

sleep  number.

SMART BED

user guide



Get the most from your SMART BED

No two people are alike, and no two nights' sleep are the same. Your Sleep Number® smart bed uses your personal sleep data to understand your one-of-a-kind needs.

Our smart sleepers get
28 minutes more
restful sleep per night*

Science proves quality sleep is vital to our physical, emotional and mental wellbeing. Developed by sleep science experts, your smart bed connects you with your best possible sleep night after night and through every phase of life.

*Based on average SleepIQ® data from 8/1/21 - 2/28/22 of sleepers engaging with Sleep Number® setting, SleepIQ® data and FlexFit™ adjustable base vs. sleepers who have those features but didn't similarly engage with them.



Everything Sleep Number® at your fingertips

Get started by downloading the
Sleep Number® app. Scan now.



Ready for your best sleep?



Sleep

Achieve quality
sleep with your
smart bed



Health

See nightly
insights and track
sleep quality



Smart Bed

Individualize
your comfort



Profile

Personalize
to you, earn
rewards



Support

Connect with us,
track orders and
manage deliveries



Scan to learn about all the exciting features
of your new Sleep Number® smart bed.



Smart Bed

Individualize your comfort

94%



Sleep comfortably from night one

Find your Sleep Number® setting by following the prompts in your Sleep Number® app or optional remote (sold separately). From feather soft (5) to firm (100), discover firmness, comfort and support that’s just right for you — and change it whenever you like.

Your comfort is unique to you

No two nights are the same, which is why Smart Sleepers who routinely adjust their Sleep Number® setting get more restful sleep.

Enjoy effortless comfort

Within a minute of going to bed, you may feel Responsive Air® technology sensing and adjusting to you as you settle in for the night. Throughout the night, your smart bed automatically adjusts to keep you effortlessly comfortable.

NOTE: If you have a smart adjustable base, Responsive Air® technology only works in the Flat or Snore position.

of Sleep Number® smart bed sleepers report better sleep quality when using their smart features.**



**Based on self-reported data from 90 incentivized, first-time users 3/23-6/23; 6 weeks with smart bed features disabled, then 6 weeks enabled.



Achieve quality sleep with your smart bed



See nightly insights and track sleep quality



Understand your one-of-a-kind sleep

Wake up to your SleepIQ® score every morning and compare to your average to see if your sleep is improving, and whether you've achieved a new personal best. Reflect on your day-to-day activities, like diet, exercise and stress, to learn what could be impacting your sleep.

Manage stress, wellbeing and energy

See your average heart rate, heart rate variability (HRV) and average breath rate. Knowing your restful sleep and recovery can tell you whether it's time to push yourself or take it easy. For example, a consistent HRV may indicate that your body is recovering every night.



Track your trends

See your personal sleep trends over time by day, week, month and year.

See your sleep quality at a glance

Get a weekly snapshot of sleep trends based on Duration (how long), Efficiency (how well) and Timing (when you slept), plus personalized insights to help you achieve your best possible sleep.

Help improve your sleep health over time

See a 30-day summary of your sleep health plus a monthly email with personalized insights to better understand your trends.



Personalized to you

Access to rewards, partners and sleep science.



Support

Connect with us

Track orders and manage deliveries.



Make it about you

Complete your wellness profile and receive personalized tips based on your sleep data to help improve your sleep.

Engage. Learn. Be rewarded.

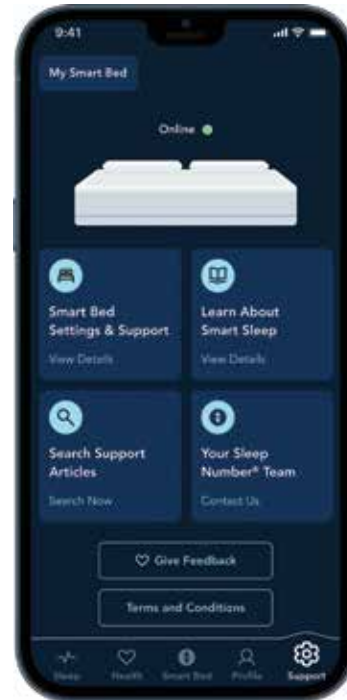
View your Sleep Number® Rewards account. See your points and earn more, redeem your rewards, shop with exclusive savings and refer friends. New activities weekly.

