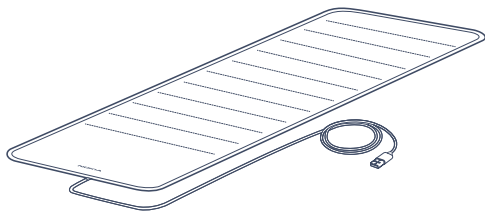


# Nokia Sleep



## QUICK INSTALLATION GUIDE

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GUIDE D'INSTALLATION | INSTALLATIONSANLEITUNG | GUÍA DE INSTALACIÓN | GUIDA ALL'INSTALLAZIONE | GUIA DE INSTALAÇÃO

EN | FR | DE | ES | IT | PT

# THANK YOU FOR CHOOSING NOKIA SLEEP

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MERCI D'AVOIR CHOISI NOKIA SLEEP | DANKE, DASS SIE NOKIA SLEEP GEWÄHLT HABEN | GRACIAS POR ELIGIR NOKIA SLEEP  
GRAZIE PER AVER SCELTO NOKIA SLEEP | OBRIGADO POR ESCOLHER O NOKIA SLEEP



## **Need help?**

Besoin d'aide? | Brauchen Sie Hilfe? | ¿Necesitas ayuda? | Ti serve aiuto? | Precisa de ajuda?

➔ [nokia.com/health/support/sleep](https://nokia.com/health/support/sleep)

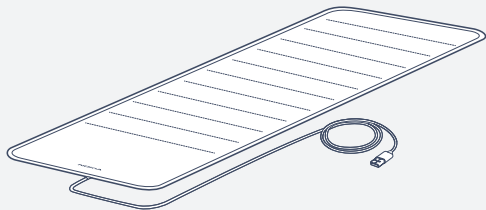
This guide is available in additional languages at: [www.nokia.com/health/guides](https://www.nokia.com/health/guides)

# Box contents

Contenu de la boîte | Lieferumfang | Contenido de la caja | Contenuto della confezione | Conteúdo da caixa

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3



## Sleep Sensor

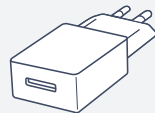
FR Capteur de suivi du sommeil

DE Schlaf-Analysesensor

ES Sensor de seguimiento del sueño

IT Sensore per il monitoraggio del sonno

PT Sensor de monitorização do sono



## USB Power Adapter

FR Adaptateur de prise murale

DE USB-Netzteil

ES Adaptador de corriente USB

IT Adattatore di alimentazione USB

PT Adaptador de corrente USB

# How to install your Nokia Sleep

Comment installer votre Nokia Sleep | So installieren Sie Ihr Nokia Sleep | Cómo instalar Nokia Sleep |

1

**Place the entire sleep sensor under your mattress, so that it will be positioned underneath your chest. Only the cable should extend beyond the edge of your mattress.**

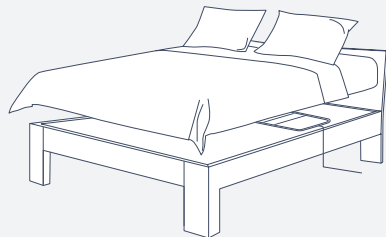
**FR** Placez le capteur entièrement sous le matelas, en travers du sommier, au niveau de votre poitrine. Seul le câble doit dépasser du bord du matelas.

**DE** Platzieren Sie den gesamten Schläfsensor auf Brusthöhe unter Ihrer Matratze. Nur das Kabel sollte noch unter Ihrer Matratze hervorschauen.

**ES** Coloca el sensor de sueño en su totalidad bajo el colchón, de modo que quede a la altura del pecho. Solo el cable debería sobresalir del borde del colchón.

**IT** Posizionare la totalità del sensore del sonno sotto il materasso, in modo che si trovi in corrispondenza del petto. Soltanto il cavo deve sporgere al di fuori del materasso.

**PT** Coloque o sensor debaixo do colchão, de maneira a ficar localizado directamente por baixo do seu peito. Apenas o cabo deve ficar exposto.



