Sleep/Sleep Analyzer

Sleep sensing - Home automation pad

Installation and operating instructions



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By using your Sleep/Sleep Analyzer you expressly agree to the Withings Services Terms and Conditions available on our website.

Minimum requirements

Internet access

Access to the Internet is required to:

- Download the Health Mate app,
- Set up your Sleep/Sleep Analyzer,
- Upgrade the firmware.

For more details, refer to "Specifications" on page 47.

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 Sleep/Sleep Analyzer,
- Retrieve data from your Sleep/Sleep Analyzer,
- Interact with your Sleep/Sleep Analyzer,
- Interact with people.

For more details, refer to "Specifications" on page 47.

OS version

You need iOS 12.0 (or higher) or Android 8.0 (or higher) to install and run the Health Mate app.

Health Mate version

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

Sleep/Sleep Analyzer description

Overview

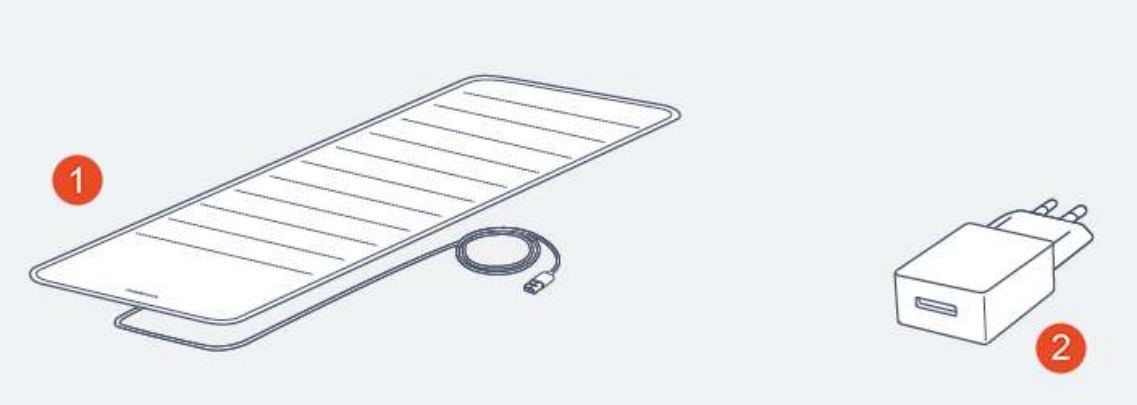
Sleep was the first product of its kind to provide in-depth data about sleep quality and snoring. Sleep Analyzer is a new iteration of this product.

For the first time, a home sleep sensor provides lab-precise metrics along with the benefit of convenience—there is nothing to wear thanks to an unobtrusive mat designed for one-time setup under the mattress.

Sleep Analyzer contains the world's most advanced sensors and technology to analyze your sleep and detect sleep apnea, a highly prevalent and underdiagnosed disease.

With precise & easy-to-understand insights in the Health Mate app, anyone can discover how to achieve better sleep quality for better health.

