



Personal Sleep
Coach



Getting Started

Welcome to Zeo

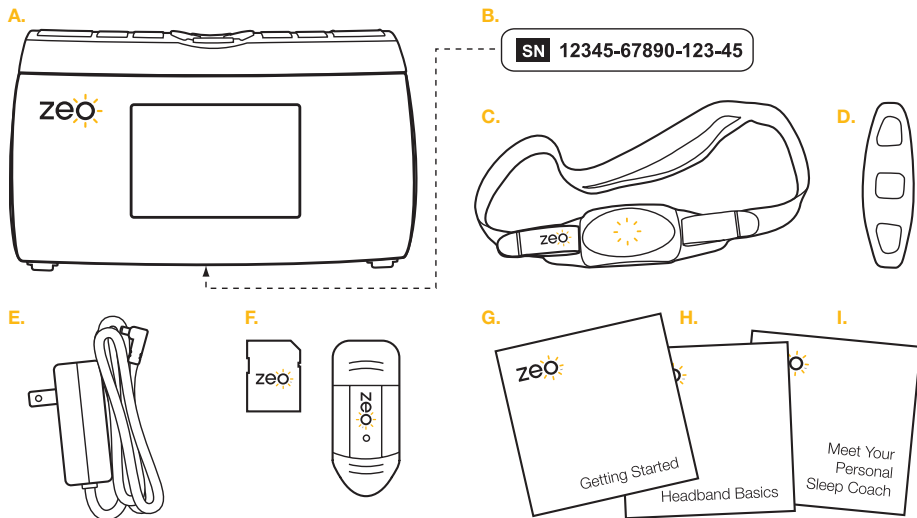
Zeo is the world's first personal sleep coach, designed to help you learn about your own sleep. Zeo can help you discover connections between how you live and how you sleep, and learn personalized, customized strategies for getting the restorative rest you need.

Zeo. The more you know, the better you sleep.™

Set up is easy. Get started now!

Zeo is neither a medical device nor a medical program and is not intended for the diagnosis or treatment of sleep disorders. If you suspect that you may have a sleep disorder, consult your physician.

Your Zeo Includes



A. Zeo Bedside Display

B. myZeo serial number – for creating a myZeo online account

C. Zeo Headband

D. Replacement headband sensor pad

E. Power adapter

F. SD memory card and card reader – for uploading your sleep information to myZeo

G. Getting Started – a guide to help you start using your Personal Sleep Coach

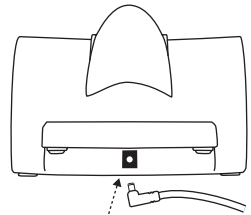
H. Headband Basics – a quick guide for wearing the Zeo Headband

I. Meet Zeo – a reference with all you need to know to get the most out of your Zeo experience

Setting Up Your Zeo

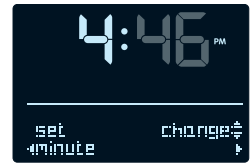
Power

- Place the bedside display near your bed
- Connect the power adapter to the bedside display, and plug it into a wall outlet



Set up

- Use the setup screens to set the clock time, date, wake time, and wake mode. Press \triangle / ∇ to adjust the flashing numbers. Use \triangleright to move to the next part of the setup process



Charge the headband

- Place the headband into the cradle on the unit
- When positioned correctly, the battery charging icon will appear as shown:



Blinking = charging



Solid = charged

- If the battery icon does not appear, shift the headband slightly in the cradle
- The battery takes up to two hours to charge

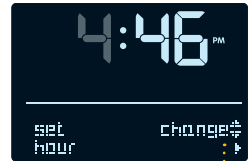


Setting Time And Using The Alarm

Set clock time



- First hold and release ☺ so that the clock time flashes
- To change the hour, press ⏪ or ⏩ .
- To set minutes, press ▶ then press ⏪ or ⏩ .
- To set year/month/day, press ▶ then press ⏪ or ⏩ .
- When finished, press ▶ or 🏠 | +ZZ to return to main screen

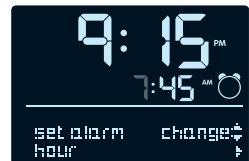


In general, you can follow the arrows on the screen to select an option or navigate a menu.