## 2

**Plug the sensor into an outlet using the provided adapter.**

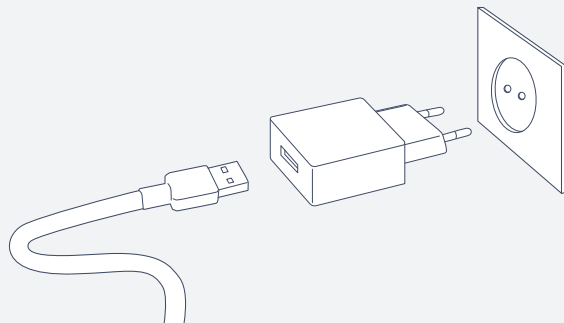
**FR** Branchez le capteur à une prise murale en utilisant l'adaptateur fourni.

**DE** Verbinden Sie den Sensor anhand des mitgelieferten Netzteils mit einer Steckdose.

**ES** Utiliza el adaptador suministrado para enchufar el sensor a una toma de corriente.

**IT** Collegare il sensore a una presa di corrente utilizzando l'adattatore fornito in dotazione.

**PT** Ligue o sensor a uma tomada utilizando o adaptador fornecido.



# How to install your Nokia Sleep

Comment installer votre Nokia Sleep | So installieren Sie Ihr Nokia Sleep | Cómo instalar Nokia Sleep |

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3

**Visit [healthapp.nokia.com](https://healthapp.nokia.com) from your smartphone or tablet, and follow the instructions to install the Health Mate app.**

**FR** Allez sur [healthapp.nokia.com](https://healthapp.nokia.com) depuis votre smartphone ou votre tablette et suivez les instructions pour installer l'application Health Mate.

**DE** Rufen Sie über Ihr Smartphone oder Tablet [healthapp.nokia.com](https://healthapp.nokia.com) auf, und folgen Sie der Anleitung, um die Health Mate App zu installieren.

**ES** Acceda a [healthapp.nokia.com](https://healthapp.nokia.com) desde su smartphone o tableta y siga las instrucciones de instalación de la aplicación Health Mate.

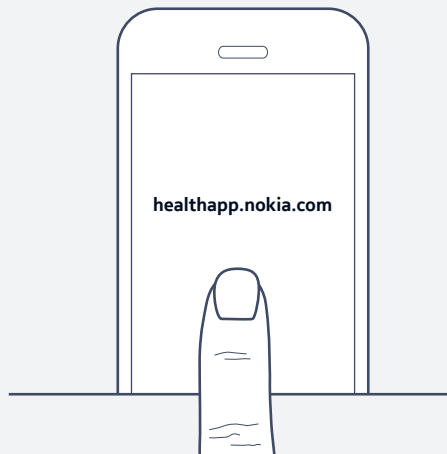
**IT** Accedere al sito [healthapp.nokia.com](https://healthapp.nokia.com) da smartphone o tablet e seguire le istruzioni per installare l'applicazione Health Mate.

**PT** Acesse [healthapp.nokia.com](https://healthapp.nokia.com) a partir de seu smartphone ou tablet e siga as instruções para instalar o aplicativo Health Mate.

## 4

**In the Health Mate app, follow the instructions to install Nokia Sleep.**

- FR** Dans l'app, suivez les instructions pour installer le Nokia Sleep.
- DE** Folgen Sie der Anleitung in der App, um Ihr Nokia Sleep zu installieren.
- ES** Desde la aplicación, siga las instrucciones de instalación de Nokia Sleep.
- IT** Nell'applicazione, seguire le istruzioni per installare Nokia Sleep.
- PT** Siga as instruções no aplicativo para instalar o Nokia Sleep.



# Care and maintenance

Entretien et maintenance | Pflege und Wartung | Cuidado y mantenimiento | Cura e manutenzione | Cuidado e manutenção 8

**To clean the textile cover of the sensor, gently remove the cover first. The cover can be machine washed, but do not tumble dry or iron it. Wait until the cover is completely dry before replacing it on the sensor.**

**FR** Pour nettoyer l'enveloppe en tissu, retirez délicatement le capteur interne de l'enveloppe. L'enveloppe est lavable en machine. N'utilisez pas de sèche-linge, ni de fer à repasser. Attendez que le tissu soit parfaitement sec avant de replacer le capteur. Ne mettez pas le capteur interne en contact avec de l'eau.