Connect your favorite apps

Sync with health and fitness apps you're currently using to personalize your sleep insights even more.

Be a part of something bigger

Participate in research studies to advance the science of sleep and sleep health. Making new discoveries has the potential to improve sleep quality for the greater community.



Smart bed settings & support

Check your smart bed connectivity status and more, plus troubleshooting if needed.

Learn about smart sleep

Tips and tricks to optimize your sleep experience.

Search support articles

Everything you need to know about your smart bed and how it works.

Your Sleep Number® team

Chat or talk with Sleep Number® support. We're here for you.



Smart Bed

Discover endless adjustability



Have a FlexFit™ smart adjustable base?

Enjoy the ultimate in adjustability by using the Sleep Number® app, the optional remote (sold separately), or the side button on your smart adjustable base.

Preset Positions

You'll find the same preset positions in both the app and remote for these popular, comfortable positions: Favorite, Flat, Zero G, Snore/Partner Snore™, Watch TV, Read.

Set Favorite

Save a Favorite position in the app or remote and go back to it any time with a tap. You can also use the side button on each side of your smart adjustable base to conveniently move between your Favorite position and flat.

Up/Down Arrows

Use the up/down arrows to adjust the head/foot of your smart bed to your preferred position.

Underbed Lighting

Light your way in the dark by setting Underbed Lighting to Auto in the app. It will turn on when you get out of bed, to softly illuminate the floor around your bed, and will turn off when you get back in bed. If you do not get back in bed, it will automatically turn off after 10 minutes. You can also turn it off using the app or remote.

Foot Warming (FlexFit™ 3)

Gently warming your feet prior to sleep can help you fall asleep faster. Select Foot Warming in your app or remote, choose temperature setting and set a timer.



Optimize your sleep quality with temperature



Have a Climate™ Series smart bed?

Temperature is one of the most important factors that can affect your sleep. Your temperature needs may change with the weather, changes in your microclimate or your natural physiology. Now you have the power to customize your temperature.

Temperature programs that are scientifically based

Turn on a temperature program for effortless comfort. Temperature programs are designed to help you fall asleep faster and stay asleep, based on scientific research. Schedule different temperature settings throughout the night and rest easy knowing your smart bed is working hard to help you get more restful sleep.

Temperature designed by you

Customize a temperature program that is right for you and schedule each night, so your smart bed is ready for you when you need it.

Temperature timers for your control

Manually set your temperature and timer duration for control whenever you need.

Tips for your best sleep

- For optimal temperature, always use a top sheet or comforter to create your personalized microclimate.
- For best performance, keep your room temperature at 68 degrees Fahrenheit or lower. The Climate™ Series smart beds are not a replacement for air conditioning or heating your home.
- It may take up to two weeks to find your ideal temperature setting. Fortunately, we removed the guesswork with temperature programs that are proven to increase sleep quality, or you can fine tune with a personal program or manual timer.

Choose the right mattress pad


The Climate Total Protection Mattress Pad is the only water-resistant mattress pad designed exclusively for the Climate™ Series smart beds, optimizing airflow while protecting your mattress.

40



Have questions?

Need additional support?

Go to  Support
in your Sleep Number® app

visit
sleepnumber.com/support

call
1-888-411-2188



scan to learn more

PRIVACY POLICY

At Sleep Number privacy is important, and we believe transparency is essential. For details on our collection and use of personal information and your privacy rights, view our Privacy Policy at sleepnumber.com/privacy.

LIMITED WARRANTY

Please visit sleepnumber.com/warranty for specific limited warranty information.

IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT: To avoid injury, read and follow all safety precautions in this document, the User Guide and in all warnings attached to the product. Keep this guide for future reference.

USE INFORMATION

Read the following information carefully before using this product. This adjustable base and Smart Control System have been quality-engineered with design features to optimize your comfort and safety when operated properly.

PRODUCT RATINGS

The bed lift motors are not designed for continuous use. Reliable operation and full life expectancy will be realized as long as the lift motors do not operate any more than 2 minutes within a 20 minute period, or approximately 10% duty cycle.

