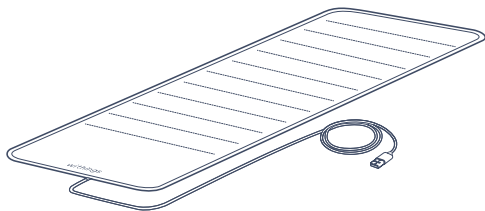


Withings Sleep



QUICK INSTALLATION GUIDE

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

EN | FR | DE | ES | IT | PT

THANK YOU FOR CHOOSING WITHINGS SLEEP

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



Need help?

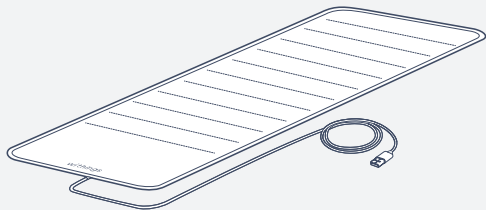
Besoin d'aide ? | Brauchen Sie Hilfe? | ¿Necesitas ayuda? | Ti serve aiuto? | Precisa de ajuda?

➔ withings.com/support/sleep

This guide is available in additional languages at: www.withings.com/guides

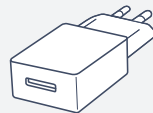
Box contents

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

Comment installer votre Withings Sleep | So installieren Sie Ihr Withings Sleep | Cómo instalar Withings 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.

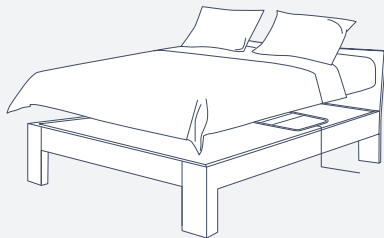
FR Placez le capteur entièrement sous le matelas, en travers du sommier, au niveau de votre poitrine. Seul le câble doit dépasser du bord du matelas.

DE Platzieren Sie den gesamten Schlafsensur 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.

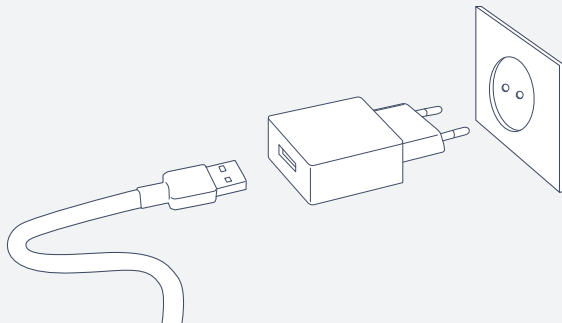
FR Branchez le capteur à une prise murale en utilisant l'adaptateur fourni.

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 Withings Sleep

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3

Visit go.withings.com from your smartphone or tablet, and follow the instructions to install the Health Mate app.

FR Allez sur go.withings.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 go.withings.com auf, und folgen Sie der Anleitung, um die Health Mate App zu installieren.

ES Acceda a go.withings.com desde su smartphone o tableta y siga las instrucciones de instalación de la aplicación Health Mate.

IT Accedere al sito go.withings.com da smartphone o tablet e seguire le istruzioni per installare l'applicazione Health Mate.

PT Acesse go.withings.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 Withings Sleep.

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



Care and maintenance

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

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.

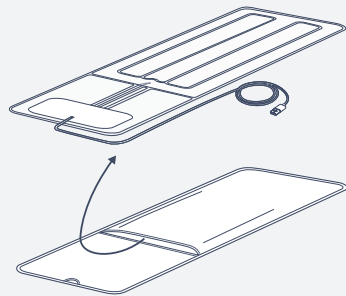
DE Um den Textilbezug des Sensors zu reinigen, entfernen Sie den Bezug zunächst vorsichtig. Sie können den Bezug in der Maschine waschen, sollten ihn aber weder in den Trockner geben, noch bügeln. Warten Sie, bis der Bezug vollständig trocken ist, bevor Sie ihn wieder am Sensor anbringen.

