

Nokia Sleep

Sleep sensing - Home automation pad Installation and operating instructions



Table of Contents

Minimum requirements.....	4
OS version.....	4
Nokia Sleep description	5
Overview	5
Box contents.....	6
Product description	6
Setting up my Nokia Sleep	7
Installing the Nokia Health Mate® app.....	7
Using my Nokia Sleep.....	17
Positioning my Nokia Sleep	17
Tracking my sleep	17
Monitoring my resting heart rate.....	19
Tracking my snoring.....	20
Linking my Nokia Sleep to IFTTT.....	22
Creating automated scenarios.....	25
Managing my data	29
Sharing my data with Apple Health.....	29
Changing the Wi-Fi configuration of my Nokia Sleep	31
Dissociating my Nokia Sleep	33
Performing a factory reset of your Nokia Sleep.....	35
Cleaning and maintenance	36
Cleaning my Nokia Sleep	36
Deflating my Nokia Sleep	36
Updating the firmware of my Nokia Sleep.....	37
Technology description	38
Sleep data	38
Resting heart rate.....	38
Snoring.....	38

User guide copyright.....	39
Legal notice	39
Personal data	39
Safety instructions	40
Use and storage.....	40
Safety	40
Service and maintenance	40
Specifications.....	41
Document release overview.....	43
Warranty.....	44
Regulatory statements	45

Important notice



By using your Nokia Sleep you expressly agree to the Nokia Services Terms and Conditions available on our [website](#).

Minimum requirements

Internet access

Access to the Internet is required to:

- Download the Nokia Health Mate® app,
- Set up your Nokia Sleep,
- Upgrade the firmware.

For more details, refer to "[Specifications](#)" on page 46.

Smartphone or device

An iOS device or an Android device (with operational Bluetooth Low Energy and Wi-Fi or 3G/4G) is required to:

- Set up your Nokia Sleep,
- Retrieve data from your Nokia Sleep,
- Interact with your Nokia Sleep,
- Interact with people.

For more details, refer to "[Specifications](#)" on page 46.

OS version

You need iOS 10.0 (or higher) or Android 5.0 (or higher) to install and run the Nokia Health Mate® app.

Nokia Health Mate® app version

You always need the latest version of the Nokia Health Mate® app to have all the latest features available.

Nokia Sleep description

Overview

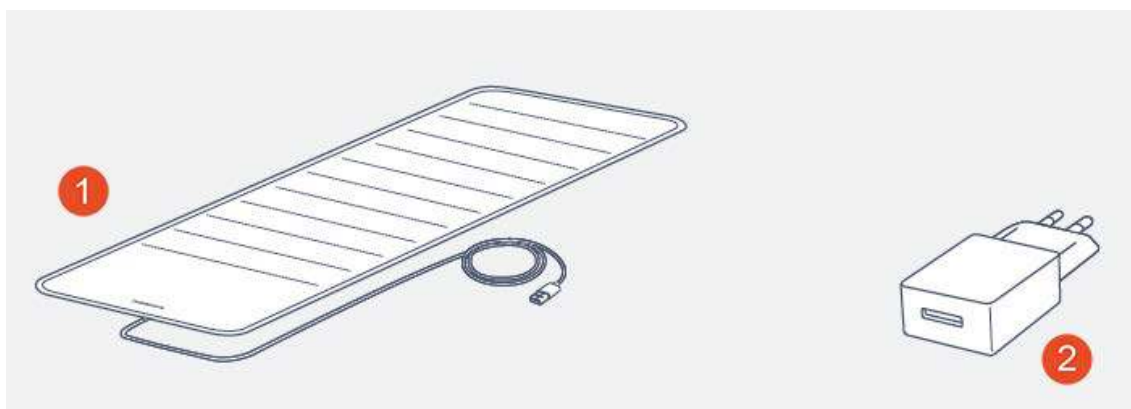
Nokia Sleep is a Wi-Fi enabled pad that fits under the mattress and provides insight into the quality of the sleep experience while offering environment control through the 'If This Then That' (IFTTT) platform.

Specifically, the new sleep sensor includes:

- **Sleep cycle monitoring/tracking:** sleep duration and interruptions, light, deep and rapid-eye-movements phases and snoring tracking.
- **An individualized Sleep Score** is provided to indicate how restorative a night's sleep was, and educate users about what makes a good night's sleep and how they can improve night after night.
- **Smart Home control** via the IFTTT home automation platform. Nokia Sleep acts as a switch to automatically control lights, thermostat and more to truly personalize and optimize the sleep environment. Features could include lowering the temperature as the user gets into bed, or opening the blinds and turning on the lights as get out of bed.

Nokia Sleep synchronizes automatically with the Nokia Health Mate® app so that users can have all their health data in one place. The app provides data history, personalized advice and coaching programs, including one developed specifically around sleep.

Box contents

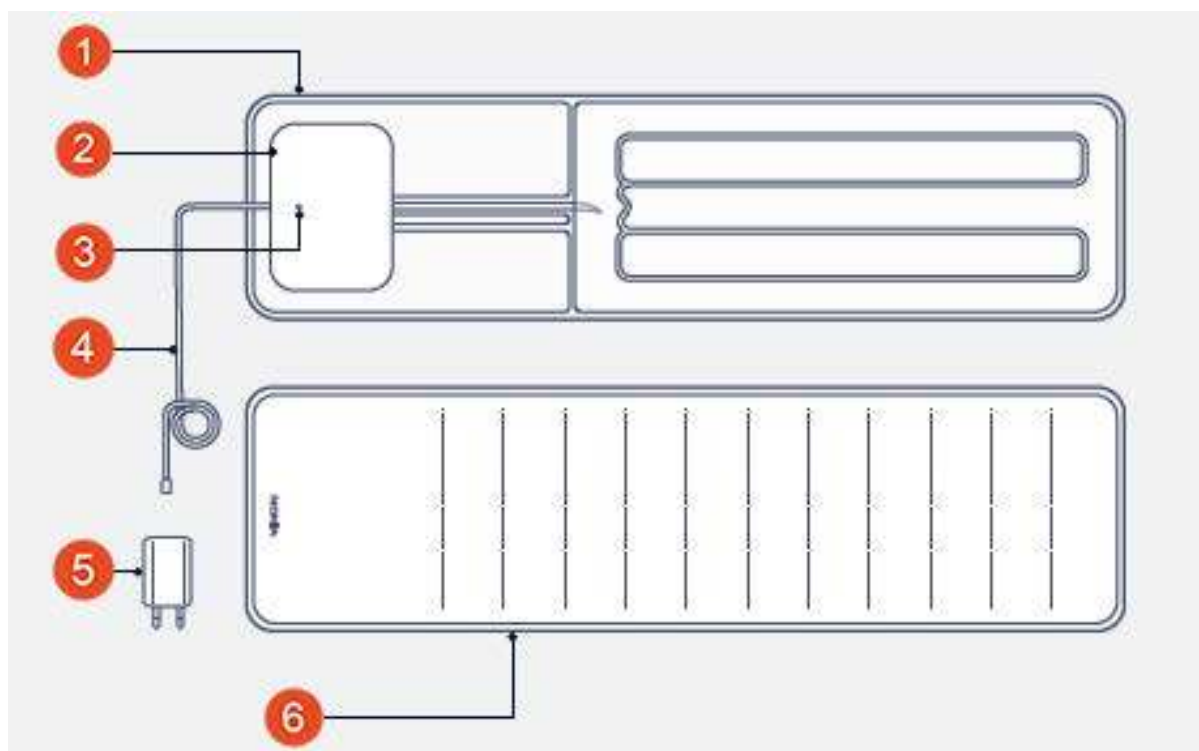


(1) Sleep sensor

(2) USB Power Adapter

Note that a Quick Installation Guide is also included inside the box.

