Sleep" on the homepage of APP to start sleep monitoring. The device will keep recording if leave bed shortly (e.g. going to the bathroom). If leave bed for more than 60 minutes, the device will stop monitoring automatically, you may have to click "Start Sleep" again.

Step 4: Sleep Report  
Click "Get Up" to stop sleep monitoring when you get up, the recorded data will be transferred to the App automatically with a comprehensive sleep report as well as your sleep quality analysis and personal sleep guidance. If forget to click "Get Up" via App, the device will stop the device will stop sleep monitoring. Please connect the device with App again to sync sleep data for sleep report.

04. LED Indicator

Status	Display
Power On (Press the Power button for 3 seconds)	Green LED indicator is ON for 3 seconds
Power Off (Press the Power button for 3 seconds)	Red LED indicator is ON for 3 seconds
Low Battery	Red LED indicator flashes every 2 seconds, please charge the device immediately
Charging Device	Red LED indicator is on constantly
Charging Completed	Green LED indicator stays ON

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05. Technical Specifications

Controller Size	90mm*85*12mm
Product Size	535mm*200mm*12mm
Weight	170g
Communication Mode	Bluetooth 4.0
Bluetooth Transmission Range	max. 10 meters
Battery Life	Up to 2 weeks
Compatibility	Bluetooth 4.0 and up, iOS8.0 or later, Android 4.3 or later.
Power Supply	Re-chargeable Lithium-ion-battery 3.7V, 900mAH. Charging current 5.0V 1A

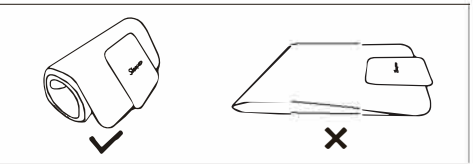
06. Precautions

Please note, this device is not a medical device and cannot be used to prevent sudden death. Users shall not be entirely dependent on this device and neglect the care of those persons under their care or being monitored.

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07. Safety Notice

- Do not excessively bend this product. The build-in sensor may be damaged.
- Please keep the product away from high-temperature equipment, and do not use the product when using an electrical blanket.
- Do not touch the metal end of power plug when plugging into power socket.
- The sensor belt is nonconductive, safe to users.
- Please power the device off if for a long term non-using.
- For children and the elders, please use the product with the involvement of a guardian.
- Do not use the product during charging process
- 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.
- NOTE: DO NOT disassemble or replace battery.



When you pack and store the product, please roll it into a cylinder. Please do not fold it as it will damage the sensor.

08. Warranty

Please contact your dealers for warranty service. For more information about the product, warranty or service, please go to www.sleepace.com.

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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, (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. 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.  
FCC ID: 2ADIOP300



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RF Exposure Information and Statement  
This equipment complies with CE and FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance of 20 cm between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Notice:  
The suitable temperature for the product and accessories is 0°C-40°C.  
Observe the national local regulations in the location where the device is to be used.

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

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction. Federal Communication Commission (FCC Radiation Exposure Statement Power is so low that no RF exposure calculation is needed.

Hereby, Shenzhen Medica Technology Development Co., Ltd declares that the radio equipment type 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>

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