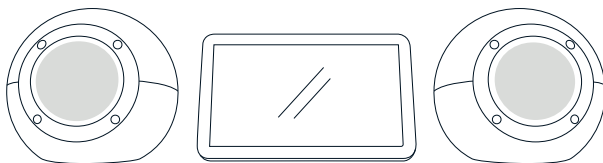


# SleepHub™

Science powered to help restore natural sleep

## Getting started



# Contents

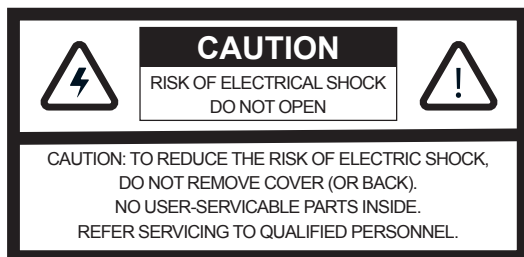
Congratulations on your purchase and welcome to your SleepHub™. Your journey to natural sleep starts here.

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## IMPORTANT SAFETY INSTRUCTIONS



Please read, follow and save these instructions to reduce the risk of damage or injury:



A lightning flash in a triangle symbol is to warn the user of uninsulated dangerous voltage, within the product enclosure, that may be of sufficient magnitude to constitute a risk of electric shock



An exclamation in a triangle symbol is to warn the user of important operating and maintenance instruction



A water drop in a barred circle symbol is to warn the user of a potential risk of water damage to the product, and electrical shock



A flame in a triangle symbol is to warn the user of a potential risk of fire hazard

## IMPORTANT SAFETY INSTRUCTIONS



1. Warning: This product contains magnets which may be harmful to pacemaker wearers



2. Do not use your SleepHub™ if any part of the product, including power and audio cables show any sign of damage



3. To reduce the risk of an electric shock, do not open any part of your SleepHub™ product, including power adaptor

4. Only use the power adapter supplied. Do not use the product, if the adapter or any of the other part of the product appear damaged

5. Power socket and power adaptor should be located near the SleepHub and easily accessible at all times

6. The product does not have an on/off switch. Switch off at the wall socket and/or remove the plug



7. Do not expose the product to moisture or water

8. Do not use SleepHub™ in a bathroom, near a bathtub, washbowl, kitchen sink, laundry area, near a swimming pool, or anywhere else where water or moisture are present



9. Do not use your SleepHub™ if any part of the product, including power and audio cables, show any sign of water damage, or are wet



10. Do not place any part of the product, including power and audio cables, near any source of ignition or naked flame
11. Do not cover Main Console unit during use, as this may lead to overheating and a potential fire hazard



12. Do not make any alterations to the product as this may compromise safety, regulatory compliance, system performance and may void the warranty
13. Only use your SleepHub™ indoors in a clean and dry environment
14. Do not cover or block the Speaker vents during use to ensure premium performance
15. This product is not a toy and is not suitable for use in areas where children are playing or frequently present



**Please note:**

Visit [sleephub.com](https://sleephub.com) for more information, a full user manual, and contact details if you need help or technical support.

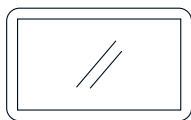
# What's in the box

Please identify and inspect the contents of your package. Inside the box you should find the following items:

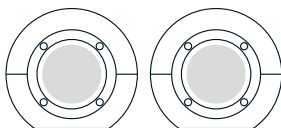
- SleepHub™ main unit
- Two speakers
- Two RCA cables (1 x 5m and 1 x 2m)
- Mains power adapter
- Getting started guide
- Guarantee leaflet



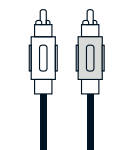
If any of these items are missing or appear damaged, please contact us at [support@sleephub.com](mailto:support@sleephub.com)



