



DAWN HOUSE

APP MANUAL

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APP INSTALLATION



ON IOS

In the iOS App Store, search for “Dawn House” or select the link below:

<https://apps.apple.com/us/app/dawn-house/id1580189611>



ON ANDROID

In the Google Play App Store, search for “Dawn House” or select the link below:

<https://androidapk-s.com/app/1580189611/dawn-house>

NEW USER REGISTRATION

THERE ARE FOUR WAYS TO REGISTER:

1. Register by email
2. Register with Facebook
3. Register with Gmail
4. Register with Apple (iOS Users only)

After you will proceed to set up your Dawn House bed or set up a family sharing report-only account.

REGISTER BY EMAIL

1. To register with your email address, select the button "Sign up with email."
2. On the next screen, enter your email and create a password. Your password must be at least 8 characters and include any special character (ex. !@#\$%).
3. You must enter the same password twice then select the button for "Create my account."

The image shows three sequential screenshots of a mobile app's registration process for Dawn House.

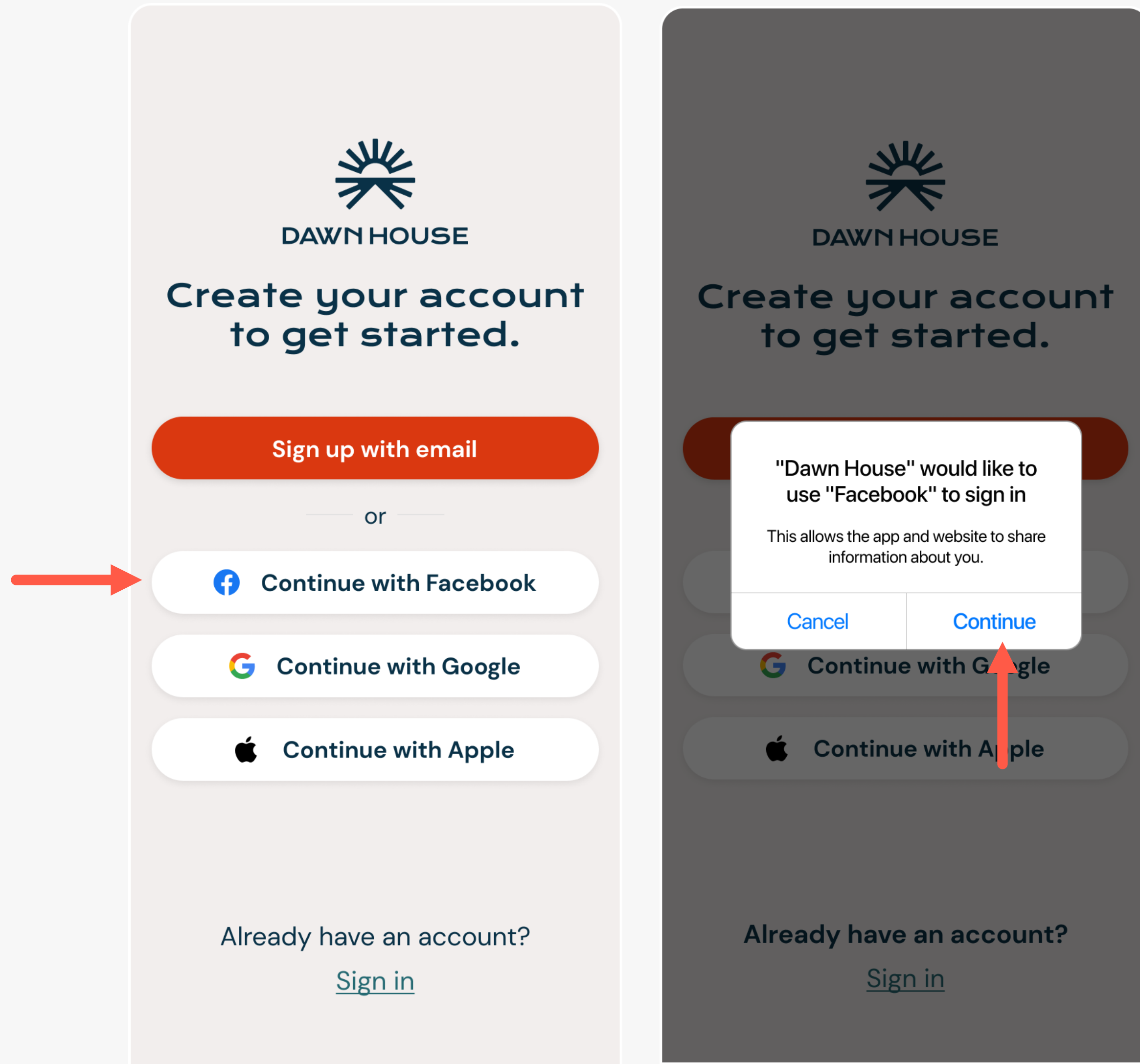
Screen 1: The Dawn House logo is at the top. Below it, the text reads "Create your account to get started." A red arrow points to a prominent red button labeled "Sign up with email". Below this button are three options: "Continue with Facebook", "Continue with Google", and "Continue with Apple". At the bottom, there is a link for "Already have an account? Sign in".

Screen 2: This screen is for entering user details. It features a back arrow at the top left. The "Email" field contains "marie.smith@gmail.com". Below it are fields for "First name", "Last name", and "Password". A "Remember me" checkbox is visible. A red "Create my account" button is at the bottom. A keyboard is shown at the bottom of the screen.

Screen 3: This screen is for confirming the registration. It has a back arrow at the top left. The "Email" field is filled with "marie.smith@gmail.com". Below it are fields for "First name" (containing "Marie") and "Last name" (containing "Smith"). There are two "Password" fields, each with 10 black dots representing characters. A "Remember me" checkbox is present. A red "Create my account" button is at the bottom. Below the button, there is a link: "By signing up you are agreeing to our [Terms of Service](#) and [Privacy Policy](#)".

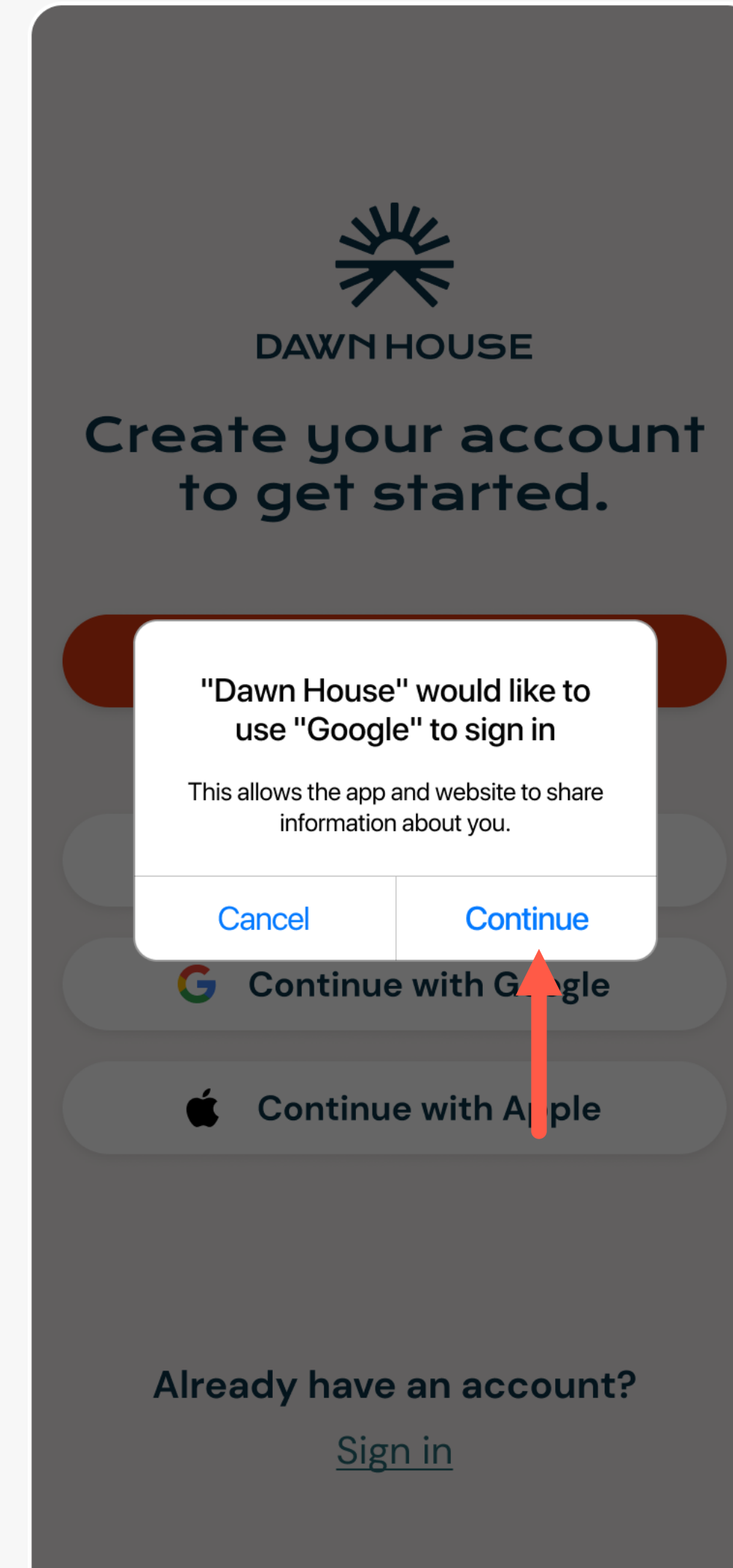
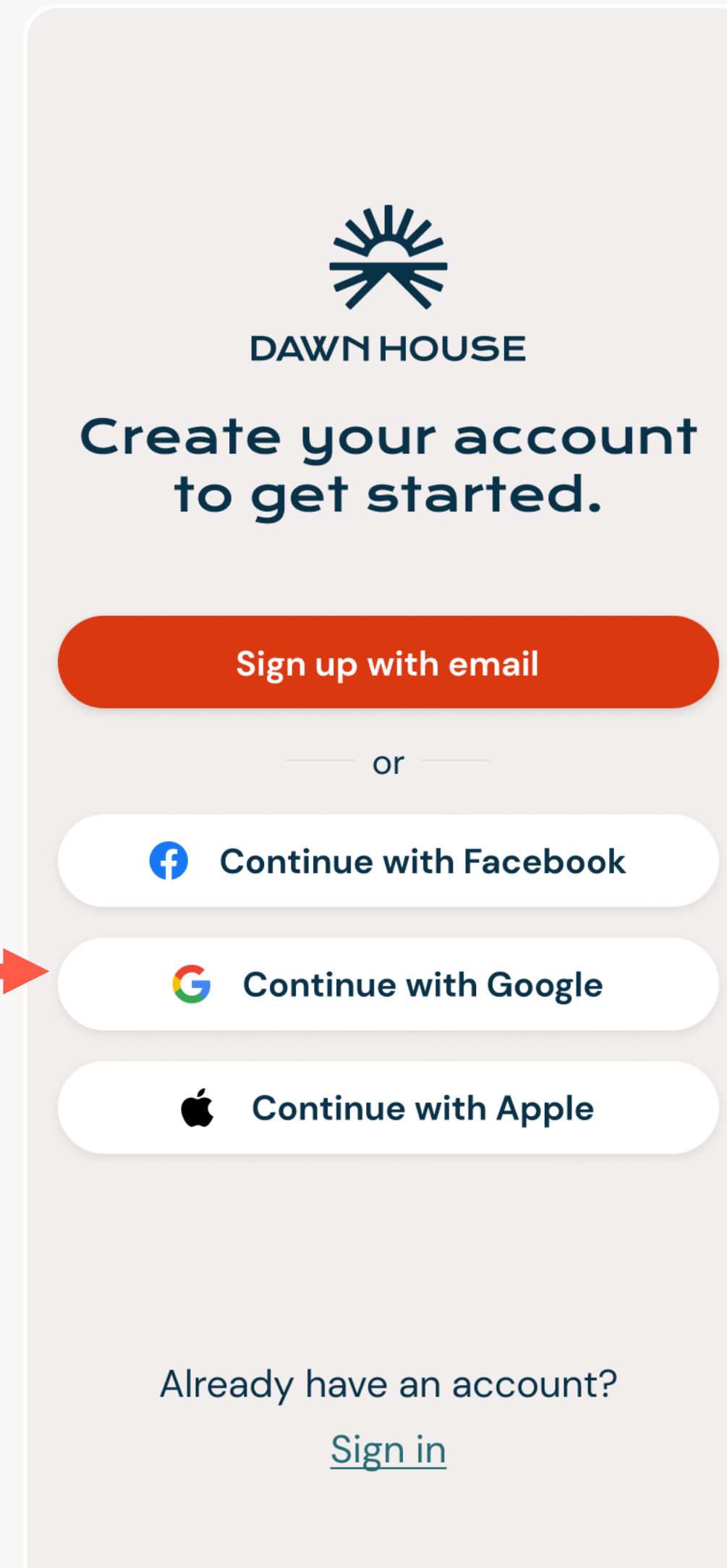
REGISTER WITH FACEBOOK

1. To register with your Facebook account, select "Continue with Facebook".
2. You will see the pop up modal asking permission to open Facebook. Select "Continue".
3. You will be prompted to log into your Facebook account and grant permission to Dawn House.