Product description



(1) Air bladder

(2) Microphone for snore detection

(3) Setup LED

(4) USB cable

(5) USB power adapter

(6) Textile cover

Setting up my Nokia Sleep

Installing the Nokia Health Mate® app

If the Nokia Health Mate® app is not already installed on your device, perform the following steps:

1. Type healthapp.nokia.com in your device's web browser.
2. Tap **Download** on the App Store or on the Play Store.
3. Tap **Get**.
The installation process starts.

When a new version of the Nokia Health Mate® app is available, you will automatically be prompted to update it.

Installing my Nokia Sleep

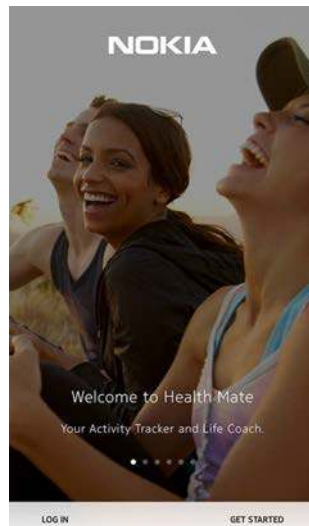
I'm new to Nokia Health Mate®

If you don't already have a Nokia Health Mate® account, you have to create one in order to set up and use your Nokia Sleep.

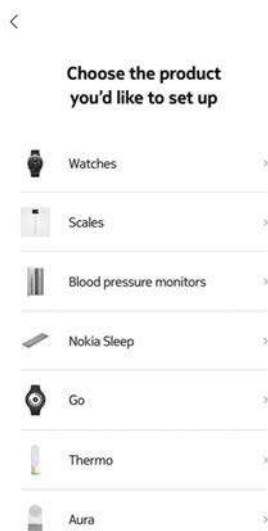
If you already have an account, refer to "[Performing a factory reset of your Nokia Sleep](#)" on [page 35](#).

To install your Nokia Sleep, perform the following steps:

1. Open the Nokia Health Mate® app.
2. Tap **Get started**.



3. Tap **Nokia Sleep**.

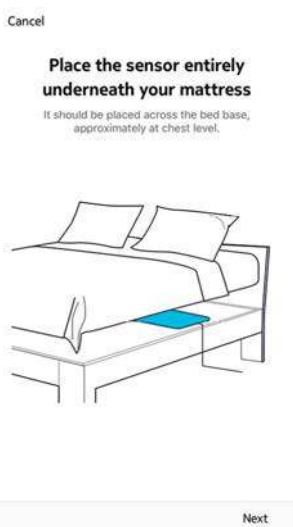


4. Tap **Install**.

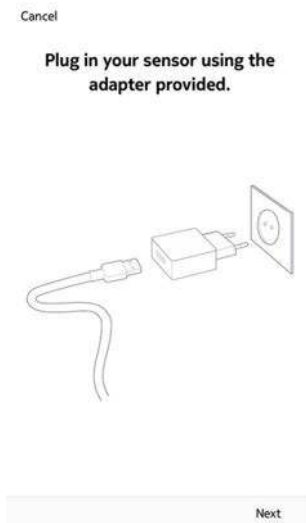


5. Place Nokia Sleep entirely under your mattress. You can also place it between the mattress and mattress topper/pad.

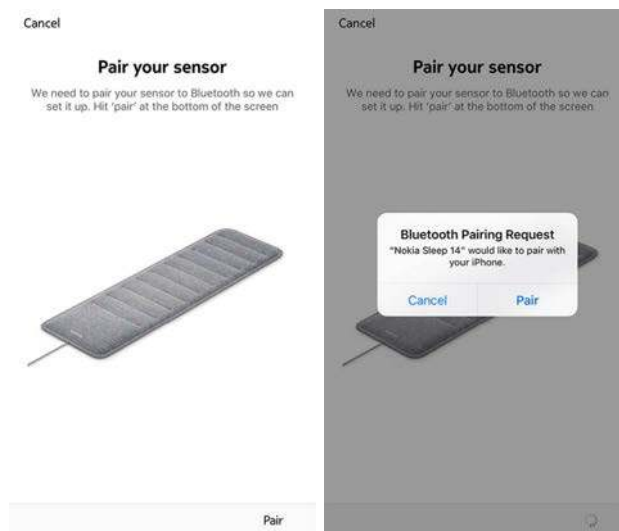
6. Tap **Next**.



7. Plug Nokia Sleep using the provided adapter.
8. Tap **Next**.



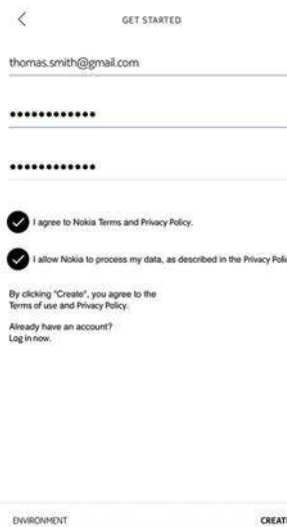
9. Tap **Next**.
10. Tap **Pair** twice (iOS only).



11. Tap **Next** (iOS only).



12. Enter your email and password. Tap **Create**.



The screenshot shows the registration screen of the Nokia Sleep app. At the top left is a back arrow and 'GET STARTED' at the top right. Below is an email input field containing 'thomas.smith@gmail.com'. There are two password input fields, both masked with dots. Below the password fields are two checked checkboxes: 'I agree to Nokia Terms and Privacy Policy.' and 'I allow Nokia to process my data, as described in the Privacy Policy.' Underneath is a disclaimer: 'By clicking "Create", you agree to the Terms of use and Privacy Policy.' and a link: 'Already have an account? Log in now.' At the bottom, there are two buttons: 'ENVIRONMENT' and 'CREATE'.