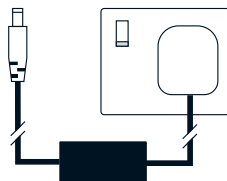
1 x SleepHub™  
main unit



2 x Speakers



2 x RCA cables



1 x Mains power adapter



1 x Getting started guide



1 x Guarantee leaflet

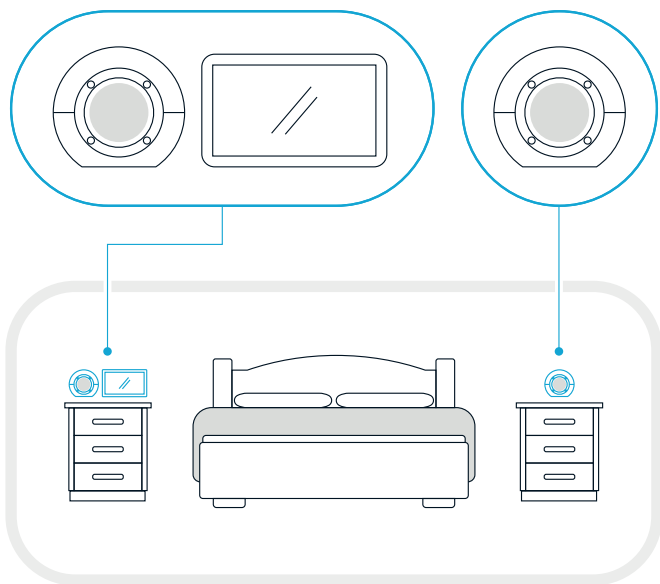
# Quick start guide

1. Unpack your SleepHub™ and check all components
2. Place the speakers either side of the user
  - Speakers can be placed either side of the bed, facing the bed or behind the bed
  - Ensure that each speaker is placed either side of the person who will be using the device as they sleep, so that person is lying in the field of sound for each speaker



Please take care where you locate your SleepHub™. Do not expose the product to trip hazards, liquids or water as this may cause an electrical hazard





# Quick start guide

3. Connect the speakers to the main unit using the RCA cables
  - The 2m cable should be connected to the speaker closest to the main unit
  - The 5m cable should be connected the speaker furthest from the main unit
4. Plug the power adapter into a wall socket and connect it to the main unit

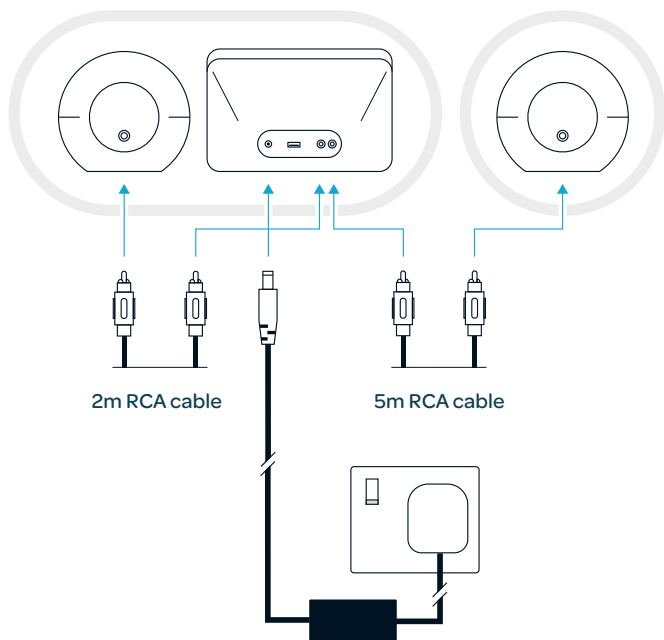


## Caution!

Risk of product damage: Always make sure that the outlet power supply and voltage corresponds to the voltage printed on the underside of the SleepHub™



Risk of electric shock: Always pull from the plug, when removing from the socket. Never pull the cable