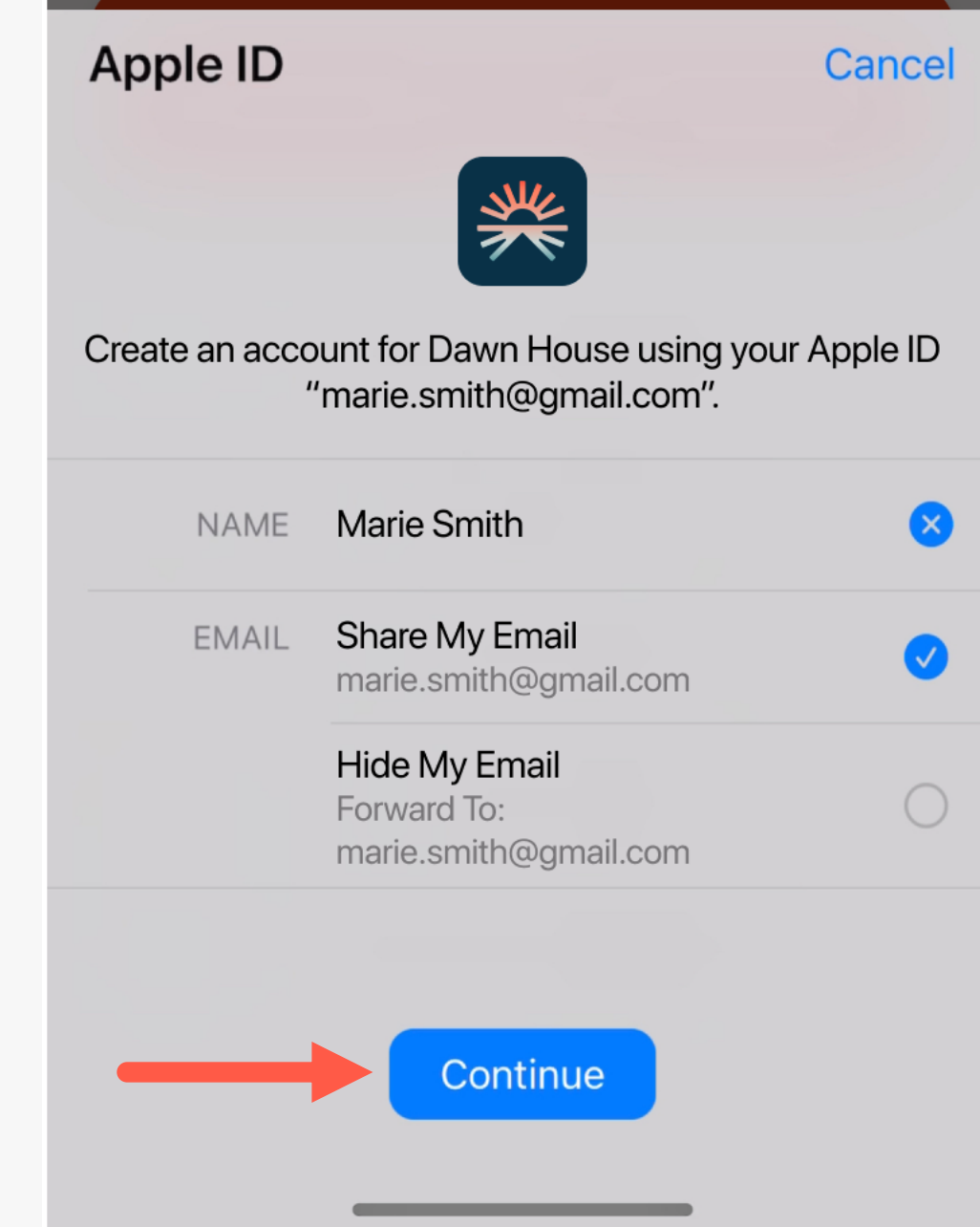
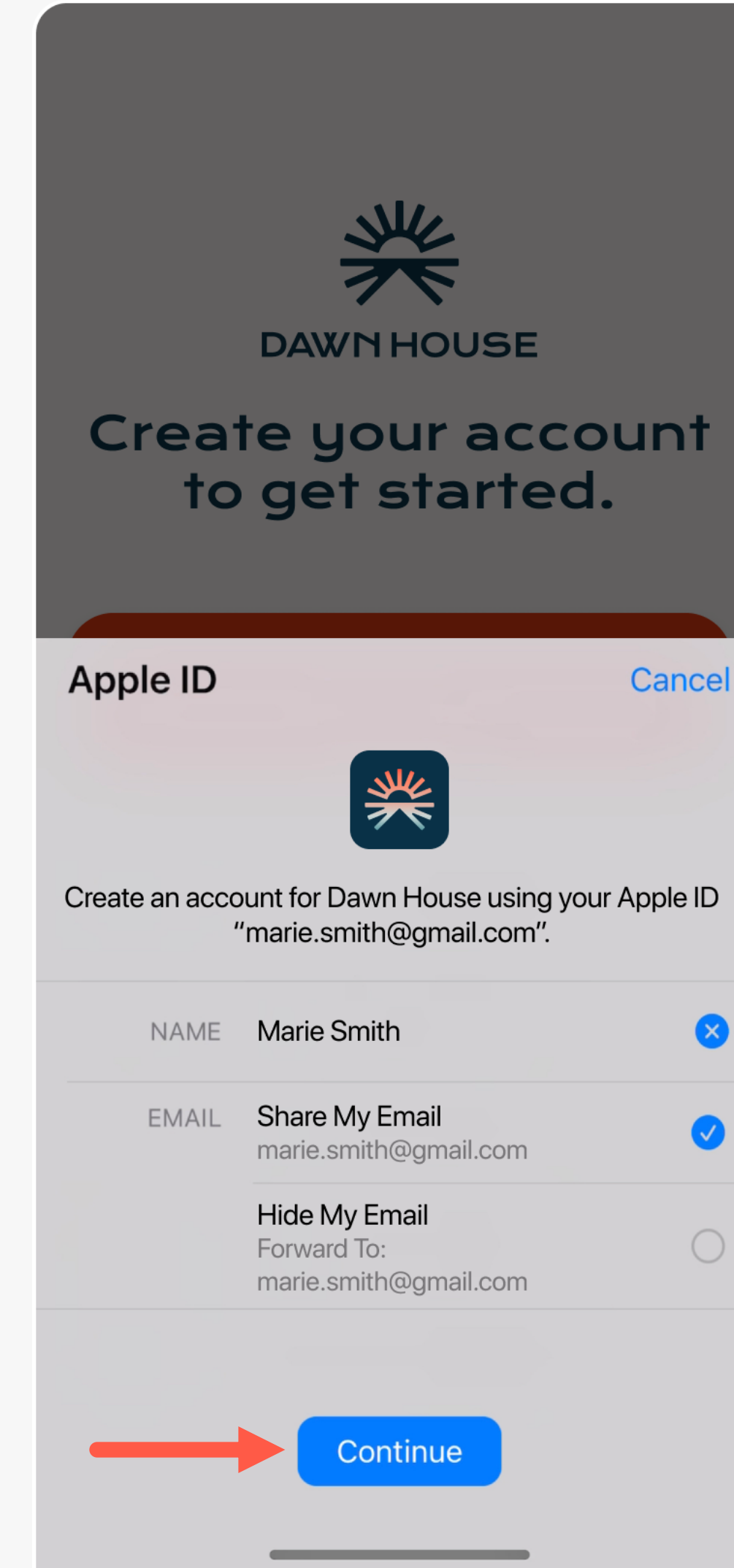
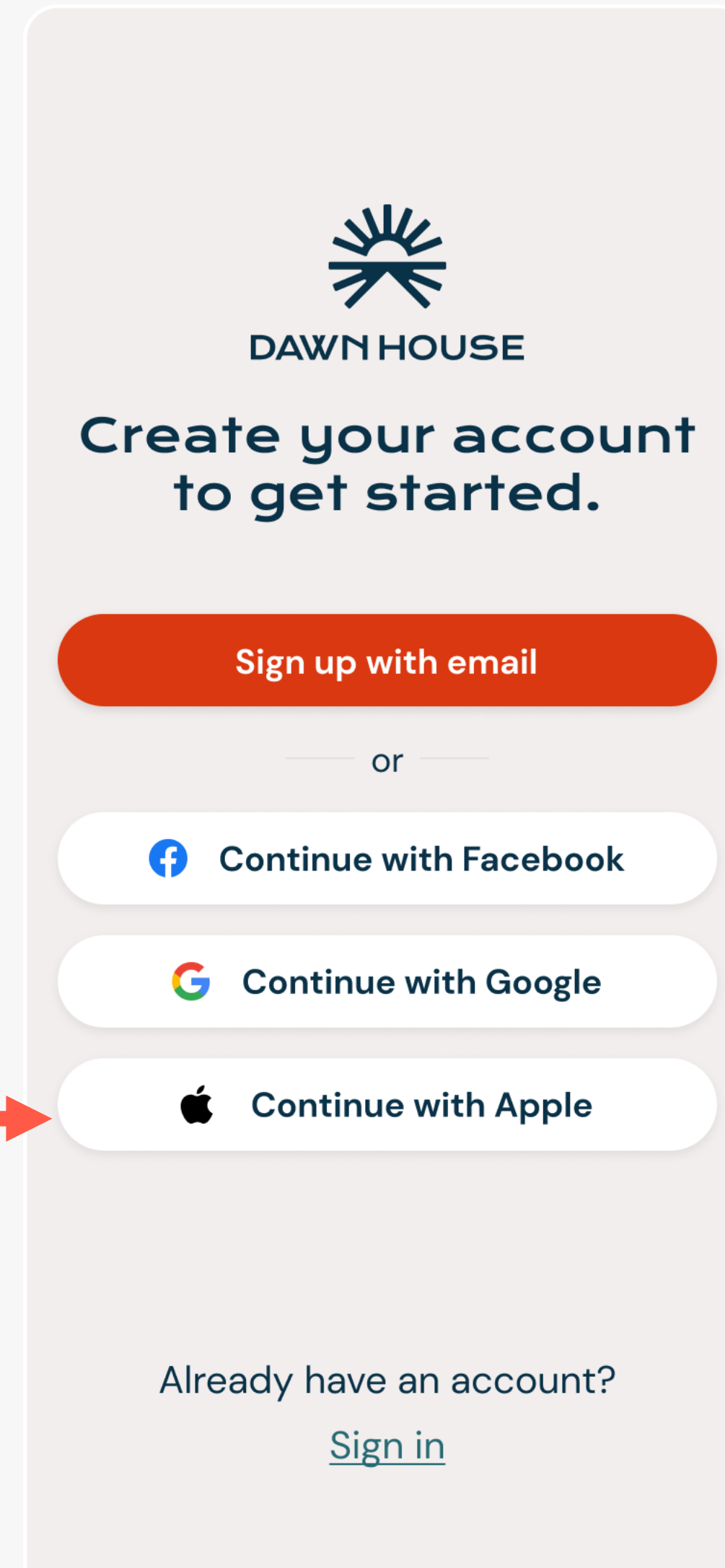
REGISTER WITH GOOGLE

1. To register with your Facebook account, select "Continue with Google".
2. You will see the pop up modal asking permission to open Gmail. Select "Continue".
3. You will be prompted to log into your Gmail account and grant permission to Dawn House.



REGISTER WITH APPLE (iOS Users Only)

1. To register with your Apple ID, select "Continue with Apple".
2. You will see the Apple menu expansion. You can choose to register with your Apple ID or with a hidden email that will forward to your Apple ID email.
3. Make your selection then press "Continue".

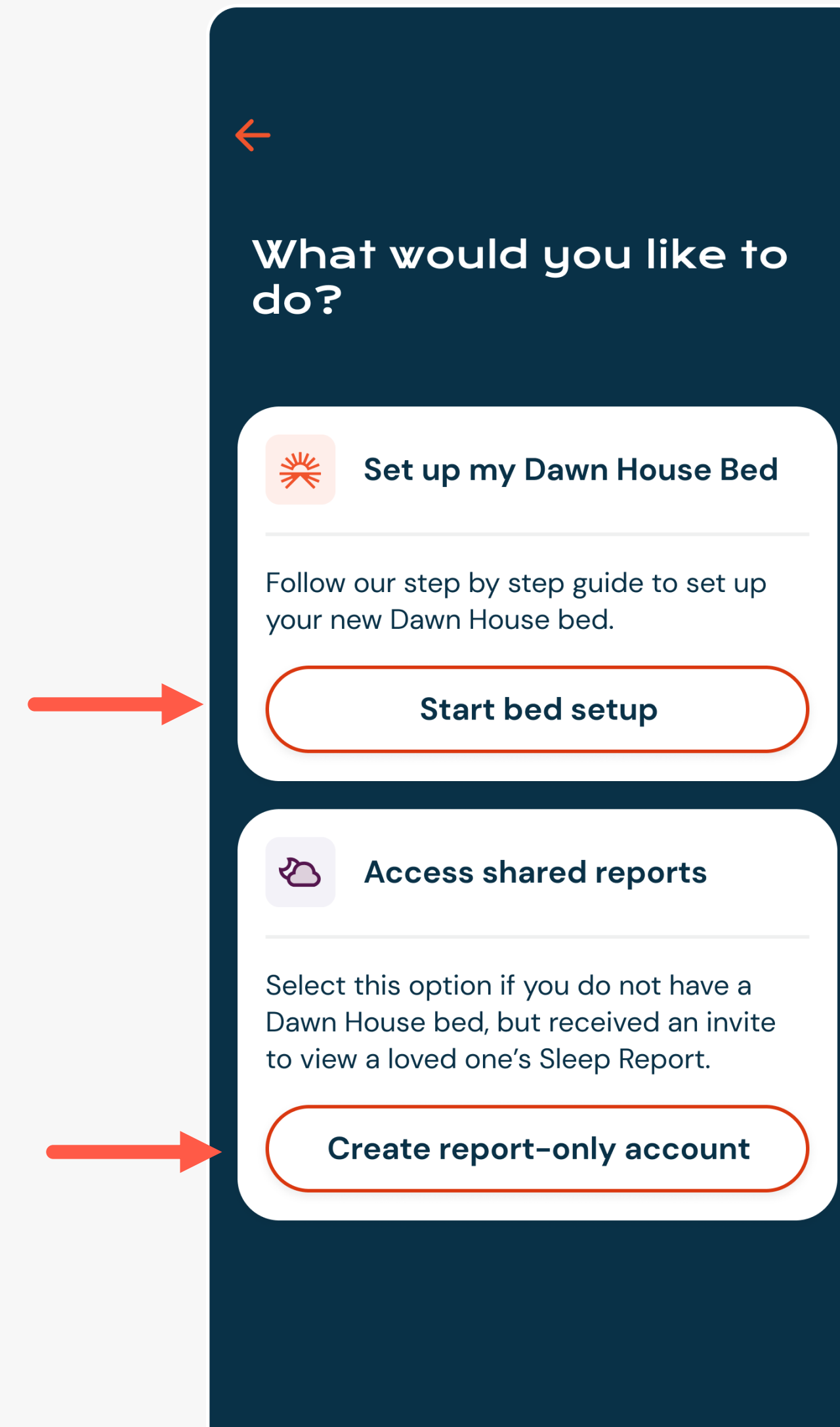


SELECT APP

USE INTENT

If you have received your Dawn House bed or want to reconnect your existing bed, select the button for "Start bed setup". Proceed to Page 10 of the manual.

If you received an invitation to set up a Dawn House account to view a loved one's sleep report, select the button for "Create report-only account." Proceed to Page 35 of the manual.



SET UP YOUR DAWN HOUSE BED

TO SET UP YOUR DAWN HOUSE BED:

1. Answer the profile questions
2. Scan the QR code on your bed
3. Connect to your WiFi

ANSWER PROFILE QUESTIONS

After you register your account, you will be asked a few questions to calibrate your bed.

←

When were you born?

September	1952
October	1953
November	1954
December	1955
January	1956
February	1957
March	1958

Continue

←

How do you identify?