Any attempt to circumvent or exceed product ratings will shorten the life expectancy of the product and may void the warranty. The recommended weight restrictions for FlexFit™ smart adjustable bases are as follows: DC equipped-600 lb all sizes. The bed will structurally support the recommended weights distributed evenly across the head and foot sections. This product is not designed to support or lift this amount in the head or foot sections alone.

Note: Exceeding the recommended weight restrictions could damage the adjustable bed and void the warranty. For best performance, consumers should enter and exit the adjustable bed with the base in the flat (horizontal) position.

WARNING: To avoid injury, do not sit on the head or foot of the bed when it is in the raised position.

ELECTRICAL INFORMATION

When using an electrical furnishing, basic precautions should always be followed. Read all instructions before using this furnishing.

DANGER: To reduce the risk of electric shock:

1. Always unplug this furnishing from the electrical outlet before cleaning.

WARNING: To reduce the risk of burns, fire, electric shock or injury to persons:

1. Unplug from outlet before putting on or taking off parts.
2. Close supervision is necessary when this furnishing is used by or near children, persons affected by illness or injury or disabled persons.
3. Use this furnishing only for its intended use as described in these instructions. Do not use attachments not recommended by the manufacturer.

4. Never operate this furnishing if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged or dropped into water. Return the furnishing to a service center for examination and repair.
5. Keep the cord away from heated surfaces.
6. Never operate the furnishing with the air openings blocked. Keep the air openings free of lint, hair and the like.
7. Never drop or insert any object into any opening.
8. Do not use outdoors.
9. Do not operate where aerosol spray products are being used or where oxygen is being administered.
10. To disconnect, turn all controls to the off position, then remove plug from outlet.
11. This product is intended for household use only.

12. **WARNING:** Risk of Electric Shock – Connect this furnishing to a properly grounded outlet only. See Grounding Instructions.

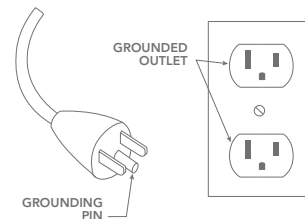
GROUNDING INSTRUCTIONS

WARNING: Electrical ground is required on this product. Do not connect to an ungrounded outlet. Do not use an extension cord or two-prong adapter that eliminates the connection to ground.

CAUTION: This furnishing is designed for indoor use only. This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated below. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



CLIMATE360® AND CLIMATECOOL™ SMART BED HEATING AND COOLING SAFETY INSTRUCTIONS

1. Read all instructions before using the Climate360® or ClimateCool™ smart bed.

2. **WARNING:** Risk of burns, serious injury or death. Do not use this bed system with an infant, a disabled person, a person with diminished capacity or anyone insensitive to heat, such as a person with poor blood circulation.

3. **WARNING:** Risk of burns, serious injury or death. Do not use this bed system with any other heated blanket, comforter, quilt, sheet, mattress pad, mattress, foot warmer, throw blanket or similar heated or cooled bedding.

4. Let cord hang free – Do not place between mattress and foundation. Do not allow the cords to be pinched.

5. Do not operate with a damaged cord or plug or after the product malfunctions, has been dropped or damaged in any manner. Discard or return to authorized service facility for examination and/or repair.

6. Do not use outdoors.

7. Do not run cord under carpeting. Do not cover cord with throw rugs, runners or similar coverings. Do not route cord under furniture or appliances. Arrange cord away from traffic area and where it will not be tripped over.

8. To disconnect, turn controls to off, then remove plug from outlet.

9. Connect to properly grounded outlets only.

10. Do not insert or allow foreign objects to enter any ventilation or exhaust opening as this may cause an electric shock or fire, or damage the product.

11. To prevent a possible fire, do not block air intakes or exhaust in any manner.

12. Product has hot and arcing or sparking parts inside. Do not use it in areas where gasoline, paint or flammable liquids are used or stored.

13. Use only as described in this manual. Any other use not recommended by the manufacturer may cause fire, electric shock or injury to persons.

14. Always plug directly into a wall outlet/receptacle. Never use with an extension cord or relocatable power tap (outlet/power strip).

OPERATION INFORMATION

WARNING: To prevent injury from pinching or entrapment:

1. An adult must always keep the bed in sight when the bed is moving and confirm there are no people, children or pets near the moving parts of the bed.

2. Do not allow any person, child or pet to go under the bed before or during operation.

3. Do not allow children to operate the bed or base with the remote control, Sleep Number® app or side button without adult supervision.

