



SMART PILLOW

User manual

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WHAT'S IN THE BOX

- X1 Pillow and air pump box
- X1 Side arm circumference soft ruler
- X1 Type-C Charging Cable
- X1 User manual

HOW IT WORKS & KEY FEATURES

PRINCIPLE

The device inflates the internal airbags of the pillow to adjust its height upon detecting snoring, which turns the head to widen the airway and achieve the function of stopping snoring.

FEATURES

Snoring Recognition and Learning:

The smart pillow is equipped with an algorithm that accurately captures snoring sounds and can learn to adapt to the user, enhancing the precision of detection.

Pressure Sensing Technology:

The pillow uses a head pressure sensor to precisely locate the head, providing essential data for effective snoring mitigation.

Sleep Posture Recognition and Adaptation:

The smart pillow recognizes sleep posture through algorithms and automatically adjusts to protect the cervical spine and maintain an unobstructed airway.

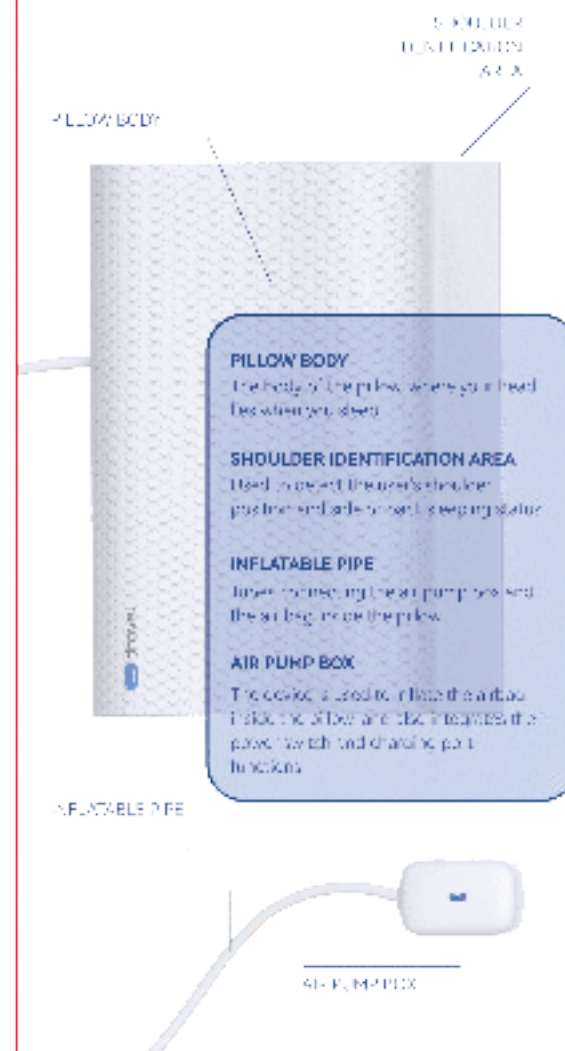
Material and Design:

The pillow is made of memory foam with slow rebound and a cervical spine curve design, offering a breathable and comfortable experience.

APP Integration:

Users can customize settings through the APP monitor sleep data, and achieve personalized sleep management.

HARDWARE OVERVIEW



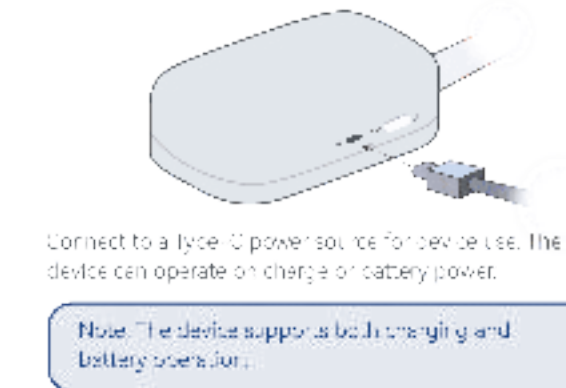
INDICATOR LIGHTS		
Device will display different light colors and light patterns when the device is in different states.		
Power Status Light	Green Light	Power on status
	Light out	Power off status
Power Key Light	Green Light	Normal power
	Red Light	Power off - Discharging
	Red Light	Power on - Charging
	Green Light	Power on - Full charge
	Light out	Power on - Charging over time
	Light out	Overheating
TYPE-C CHARGING PORT		
When the battery is low, you can connect the Type-C charging cable to the charging port.		
SWITCH		
Press the switch to the left to turn off the device, flip to the right to turn on the power.		

DOWNLOAD THE APP



SETUP & USAGE

step1 Power Source Connection



step2 Power on



step3 Air pump box placement

It is recommended to place the air pump box on the ground or on the table.

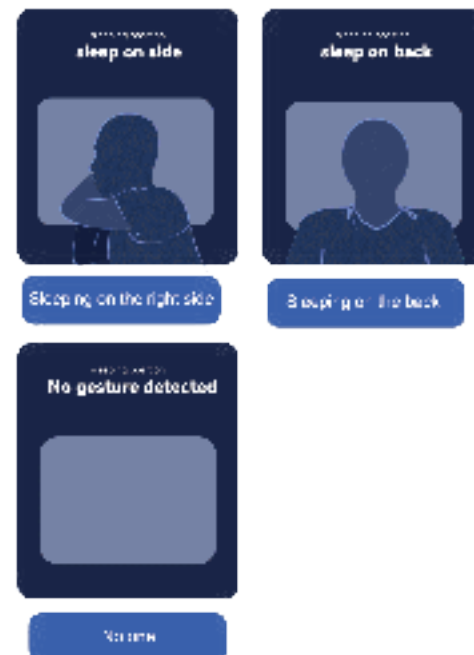
step4 Device Connection



Turn on Bluetooth in your phone settings, launch the SERENE app, search for and connect to the pillow device. Upon successful connection, the operation interface will be displayed.