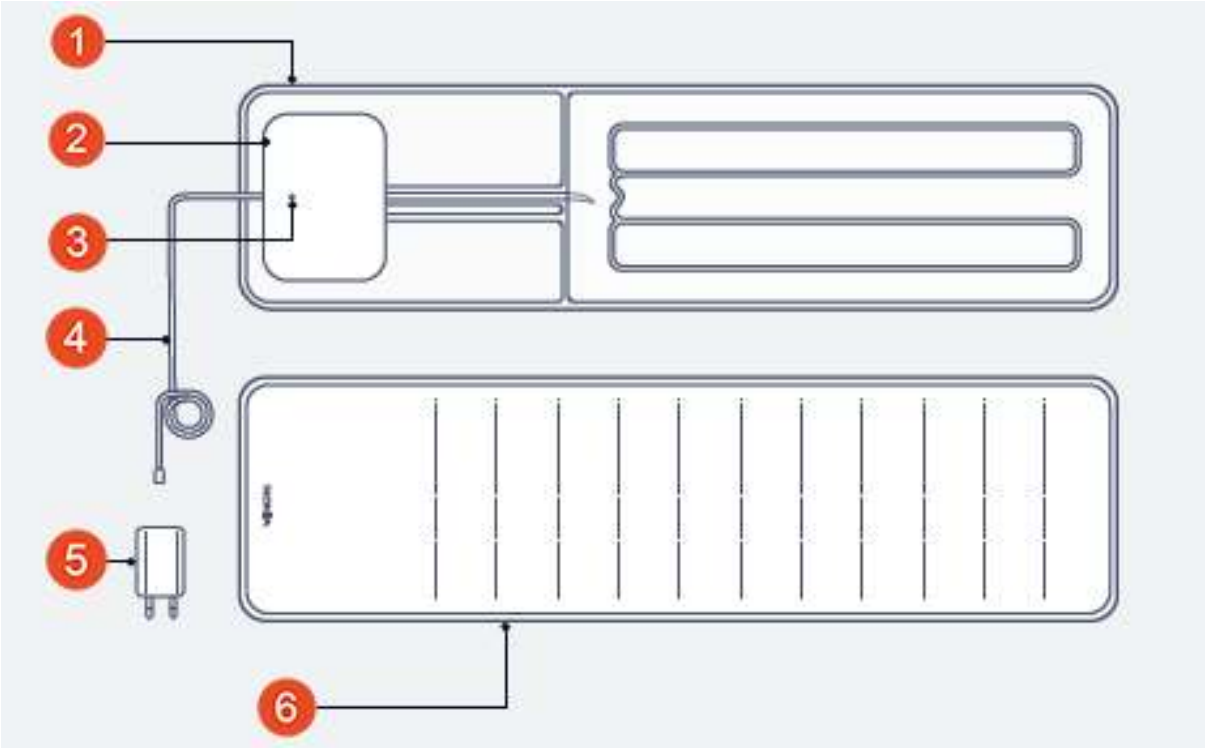
Box contents



(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 Sleep/Sleep Analyzer

Installing the Health Mate app

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

1. Type go.withings.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 Health Mate app is available, you will automatically be prompted to update it.

Installing my Sleep/Sleep Analyzer

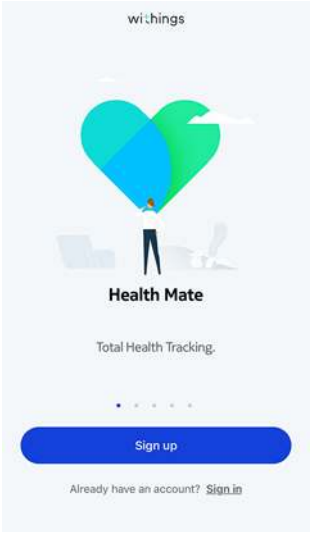
I'm new to Health Mate

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

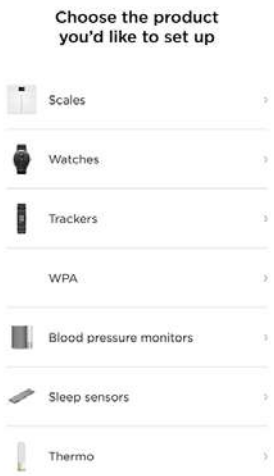
If you already have an account, refer to "I already have a Health Mate account" on page 14.

To install your Sleep/Sleep Analyzer, perform the following steps:

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



3. Tap **Sleep sensors**.



4. Tap **Sleep** or **Sleep Analyzer**.



5. Tap **Install**.



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

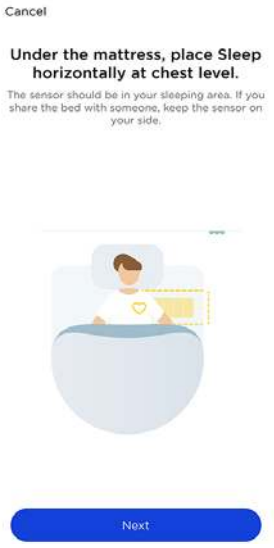
7. Tap **Next**.



8. Tap **Next**.



9. Tap **Next**.



10. Plug Sleep/Sleep Analyzer using the provided adapter.

11. Tap **Next**.



12. Tap **Pair**.



13. Tap **Pair** again.



14. Enter your email and password. Tap **Create**.
15. Enter your first name, surname and birthday.

16. Select your gender and enter your height and weight. Tap **Next**.
17. Tap **Next**.



18. Tap the Wi-Fi network you want to use or tap **Choose a different network**.



19. Tap **Next**.
    The calibration of your Sleep/Sleep Analyzer 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 Health Mate app once the calibration process is over.



20. Tap **Activate** to allow the sleep apnea detection.



21. Tap **Next**.



22. Tap **Next**.



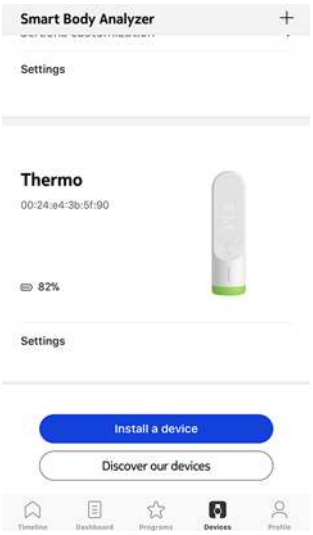
23. Tap **Done**.



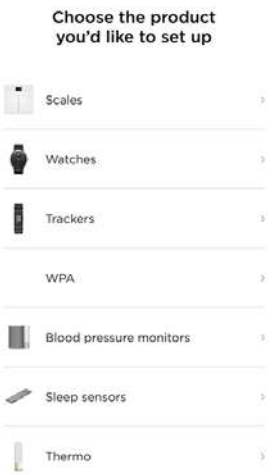
I already have a Health Mate account

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

1. Open the 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 **Sleep sensors**.



6. Tap **Sleep** or **Sleep Analyzer**.



7. Tap **Install**.



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

9. Tap **Next**.



10. Tap **Next**.



11. Tap **Next**.



12. Plug Sleep/Sleep Analyzer using the provided adapter.

13. Tap **Next**.



14. Tap **Pair**.



15. Tap **Pair** again.



16. Tap **Next**.



17. Tap the Wi-Fi network you want to use or tap **Choose a different network**.



18. Tap **Next**.
    The calibration of your Sleep/Sleep Analyzer 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 Health Mate app once the calibration process is over.