Male

Female

Prefer not to share

Continue

←

Please help us calibrate your bed by sharing your:

Weight (lbs)
162

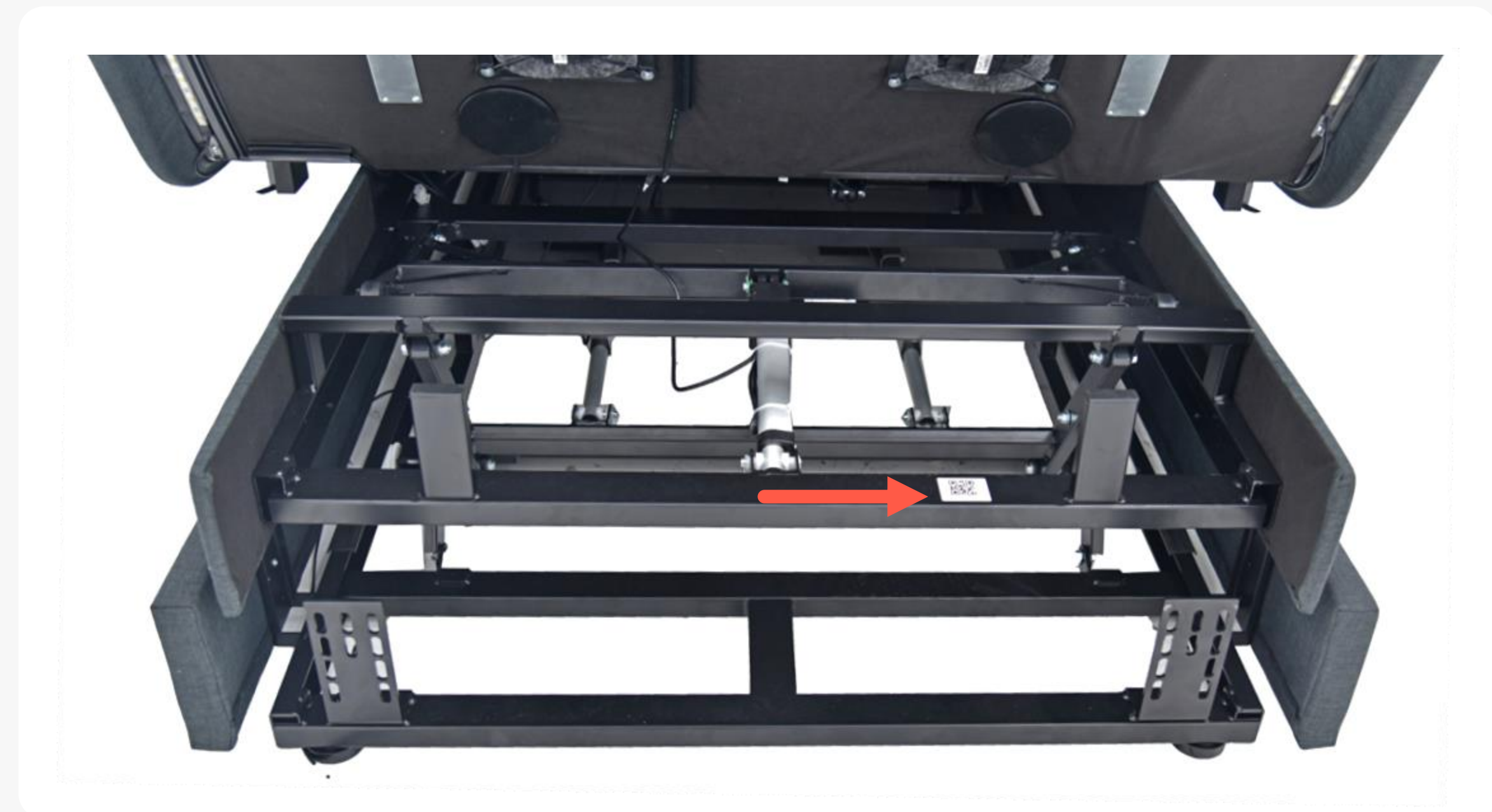
Mattress thickness (incl. topper)
13 - 15 in

Continue

FIND YOUR QR CODE

You will need to find the QR code to scan and connect to the Dawn House app.

1. Shift your bed to a head raised position
2. Look behind the headboard on the bed base to find the QR code
3. The QR code will look like the image below, with a large symbol and a 16-digit character code beneath it:

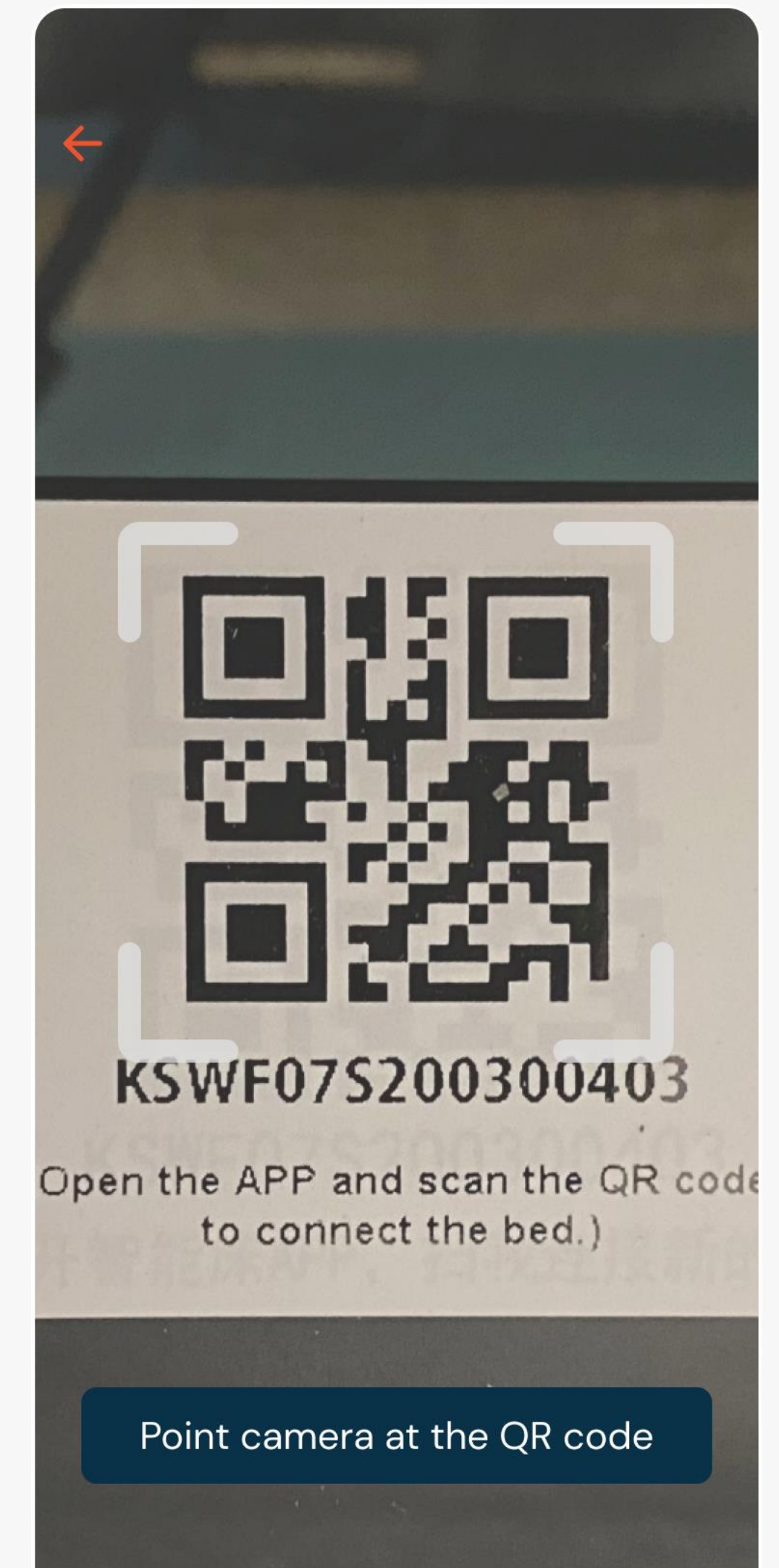
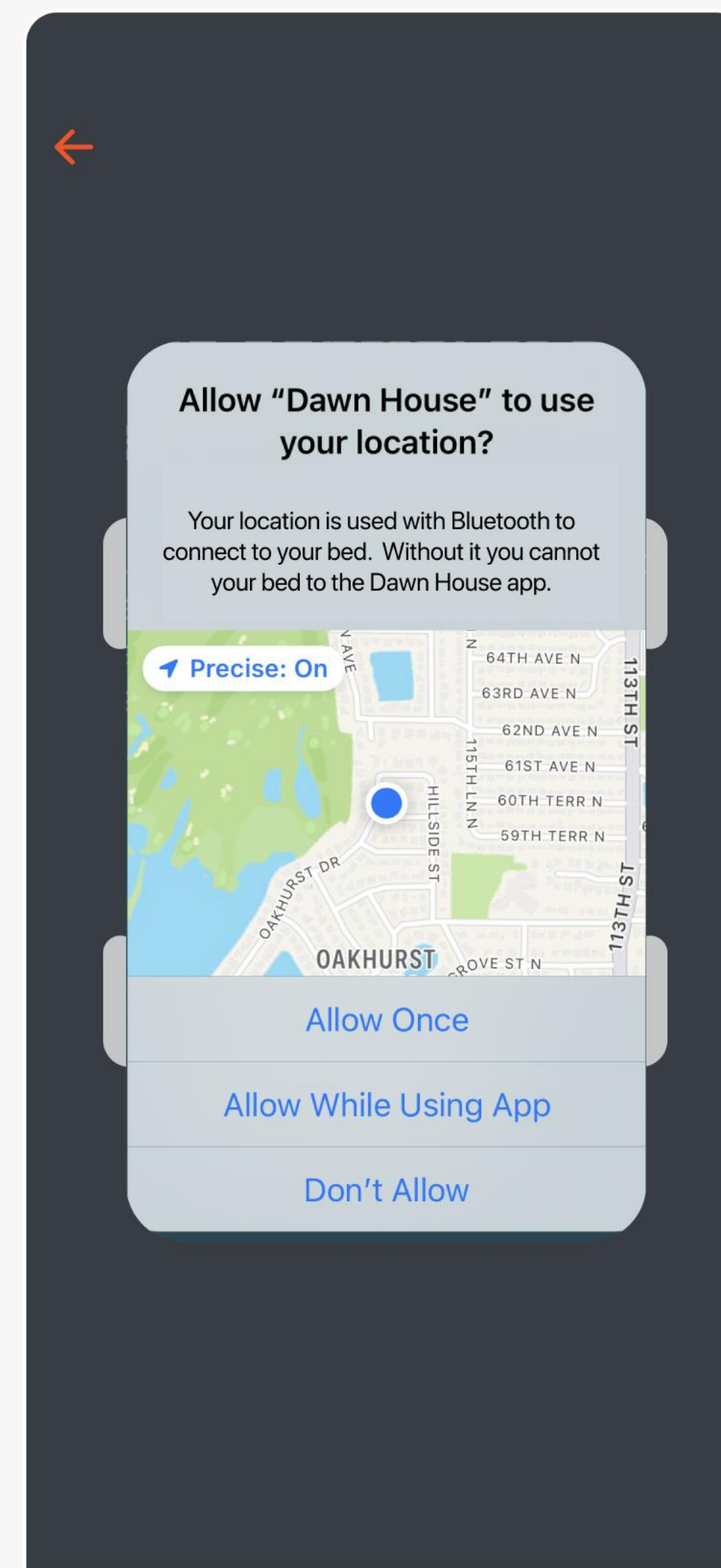
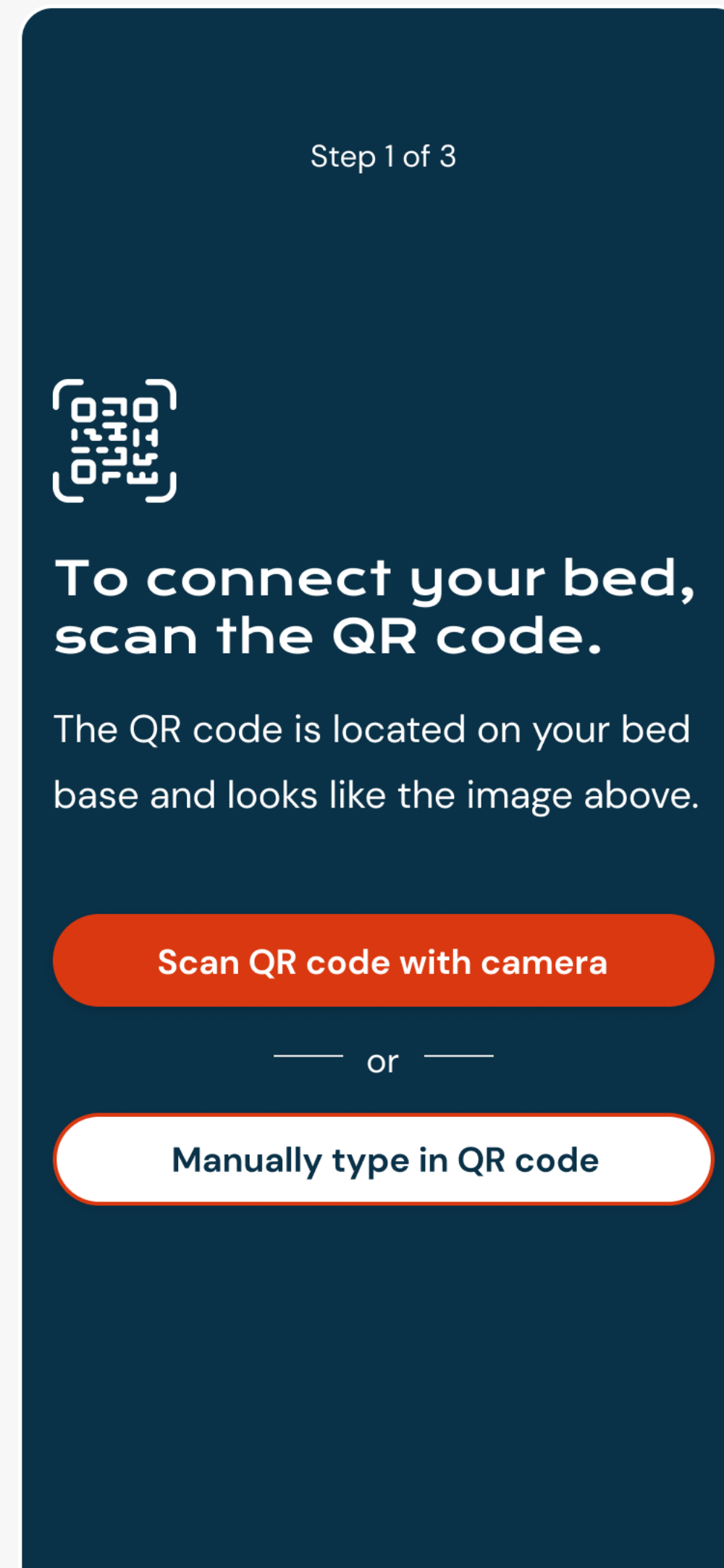


SCAN THE QR CODE

Next you will be prompted to connect to your bed by scanning the QR code located on your bed base.