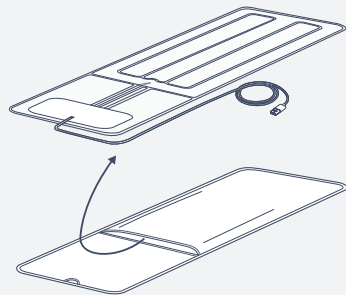
**DE** Um den Textilbezug des Sensors zu reinigen, entfernen Sie den Bezug zunächst vorsichtig. Sie können den Bezug in der Maschine waschen, sollten ihn aber weder in den Trockner geben, noch bügeln. Warten Sie, bis der Bezug vollständig trocken ist, bevor Sie ihn wieder am Sensor anbringen.

**ES** Para limpiar la funda textil del sensor, quítala con cuidado. Se puede lavar en la lavadora, pero no se debe planchar ni meter en la secadora. Antes de volver a poner la funda en el sensor espera a que esté totalmente seca.

**IT** Per pulire il rivestimento in tessuto rimuoverlo con delicatezza dal sensore. Il rivestimento può essere lavato in lavatrice. Non asciugare a macchina e non stirare. Attendere che sia completamente asciutto prima di riposizionarlo sul sensore.



**PT** Para limpar o forro têxtil do sensor, remova cuidadosamente a cobertura primeiro. A cobertura pode ser lavada à máquina, mas não deve ser lavada a seco ou engomada. Certifique-se de que a cobertura está completamente seca antes de a colocar novamente no sensor.





# Overview

Vue d'ensemble | Gesamtübersicht | Imagen general | Vista d'insieme | Visão geral

8-9

## **A** Air bladder

FR Chambre à air  
DE Luftkammer  
ES Cámara de aire  
IT Camera d'aria  
PT Bexiga de ar

## **B** Textile cover

FR Enveloppe en tissu  
DE Textilbezug  
ES Funda textil  
IT Rivestimento in tessuto  
PT Forro têxtil

## **C** USB cable

FR Câble USB  
DE USB-Kabel  
ES Cable USB  
IT Cavo USB  
PT Cabo USB

## **D** USB power adapter

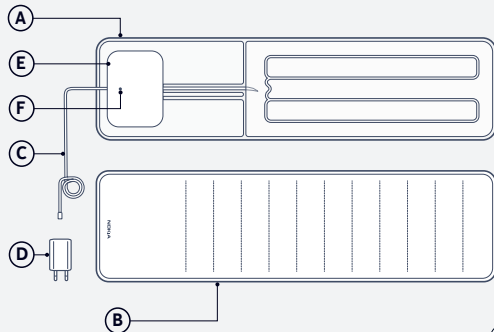
FR Adaptateur USB  
DE USB-Netzteil  
ES Adaptador de corriente USB  
IT Adattatore di alimentazione USB  
PT Adaptador de corrente USB

## **E** Microphone for snore detection

FR Micro de détection de ronflement  
DE Mikrofon zur Schnarcherkennung  
ES Micrófono de detección de ronquidos  
IT Microfono per la rilevazione del russamento  
PT Microfone para deteção de rressonar

## **F** Setup LED

FR LED de fonctionnement  
DE Einrichtungs-LED  
ES Led de configuración  
IT Configurazione con LED  
PT Configurar LED



**EN** You can deactivate the microphone in your settings in the Health Mate app  
**FR** Vous pouvez désactiver le micro depuis les paramètres de l'app Health Mate  
**DE** Das Mikrofon können Sie über Ihre Einstellungen in der Health Mate-App deaktivieren.  
**ES** Puedes desactivar el micrófono desde los ajustes de la aplicación Health Mate.  
**IT** È possibile disattivare il microfono nelle impostazioni dell'app Health Mate.  
**PT** Pode desativar o microfone nas definições da aplicação Health Mate

# Federal Communication Commission Interference 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 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.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

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.

## Important note: Radiation Exposure Statement

The product comply with the US portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Country Code selection feature to be disabled for products marketed to the US.

# Information to users in Canada

Information pour les utilisateurs au Canada

10-11

## IC: 11411A-WSM02

This device complies with Industry Canada's licence exempt RSSs. Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

### Radiation Exposure Statement

The product complies with the Canada portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

Country Code selection feature to be disabled for products marketed to the CANADA.

## IC: 11411A-WSM02

Cet appareil est conforme aux CNR exemptes de licence d'Industrie Canada. Son fonctionnement est soumis aux deux conditions suivantes :

- (1) Ce dispositif ne peut causer d'interférences ; et
- (2) Ce dispositif doit accepter toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement de l'appareil.