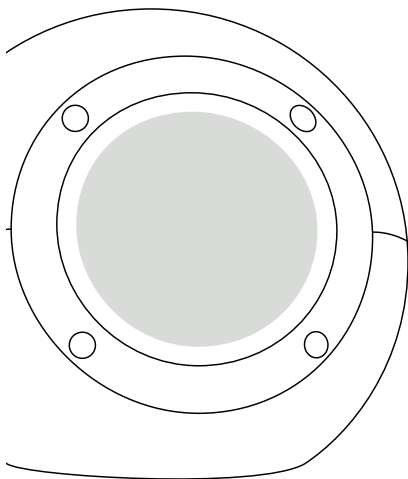



# Quick start guide

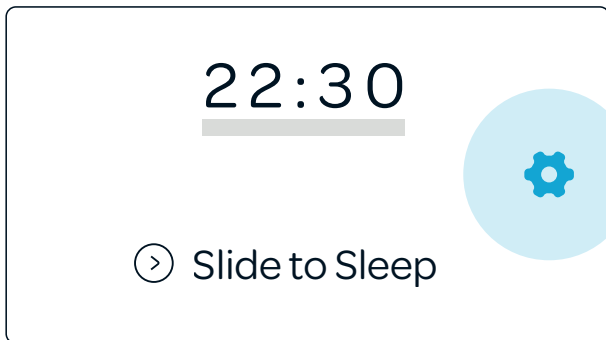
## *First Time Use*

### **Connecting to the internet**

To ensure that your SleepHub™ is always up to date with the latest software and operating at peak performance, keep it connected to your local WiFi network at all times.



1. On the home screen (below), tap the settings button  to access the settings menu
2. Select WiFi and follow the on-screen prompts to select and connect to your local WiFi network
3. Your SleepHub™ will check for software updates and install the latest versions, to ensure peak performance
4. Proceed to choose your Sleeping Mode...

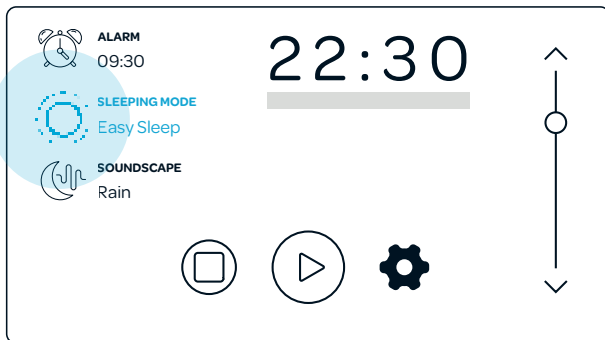


# Quick start guide

## Choosing your Sleeping Mode

If your SleepHub™ screen is black, just tap anywhere on the screen to access the home screen where you will see “Slide to Sleep”.

From your SleepHub™ home screen, swipe to sleep, and tap the Sleeping Mode section of the screen (see below) to access the Sleeping Mode selection menu.



## Choosing your Sleeping Mode

- **Deep Sleep:** An eight-hour programme including an 18 minute wake-up cycle and alarm. Ideal if you have a regular schedule which allows an undisturbed eight hour rest period
- **Easy Sleep:** A customised programme for when you have a set amount of time to get the sleep you need. The Deep Sleep programme is automatically adjusted to deliver the optimum sleep pattern depending on how long you have between going to bed and waking up
- **Fall Asleep:** A two-hour programme guides you into a deep sleep with optional wake-up alarm. Ideal if you struggle to fall asleep but remain asleep, once you do
- **Power Nap:** A choice of 30, 45 and 60 minute programmes, including an optional wake-up alarm. Ideal if you need an energising nap

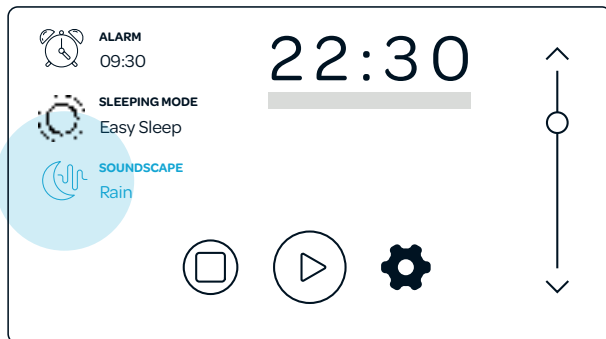
# Quick start guide

## Selecting your soundscape

Your SleepHub™ plays a selection of soundscapes to help create the right environment for your ideal sleep experience.