You will first see a prompt to allow access to your phone's Bluetooth and Location settings. This is needed to bind your connection to the bed.

After, scan with your camera or manually enter the QR code located on your Dawn House bed base.

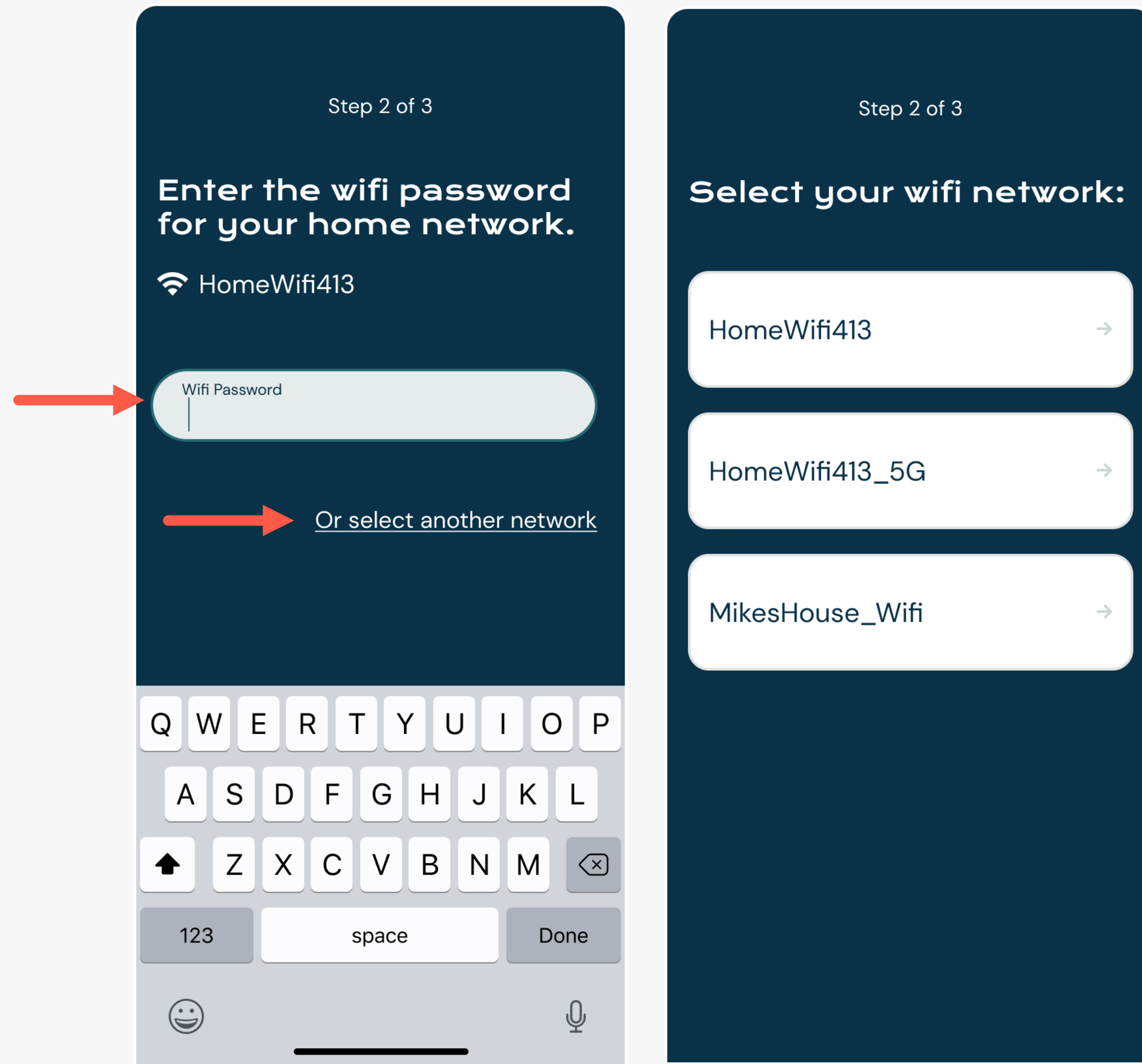


CONNECT TO YOUR WIFI

After you scan the QR code you must enter your Wi-Fi password to complete the connection to your Dawn House bed.

The app will ask for the Wi-Fi password that you are currently connected to.

Please make sure to connect to the Wi-Fi network with the strongest signal in your bedroom. To change the network, tap the "Select another network" link to choose another.



IN—APP REMOTE

You can operate your Dawn House bed with the physical remote or the in-app remote.

Please note: You must use your physical remote to set bed presets.

ACCESS YOUR REMOTE

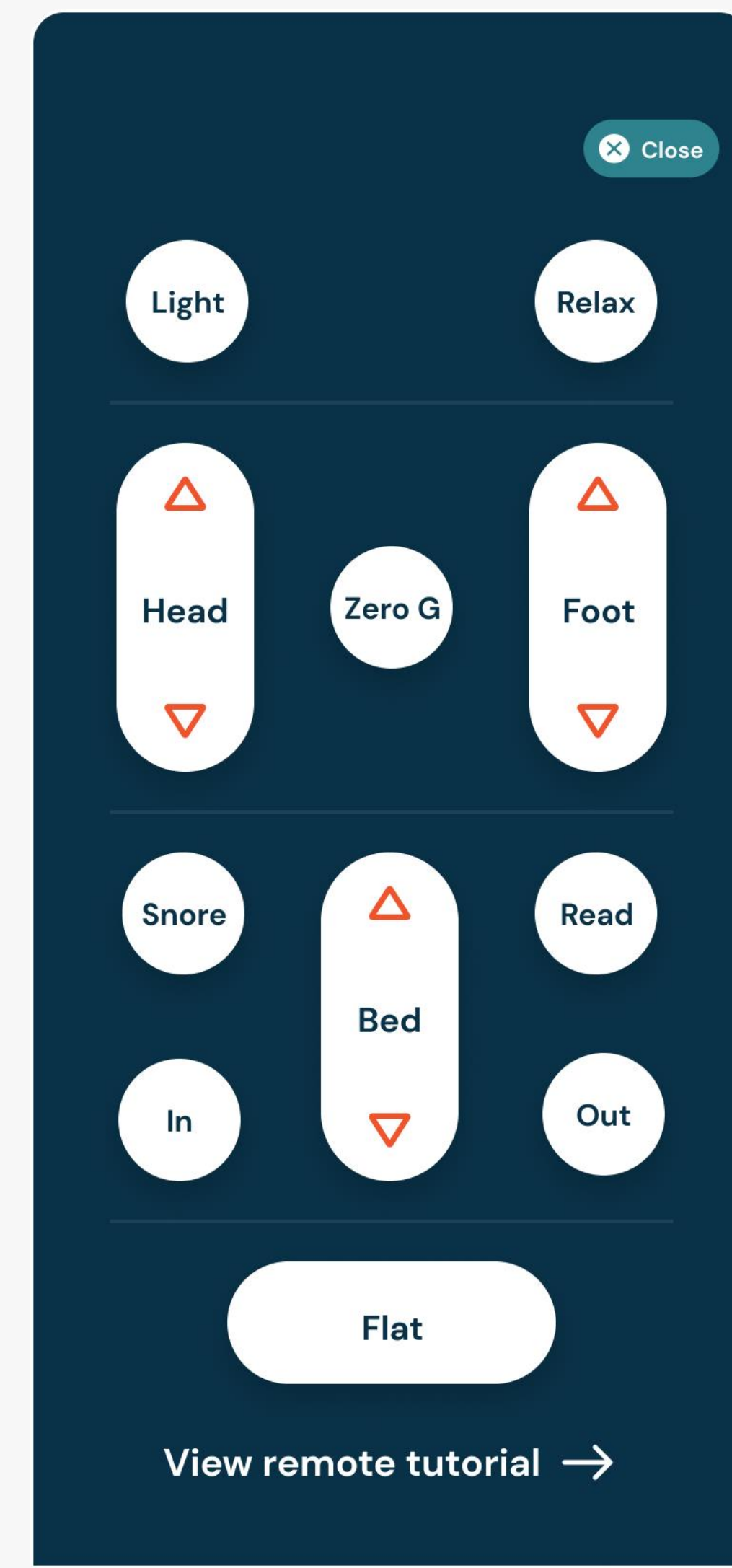
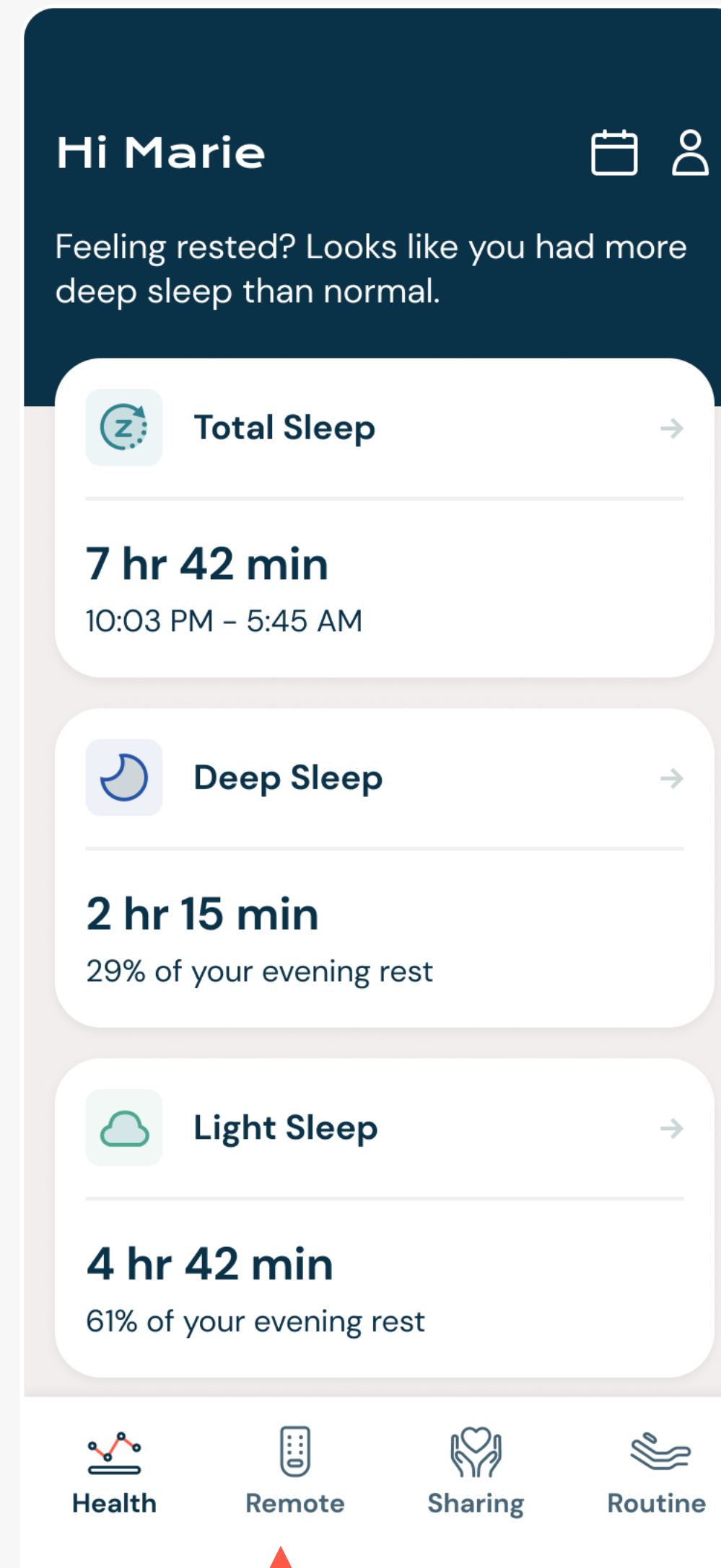
Tap the blue circle button in the bottom navigation to open the in-app remote. This will enable you to control your bed from your phone.

Here you can use the in-app remote to operate your bed. To close the remote, select the "Close" button in the top right.

