

sleep  number.

# SMART BED

## user guide



# SLEEP

unique as you

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.



# Ready for your best sleep?

Let's get started.

If you haven't already, download the SleepIQ® app  
and scan for how to register your account.



Everything you need to know is right at your fingertips in the SleepIQ® app.



**Sleep**

Achieve quality sleep  
with your smart bed



**Smart Bed**

Individualize  
your comfort



**Profile**

Personalize to you,  
connect with us





# Achieve quality sleep with your smart bed



MY SLEEP SESSION

## 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.



98

MY BIOMETRICS

## 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.



MY CIRCADIAN RHYTHM

## Get the most from every day

Your circadian rhythm is your 24-hour internal clock. SleepIQ® technology will learn your sleep schedule over 7 days and show your ideal sleep and wake times, workout, dinner and wind-down times.



MY SLEEP HEALTH

## 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.



TRACK ACTIVITIES

## Learn how your day impacts your night

Record your day's activities and see how they affect your sleep over time.



MY SLEEP HISTORY

## Track your trends

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



# Individualize your comfort

50

SLEEP  
NUMBER®  
SETTING

## Adjust to your ideal comfort

Choose your Sleep Number® setting on each side. Or, follow the tutorial in your SleepIQ® app to find your ideal level of firmness, comfort and support. Try a setting for five nights, then adjust by 5 or 10 if you need a firmer or softer feel.



RESPONSIVE  
AIR®  
TECHNOLOGY

## 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.



FLEXFIT™ SMART  
ADJUSTABLE  
BASE

## Discover endless adjustability

Have a FlexFit™ smart adjustable base? Raise the head and foot of your bed for ultimate relaxation. Science shows that you can increase circulation by raising your head and feet. Enjoy choices such as Partner Snore™ technology\* and Foot Warming, designed to help you fall asleep faster. Underbed lighting lights your way in the dark. Move easily between flat and favorites, like Zero G, with a convenient side button.



BEDTIME  
ROUTINES

## Create a sleep routine

Schedule bedtime reminders and presets, like Foot Warming, so your smart bed is ready for you each night, just the way you like it. Routines can help you stay consistent for better sleep health.

\*May temporarily relieve common mild snoring in otherwise healthy adults.



# Personalize to you, connect with us



MY  
PROFILE

## Make it about you

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



SLEEP SCIENCE  
AND RESEARCH

## Be a part of something bigger

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



INNERCIRCLE™  
REWARDS

## Get rewarded

Earn points as you learn about sleep and wellbeing. Enjoy exclusive benefits, refer friends and access your InnerCircle™ Rewards account right from your SleepIQ® app.



GET  
HELP

## We're here for you

At sleepnumber.com, we're here to help answer some of the most common questions.



HEALTHIQ®  
WELLNESS  
REPORTS

## 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.



MANAGE  
ACCOUNT  
SETTINGS

## Stay up to date

Click on the upper right icon  to see your account and device setup.

Have questions?

Need additional support?



scan to learn more

visit

[sleepnumber.com/support](https://sleepnumber.com/support)

call

1-888-411-2188

TERMS & CONDITIONS

At Sleep Number, your sleep data is your own and it is only used to provide you with an individualized sleep experience and insights. Access our full privacy policy at [sleepnumber.com](https://sleepnumber.com).

LIMITED WARRANTY

Please visit [sleepnumber.com/warranty](https://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.

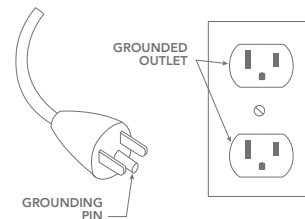
## GROUNDING INSTRUCTIONS

**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° SMART BED HEATING AND COOLING SAFETY INSTRUCTIONS

1. Read all instructions before using the Climate360° 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, SleepIQ® 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 it 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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Minneapolis, MN