13. Enter your first name, surname and birthday.

14. Select your gender and enter your height and weight. Tap **Next**.

15. Tap **Next**.



16. Tap the Wi-Fi network you want to use or tap **Setup another network**.

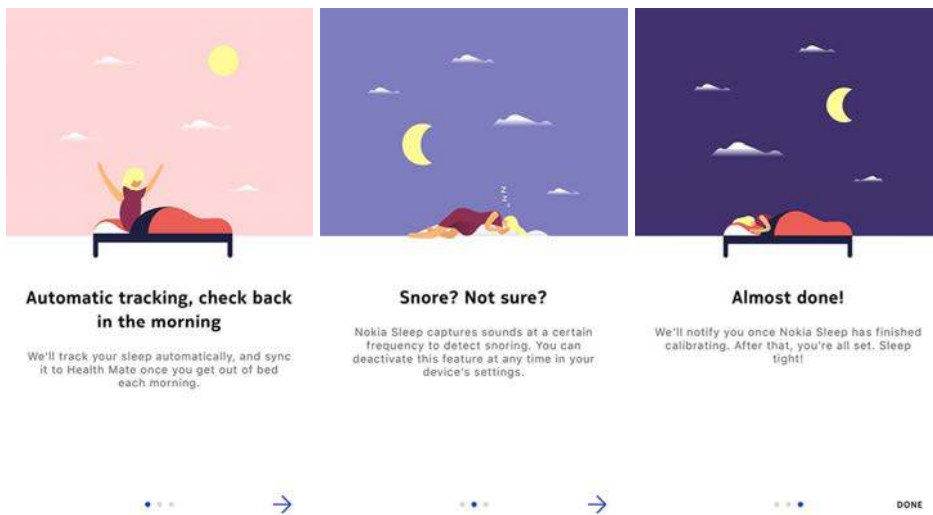


17. Tap **Next**.

The calibration of your Nokia Sleep starts. This step can last up to 10 minutes during which a buzzing sound can be heard. We recommend that you do not sit on the bed during the process. You will receive a notification in the Timeline of the Nokia Health Mate® app once the calibration process is over.



18. Slide the different screens to read the tutorial.

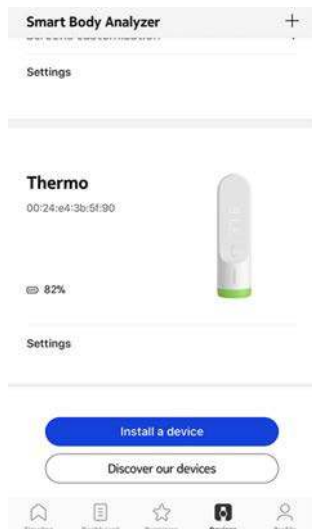


19. Tap **Done**.

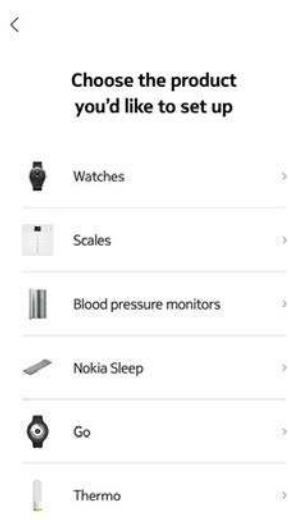
I already have a Nokia Health Mate® account

If you already have a Nokia Health Mate® account, you can get started on the installation process. To do so, perform the following steps:

1. Open the Nokia Health Mate® app.
2. Log in to your account, if you already have one, or create one.
3. Tap **Devices**.
4. Tap **Install a device**.



5. Tap **Nokia Sleep**.



6. Tap **Install**.



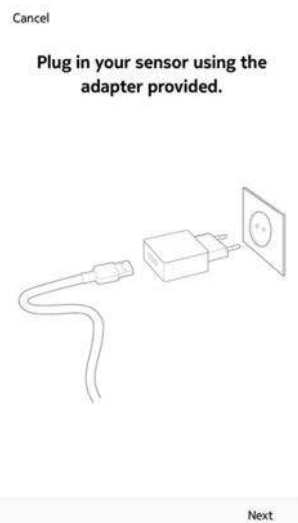
7. Place Nokia Sleep entirely under your mattress. You can also place it between the mattress and mattress topper/pad.

8. Tap **Next**.



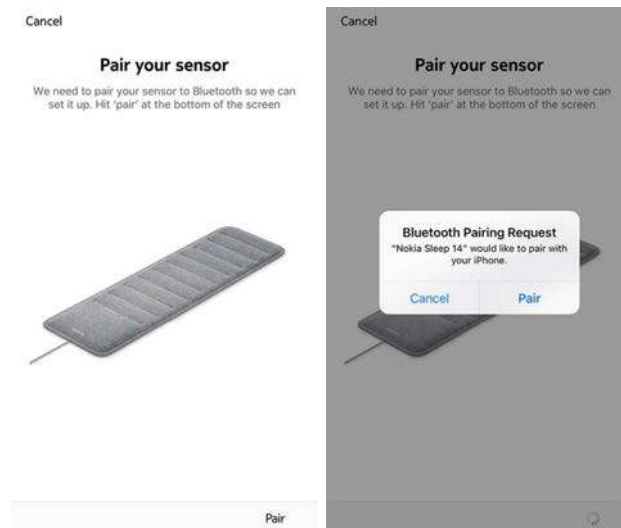
9. Plug Nokia Sleep using the provided adapter.

10. Tap **Next**.



11. Tap **Next**.

12. Tap **Pair** twice (iOS only).



13. Tap **Next** (iOS only).



14. Tap the Wi-Fi network you want to use or tap **Setup another network**.

15. Tap **Next**.



16. Tap **Next**.

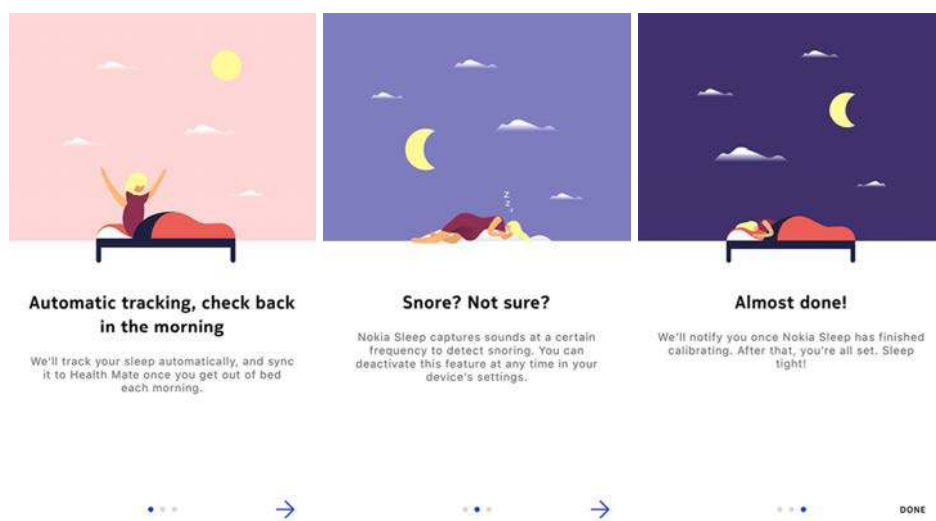


17. Tap **Next**.

The calibration of your Nokia Sleep starts. This step can last up to 10 minutes during which a buzzing sound can be heard. We recommend that you do not sit on the bed during the process. You will receive a notification in the Timeline of the Nokia Health Mate® app once the calibration process is over.