Set alarm time



- First hold and release ☺ so that alarm hour flashes
- To change the hour, press ⏪ or ⏩ .
- To set minutes, press ▶ then press ⏪ or ⏩ .
- When finished, press ▶ or 🏠 | +ZZ to return to main screen

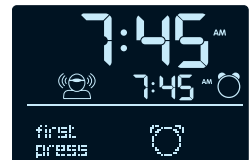


Activate and deactivate alarm

- Press ☺, then press ⏩ to confirm

Turn alarm off when ringing

- Press ☺, then press ▶



Customizing Your Zeo Settings

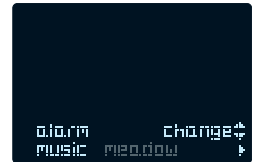
Screen brightness

- Press Δ to increase brightness, or ∇ to decrease brightness

Wake music

Zeo has five different wake tones designed to help stir you awake gently and effectively.

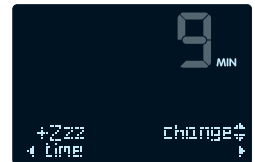
- Press 🔊 , Δ / ∇ to change music



Length of snooze

Adjust the length of snooze time.

- Press 🔊 , then \triangleright to navigate to +Zzz Time screen. Then press Δ / ∇ to change



Other settings

The 🔊 menu includes several other options. Press 🔊 , then use \triangleright to navigate to the desired screen.

- Wake Mode – see next page for a full explanation
- Wake Window – see next page for a full explanation
- Sensor life – countdown until recommended sensor pad replacement
- Erase sleep data – erase all sleep data

Waking Up With Zeo





Zeo has two different alarm clock features:

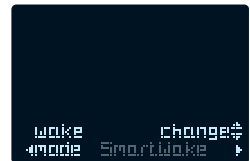
Standard wake: Zeo acts just like a traditional alarm clock

Note: If you typically like to sleep until the minute your alarm rings or if you like to snooze, you should choose standard wake.

SmartWake™: Zeo searches for a “natural awakening point” – a moment when you are at an optimal point for waking. When SmartWake is on, the wake music will play as early as a half-hour before your set wake-up time. Zeo will never wake you later than the set time.





Select wake mode

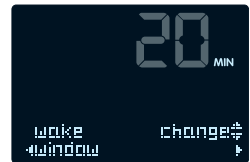
- Press , then  to navigate to the Wake Mode screen. Press  or  to select standard wake or SmartWake



Set wake window (SmartWake only)

If you use SmartWake, you can also adjust the amount of time before your set wake-up in which Zeo should search for a “natural awakening point.”

- Press , then  to navigate to the “Wake Window” screen. Press  or  to increase or decrease the length of the window



myZeo™ Personalized Online Program

myZeo helps you learn about the connections between how you live and how you sleep, and coaches you to make changes to help you get a better night's sleep.

With myZeo, you can:



Track your trends

Upload your sleep data to track your sleep over time.



Begin to connect your lifestyle and sleep

By adding information about your daily activities to your sleep data, you can learn about the activities and patterns that may affect your sleep.

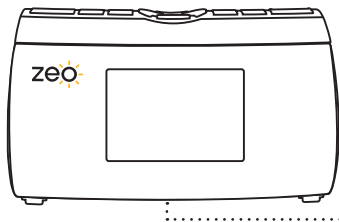


Get personalized coaching

Everyone has different issues that affect their sleep. You can select the myZeo coaching session that's right for you.

And much more. Visit www.myzeo.com to explore all that the Zeo Personal Sleep Coach has to offer.

Get started today — visit **www.myzeo.com** and click “login.” To set up an account, you will need the serial number located on the bottom of your Zeo bedside display.