19. Tap **Activate** to allow the sleep apnea detection.



20. Tap **Next**.



21. Tap **Next**.

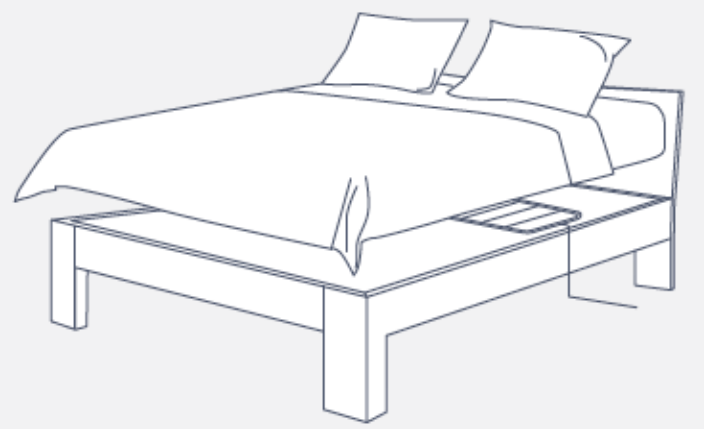


22. Tap **Done**.



Positioning my Sleep/Sleep Analyzer

Sleep/Sleep Analyzer 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 Sleep/Sleep Analyzer in the middle of the bed.

Note:

Sleep/Sleep Analyzer can be used with all brands of mattresses. It 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). Sleep/Sleep Analyzer can also be used with a slatted frame. In this case, you may need to place a flat, sturdy object (like a cardboard, for example) between the frame and the sensor.

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

Sleep/Sleep Analyzer 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, Sleep/Sleep Analyzer has an internal memory of 1 day (corresponding to your last night).

Once you've set up your Sleep/Sleep Analyzer, 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:

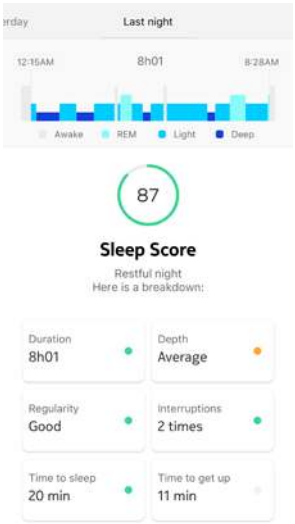
Sleep/Sleep Analyzer can only track the sleep of one person. If two persons wish to measure their sleep, they can install two Sleep/Sleep Analyzer on the same account on two different users.

One Sleep/Sleep Analyzer 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 Sleep/Sleep Analyzer in the Timeline or in the **Dashboard** view in the Health Mate app.

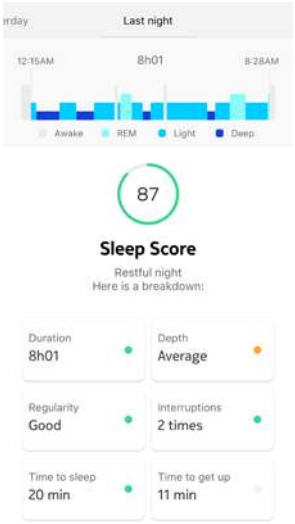
Your sleep data is automatically sent to the Health Mate app shortly after you leave your bed. In somes cases, it can take a few hours, depending on the quality of your Wi-Fi signal.



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

The 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. Sleep/Sleep Analyzer 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

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

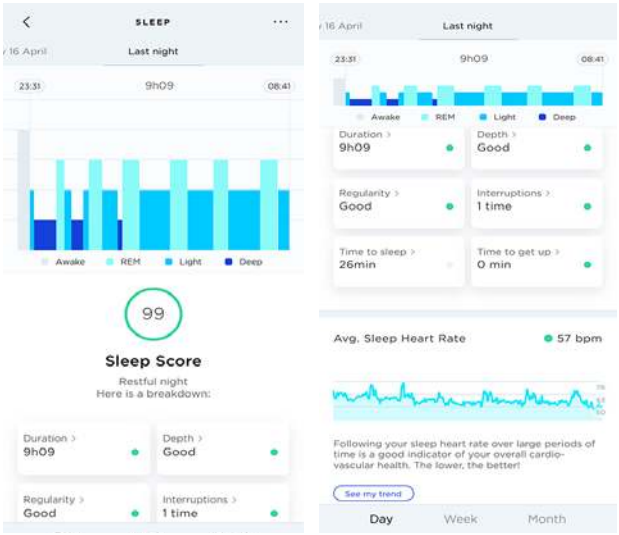
Once you've set up your Sleep/Sleep Analyzer, it lets you track your resting heart rate without requiring any action on your part. All you have to do is lay in bed: it will do the rest on its own.