18. Slide the different screens to read the tutorial.

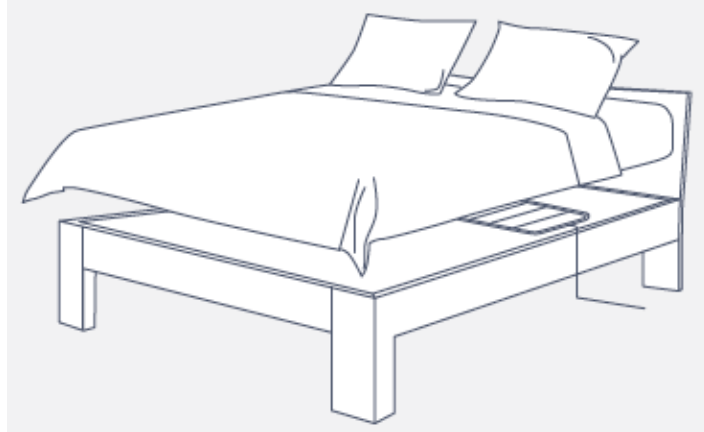


19. Tap **Done**.

Using my Nokia Sleep

Positioning my Nokia Sleep

Nokia Sleep should be placed between the mattress and the box spring/bed platform. It can also be placed between the mattress and mattress topper/pad.



The sensor should be placed horizontally at chest level.

If you sleep alone in a double bed, we recommend that you place Nokia Sleep in the middle of the bed.

Note:

Nokia Sleep is compatible with a wide variety of mattresses including spring, latex, foam, and memory foam. You can place the sleep sensor directly under the mattress (between the mattress and the bed platform or box spring).

You can also place Nokia Sleep between your mattress and mattress topper or pad. If you feel Nokia Sleep when lying in your bed, you can place the device between the mattress and the bed frame.

Nokia Sleep has been tested with a mattress thickness of 4 to 15 inches (10 to 40 cm).

However, the sensor has not been tested with, and is not recommended for use with waterbeds.

Tracking my sleep



In case of Wi-Fi issue, Nokia Sleep has an internal memory of 1 day (corresponding to your last night).

Once you've set up your Nokia Sleep, it lets you track your sleep without requiring any action on your part. All you have to do is lay in bed: it will do the rest on its own.

Note:

Nokia Sleep can only track the sleep of one person. If two persons wish to measure their sleep, they can install two Nokia Sleep on the same account on two different users.

Note that one Nokia Sleep must be placed under each person, on each side of the bed.

Retrieving your sleep data

You can retrieve the sleep data collected by your Nokia Sleep in the **Timeline** or in the **Dashboard** view in the Nokia Health Mate® app.

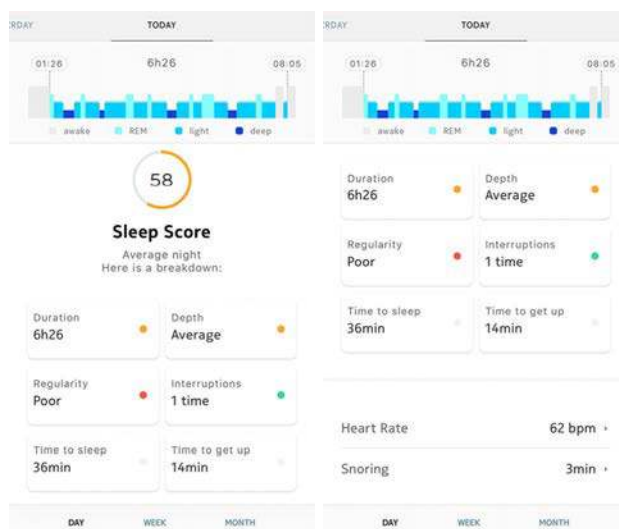
Your sleep data is automatically sent to the Nokia Health Mate® app shortly after you leave your bed. In some cases, it can take a few hours, depending on the quality of your Wi-Fi signal.



Grey: time spent awake - **Light blue:** duration of REM sleep - **Medium blue:** duration of light sleep - **Dark blue:** duration of deep sleep

The Nokia Health Mate® app keeps your entire history, allowing you to easily track how your sleep evolves over time

What is the Sleep score?



The Sleep score is a very simple and intuitive way to understand how well you slept. Nokia Sleep measures every night's sleep and provides a score out of 100 points based on 6 key inputs:

- **Duration** (total time spent sleeping)
- **Depth** (part of night spent in restorative phases, deep sleep and REM sleep)
- **Regularity** (consistency between your bed- and rise-times)
- **Interruptions** (time spent awake)
- **Time to sleep** (time it took to fall asleep)
- **Time to get up** (time it took to get out of bed)

Sleep duration and depth are the most important factors to raising the sleep score. Sleep regularity, interruptions, time to sleep and wake up are sleep hygiene measures. They are key factors to improve the overall sleep experience.

Monitoring my resting heart rate



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

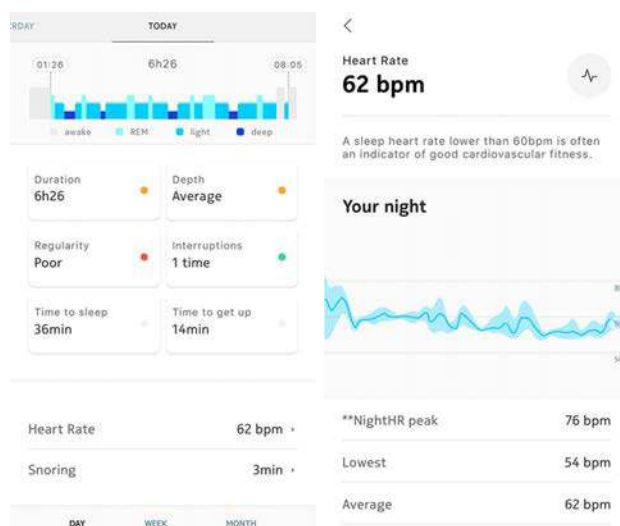
Once you've set up your Nokia Sleep, it lets you track your resting heart rate without requiring any action on your part. All you have to do is lay in bed: it will do the rest on its own.