From the sleep screen, tap the soundscape icon to access the soundscape menu. Choose your preferred soundscape and tap OK to proceed, or tap the back arrow to return to the Sleep screen.

When you have selected your soundscape, alarm time and alarm sound, press play to begin.





## Balancing your sleep sound and soundscapes

SleepHub™ helps you to achieve quality sleep through scientifically formulated sounds that use rhythms and pulses to simulate the waves your brain should produce through each sleep cycle. We call this the sleep sound. The sleep sound should be set at a low volume so you can hear it faintly. You may choose to sleep with this sound only without playing a soundscape. Where you choose to play a soundscape, it should be set at a volume which is slightly lower than the sleep sound – you should still be able to hear the sleep sound above the soundscape.

To set the volume levels that best suit you:

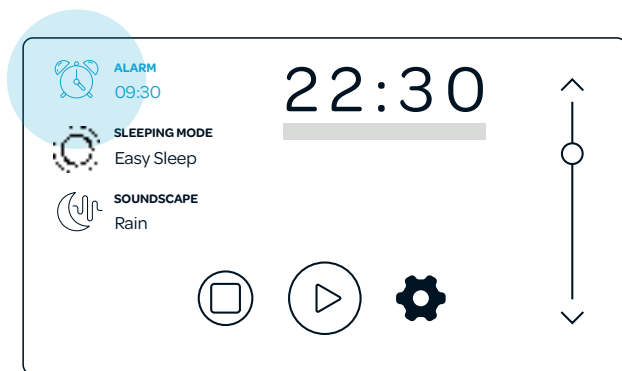
1. Tap the settings button on the home screen to access the settings menu
2. Tap Volume Control on the settings screen
3. Adjust the individual volume levels by moving the sliders up or down

**Please note** that you may need to try different levels during your initial sleep periods to find your optimal balance.

# Quick start guide

## Selecting your Alarm time

From the sleep screen, tap the Alarm icon to access the alarm time menu. Scroll up or down to select the hour and minute you want the alarm to begin, then tap OK to confirm. If you decide not to set the alarm, tap Cancel to return to the sleep screen.



## Selecting your Alarm Sound

If you choose to set an alarm, you can select from a variety of alarm sounds to play at the end of your chosen sleep cycle. Choose your preferred alarm sound, and tap OK to proceed, or Cancel to return to the Sleep screen.

## Switching off your alarm

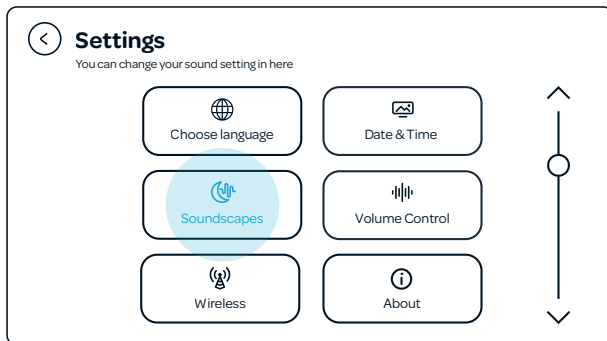
1. Tap the screen to snooze the alarm. The snooze function continues every 5 minutes until stopped
2. Slide the screen to stop the alarm