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 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

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

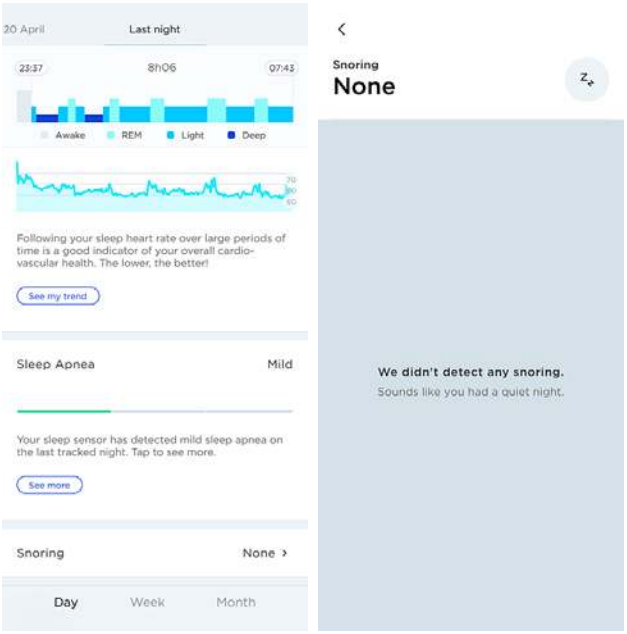
Sleep/Sleep Analyzer has a microphone that detects sounds corresponding to snoring. As snoring detection is based on sound crossed with respiratory patterns, Sleep/Sleep Analyzer can thus distinguish your snoring from the snoring of your partner and focuses only on your own snoring.

Sleep/Sleep Analyzer 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.

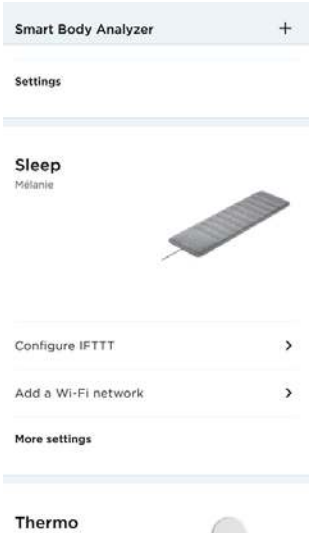


Important note:

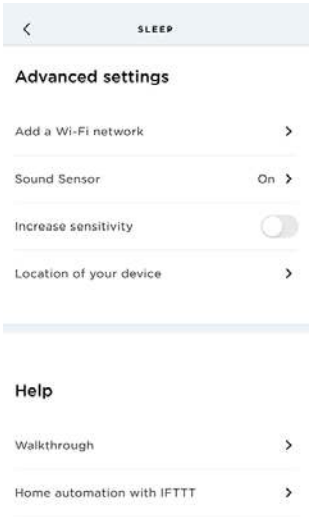
You can deactivate the microphone in the settings of the Health Mate. To do so, perform the following steps:

1. Open the Health Mate.
2. Go to **Devices** > **Sleep/Sleep Analyzer**.

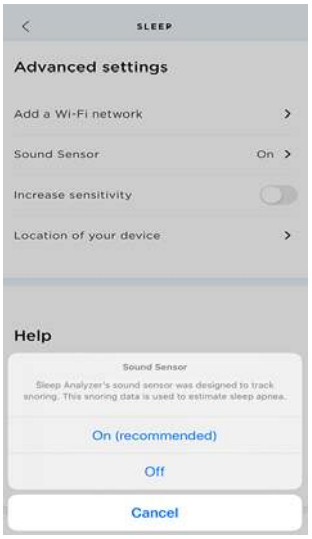
3. Tap **More settings**.



4. Tap **Sound sensor** to deactivate the microphone.



5. Tap **Off**.



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

Tracking my sleep apnea (Sleep Analyzer - EU users)

- **Sleep apnea detection requires FDA approval in the US. Withings is currently applying for it and is pending FDA approval.**
- **Sleep Analyzer has been clinically validated by the CE notified body and is considered as a medical device.**

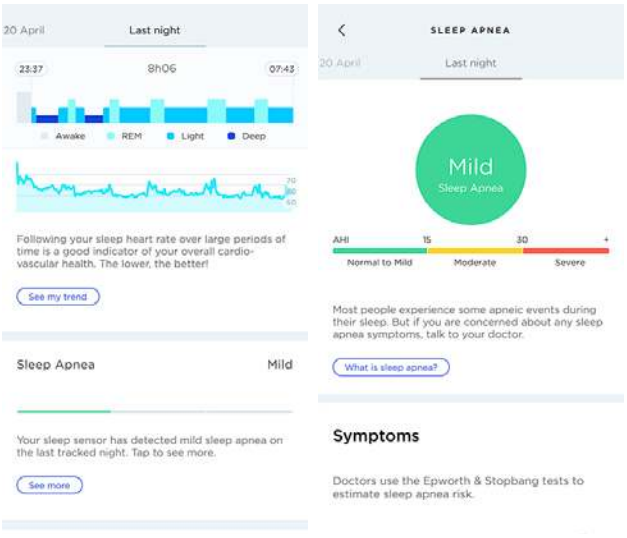
Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired even after a full night's sleep, you might have sleep apnea.

The main types of sleep apnea are:

- Obstructive sleep apnea, the more common form that occurs when throat muscles relax
- Central sleep apnea, which occurs when your brain doesn't send proper signals to the muscles that control breathing
- Complex sleep apnea syndrome, also known as treatment-emergent central sleep apnea, which occurs when someone has both obstructive sleep apnea and central sleep apnea.