Retrieving your heart rate data

You can retrieve your resting heart rate measurements through your sleep data in the **Timeline** or in the **Dashboard** view in the Nokia Health Mate® app.

Your average resting heart rate is displayed at the bottom of your sleep graph.

Tap on **Heart Rate** to see the details of your night.



Tracking my snoring



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

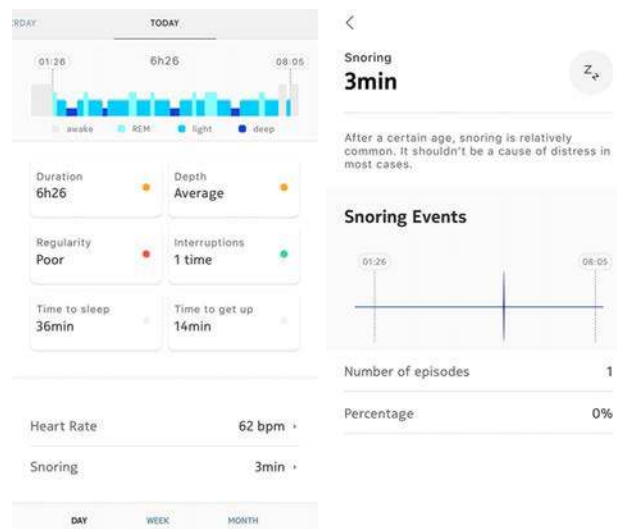
Nokia Sleep has a microphone that detects sounds corresponding to snoring. As snoring detection is based on sound crossed with respiratory patterns, Nokia Sleep can thus distinguish your snoring from the snoring of your partner and focuses only on your own snoring.

Nokia Sleep does not keep any recording, it just detects if there was snoring or not, and stores the information throughout the night.

Retrieving your snoring data

Your average snoring value is displayed at the bottom of your sleep graph.

Tap on **Snoring** to see the details of your night

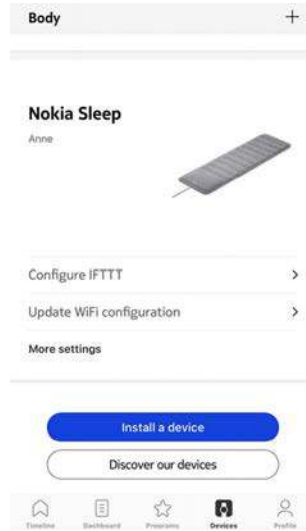


Important note:

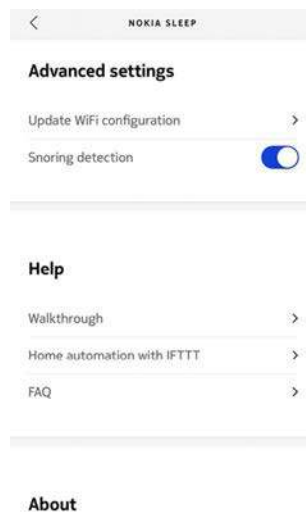
You can deactivate the microphone in the settings of the Nokia Health Mate®. To do so, perform the following steps:

1. Open the Nokia Health Mate®.
2. Go to **Devices > Nokia Sleep**.

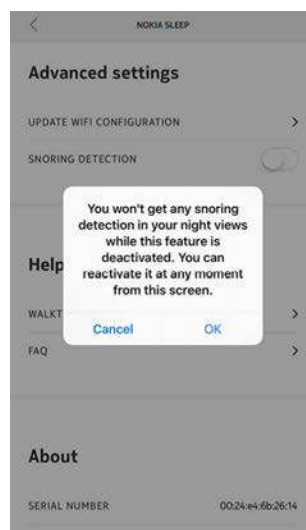
3. Tap **More settings**.



4. Tap the toggle to deactivate the microphone.



5. Tap **OK**.



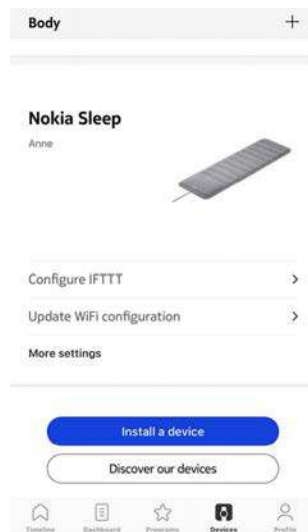
Note that deactivating the microphone will deactivate the snoring detection of the Nokia Sleep.

Linking my Nokia Sleep to IFTTT

IFTTT is a service that lets you create powerful connections with one simple statement — if this then that. Using a very simple interface, it lets you create “applets,” that let you, for example, program your Nokia Sleep to turn off the lights when you go to bed or turn up the thermostat when you get up. You can browse the dozens of applets already created by IFTTT users or create your own.

To connect Nokia Sleep with IFTTT, perform the following steps:

1. Open the Nokia Health Mate® app.
2. Tap **Devices**.
3. Tap **Configure IFTTT**.



4. Tap **Sign in** if you already have an account or click on **Sign up** to create one.



5. Follow the instructions on the screen and tap **Continue**.
6. Tap **Done** at the top of the screen.
7. Tap **Configure IFTTT** once again.

8. Tap **Connect**.



9. Login to your Nokia Health Mate account, if you already have one, or create one.

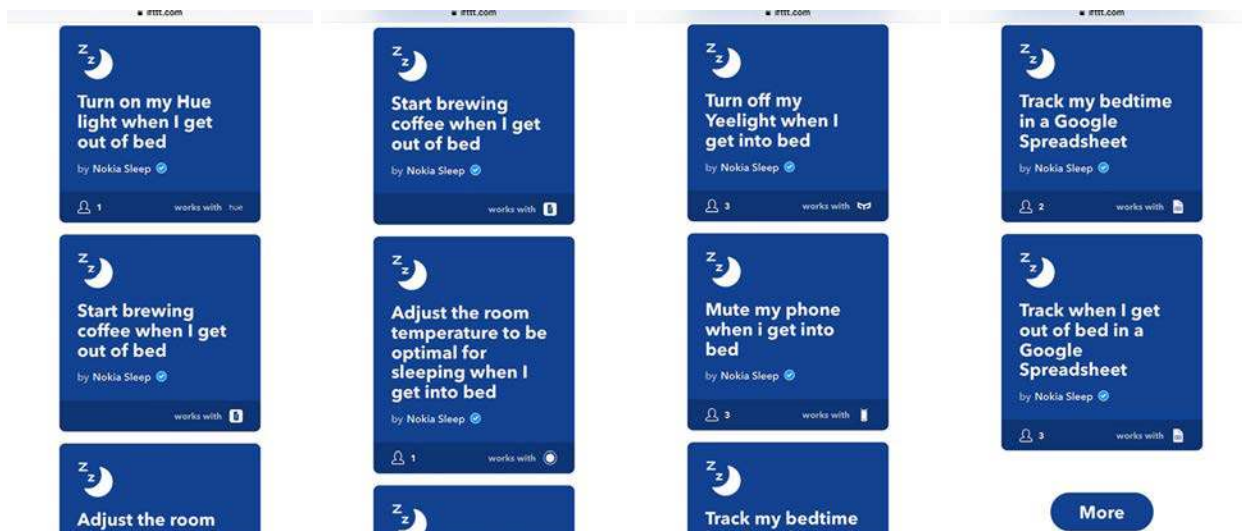


10. Tap **Allow this app**.



Your Nokia Sleep has been successfully linked to IFTTT.