## Connecting to Bluetooth audio device

1. Using your Bluetooth enabled audio device, find and connect to SleepHub™. Please refer to your audio device's instructions on how to do this, if required
2. You may now use the premium audio technology in your SleepHub™ to play your favourite music and sounds, while not in an active sleep mode cycle

# Additional settings

From the sleep screen, tap the Soundscapes icon to access the Soundscapes menu. Follow the on-screen prompts to tailor your SleepHub™'s settings to meet your individual requirements, including the sound levels, balance and brightness. For the latest information and advice on how to customise your SleepHub™, please visit [sleephub.com](https://sleephub.com)



# Register your SleepHub™

Register your SleepHub™ within 14 days of purchase at [sleephub60.com](https://sleephub60.com) to activate your 60-day sleep guarantee. To do this, you will need your serial number which you will find in the About section of your Settings menu.

Please note that every sleep experience is different; you may experience an improved sleep within only a few nights of using SleepHub™. You may even feel that improvement without adjusting your SleepHub™'s audio settings.

For more guidance on how to get the very best experience for your individual needs, please visit [sleephub.com](https://sleephub.com) for a detailed user guide, and the latest tips and information.

# Technical information

Technical specification of the product, including power supply, audio cables and operating software are subject to change, without notice

## **Product Specification:**

Power supply: AC - DC power supply. Input 100 -240VAC ~1.5A.

Output 19V DC 3420mA

Cable length: 2.0 m and 5 m RCA to RCA braided

Console dimensions: Body Height:120.6mm, Length:187.6mm,  
Width:133.2mm

Speaker dimensions: Body Height:127.7mm, Length:155.1mm,  
Width:136.3mm

## **Notice for USA & Canada:**

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 to this unit 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.

#### "FCC RF Radiation Exposure Statement

Caution: To maintain compliance with the FCC's RF exposure guidelines, place the unit at least 20cm from nearby persons."

### English

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

### French

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

### CAN ICES-3(B)/NMB-3(B) Disposal of your old product

Your product is designed and manufactured with high quality materials and components, which can be recycled and reused. This product may contain lead and mercury. Disposal of these materials may be regulated due to environmental considerations. For disposal or recycling information, please contact your local authorities or visit [www.sleephub.com](http://www.sleephub.com)



Only use the power adaptor provided for the main unit:

Input: 100-240V AC 50/60Hz 1.5A,

Output: 19VDC 3.42A

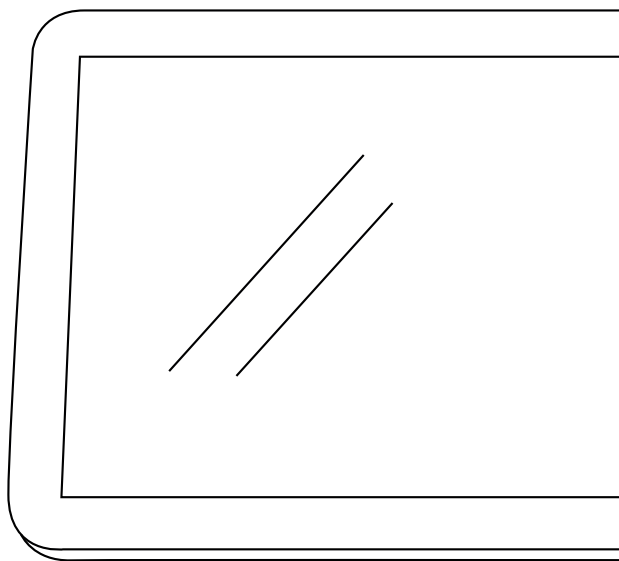


This marking indicates that this product should not be disposed of with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmentally safe recycling.



Hereby, Cambridge Sleep Sciences, declares that this SleepHub™ is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. The declaration of conformity may be consulted at [www.sleephub.com/DOC.pdf](http://www.sleephub.com/DOC.pdf).





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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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SleepHub. Model Number: SH1

SH1-IFU01-A

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