You can retrieve sleep apnea data collected by your Sleep Analyzer in the Timeline of the Health Mate app.

Tap on your sleep item, sleep apnea data will be displayed under your Sleep score. Tap on **See more** for more details.



Important:

Follow the guidelines below in order to have a reliable sleep apnea measurement:

- Position the sensor sideways under your mattress. It needs to have full contact with both the mattress and the box spring/bed platform.
- Place a flat, sturdy object (like cardboard, for instance) between the frame and the sensor if you have a slatted frame.

- Place the sensor at chest/heart level.
- Make sure that the sensor covers at best your sleep zone when tossing and turning.
- Make sure that the sensor is plugged into a power socket, using the provided adapter. If it is not the case, connect your Sleep Analyzer and wait for 10 minutes before going in bed.Do not put heavy objects on the bed when the sensor is not in use.
- Try to sleep for at least 5 hours to see your results in the morning

Tracking my breathing disturbances (Sleep - US users)

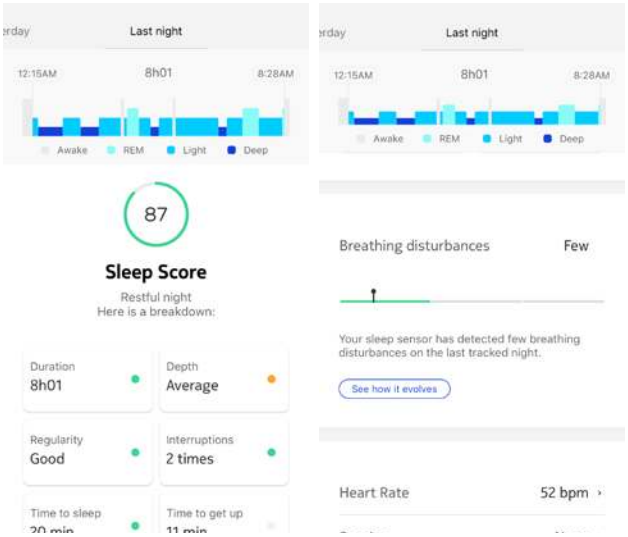
Sleep is not a medical device and should not be used to diagnose, treat, cure, or prevent any medical conditions.

Breathing disturbances are referring to interruptions in your sleep patterns. These disturbances, which impairing the restorativeness of sleep, may also be associated with conditions such as sleep apnea.

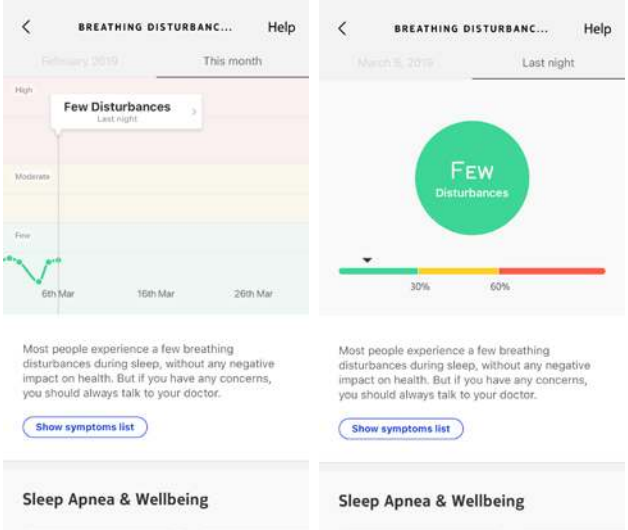
Sleep is able to detect breathing disturbances on the last night tracked thanks to its algorithm. You will receive lifestyle tips through the Health Mate app to help you reduce risks of breathing disturbances.

You can retrieve breathing disturbances data collected by your Sleep in the Timeline of the Health Mate app.

Tap on your sleep item, breathing disturbances data will be displayed under your Sleep score. Tap on **See how it evolves**, then **Next** to see the tutorial.



In the example below, tap on **Few Disturbances** for more details.



Important:

- You need to sleep at least 5 hours to have breathing disturbances data.

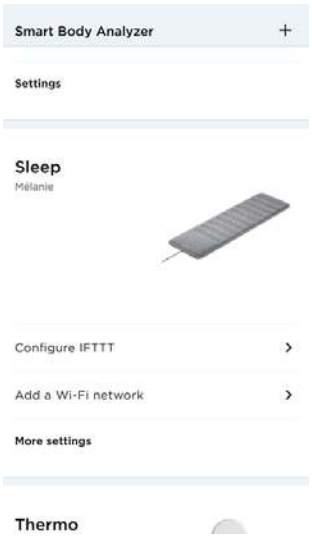
- You need to activate the **snoring detection** to have breathing disturbances data. To do so, go to **Devices** > **Sleep** > **More settings** > **Sound sensor**.
- Sleep is not a medical device and should not be used to diagnose, treat, cure, or prevent any medical conditions.
- Sleep is not intended to diagnose apneic episodes or assist with a diagnosis. Please seek medical advice if you need a personal sleep apnea diagnosis.