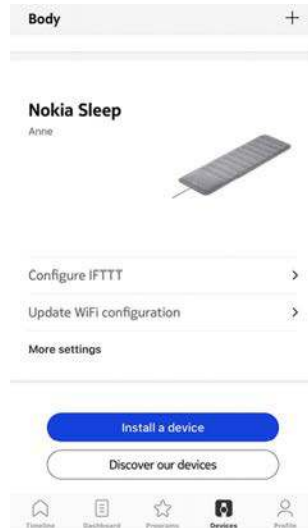
11. Scroll down the screen to discover the different home automation scenarios available with your Nokia Sleep.



Creating automated scenarios

You have the possibility to create a lot of automated scenarios. To create one, perform the following steps:

1. Open the Nokia Health Mate® app.
2. Tap **Devices**.
3. Tap **Configure IFTTT**.



4. Log in to your IFTTT account if necessary.
5. Select a scenario in the list (such as **Track my bedtime in a Google Spreadsheet**).



6. Tap **Turn on**.



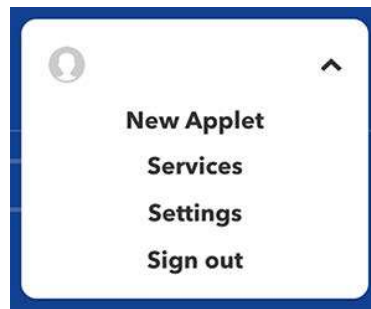
The automated scenario has been successfully created.

7. Tap **Done**.

Applets customization

Customizing applets allow you to connect to many other available smart products and devices, in addition to the set of featured applets available on the Nokia Sleep IFTTT homepage. To do so, perform the following steps:

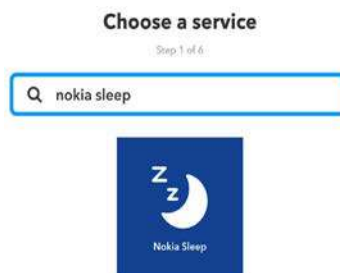
1. Click on **New Applet** under your user profile.



2. Click on **+this**.

if **+this** then that

3. Tap **Nokia Sleep**.



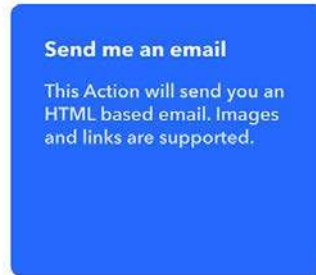
4. Choose one trigger (**When I get into bed** or **When I get out of bed**).

5. Complete trigger fields.

6. Click on **Create trigger**.
7. Click on **+that**.

if  then  that

8. Select the service you would like to trigger with Nokia Sleep (for instance **Email**).
9. Choose action.



10. Complete action fields.

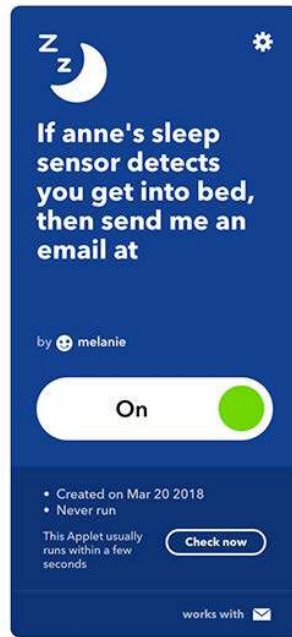
Note that you can select **Add ingredient** and choose between **DeviceUser** or **DateandTime** to personalize your home automation scenario.



11. Click on **Create action**.
12. Select **Activate the notifications** (optional).

13. Click on **Finish**.

Your applet has been successfully created. Make sure that it is turned on.



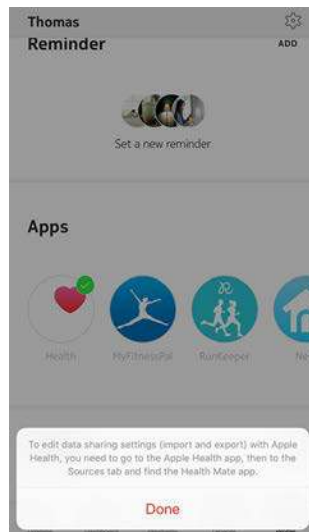
Sharing my data with Apple Health

The Nokia Health Mate® app can share the following data with Apple Health:

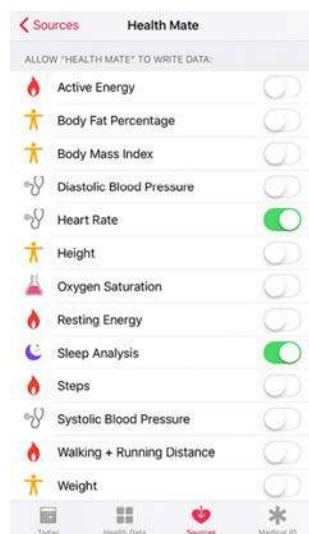
- Heart rate
- Sleep analysis

To link your accounts, perform the following steps:

1. Open the Health Mate app.
2. Tap **Profile**.
3. Tap **Health**.
4. Tap **Done**.



5. Go to the Apple Health app, then to the Sources tab and find the Nokia Health Mate® app.
6. Select the data you want to share with Apple Health.