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

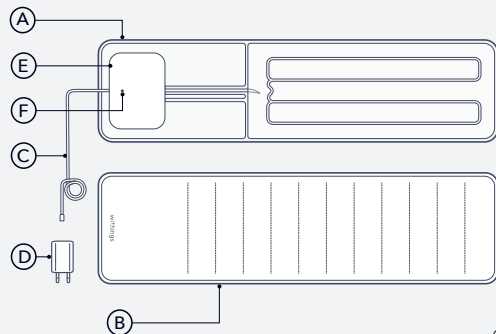
FR Adaptateur USB
DE USB-Netzteil
ES Adaptador de corriente USB
IT Adattatore di alimentazione USB
PT Adaptador de corrente USB

(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 ressonar

(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 complies 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.

Warranty

Garantie | Garantie | Garantía | Garanzia | Garantia

12

US Withings Two (2) Years Limited Warranty - Withings Sleep

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

FR Garantie commerciale de Withings limitée à deux (2) ans - Withings Sleep

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

ES Garantía comercial de Withings limitada a dos (2) años - Withings Sleep

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

UK Withings Two (2) Years commercial guarantee - Withings Sleep

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

DE Die Werksgarantie von Withings ist auf zwei (2) Jahre beschränkt - Withings Sleep

Withings SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux, Frankreich (nachfolgend „Withings“ genannt) garantiert, dass Geräte der Marke Withings (nachfolgend „Withings-Produkte“ genannt) frei von Material- und Herstellungsfehlern sind, sofern sie gemäß den öffentlich zugänglichen Nutzungsempfehlungen des jeweiligen Withings-Produkts verwendet werden, weniger als ZWEI (2) JAHRE seit dem Erstkaufdatum durch den Endverbraucher des Withings-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 Withings-Produkt. Withings garantiert weder das ununterbrochene noch das fehlerfreie Funktionieren des Withings-Produkts. Withings übernimmt keine Haftung für Schäden, die aus der Missachtung der Gebrauchsanleitung des Withings-Produkts entstehen.

IT Garanzia commerciale di Withings limitata di due (2) anni - Withings Sleep

Withings SA, 2 rue Maurice Hartmann, 92130 Issy-les-Moulineaux, Francia (Withings) garantisce che il prodotto con marchio Withings (Prodotto Withings) non presenta difetti di materiale e manodopera se viene utilizzato in conformità alle raccomandazioni pubblicate sul Prodotto Withings. Eventuali difetti devono manifestarsi entro DUE (2) ANNI dalla data d'acquisto originaria da parte dell'utente finale del Prodotto Withings 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 Withings. Withings non garantisce che il funzionamento del Prodotto Withings sarà ininterrotto o senza errori. Withings non è responsabile dei danni dovuti al mancato rispetto delle istruzioni per l'uso del Prodotto Withings.

PT Garantia limitada de dois (2) anos Withings - Withings Sleep

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

- EN** Withings SA, hereby declares that the device Withings 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: [Withings.com/compliance](https://withings.com/compliance)
- FR** Par la présente, Withings SA, déclare que l'appareil NWithings 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 : [Withings.com/compliance](https://withings.com/compliance)
- DE** Hiermit erklärt Withings SA, dass sich das Gerät Withings Sleep den grundlegenden Anforderungen und den übrigen einschlägigen Bestimmungen der Richtlinie 2014/53/EU entspricht. Die EG-Konformitätserklärung können Sie über das Internet herunterladen: [Withings.com/compliance](https://withings.com/compliance)
- ES** Por la presente, Withings SA, declara que el Withings Sleep cumple con los requisitos esenciales y otras disposiciones relevantes de la Directiva 2014/53/EU. La declaración de conformidad se puede encontrar en: [Withings.com/compliance](https://withings.com/compliance)
- IT** Con la presente Withings SA, dichiara che questo Withings 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: [Withings.com/compliance](https://withings.com/compliance)
- PT** Withings SA, declara que este Withings Sleep está conforme com os requisitos essenciais e outras disposições da Directiva 2014/53/EU. A Declaração de Conformidade pode ser encontrada em: [Withings.com/compliance](https://withings.com/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_052

withings

Withings Sleep Sensor - Model: WSM02 - V 1.0

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