### Déclaration d'exposition aux radiations

Le produit est conforme aux limites d'exposition pour les appareils portables RF pour les États-Unis et le Canada établies pour un environnement non contrôlé. Le produit est sûr pour un fonctionnement tel que décrit dans ce manuel. La réduction aux expositions RF peut être augmentée si l'appareil peut être conservé aussi loin que possible du corps de l'utilisateur ou que le dispositif est réglé sur la puissance de sortie la plus faible si une telle fonction est disponible.

La sélection de Code Pays est désactivée pour les produits distribués au CANADA.

## US Nokia One (1) Year Limited Warranty – Nokia Sleep

Nokia Technologies (France) SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux, France ("Nokia") warrants the Nokia-branded hardware product ("Nokia Product") against defects in materials and workmanship when used normally in accordance with Nokia' published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser ("Warranty Period"). Nokia' published guidelines include but are not limited to information contained in technical specifications, safety instructions or quick start guide. Nokia does not warrant that the operation of the Nokia Product will be uninterrupted or error-free. Nokia is not responsible for damage arising from failure to follow instructions relating to the Nokia Product's use.

## FR Garantie commerciale de Nokia limitée à un (1) an – Nokia Sleep

Nokia Technologies (France) SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux («Nokia») garantit le matériel de marque Nokia («Produit Nokia») contre les défauts de matériel et de main d'œuvre, lorsque celui-ci est utilisé conformément aux recommandations publiées sur le Produit Nokia sous réserve qu'ils surviennent dans un délai d'UN (1) AN suivant la date d'achat initiale par l'utilisateur final du Produit Nokia neuf auprès d'un professionnel («Période de garantie»). Les recommandations publiées comprennent notamment les spécifications techniques, les consignes de sécurité et les manuels d'utilisation du Produit Nokia. Nokia ne garantit pas que le fonctionnement du Produit Nokia sera ininterrompu et sans erreur. Nokia n'est pas responsable des dommages survenant en raison du non-respect des instructions d'utilisation du Produit Nokia.

## ES Garantía comercial de Nokia limitada a un (1) año – Nokia Sleep

Nokia Technologies (France) SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux, Francia ("Nokia") otorga una garantía sobre los dispositivos de la marca Nokia ("Producto Nokia") que cubre cualquier defecto de hardware o fabricación siempre que estos se utilicen conforme a las recomendaciones publicadas sobre el Producto Nokia y en el caso que dicho defecto se produzca en el plazo de UN (1) AÑO desde la fecha de compra inicial del Producto Nokia nuevo por parte del usuario final a un vendedor profesional ("Periodo de garantía"). Las recomendaciones publicadas incluyen, entre otros, las especificaciones técnicas, las indicaciones de seguridad o los manuales de usuario del Producto Nokia. Nokia no garantiza que el funcionamiento del Producto Nokia esté exento de errores o interrupciones. Nokia no se hace responsable de daños causados por no seguir las instrucciones de uso del Producto Nokia.

## UK Nokia One (1) Year commercial guarantee – Nokia Sleep

Nokia Technologies (France) SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux, France ("Nokia") warrants the Nokia-branded hardware product ("Nokia Product") against defects in materials and workmanship when used normally in accordance with Nokia' published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser ("Warranty Period"). Nokia' published guidelines include but are not limited to information contained in technical specifications, safety instructions or quick start guide. Nokia does not warrant that the operation of the Nokia Product will be uninterrupted or error-free. Nokia is not responsible for damage arising from failure to follow instructions relating to the Nokia Product's use.

## DE Die Werksgarantie von Nokia ist auf ein (1) Jahr beschränkt – Nokia Sleep

Nokia Technologies (France) SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux, Frankreich (nachfolgend „Nokia“ genannt) garantiert, dass Geräte der Marke Nokia (nachfolgend „Nokia-Produkte“ genannt) frei von Material- und Herstellungsfehlern sind, sofern sie gemäß den öffentlich zugänglichen Nutzungsempfehlungen des jeweiligen Nokia-Produkts verwendet werden, weniger als EIN (1) JAHR seit dem Erstkaufdatum durch den Endverbraucher des Nokia-Produkts verstrichen ist und die Geräte von einer zugelassenen Stelle neu gekauft wurden (nachfolgend der „Garantiezeitraum“ genannt). Die veröffentlichten Empfehlungen umfassen insbesondere technische Spezifikationen, Sicherheitshinweise und Benutzerhandbücher zum Nokia-Produkt. Nokia garantiert weder das ununterbrochene noch das fehlerfreie Funktionieren des Nokia-Produkts. Nokia übernimmt keine Haftung für Schäden, die aus der Missachtung der Gebrauchsanleitung des Nokia-Produkts entstehen.