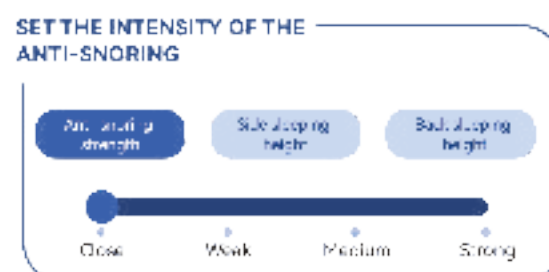
step5 Sleep Position Detection

Lie down flat on your side on the pillow, the app will display your sleeping position.

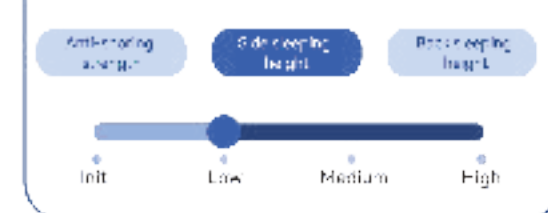


step6 Set pillow related parameters

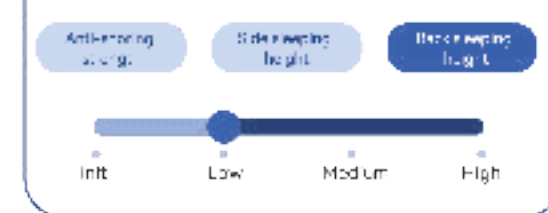
Set relevant parameters according to your physical condition.



SET THE SIDE SLEEPING HEIGHT



SET THE BACK SLEEP HEIGHT



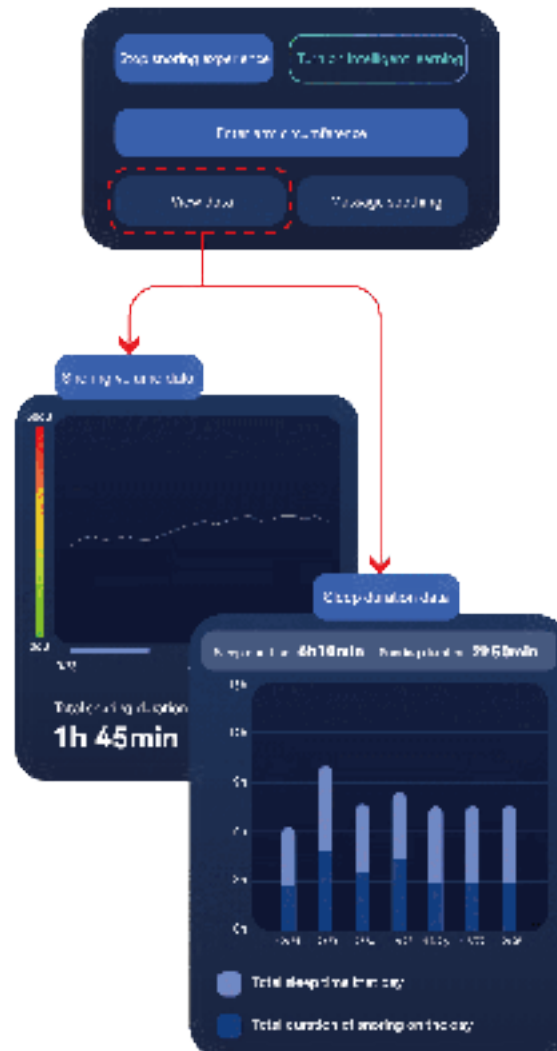
step7 Anti-snoring Experience

Set the anti-snoring intensity, experience the anti-snoring function, and adjust the intensity to a more suitable level.



step8 Data Viewing

On the display interface, you can view sleep data, including sleep duration and snoring duration.



QUESTIONS AND ANSWERS

- Q** What should I do if the indicator light does not light up when the switch is turned to 'on'?
- A** Connect the charger to charge.
- Q** What should I do if the APP cannot search for the device?
- A** Restart the device and search for the device again.
- Q** Can this product be used as a treatment?
- A** This product is a self-heating product. It can only relieve effective self-heating symptoms, but it cannot be recommended as a treatment.

TECHNICAL SPECIFICATIONS

Pillow parameters

- Product Name: Smart Pillow
- Product Model: Serene One
- Product Type: Smart Pillow
- Size: 74.5cm x 73.5cm x 3.5cm
- Weight: 9.8LBs
- Build: Type-C, 1860mAh Battery

Capacity: 1860mAh
Type: SW-1A
Battery life: Standby: 15 days
Operation time: 2 days
Product ID: 20240201
Fabric parameters
Case: Soft, flexible, medium molecular airbag fabric
BCF: medium molecular BCF polyester fiber
Core: 100% polyester fiber
Core: 100% memory foam

NOTES



FCC WARNING WORDS

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 from any cause, and must not radiate.

Any changes or modifications not expressly authorized by the party responsible for compliance could void the user's authority to operate the equipment.

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 to 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 Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for uncontrolled environments. This equipment may not be used near or in conjunction with any other antenna or transmitter.