Linking my Sleep/Sleep Analyzer 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 Sleep/Sleep Analyzer 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 Sleep/Sleep Analyzer with IFTTT, perform the following steps:

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

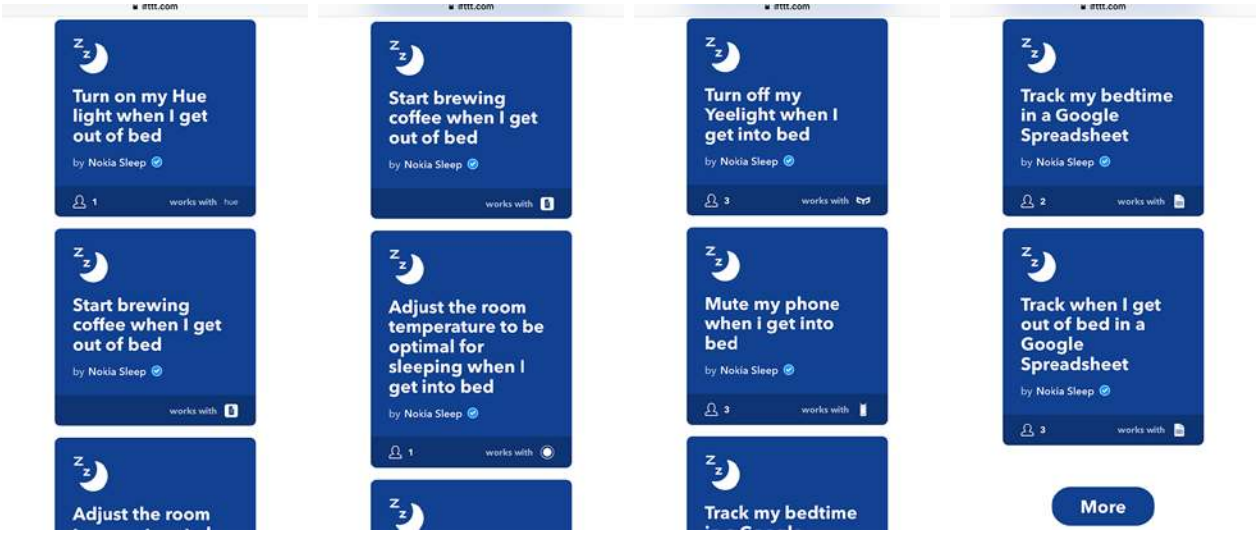


4. Tap **Sign in** if you already have an account or click on **Sign up** to create one.



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.

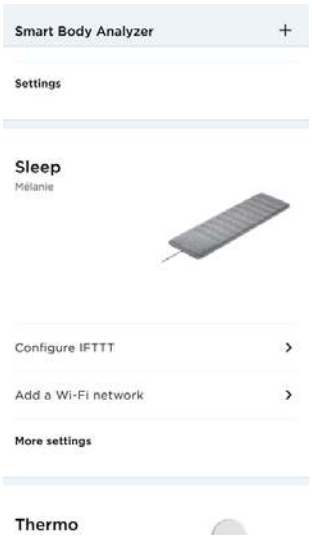
8. Tap **Connect**.
9. Login to your Health Mate account, if you already have one, or create one.
10. Tap **Allow this app**.
    Your Sleep/Sleep Analyzer has been successfully linked to IFTTT.
11. Scroll down the screen to discover the different home automation scenarios available with your Sleep/Sleep Analyzer.



Creating automated scenarios

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

1. Open the 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 Sleep/Sleep Analyzer IFTTT homepage. To do so, perform the following steps:

1. Click on **New Applet** under your user profile.
2. Click on **+this**.
3. Tap **Sleep/Sleep Analyzer**.
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**.
8. Select the service you would like to trigger with Sleep/Sleep Analyzer (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

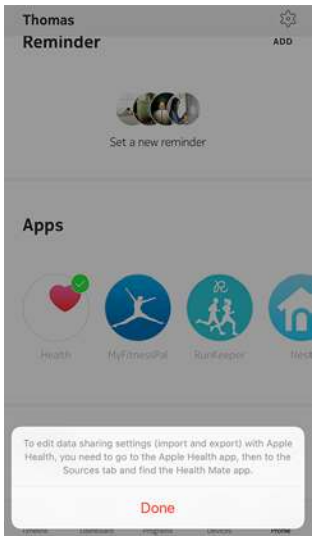
Sharing my data with Apple Health

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

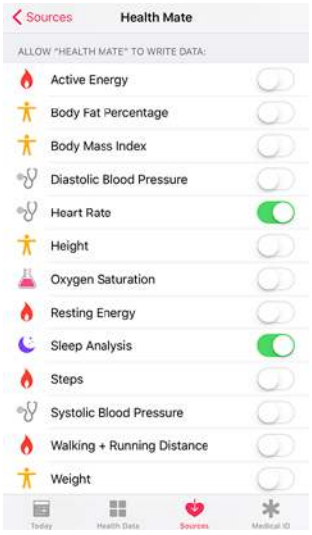
- Heart rate
- Sleep analysis

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 Health Mate app.
6. Select the data you want to share with Apple Health.