For more help, you can open the in-app remote tutorial from the link "View remote tutorial →"

Or if you prefer, you can reference the One Page Remote Cheat Sheet that came with your bed, or access the full Remote User Guide below:

<https://dawnhouseliving.com/pages/manuals-and-instructions>



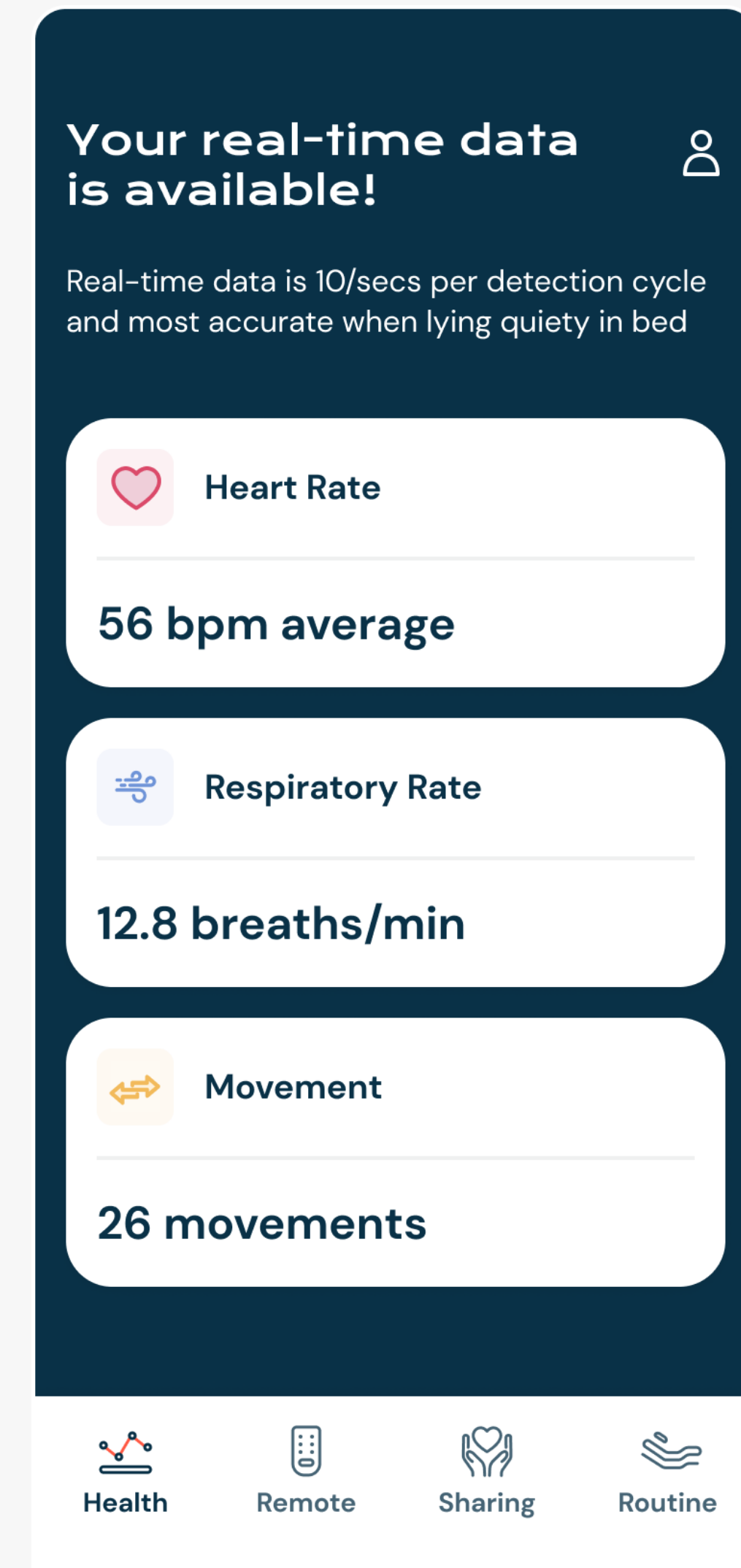
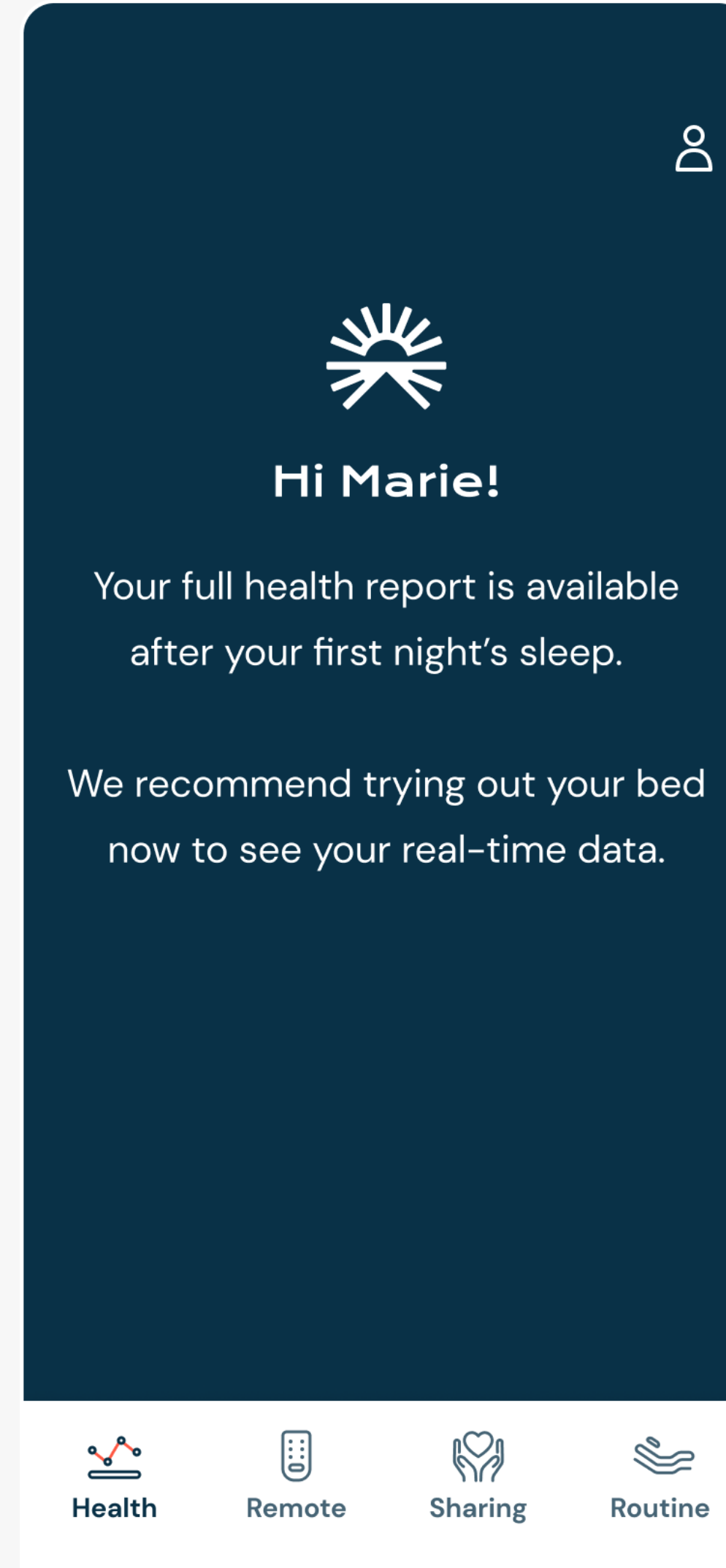
HEALTH HOME SCREEN

Once you into log into the Dawn House app, you will be automatically redirected to the Health Home Screen. Your view here will change with each night of rest.

YOUR HEALTH HOME SCREEN: FIRST VISIT

When you first set up the Dawn House app you can lay down and test out your bed and see the real-time data metrics for your heart and respiratory rate.

Your health dashboard will grow and change as additional data points are collected.

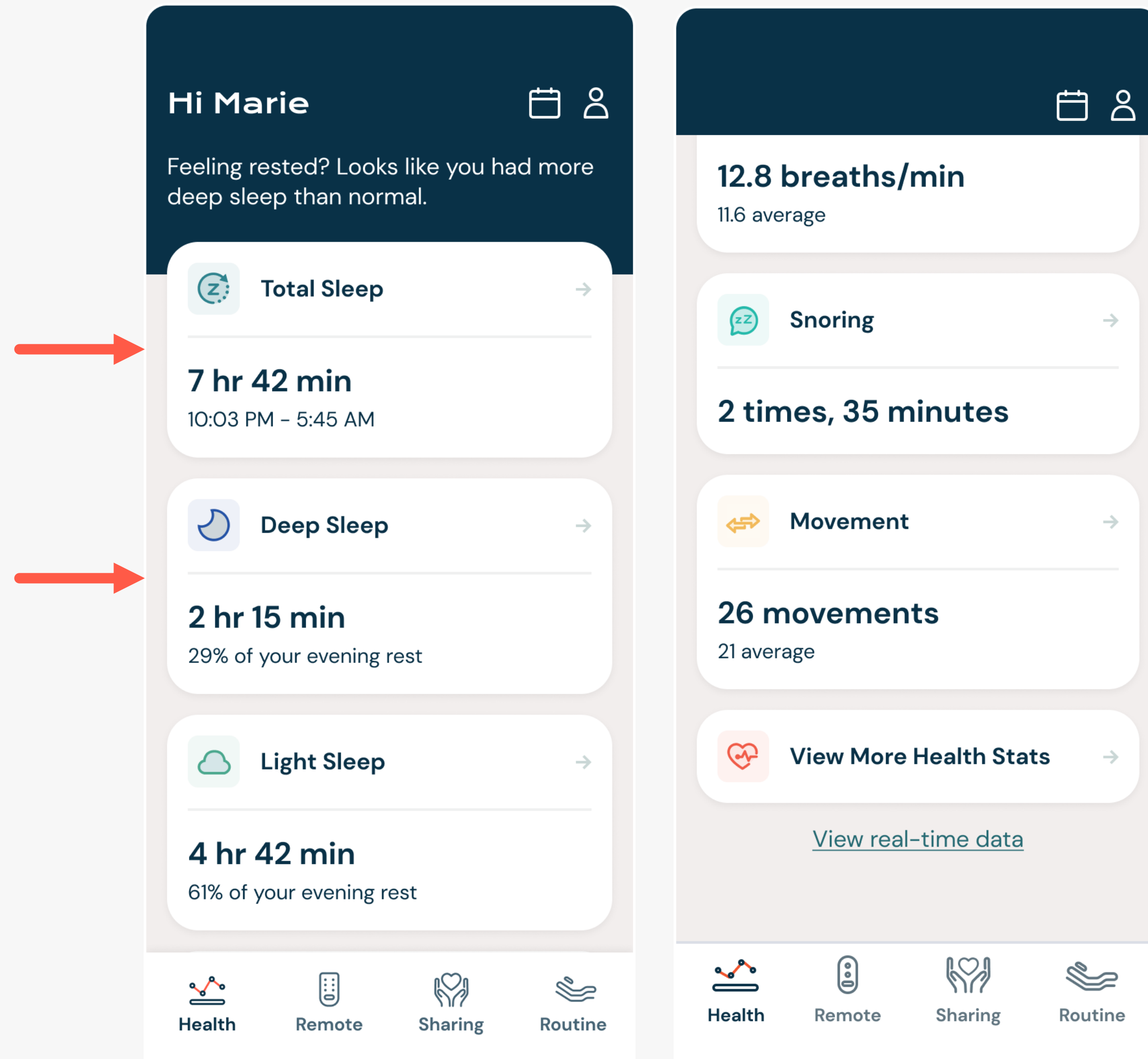


YOUR HEALTH HOME SCREEN: SLEEP REPORT

Your Dawn House bed includes state-of-the-art in-home wellness monitoring that measures key aspects of your sleep cycle and other important health metrics.

After your first evening's rest, your sleep report will be generated. With time, you will be able to identify patterns and help manage your health.

Click on any health card to see more details about this specific health metric.

