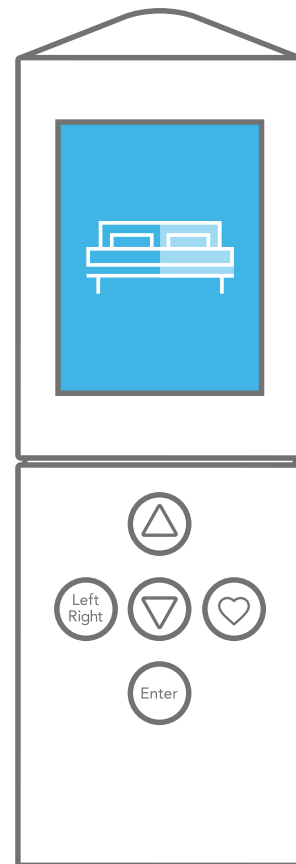# SLEEP NUMBER 360™ SMART BED
REMOTE QUICK START GUIDE

YOUR SLEEP NUMBER 360™ SMART BED REMOTE AT A GLANCE

LEFT/RIGHT BUTTON
Press to choose your side of the bed

UP/DOWN ARROWS
Adjust your Sleep Number® setting or your bed position; scroll up or down in any menu

ENTER
Press to select an option, or press and hold to open home screen

MY SLEEP NUMBER® SETTING BUTTON
Press to find or return to your Sleep Number® setting

FIND YOUR SLEEP NUMBER® SETTING

Lie down on the bed. Press ⟨Left/Right⟩ to choose your side of the bed, then press ♡ and choose *Find Sleep Number*.

THE SLEEPIQ® APP AND REMOTE WORKING TOGETHER

The Sleep Number 360™ smart bed is powered by SleepIQ® technology for smart, effortless sleep.

SleepIQ technology provides easy adjustability, sleep tracking and connectivity. Intelligent biometrics track your heart rate, breathing rate and movement to give you a SleepIQ® score each morning.

With the SleepIQ® app you can:
- Create nightly routines, which may help you get consistently better sleep.
- Find your ideal level of comfort—your Sleep Number® setting.
- Easily control your FlexFit™ adjustable base (FlexFit™ 1, 2, 3 only).
- Set individual sleep goals, bedtime and wake time.
- Use Responsive Air™ technology to help you stay comfortable all night.
- Select Foot Warming, which may help you fall asleep faster (FlexFit™ 3 only).
- Wake up to your SleepIQ score each morning and learn what gives you your best sleep.

SET UP SLEEPIQ® TECHNOLOGY TO OPTIMIZE YOUR SLEEP:

1 Visit the Apple or Android app store and download the SleepIQ® app.

Available on the **App Store** GET IT ON **Google Play**

2 Create and register your account.

3 Connect your bed to SleepIQ technology with your home Wi-Fi network name and password (follow the *Pair Your Bed* process).

4 Start enjoying smart, restful sleep.

You've selected to use the remote to control your bed. The SleepIQ app and the remote can be used together.

GETTING STARTED

1 WAKE UP YOUR REMOTE

Get started by inserting two AA batteries (included) in your remote. Your remote will turn on simply by picking it up or pressing any button.

2 CONNECT YOUR BED AND REMOTE

Unplug and re-plug your bed into a wall outlet. Easy-to-follow instructions will guide you through the next steps.

If your remote is delivered during initial bed installation, a Home Delivery Technician will connect the bed and remote.

3 NAME EACH SIDE OF THE BED

Follow the steps on your remote to enter your names on each side of the bed. If you'd like to skip this step, you can enter them later by pressing (Enter).

Then: *System > Settings > Reset Preferences > Rename Side*

4 FIND YOUR SLEEP NUMBER® SETTING

Begin by lying on the bed in your preferred sleeping position.

Press and hold (Enter) to get to home screen.

Press (Left Right) to choose your side of the bed. Left and right are indicated as though you are lying on your back on the bed.

Press (♡) and choose *Find Sleep Number*.
Follow the instructions on your remote to find your favorite Sleep Number® setting. This may take a few minutes.

5 SAVE YOUR SLEEP NUMBER® SETTING INTO MEMORY

Press (Left Right) to choose your side of the bed.

Press (△) or (▽) to choose your favorite setting, then press (♡) for two seconds to save.

IMPORTANT: Read all instructions before use to avoid injury. Improper use of product can result in serious injury or death. Follow the safety information in your bed quick start guide. Keep this guide for future reference.

Warnings and Safety Instructions
- Your Sleep Number® bed as well as this remote are intended for in-home, non-commercial use only. Any unintended use voids the limited warranty.
- The remote is not a toy. Keep the remote and its batteries away from children and pets.
- With the exception of the battery compartment, do not open the remote. Doing so will void the limited warranty.
- Keep the remote away from heat sources such as radiators, heat registers, etc.
- The remote is not water resistant. Do not immerse in or use or store near water – for example, in a wet basement, near an open window, etc.
- Be sure to use only the batteries specified and always handle the batteries with care. Improper use may result in battery explosion, cracking or leakage, which could result in personal injury and/or property damage

FCC Compliance Statement: The equipment described in this guide has been tested and found compliant 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 when the equipment is operated in a commercial environment. This equipment generates, uses, and can radiate radio frequency energy and if not installed and used in accordance with the instruction manual, 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 which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Any attempt to make changes or modifications could void the user's authority to operate the equipment according to FCC certification.

NEED HELP?

To watch a remote setup video, or for troubleshooting and frequently asked questions:

visit
sleepnumber.com/support

or call
1.888.411.2188

IMPORTANT: To avoid injury, read all safety precautions in the user's guide before use. Follow the safety information in both guides on the safe use of all the features. Keep both guides for future reference.