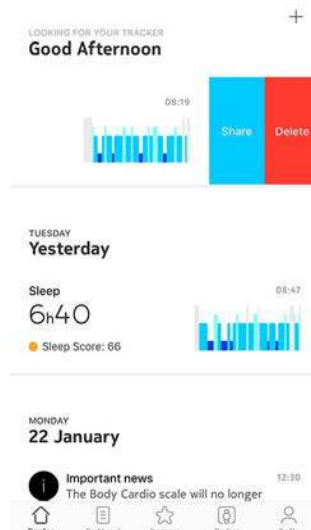


7. Tap **Allow**.

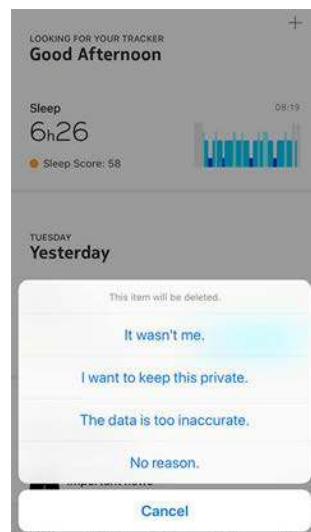
Deleting my data

You have the possibility to delete your heart rate and blood pressure measurements from the Nokia Health Mate® app. To do so, perform the following steps:

1. Open the Nokia Health Mate® app.
2. Swipe the value which you want to delete measurement.



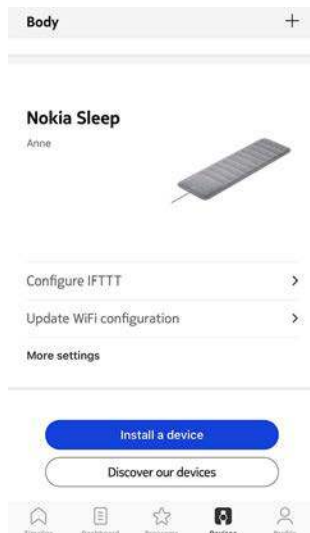
3. Select your answer.



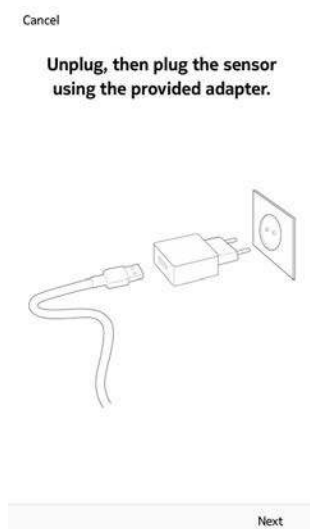
Changing the Wi-Fi configuration of my Nokia Sleep

You may need to change the configuration of your Nokia Sleep if you want to use a different Wi-Fi network. To do so, perform the following steps:

1. Open the Nokia Health Mate® app.
2. Go to **Devices > Nokia Sleep**.
3. Tap **Update Wi-Fi Configuration**.



4. Tap **Next**.



5. Tap **Next**.

6. Tap **Pair**.



7. Tap the Wi-Fi network you want to use or tap **Set up another network**.



8. Enter the password.

9. Tap **OK**.

Dissociating my Nokia Sleep



All data that wasn't synced before dissociating your Nokia Sleep will be lost permanently.

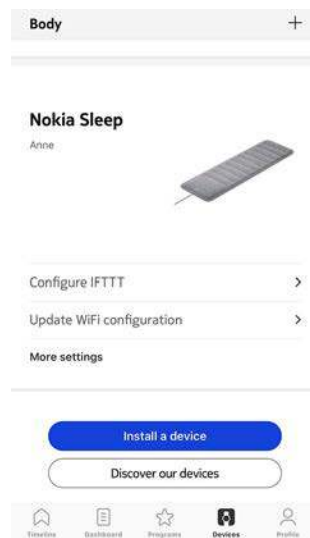
Dissociating your Nokia Sleep allows you to remove it from your account. Once it is no longer linked to your account, it can be installed on another account or on the profile of another user of your account.



Dissociating your Nokia Sleep will not remove any of the data that was synced from the Nokia Health Mate® app.

To dissociate your Nokia Sleep, perform the following steps:

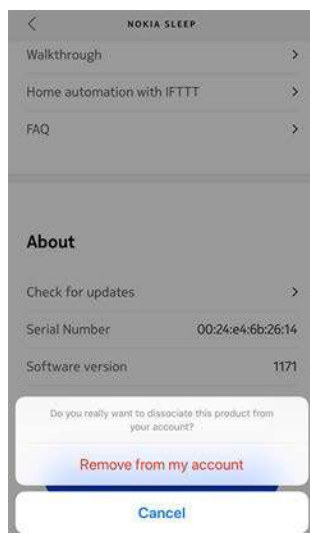
1. Open the Nokia Health Mate® app.
2. Go to **Devices**.
3. Tap **Nokia Sleep**.



4. Tap **Dissociate**.



5. Tap **Remove from my account**.



Performing a factory reset of your Nokia Sleep



All data that wasn't synced before resetting your Nokia Sleep will be lost permanently.

Factory resetting your Nokia Sleep allows you to delete all of the data stored on it. Factory resetting completes the dissociation process.



Factory resetting your Nokia Sleep will not remove any of the data that was synced from the Nokia Health Mate® app.

To reset your Nokia Sleep, perform the following steps:

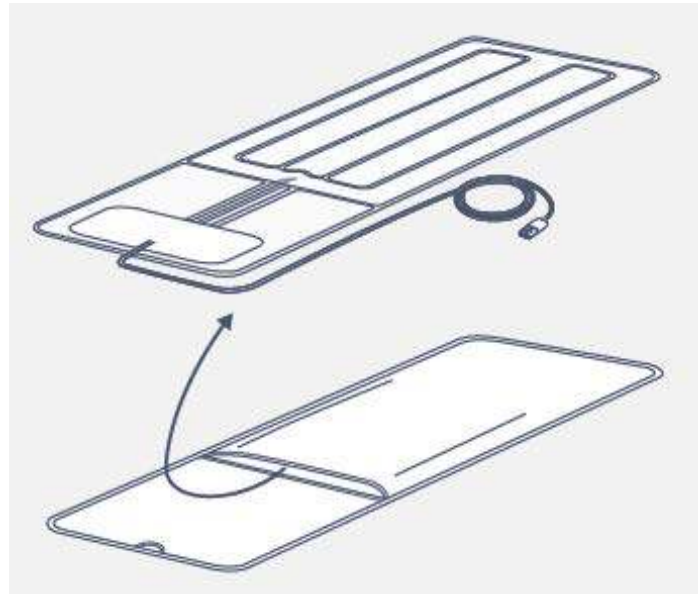
1. Go to the **Settings** of your mobile device, select **Bluetooth** and locate Nokia Sleep in the list of devices. Select the small icon to the right of the sleep sensor and select the option to **Forget** or **Remove** the device.
2. Make sure to place the inner part of the Nokia Sleep out of its textile cover.
3. Put the lower part of the device towards you.
A notch with the word Reset below indicates the location of the reset button.
4. Unplug, then plug Nokia Sleep using the provided adapter.
5. Press and hold the Reset button for five seconds.
The LED on the back of the device will flash red three times, then flash green continuously one time.
A flashing blue LED indicates that the reset procedure has been done successfully.
6. Put the inner part back into the textile cover.
Make sure to flatten the sensor all over its surface in the textile cover.

Cleaning my Nokia Sleep

To clean the textile cover of the Nokia Sleep, gently remove the cover first. Note that the cover can be machine washed, but do not tumble dry or iron it. We recommend you to wait until the cover is completely dry before replacing it on Nokia Sleep.



Do not, under any circumstance, use any solvent to clean your Nokia Sleep.