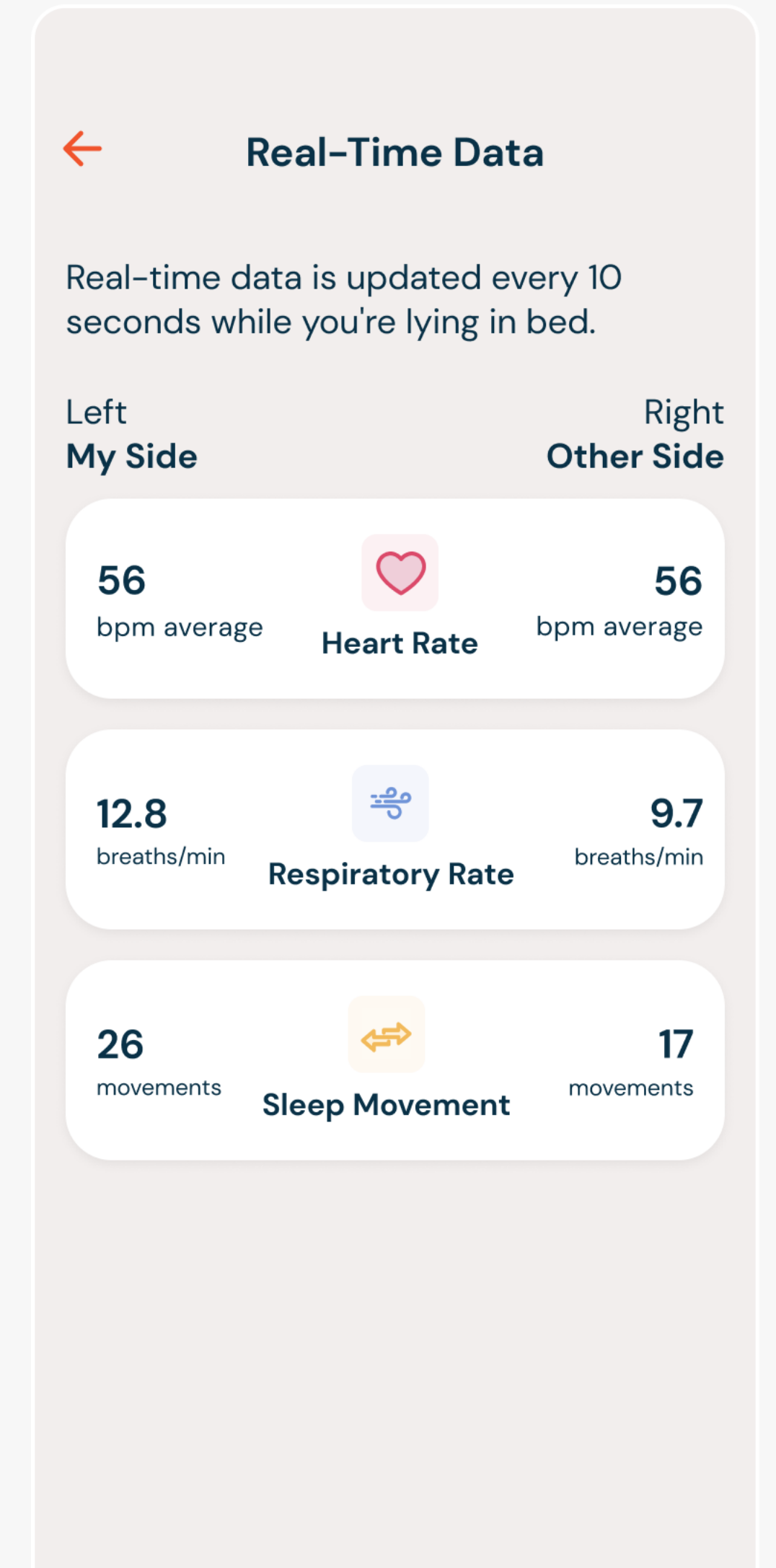
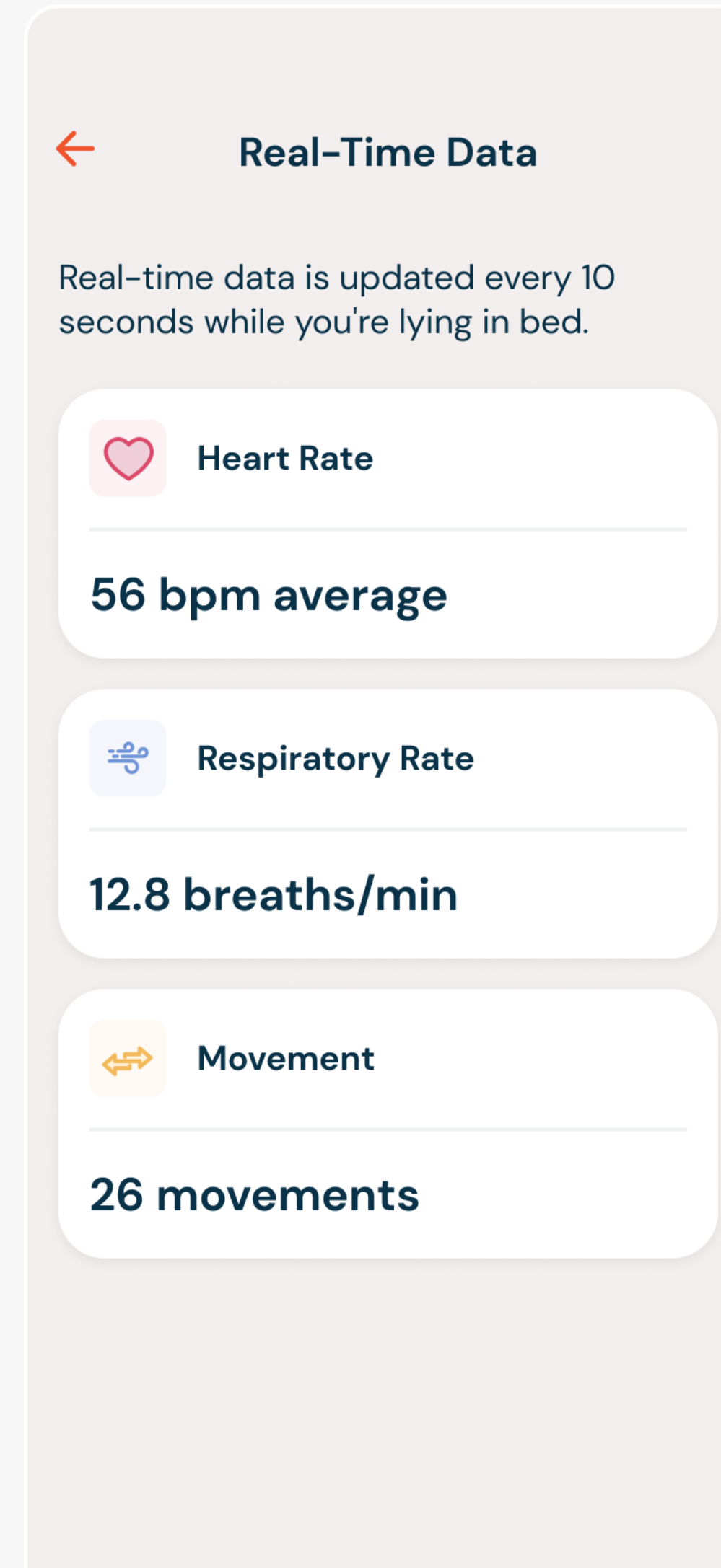
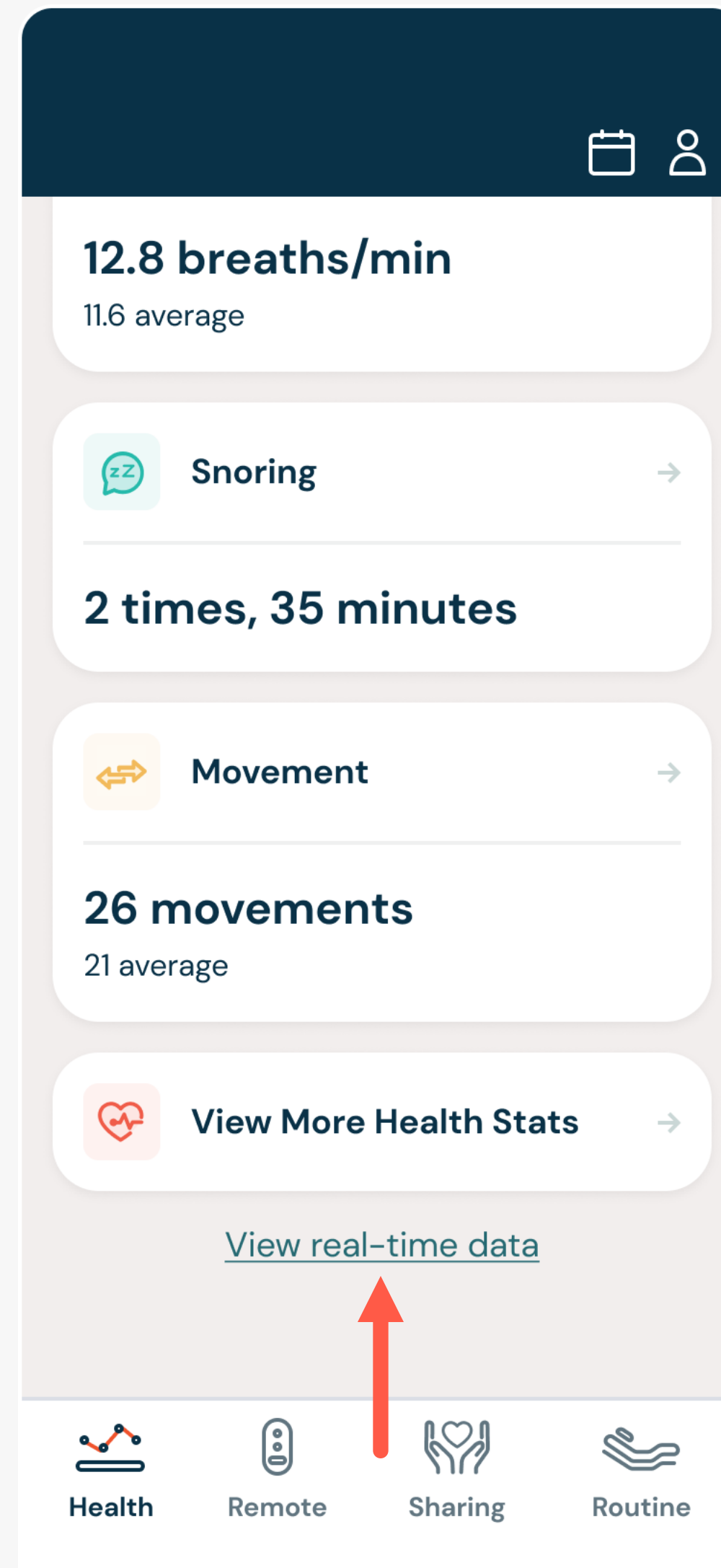


YOUR HEALTH HOME SCREEN: REAL-TIME DATA

Scroll to the bottom of your sleep report and select the link for "View Real-Time Data."

If you are seated on your bed, you will see the real-time metrics for your heart and respiratory rate.

If your bed has only been authorized to you, you will only see your real-time metrics. If your bed has been authorized to your partner, you will see real-time data for both of you.



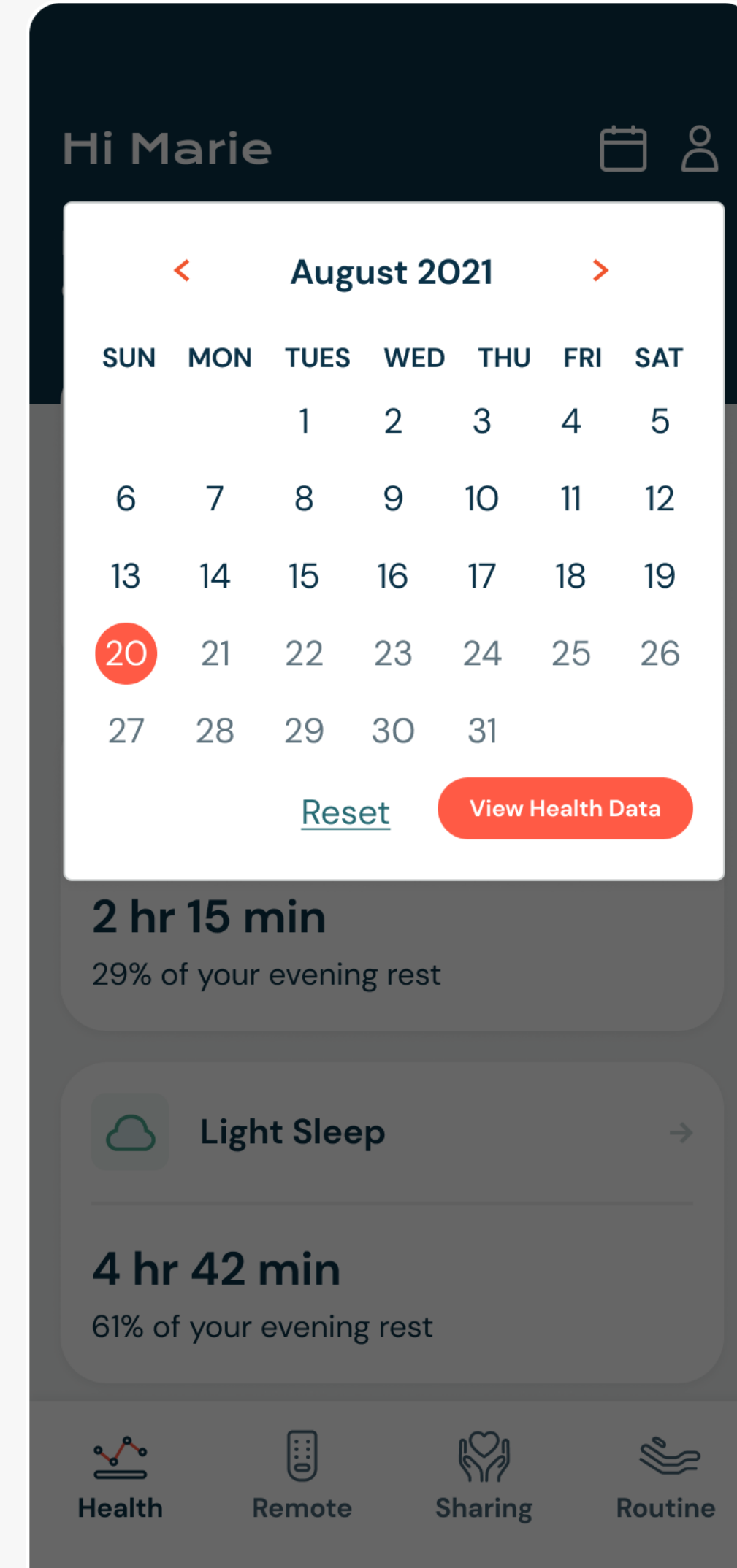
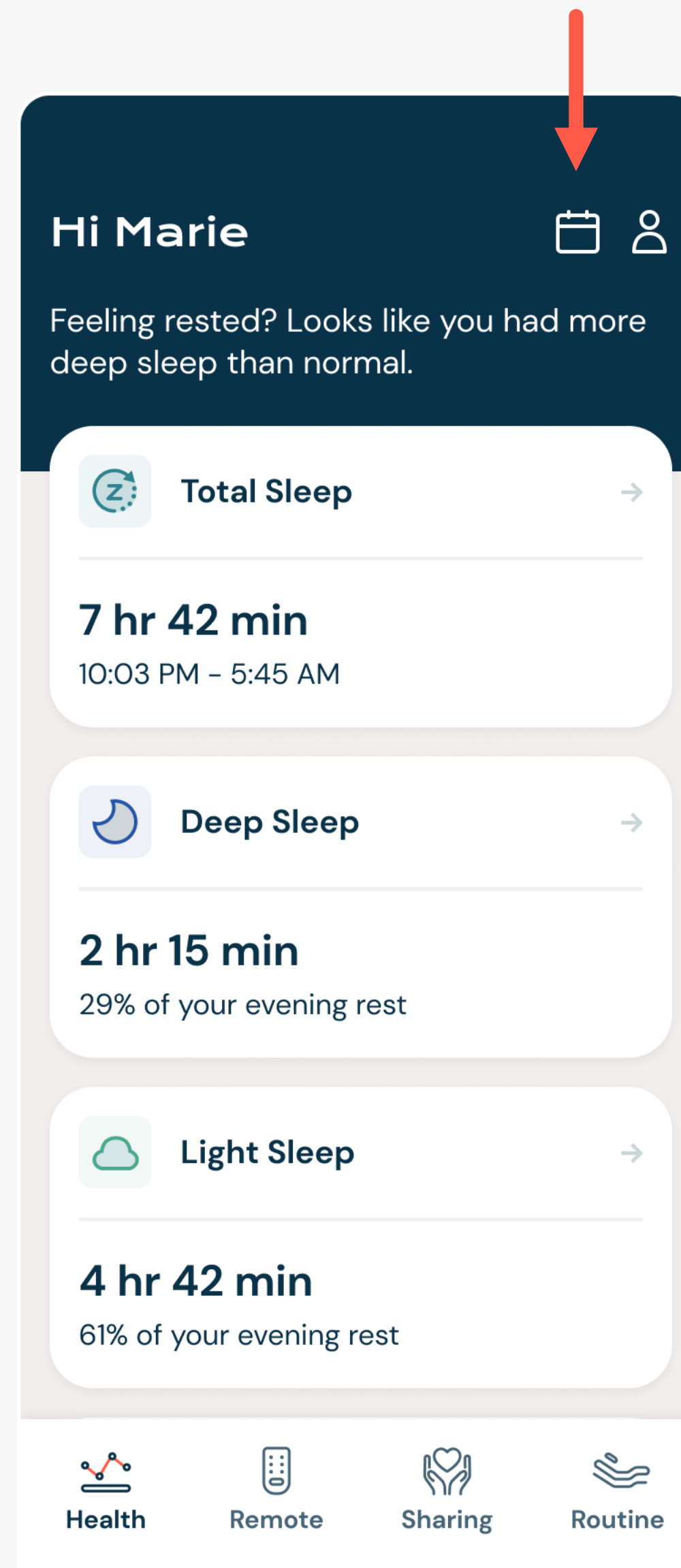
CALENDAR: VIEW

PAST HEALTH

METRICS

To view historical Sleep Reports, click the Calendar icon in the top right of the main Health Home screen.

This will open the calendar view. Use the < > arrows to navigate through the dates to select another date you would like to view data for. Then select "View Health Data."



HEALTH DATA

The Dawn House app gives you access to vital health indicators generated while you rest. Each morning you will be able to access a Sleep Report sharing information about your sleep quality and duration, heart rate, respiratory rate, and more.

To access, tap on any of the white cards from the main Health Home Screen.

HEALTH DATA POINTS

Your health data includes:

- Total, Deep & Light Sleep
- Heart Rate
- Respiratory Rate
- Snoring
- Movement
- More Health Stats

To navigate between your health data, swipe the screen left or right.

