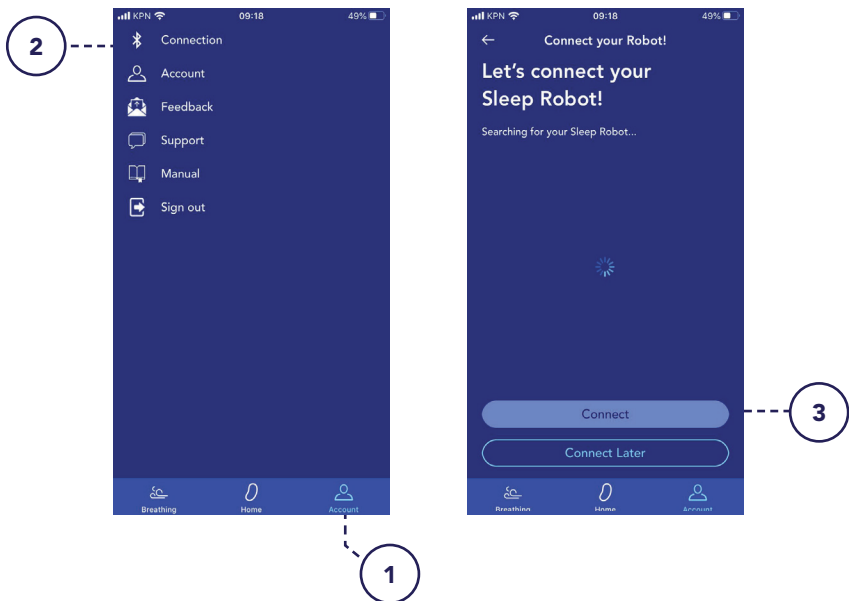


User Manual

The Somnox app

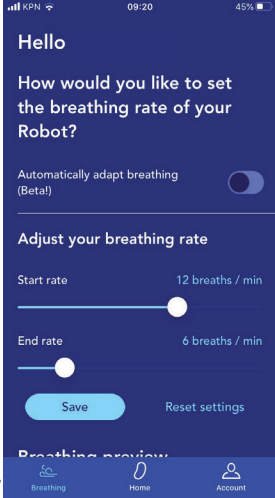
1. Connecting your Sleep Robot



1,2 and 3

Firstly, turn on Bluetooth on the device that runs the Somnox app. Make sure the Sleep Robot is turned on. Connect the device to the Sleep Robot following the 3 steps above.

2. Breathing settings



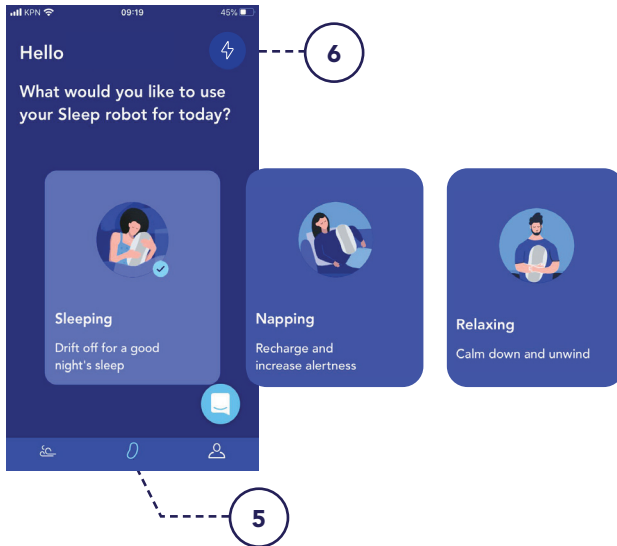
4

Drag this button to the right to use the **Adaptive Breathing** option.

4.

The breathing frequency can be set in the **Breathing** screen. The frequency can be set manually, but there is also an automatic option: **Adaptive breathing**. When this feature is switched on, the Sleep Robot will adjust its breathing rhythm automatically to the user's breathing rhythm

3. Select your program



5.

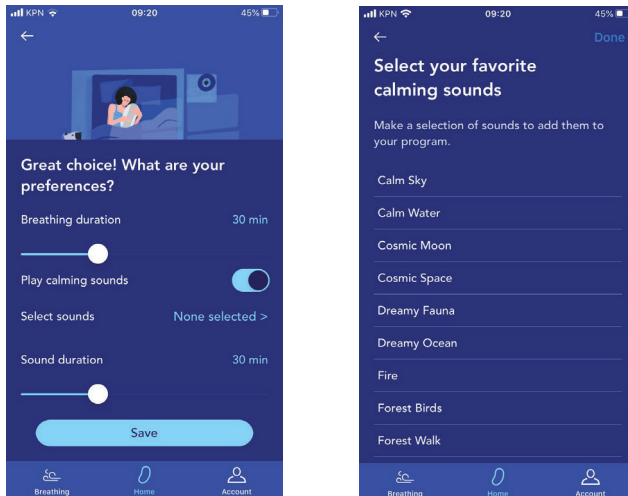
The moment you want to use the Sleep Robot, you can select a program: Sleep, Nap or Relax. You do this by swiping between the programs and clicking the one you want to use and click **Select**.



6. Click on this icon to:

Check battery level, Bluetooth connection and available updates.

4. Selecting soothing music



The Sleep Robot can also play soothing sounds. You can select these after selecting a program. Click next to **Select sounds** and select one or more sounds, then click **Save**. Do you want to add your own music? Click **Sync SD-card to load your own music** in the bottom of the screen.