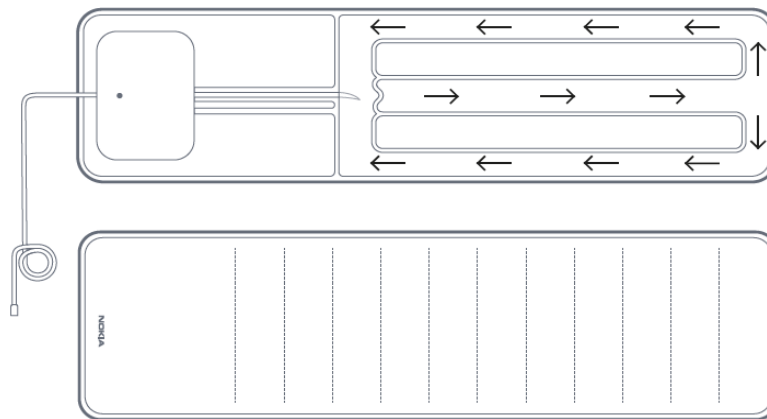


Deflating my Nokia Sleep

To deflate your Nokia Sleep, perform the following steps:

1. Make sure to place the inner part of the Nokia Sleep out of its textile cover.
 2. Put the lower part towards you.
A notch with the word Reset below indicates the location of the reset button.
 3. Unplug, then plug Nokia Sleep using the provided adapter.
 4. Press the reset button successively three times.
A slight click indicates that the Nokia Sleep valve is open. The sensor should slightly deflate.
- Important:** Keep the sensor plugged during the whole process. When the sensor is unplugged, the valve closes and prevents any air input/output of the Nokia Sleep. Note that the valve closes after 3 minutes.

5. Remove the air from the sensor. Please refer to the picture below.



6. Unplug Nokia Sleep.

7. Put the inner part of the device back into the textile cover.

Make sure to flatten the sensor all over its surface in the textile cover.

Updating the firmware of my Nokia Sleep

To update the firmware of your Nokia Sleep, perform the following steps:

1. Open the Nokia Health Mate® app.
2. Go to **Devices > Nokia Sleep**.
3. Tap **Check for updates**.

Sleep data

Nokia Sleep contains various sensors that can detect your movements, your breathing, and your heart rate. This information is then analyzed to track how long it takes you to fall asleep and how many times you wake up during the night. It also tracks the different phases of your sleep.

Resting heart rate

Nokia Sleep continuously checks your heart rate while you're sleeping, allowing you to get a proper idea of your average resting heart rate.

Snoring

Snoring detection is based on sound, crossed with respiratory patterns. Nokia Sleep acquires an audio energy signal at a set frequency to capture snoring episodes to show when and how long a user snored.

Note that there is no full band audio recording or streaming, Nokia Sleep only monitors a single frequency present in snoring. Then, it captures the audio energy at that frequency with no local storage even of that data.

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For any questions, please contact Nokia® at: <http://nokia.ly/HealthSupport>.

Legal notice



By using your Nokia Sleep you expressly agree to the Nokia Services Terms and Conditions available on our [website](#).

	Identity data means the data which can directly identify you.
	Activity data means data which correspond to a measurement of your physical/sport activities. They are for Nokia Sleep.
	Body metrics data means data which correspond to an accurate measurement of your physical features and your body activity.
	Cookies - technical features mean data, not directly identifying you, which allows you to use our Products and Services and allow us improve your personal experience.

Personal data

- Nokia Sleep does not store any audio recordings.
- Make sure you have read our privacy policy, which you can find on our [website](#).
- Make sure your Nokia® account password is secure enough to restrict access to your account. It should be at least eight-character long, have mixed case, and use a combination of alphanumeric and special characters.

Safety instructions

Use and storage

- Use the product at temperatures between 10°C and 40°C (50°F and 104°F).
- Product may be stored in a clean, dry location between -25°C and 55°C (-13°F and 131°F) when not in use.
- Unplug your Nokia Sleep if you do not plan to use your it for an extended period of time.
- The Nokia Sleep is only meant to track your sleep, heart rate and snoring, exclusively by placing it under your mattress. Any other use is prohibited.

Safety

- Do not allow your Nokia Sleep to come in contact with liquids. If it gets wet, make sure you let it dry before trying to use it.
- Do not leave your Nokia Sleep exposed to dust or sunlight for too long as it might damage the product.
- Keep your Nokia Sleep and its accessories out of reach from children, as it contains small parts and may present a choking hazard.

Service and maintenance

- Do not attempt to repair or modify your Nokia Sleep on your own.
- If you have any issue, feel free to contact our Customer Service at: <http://nokia.ly/HealthSupport>.

Specifications

Nokia Sleep

- Length: 63.7 cm (25")
- Width: 19.5 cm (8")
- Weight: 274 g (0.604 lb) - sensor only
- Thickness: deflated 0.5 cm (0.2") - once installed 2.4 cm (1")
- One-time setup
- To be placed under the mattress
- Washable cloth cover
- Monitor sleep of one person

Connectivity

- Wi-Fi 2.4 GHz 802.11 b/g/n
- Bluetooth Smart Ready

Technology

- Advanced pneumatic sensor
- Ballistocardiography method
- Accuracy: algorithm built with our clinical partners

Metrics

- Sleep data
- Resting heart rate
- Snoring data

Battery life

- Plugged in the power via an electric outlet

Compatible devices

- iPhone (5 and above)
- iPod Touch (6th generation or higher)
- iPad Air, Air 2
- iPad Pro
- iPad Mini (2nd generation or higher)
- Compatible Android BLE (Bluetooth Low Energy) device

Compatible OS

- iOS 10.0 or higher
- Android 5.0 or higher

App

- Nokia Health Mate® App

Document release overview

Release date		Modifications
April 2018	v1.0	First release



The screenshots in this manual are used for explanatory purposes. Your actual screens may differ from the screenshots in this manual.

Warranty

Nokia® One (1) Year Limited Warranty - Nokia Sleep

Nokia® warrants the Nokia® branded hardware product "Nokia Sleep" against defects in materials and workmanship when used normally in accordance with Nokia®'s published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser ("Warranty Period"). Nokia®'s published guidelines include but are not limited to information contained in technical specifications, safety instructions or quick start guide. Nokia® does not warrant that the operation of the Nokia Sleep will be uninterrupted or error-free. Nokia® is not responsible for damage arising from failure to follow instructions relating to the Nokia Sleep's use.

Regulatory statements

Federal Communications Commission (FCC) Statement

FCC ID: XNAWSM02

This device complies with Part 15 of the FCC Rules. This equipment complies 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 operated in conjunction with any other antenna or transmitter.

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.

This device complies with the R&TTE Directive 1999/5/CE.

A copy of the EU Declaration of Conformity is available online at <https://health.nokia.com/fr/en/compliance>.