Deep Sleep
April 19, 2022

1 day | 1 week | 1 month | 1 year

2 hr 15 min
29% of your evening rest

10:04PM 5:45AM

Deep
Light
Awake

10PM 12AM 2AM 4AM 6AM

The average healthy adult gets roughly 1 to 2 hours of deep sleep per 8 hours of nightly sleep.

Deep Sleep is when the body reaches a point of relaxation, when the body is healing and restoring energy, the immune system is

Light Sleep
April 19, 2022

1 day | 1 week | 1 month | 1 year

4 hr 42 min
61% of your evening rest

10:04PM 5:45AM

Deep
Light
Awake

10PM 12AM 2AM 4AM 6AM

Light sleep initiates your sleep cycle and acts as a transition to deeper sleep stages.

During this stage your muscles begin to relax, your heart rate and breathing slow down, and you wake up easily. During light sleep, you can

Heart Rate
April 19, 2022

1 day | 1 week | 1 month | 1 year

56 bpm
24 hour average

10:04PM 5:45AM

100
80
60
40
20
0

10PM 12AM 2AM 4AM 6AM

Your resting heart rate is the number of times your heart beats per minute when you're at rest.

A good time to check it is in the morning after you've had a good night's sleep. For most of us, between 60 and 100 beats per minute (bpm) is normal. The rate can be affected

DAILY, WEEKLY & MONTHLY

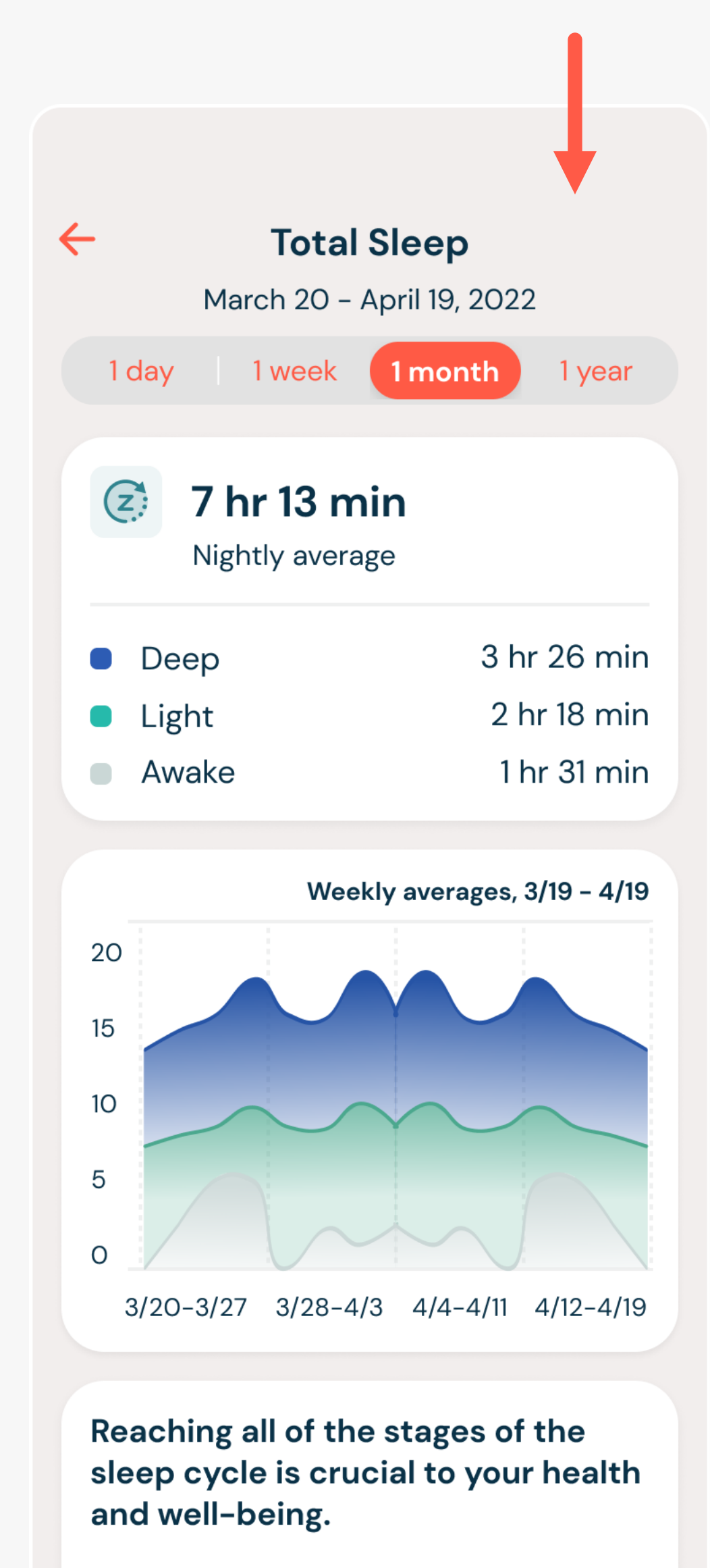
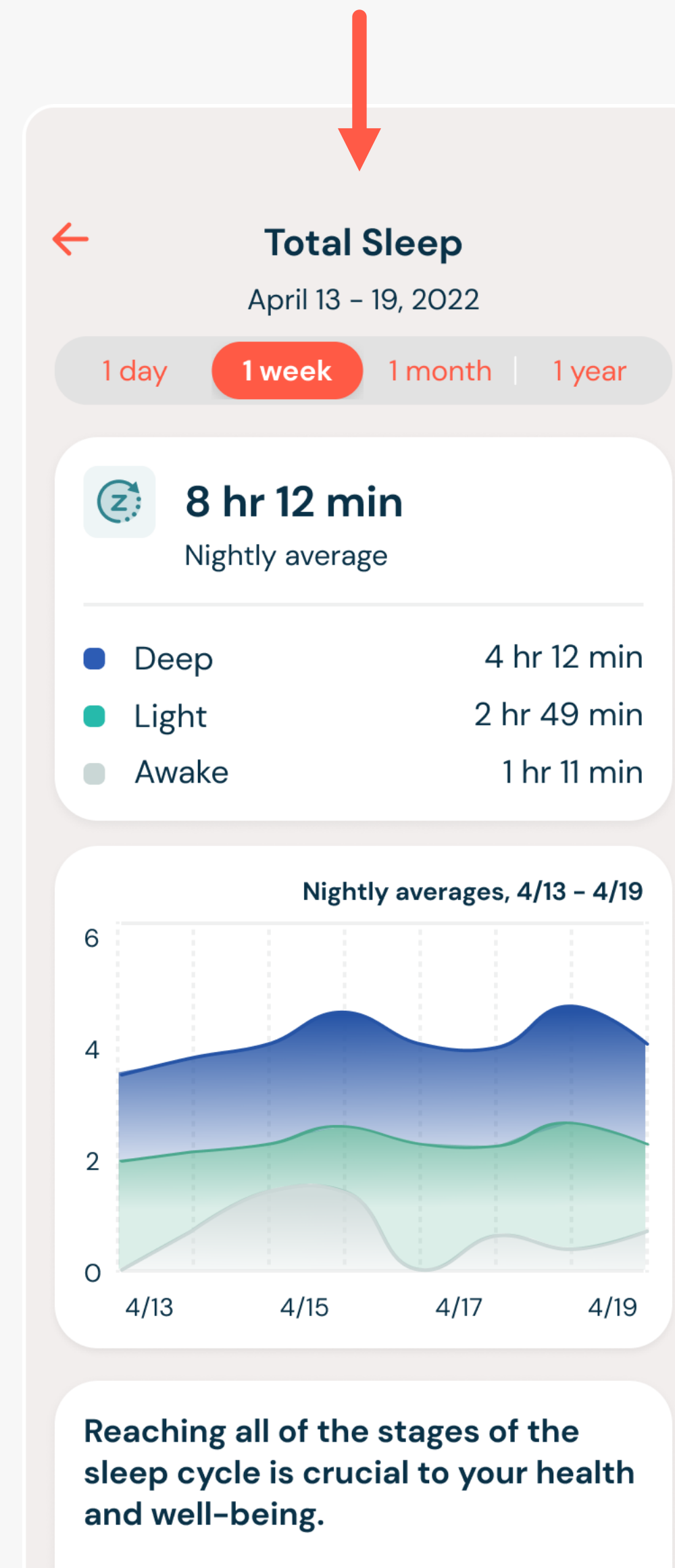
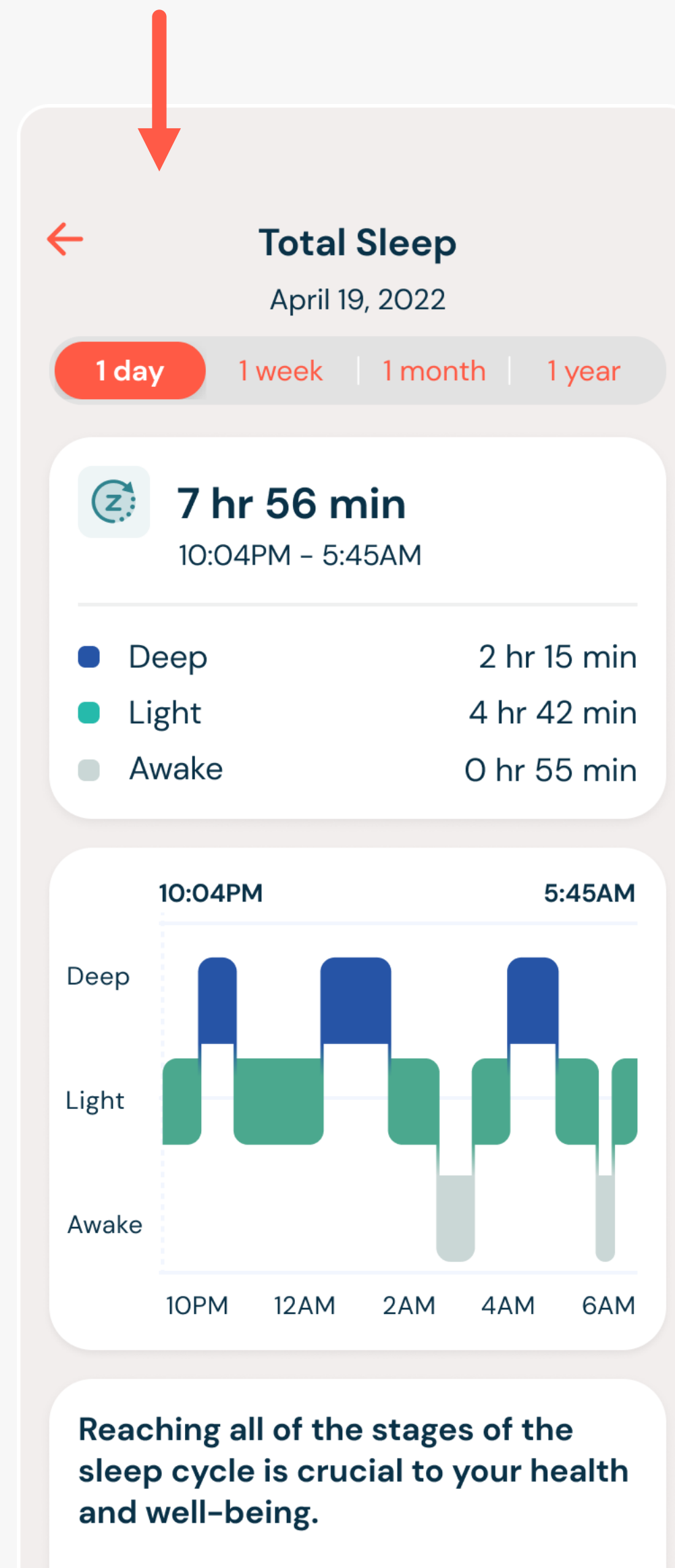
VIEWS

All of your important Sleep Report metrics are organized into weekly and monthly charts to make it easy to see trends and make adjustments as needed.

By default, you will see the Sleep Report metrics collected from the previous evening.

To view your weekly data trends, select "One Week."

To view your monthly trends, select "One Month."



ROUTINES

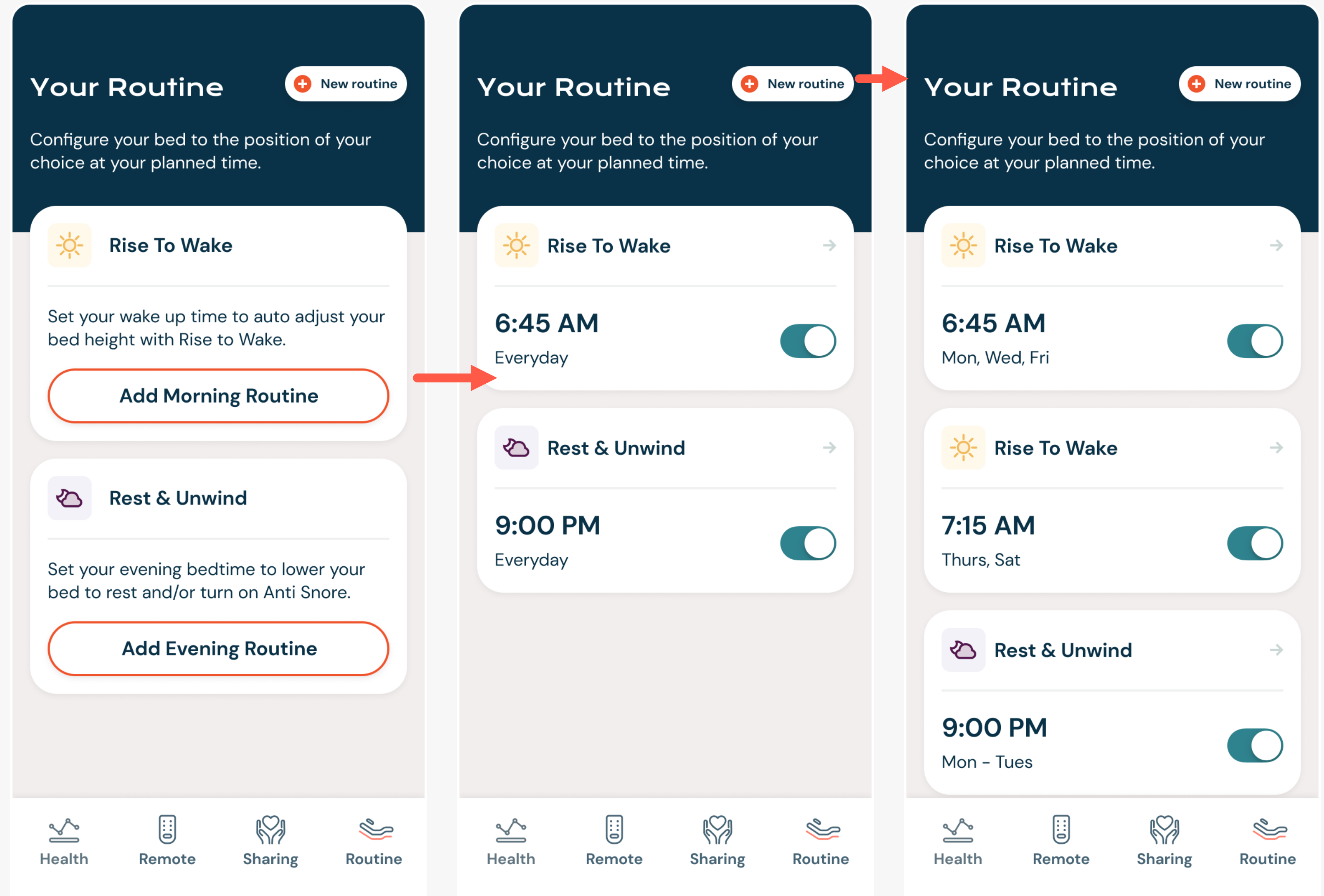
It's easy to set alarm routines that activate specific functions of the bed and can be customized daily or set to repeat with any frequency.