4. Keep hands and feet away from moving parts.

After bed assembly is complete, operate remote or app to ensure proper bed functions.

Keep moving parts free of obstruction (including sheets, clothing, tubing, wiring and products using electric power cords) during operation.

Distribute body weight evenly over bed surface. Do not place entire weight on raised head or foot sections of the bed, including during repositioning and entering or exiting bed.

SMALL CHILDREN/PETS WARNING

WARNING: Immediately dispose of packaging materials as they can suffocate small children and pets. To avoid injury:

- Children or pets should not be allowed to play under the bed or base;
- Children or pets should not be allowed to play on the bed or base;
- Children should not operate this bed without adult supervision;
- Keep bed and base in sight during operation.

FCC COMPLIANCE

This device complies with part 15 of the FCC (Federal Communications Commission) 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.

Any attempt to make changes or modifications to the product (e.g., an intentional radiator) could void the user's authority to operate this product according to FCC certification (Section 15.231).

HOSPITAL USE DISCLAIMER

CAUTION: This product is designed for in-home use only. It is not approved for hospital use and does not comply with hospital standards. Do not use this FlexFit™ smart adjustable base with the tent-type oxygen therapy equipment or near explosive gases.

FOOT WARMING SAFETY INSTRUCTIONS

WARNING: Do not use the warming feature with infants or very small children, people with disabilities, anyone who is immobile or cannot operate the controls properly, anyone who is insensitive to heat or anyone who cannot understand these instructions.

1. Be sure to read carefully the accompanying instruction booklet before using this product.
2. Do not allow the cords to be pinched.
3. Keep the control away from drafty areas that may become damp or wet, such as an open window.
4. Do not use pins – they may damage the electric wiring.
5. Only plug foot warming pads into a FlexFit™ smart adjustable base system.
6. Turn off when not in use.
7. Excessive heating may result from folding the foot warming pads when in actual use.
8. If improper operation of this bedding is observed, discontinue its use immediately and contact our customer service team at 1-800-472-7185.
9. Do not machine wash or dry clean the foot warming pad.

SMART BED MAGNET INSTRUCTIONS

WARNING: A mattress with a FlexFit™ smart adjustable base has strong magnets on the bottom of the mattress. These magnets emit magnetic fields which may interfere with pacemakers, defibrillators or other medical implants or devices.

Before using this mattress, consult your physician and/or medical device manufacturer concerning a safe distance of separation required between your medical device and the mattress. If you suspect the mattress is interfering with your medical device or implant, stop using the mattress.

Unless your physician or medical device manufacturer tells you otherwise, maintain the following safe distances of separation between your medical device and the mattress:

1. When the mattress is not fully assembled or not attached to the FlexFit™ smart adjustable base (such as during delivery, setup, transport or service), maintain a minimum of 6 inches between your medical device and the mattress.
2. When the mattress is fully assembled and attached to the FlexFit™ smart adjustable base, the magnetic field is less than 5 Gauss at any distance and is generally considered safe.

In addition, strong magnets can create a pinch hazard. To minimize such risk, keep magnets away from each other and from other metal objects.

Last, at close distances, magnetic fields can damage electronics, electronic/magnetic storage devices, AV equipment, bank/credit/debit cards, etc.

SERVICE REQUIREMENTS

NOTE: Service technicians are not responsible for moving furniture, removing headboards and footboards or any items required to perform maintenance on the adjustable bed. In the event the technician is unable to perform service due to lack of accessibility, the service call will be billed to the purchaser and the service will have to be rescheduled.

MAINTENANCE INSTRUCTIONS

There are no User Serviceable Parts inside enclosures of the furnishing.

WARNING: Any servicing besides the below should be performed by an authorized service representative.

Climate360® smart bed Thermal Module requires routine vacuuming of the airflow grilles to maintain proper operation. Do not allow air openings to be blocked and keep them free of lint, hair and the like.

Climate360® smart bed Thermal Module includes high-temperature safety shutoff devices that may engage under abnormal environmental conditions. Your Climate360® smart bed will not be able to heat or cool until temperatures inside the Thermal Module return to ambient conditions. If operation of heating and cooling functions does not return, contact Sleep Number for servicing or replacement.

SAVE THESE INSTRUCTIONS



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