SN 12345-67890-123-45

▲ Serial Number

The process is simple:



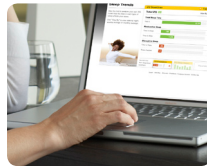
1. Gently push the SD card to eject



2. Insert the card into the reader



3. Insert the reader into the USB port of your computer



4. Sign in to myzeo.com and click on “Upload your Data Now”

Remember to put the SD card back into the bedside display when you are finished to make sure you continue to store your sleep data.

Safety and Regulatory Information

Important Safety Information

Warning

These are important safety messages in the product manual. Make yourself familiar with these messages and follow the safety instructions given in this manual. Failure to follow these safety instructions could result in injury or damage.

To reduce the risk of electric shock, do not open bedside display or headband. No user-serviceable parts inside. Refer servicing to qualified personnel.

- Do not use Zeo on wet surfaces or where contact with or immersion in water is a possibility.
- The headband, SD card, and card reader are potential choking hazards. Keep away from children under 3 years old.
- Operate your Zeo only using power supplies produced by Zeo, Inc. and using a proper power source.
- Never handle the plug or power cord with wet hands.
- Product is not to be used (placed on head) while charging.
- Zeo is not a medical device. If not used in a home, hotel or other typical setting, Zeo must be connected to main power through an isolation transformer conforming to the Harmonized Standard EN60601-1-1.

Caution

- Read all safety and operating instructions before operating Zeo.
- Retain the safety and operating instructions for future reference.
- Follow all operating and use instructions.
- Always unsnap the plastic headband electronics pod before washing the strap or sensor pad.
- Do not attempt to service Zeo yourself. Refer all non-routine servicing to qualified service personnel.
- Misuse or abuse, including but not limited to improper charging, immersion of electronics in water, dropping, and mishandling may affect Zeo's ability to operate properly and may void the warranty.
- Zeo and its components are not toys and are not meant for individuals under age 18.

A Note About Radio Frequency Energy

The Zeo headband, like other radio devices, emits radio frequency electromagnetic energy. The level of energy emitted by this device, however, is less than the electromagnetic energy emitted by most other wireless devices such as mobile phones. Zeo operates within the guidelines found in radio frequency safety standards and recommendations. These standards and recommendations reflect the consensus of the scientific community and result from deliberations of panels and committees of scientists who continually review and interpret the extensive research literature. In some situations or environments, the use of Zeo may be restricted by the proprietor of the building or responsible representatives of the applicable organization.

Examples of such situations include the following:

- Using Zeo on board airplanes, or
- Using Zeo in any other environment where the risk of interference with other devices or services is perceived or identified as being harmful.

If you are uncertain of the policy that applies to the use of wireless devices in a specific organization or environment (an airport, for example), you are encouraged to ask for authorization to use Zeo before you turn it on.

The wireless headband transmission can be turned off by accessing the "Headband Wireless" screen in the settings menu.

Regulatory Notices

FCC Compliance Statement

This equipment has been tested and found to comply 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 in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, 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 to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC 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. Changes or modifications not expressly approved by Zeo Inc. could void your authority to operate the equipment.

Power Requirements

This product should be used only with the manufacturer-supplied power supply. Failure to use a power supply that was shipped with your device will void FCC certification for Zeo as well as the warranty.

AC Adapter: Input Voltage 100-240 VAC 50-60Hz 200mA.
Rated Output 5VDC 0.5A.

Caution: This equipment has been certified to the requirements of the Canadian electrical code with regard to safety from electrical shock and fire hazard. CSA has not investigated other physiological effects.

Attention: Cet appareil est certifié selon les exigences du code Canadien de l'électricité en ce qui a trait aux risques de choc électrique et d'incendie. La CSA n'a pas étudié les effets physiologiques possibles.

Waste Electrical & Electronic equipment (WEEE) Directive



This symbol on the product or on its packaging indicates that the product must not be disposed of with normal household waste.

RoHS



This symbol on the product or on its packaging indicates that the product complies with the European Union Directive 2002/95/EC on the "Restriction of Hazardous Substances".

