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# CLIMATE360™ SMART BED QUICK START GUIDE



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Minneapolis, MN 55404



# Welcome to the Future of Sleep

Meet the only smart bed in the world that actively cools, warms and effortlessly responds to each of you.\* The Climate360™ smart bed is designed to help you fall asleep faster and help keep you asleep, deeper and longer, through the latest in sleep science, health and research. Temperature is one of the most important factors that can affect your sleep. Your core body temperature works with your circadian rhythm, helping you fall asleep and wake up consistently. Get ready to enjoy more of the restful sleep you need to help you lead a healthy lifestyle.



\*Based on use of temperature features and our proprietary Responsive Air® technology.

## Tonight, you're in control of better sleep

We know you're going to love the life-changing benefits of proven quality sleep. So let's get started. Follow the steps below or use the tutorial in the SleepIQ® app.

### 1 SET UP YOUR SLEEPIQ® ACCOUNT AND PAIR YOUR MOBILE DEVICE

- You may have set up your SleepIQ® account in the store. If not, download the SleepIQ® app from your app store and register your account.  
- In the SleepIQ® app:
  - Choose **Smart Bed** in the bottom navigation
  - Choose **Settings & Support**
  - Choose **Connectivity** and **Bluetooth Devices**
  - Choose **Pair My Smart Device**

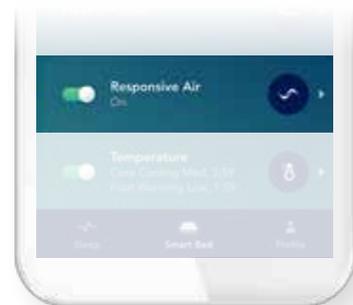
### 2 FIND YOUR SLEEP NUMBER® SETTING

- Lie down on your bed in your preferred sleeping position.
- In the SleepIQ® app:
  - Choose **Smart Bed** in the bottom navigation
  - Choose **Sleep Number® setting**
  - Choose **Find Favorite** at the bottom of the screen



### 3 TURN ON RESPONSIVE AIR® TECHNOLOGY

- In the SleepIQ® app:
  - Choose **Smart Bed** in the bottom navigation
  - Toggle **Responsive Air®** to **On**



IMPORTANT NOTE: Responsive Air® will turn on automatically when using Core cooling and warming.

### 4 SET YOUR TEMPERATURE

- Follow the steps on the next page to select your temperature settings.

## Everyone has different temperature needs

The Climate360™ smart bed uses a revolutionary technology to actively cool or warm in zones independently on either side.

It may take a couple of nights to find your ideal temperature setting. You can fine-tune as needed by adjusting the temperature, start and end times.

You have the power to customize your temperature two different ways.

Either turn on cooling or warming before bedtime or schedule a nightly routine to run automatically.

## Set cooling or warming each night

Set your temperature at least 30 minutes before bedtime so it's ready for you.

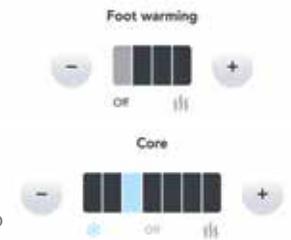
- 1 Choose **Smart Bed**.
- 2 Choose **Temperature**.
- 3 Set **Core temperature** and **Foot Warming** to your desired level, then set a timer duration.
- 4 Adjust the temperature as needed based on your personal preference.

## Set a nightly routine

This will automatically run so your smart bed is ready for sleep when you are. Below are examples to get you started your first few nights.

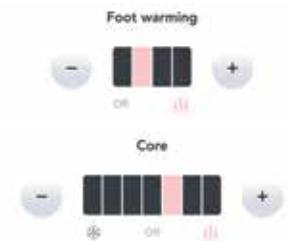
### If you sleep **HOT** or wake up **HOT** in the middle of the night

- 1 In **Routines**, select **Temperature**, then **COOLING**.
- 2 Set **Foot Warming** to **LOW** or **OFF** based on your temperature preference.
- 3 Set **Core cooling** to **LOW** and set start time. If you sleep hot, set start time to **When I get into bed**. If you wake up hot, set start time to **2hr after I get into bed**.
- 4 Adjust the temperature as needed based on your personal preference.



### If you sleep **COLD**

- 1 In **Routines**, select **Temperature**, then **WARMING**.
- 2 Set **Foot Warming** to **LOW** so your smart bed is warm when you get in.
- 3 Set **Core warming** to **LOW**. Your warming routine will begin when you get into bed.
- 4 Adjust the temperature as needed based on your personal preference.



## The science of Sleep Number matters

Nearly 80% of Americans report sleeping too hot or too cold. With the Climate360™ smart bed, each side of the bed delivers a personalized microclimate designed to work with the body's natural sleep cycles and help deepen sleep.

Your body's core temperature stays fairly regulated during the day. However, body temperature starts to fall as bedtime approaches.

Warming up the feet and hands makes the blood vessels dilate, a response called vasodilation. This releases heat through the skin and helps to lower core body temperature. This, in turn, sends a message to the brain that it is bedtime. Research suggests that warm skin is associated with getting to sleep faster. Warming sore or strained muscles has also been shown to help with performance and recovery.



Then, throughout the night, your body loses heat. It can be one to two degrees lower than in the daytime. This helps you stay asleep.

The Climate360™ smart bed is designed to work naturally with your sleep cycle to balance your temperature for deeper, better sleep. First, it gently warms your feet, which is proven to aid in falling asleep faster. Then, it actively cools your body several degrees with ambient air, to help keep you asleep longer.

## Tips for your best sleep

### Optimize your sleep quality

- Foot Warming is designed to help you fall asleep faster. It will pre-warm your side 30 minutes prior to your bedtime.
- Turn on Core temperature 25–30 minutes before bedtime to reach the desired temperature.
- When your smart bed is preparing for your sleep, you will hear cooling or warming turn on. The Climate360™ smart bed was designed with a soft white noise to help lull you to sleep and minimize sounds that may disrupt your sleep.
- It can take up to two weeks to find a favorite temperature or routine. Your needs may change with the weather, changes in your microclimate or your natural physiology.
- For optimal cooling or warming, always use a top sheet or comforter to create your personalized microclimate.
- For best performance, keep your room temperature at 72 degrees Fahrenheit or lower. The Climate360™ smart bed is not a replacement for air conditioning or heating your home.

### Elevate your comfort

- Enjoy the preset positions of your smart adjustable base for your most comfortable experience: Flat, Favorite, Snore/Partner Snore™, Zero G, Watch TV, Read.
- Use the button on each side of the smart adjustable base to easily maneuver between Flat and your Favorite position. You can save a favorite position in the SleepIQ® app or optional remote.
- Underbed lighting lights your way in the dark.

### Choose the right mattress pad

The Climate360™ Total Protection Mattress Pad is the only water-resistant mattress pad designed exclusively for the Climate360™ smart bed, optimizing airflow while protecting your mattress.