7. Tap **Allow**.

Deleting my data

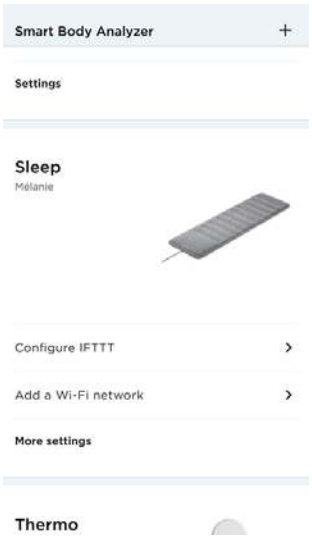
You have the possibilty to delete your heart rate and blood pressure measurements from the Health Mate app. To do so, perform the following steps:

1. Open the Health Mate app.
2. Swipe the value which you want to delete measurement.
3. Select your answer.

Adding a Wi-Fi network

If you want to add or use a different Wi-Fi network, perform the following steps:

1. Open the Health Mate app.
2. Go to **Devices** > **Sleep/Sleep Analyzer**.
3. Tap **Add a Wi-Fi network**.



4. Tap **Next**.



5. Tap **Next**.

6. Tap **Pair** twice.



7. Enter the password and tap **Connect** to use the same Wi-Fi network as your mobile device or tap **Choose a different network** to use another one (you will need to enter the password afterward).



8. Tap **OK**.

Dissociating my Sleep/Sleep Analyzer

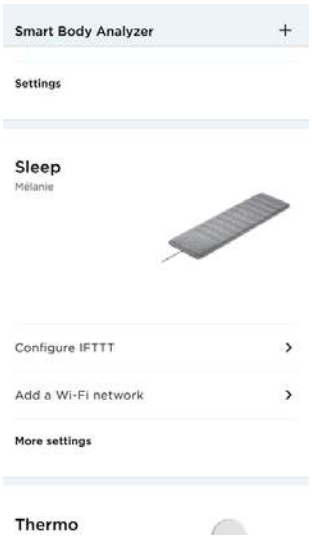
All data that wasn't synced before dissociating your Sleep/Sleep Analyzer will be lost permanently.

Dissociating your Sleep/Sleep Analyzer 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.

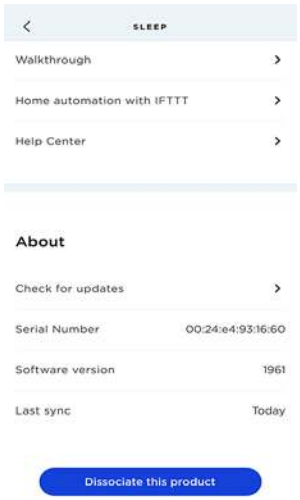
Dissociating your Sleep/Sleep Analyzer will not remove any of the data that was synced from the Health Mate app.

To dissociate your Sleep/Sleep Analyzer, perform the following steps:

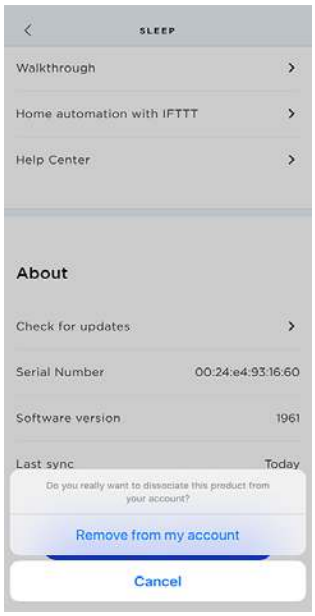
1. Open the Health Mate app.
2. Go to **Devices**.
3. Tap **Sleep/Sleep Analyzer**.



4. Tap **Dissociate**.



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



Performing a factory reset of your Sleep/Sleep Analyzer

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

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

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

To reset your Sleep/Sleep Analyzer, perform the following steps:

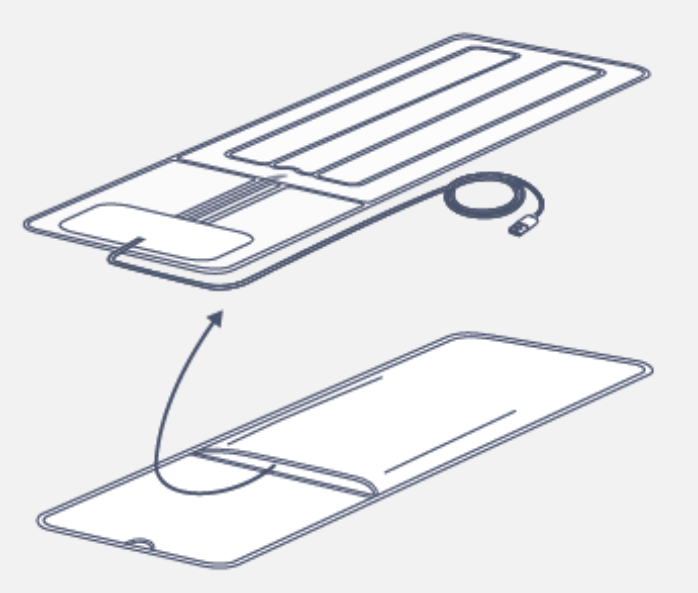
1. Go to the **Settings** of your mobile device, select **Bluetooth** and locate Sleep/Sleep Analyzer in the list of devices. Select the small icon to the right of the sleep sensor and select the option to **Forget** or **Remove** the device.
2. Make sure to place the inner part of the Sleep/Sleep Analyzer 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 Sleep/Sleep Analyzer 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 and maintenance

Cleaning my Sleep/Sleep Analyzer

To clean the textile cover of the Sleep/Sleep Analyzer, 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 Sleep/Sleep Analyzer.