FCC



Federal Communications Commission

CSA



Canadian Standards Association, a safety standards and safety test/ certification organization.

Safety Symbol



Attention, consult accompanying documents.

Warranty and Service

One Year Limited Warranty

Zeo, Inc. warrants the Zeo Personal Sleep Coach electronic device – specifically the bedside display and plastic headband electronics pod – (the “Product”) against defects in materials and workmanship under normal use for a period of ONE (1) YEAR from the date of purchase by the original purchaser (“Warranty Period”). Under this Limited Warranty, if a defect arises and a valid claim is received by Zeo, Inc. within the Warranty Period, at its option and to the extent permitted by law, Zeo, Inc. will either (1) repair the Product at no charge, using new or refurbished replacement parts, or (2) exchange the Product for a new or refurbished product. In the event of a defect, to the extent permitted by law, these are your sole and exclusive remedies.

A replacement Product or part assumes the remaining warranty of the original Product or ninety (90) days from the date of replacement or repair, whichever is longer.

When a Product or part of the Product is exchanged as part of warranty service, any replacement item becomes your property and replaced item becomes Zeo, Inc.’s property. Parts provided by Zeo, Inc. must be used in Products for which warranty service is claimed. When a Product receives warranty service, Zeo, Inc. at its option may supply to the consumer a new sensor pad and headband strap in addition to repairing or replacing the defect. Zeo, Inc. reserves the right to subcontract the product warranty services to be provided hereunder to qualified third parties.

Obtaining Warranty Service

Please contact Customer Service at www.myzeo.com/support for specific instructions about how to obtain warranty service for your device. You will need to provide your Product serial number.

In general, you will need to deliver your Product, including all components, postage paid, in either its original packaging or in equally protective packaging to the address specified by Customer Service. Before you deliver your Product for warranty service, it is your responsibility to backup any data you may have stored or preserved on your Product by uploading your data to your myZeo account. It is possible that such data will be lost or reformatted during service, and Zeo, Inc. will not be responsible for any such damage or loss.

Limitations

This Limited Warranty does not apply to consumables in the Product, specifically the memory card, card reader, sensor pad and headband strap. This Limited Warranty does not apply to a Product or part of the Product that has been altered or modified by anyone who is not a representative of Zeo, Inc. In addition, this Limited Warranty does not apply to damage caused by: (a) use with non-Zeo, Inc. products; (b) theft, vandalism, accident, abuse, misuse, flood, fire, earthquake, or other external causes; (c) operating the Product outside the permitted or intended uses described by Zeo, Inc.; (d) improper voltage or power supply; or (e) service (including upgrades and expansions) performed by anyone who is not a representative of Zeo, Inc. This Limited Warranty is not transferable.

TO THE EXTENT PERMITTED BY LAW, THE WARRANTY AND REMEDIES SET FORTH ABOVE ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES AND REMEDIES, ORAL OR WRITTEN, EXPRESS, IMPLIED OR STATUTORY. ZEO, INC. MAKES NO OTHER REPRESENTATIONS OR WARRANTIES, INCLUDING, BUT NOT LIMITED TO, WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS. IF WE CANNOT LAWFULLY DISCLAIM STATUTORY OR IMPLIED WARRANTIES, THEN TO THE EXTENT PERMITTED BY LAW, ALL SUCH WARRANTIES SHALL BE LIMITED IN DURATION TO THE DURATION OF THIS EXPRESS LIMITED WARRANTY AND TO REPAIR OR REPLACEMENT SERVICE AS DETERMINED BY US IN OUR SOLE DISCRETION. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU. WE ARE NOT RESPONSIBLE FOR DIRECT, SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM ANY BREACH OF WARRANTY OR UNDER ANY OTHER LEGAL THEORY. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE EXCLUSION OR LIMITATION MAY NOT APPLY TO YOU.

This limited warranty gives you specific legal rights, and you may have other rights which vary from state to state.

For Service inquiries, please contact customer service at www.myzeo.com/support

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SD logo is a trademark of the SD Card Association.