## IT Garanzia commerciale di Nokia limitata di un (1) anno – Nokia Sleep

Nokia Technologies (France) SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux, Francia (Nokia) garantisce che il prodotto con marchio Nokia (Prodotto Nokia) non presenta difetti di materiale e manodopera se viene utilizzato in conformità alle raccomandazioni pubblicate sul Prodotto Nokia. Eventuali difetti devono manifestarsi entro UN (1) ANNO dalla data d'acquisto originaria da parte dell'utente finale del Prodotto Nokia nuovo presso un rivenditore (Periodo di garanzia) per poter beneficiare della garanzia. Le raccomandazioni pubblicate comprendono in particolare le specifiche tecniche, le istruzioni di sicurezza o i manuali d'uso del Prodotto Nokia. Nokia non garantisce che il funzionamento del Prodotto Nokia sarà ininterrotto o senza errori. Nokia non è responsabile dei danni dovuti al mancato rispetto delle istruzioni per l'uso del Prodotto Nokia.

**PT Garantia limitada de um (1) ano Nokia - Nokia Sleep**

Nokia Technologies (France) SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux ("Nokia") fornece garantia ao produto da marca Nokia - («Produto Nokia») contra defeitos de materiais e de fabricação, quando utilizado normalmente de acordo com as orientações publicadas pela Nokia, por um período de UM (1) ANO, a partir da data de compra original do comprador final («Período de Garantia»). As orientações publicadas pela Nokia incluem, mas não se limitam, às informações contidas nas especificações técnicas, instruções de segurança ou no guia de início rápido. A Nokia não garante que o funcionamento do Produto Nokia será ininterrupto ou livre de erros. A Nokia não é responsável por danos decorrentes do não seguimento das instruções relativas ao uso do produto Nokia.

**EN** Nokia Technologies (France) SA, hereby declares that the device Nokia Sleep is in conformity with the essential requirements and other relevant requirements of Directive 2014/53/EU. The declaration of conformity can be found at: [nokia.com/health/compliance](http://nokia.com/health/compliance)

**FR** Par la présente, Nokia Technologies (France) SA, déclare que l'appareil Nokia Sleep est conforme aux exigences essentielles et aux autres dispositions pertinentes de la Directive 2014/53/EU. La déclaration de conformité peut être consultée sur le site : [nokia.com/health/compliance](http://nokia.com/health/compliance)

**DE** Hiermit erklärt Nokia Technologies (France) SA, dass sich das Gerät Nokia Sleep den grundlegenden Anforderungen und den übrigen einschlägigen Bestimmungen der Richtlinie 2014/53/EU entspricht. Die EG-Konformitätserklärung können Sie über das Internet herunterladen: [nokia.com/health/compliance](http://nokia.com/health/compliance)

**ES** Por la presente, Nokia Technologies (France) SA, declara que el Nokia Sleep cumple con los requisitos esenciales y otras disposiciones relevantes de la Directiva 2014/53/EU. La declaración de conformidad se puede encontrar en: [nokia.com/health/compliance](http://nokia.com/health/compliance)

**IT** Con la presente Nokia Technologies (France) SA, dichiara che questo Nokia Sleep è conforme ai requisiti essenziali ed alle altre disposizioni pertinenti stabilite dalla direttiva 2014/53/EU. La dichiarazione di conformità è disponibile all'indirizzo: [nokia.com/health/compliance](http://nokia.com/health/compliance)

**PT** Nokia Technologies (France) SA, declara que este Nokia Sleep está conforme com os requisitos essenciais e outras disposições da Directiva 2014/53/EU. A Declaração de Conformidade pode ser encontrada em: [nokia.com/health/compliance](http://nokia.com/health/compliance)

Mode	Frequency Band (MHz)	Maximum Output Power (dBm)
802.11 b/g/n	2400-2483.5	24.38
BT-LE	2402-2480	7.99
BT EDR	2402-2480	-6.47



QIG\_WSM02\_017

**NOKIA**

Nokia Sleep Sensor - Model: WSM02 - v1.0

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