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

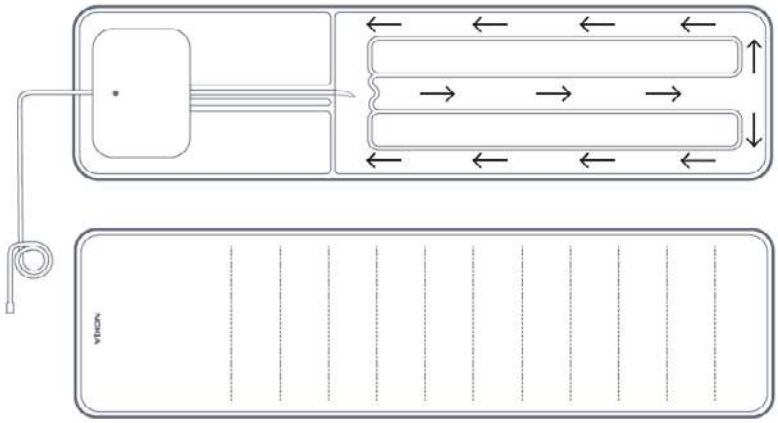


Deflating my Sleep/Sleep Analyzer

To defalte your Sleep/Sleep Analyzer, perform the following steps:

1. Make sure to place the inner part of the Sleep/Sleep Analyzer 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 Sleep/Sleep Analyzer using the provided adapter.
4. Press the reset button successively three times.
   A slight click indicates that the Sleep/Sleep Analyzer 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 Sleep/Sleep Analyzer. Note that the valve closes after 3 minutes.

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



6. Unplug Sleep/Sleep Analyzer.
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 Sleep/Sleep Analyzer

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

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

Technology description

Sleep apnea (Sleep Analyzer - EU users)

Sleep Analyzer contains the world's most advanced sensors and technology to analyze sleep quality, estimate the average number of sleep apnea episodes per hour and detect the severity of sleep apnea for a given user/night. Sleep Analyzer tracks some precious parameters including snoring and thoracic activity as well as physiological parameters, such as heart activity through ballistocardiography. Its algorithm is powerful, as it was trained and validated on a large cohort of apneic patients at Hôpital Béclère (France).

Breathing disturbances (Sleep - US users)

Sleep is able to detect breathing disturbances on the last night tracked thanks to its algorithm.

Breathing disturbances are referring to interruptions in your sleep patterns. These disturbances, which impairing the restorativeness of sleep, may also be associated with conditions such as sleep apnea

Snoring

Snoring detection is based on sound, crossed with respiratory patterns. Sleep/Sleep Analyzer 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, Sleep/Sleep Analyzer 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.

Sleep data

Sleep/Sleep Analyzer 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

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

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For any questions, please contact Withings at: https://support.withings.com/hc/en-us/requests/new.

Legal notice

By using your Sleep/Sleep Analyzer you expressly agree to the Withings Services Terms and Conditions available on our website.

Personal data

- Sleep/Sleep Analyzer does not store any audio recordings.
- Make sure you have read our privacy policy, which you can find on our website.
- Make sure your Withings 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.
- We recommend that you protect access to the Health Mate app with an additional passcode and/or Touch ID. You can do so from the app by going to Settings in the app and activating **Touch ID** and **Passcode** (only for iOS).
- We recommend that you export your data on a regular basis to local storage on your home computer. You can do so from the Health Mate web interface by clicking your **Profile picture** > **Settings** > **User Preference** > **Download my data**.

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 Sleep/Sleep Analyzer if you do not plan to use your it for an extended period of time.
- The Sleep/Sleep Analyzer 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 Sleep/Sleep Analyzer 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 Sleep/Sleep Analyzer exposed to dust or sunlight for too long as it might damage the product.
- Keep your Sleep/Sleep Analyzer 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 Sleep/Sleep Analyzer on your own.
- If you have any issue, feel free to contact our Customer Service at: https://support.withings.com/hc/en-us/requests/new.

Specifications

Sleep/Sleep Analyzer

- 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 apnea (Sleep Analyzer - EU users)
- Breathing disturbances (Sleep - US users)
- Sleep data
- Resting heart rate
- Snoring data

Battery life

- Plugged in the power via an electric outlet

Compatible devices

- iPhone (5s and above)
- iPod Touch (6th generation or higher)
- iPad 3rd Gen or later
- iPad Pro
- iPad Mini 2nd Gen or later
- Compatible Android BLE (Bluetooth Low Energy) device

Compatible OS

- iOS 12.0 or higher
- Android 8.0 or higher

Document release overview

Release date		Modifications
April 2018	v1.0	First release
May 2018	v2.0	Privacy update
September 2018	v3.0	WIthings version
March 2019	v4.0	Update of: "Breathing disturbances (US users)" on page 44
April 2020	v5.0	Sleep Analyzer launch (EU users only)

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

Warranty

Withings One (1) Year Limited Warranty - Sleep/Sleep Analyzer

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