YOUR ROUTINE HOME SCREEN

The Routine screen is accessed by selecting the clock icon in the bottom right of the navigation bar.

Here you can set up morning or evening routines for your Dawn House bed to automatically shift into the position of your choice at the time you schedule.

You can also turn on or off your underbed lighting at the scheduled time and auto correct your position when snoring is detected during sleep.



RISE TO WAKE

Whether you're up with the sun or like to sleep in, the Dawn House bed can gently elevate your head at an appointed hour, easing you into your new day with "Rise to Wake". To set your routine:

1. Set Your Wake Up Time: Use the timer wheel to select.
2. Set the Routine Frequency: Tap the "Repeat Routine" card to open and select how often you want to repeat this routine.
3. Turn Underbed Lighting On/Off: If you wish you can turn your underbed lighting on or off at the time of your routine. Select "No change" if you do not want to adjust the underbed lighting.

← **Rise to Wake** ✓ Save

Set your wake up time to auto adjust your bed height with Rise to Wake.

3	57	
4	58	
5	59	
6	00	AM
7	01	PM
8	02	
9	03	

Repeat routine →
Everyday

Underbed lighting →
No change

Delete Routine

← **Repeat Routine**

Everyday ✓

Monday - Friday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

← **Underbed Lighting**

Turn lights on at wake up time ✓
Your underbed lights will turn on at your scheduled morning time. You can turn them off at any time from your remote.

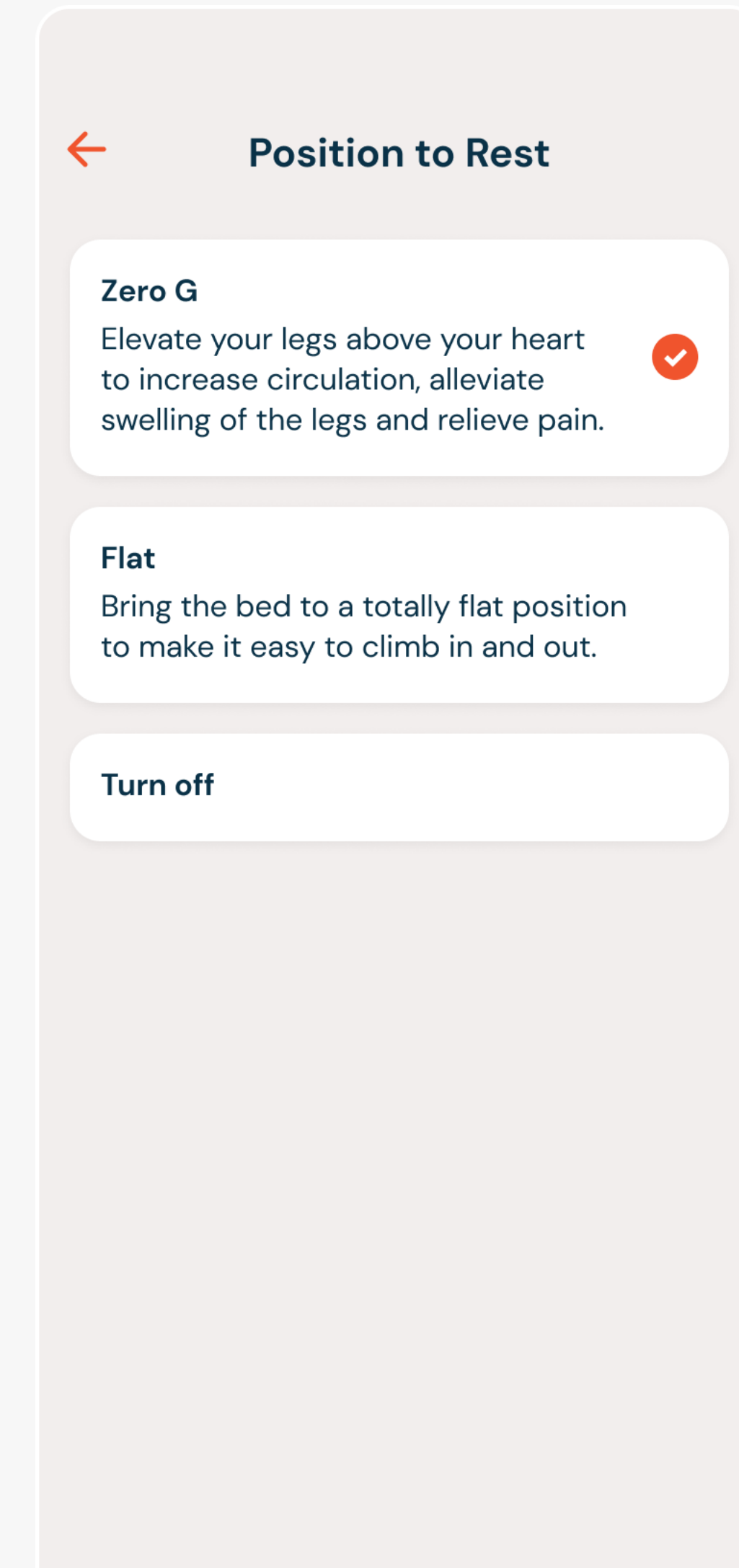
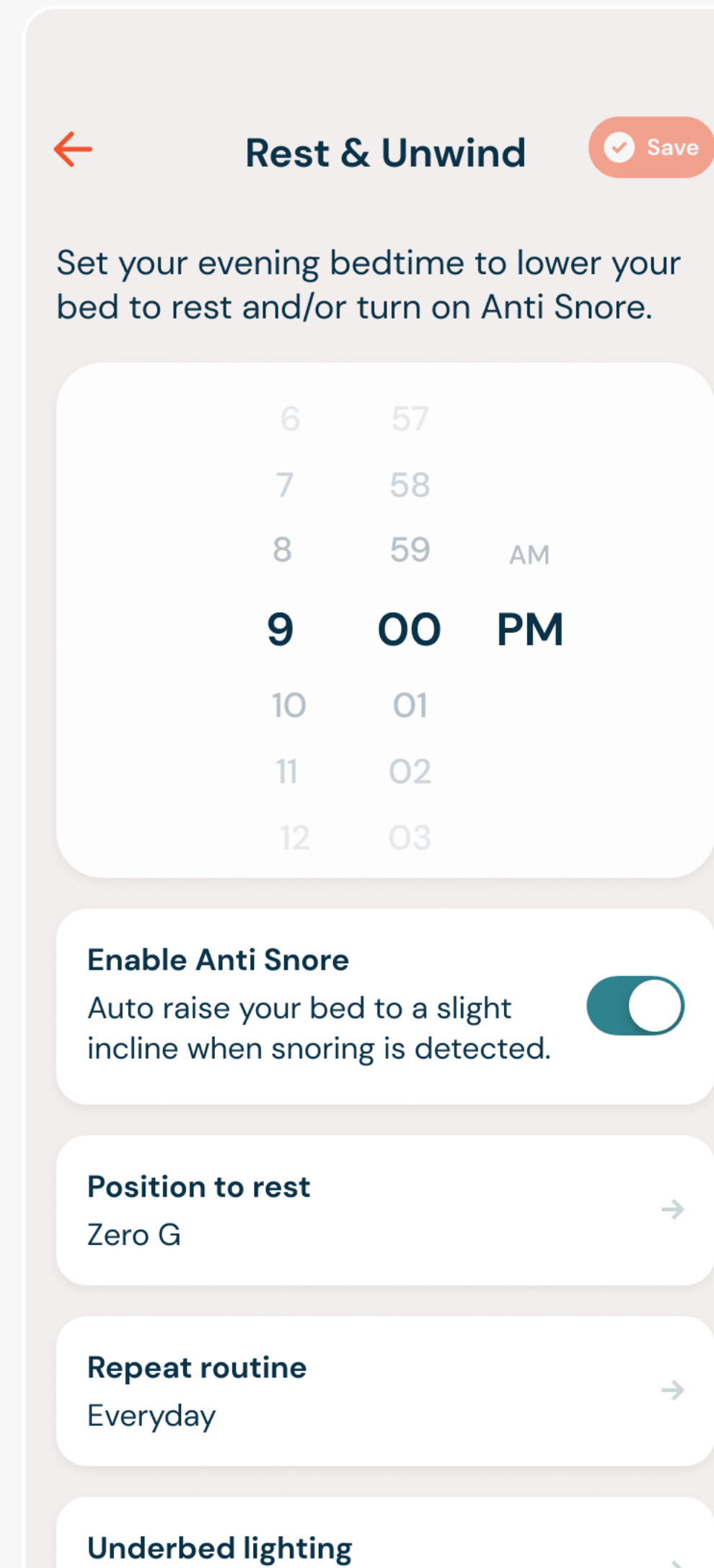
Turn lights off at wake up time
Your underbed lights will turn off at your scheduled morning time.

No change

REST & UNWIND

Establish an evening routine with “Rest & Unwind.” To set your routine:

1. Set Your Bedtime: Use the timer wheel to select.
2. Set Your Bed Position: Tap the “Position to Rest” card to set your bed position
3. Set the Routine Frequency: Tap the “Repeat Routine” card to open and select how often you want to repeat this routine.
4. Turn Underbed Lighting On/Off: Turn your underbed lighting on or off at the time of your routine. Select “No change” if you do not want to adjust the underbed lighting.
5. Enable Anti-Snore: Turn anti-snore on or off. When on, sophisticated sensors detect the onset of snoring and gently raise the head to promote more restful sleep.

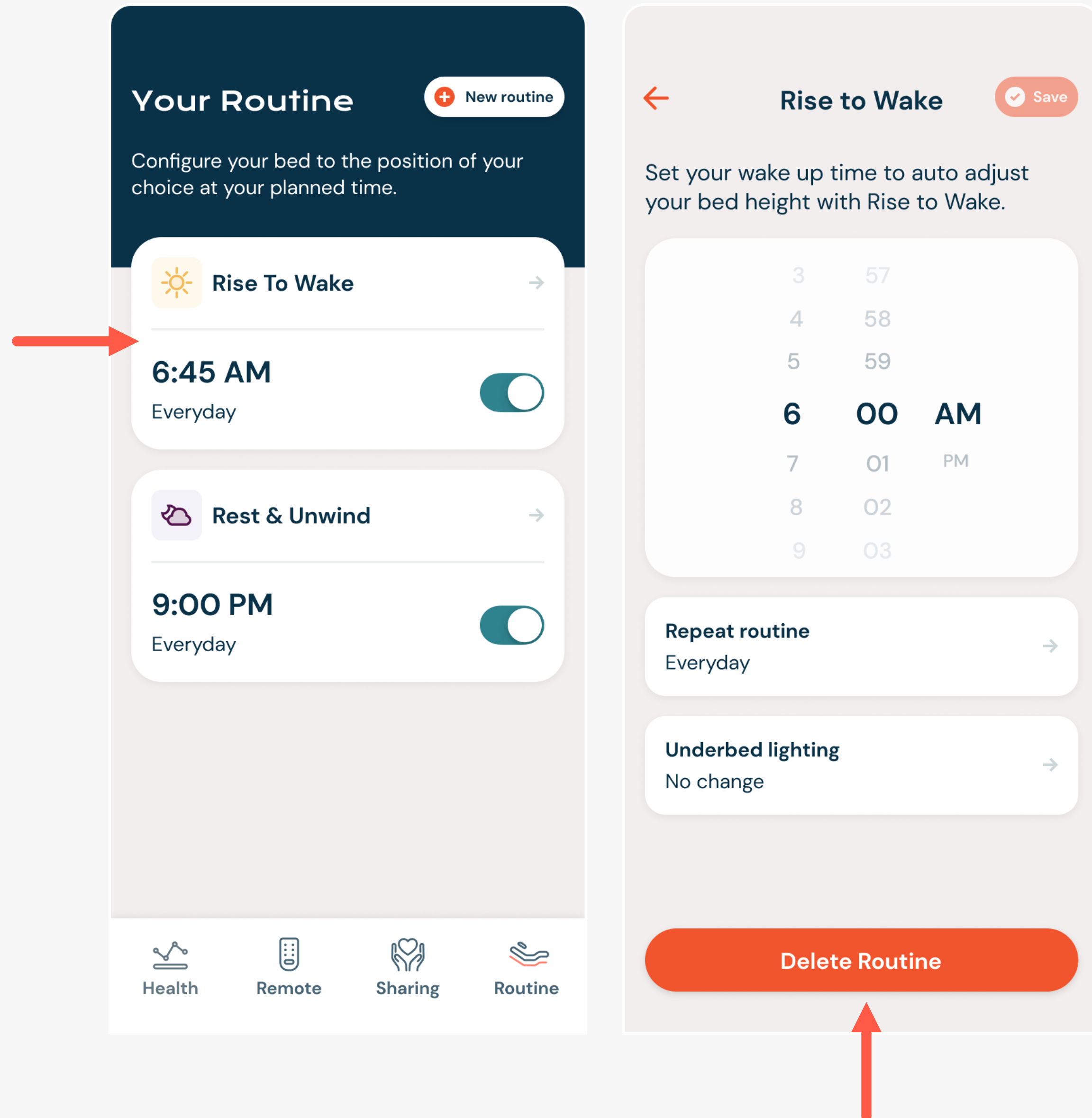


EDIT OR DELETE A ROUTINE

If you want to make changes or delete one of your routines, tap the routine card on the main page to open to the details.

Here you can make changes then select the “Save” button.

To delete a routine, tap on the button for “Delete Routine.”



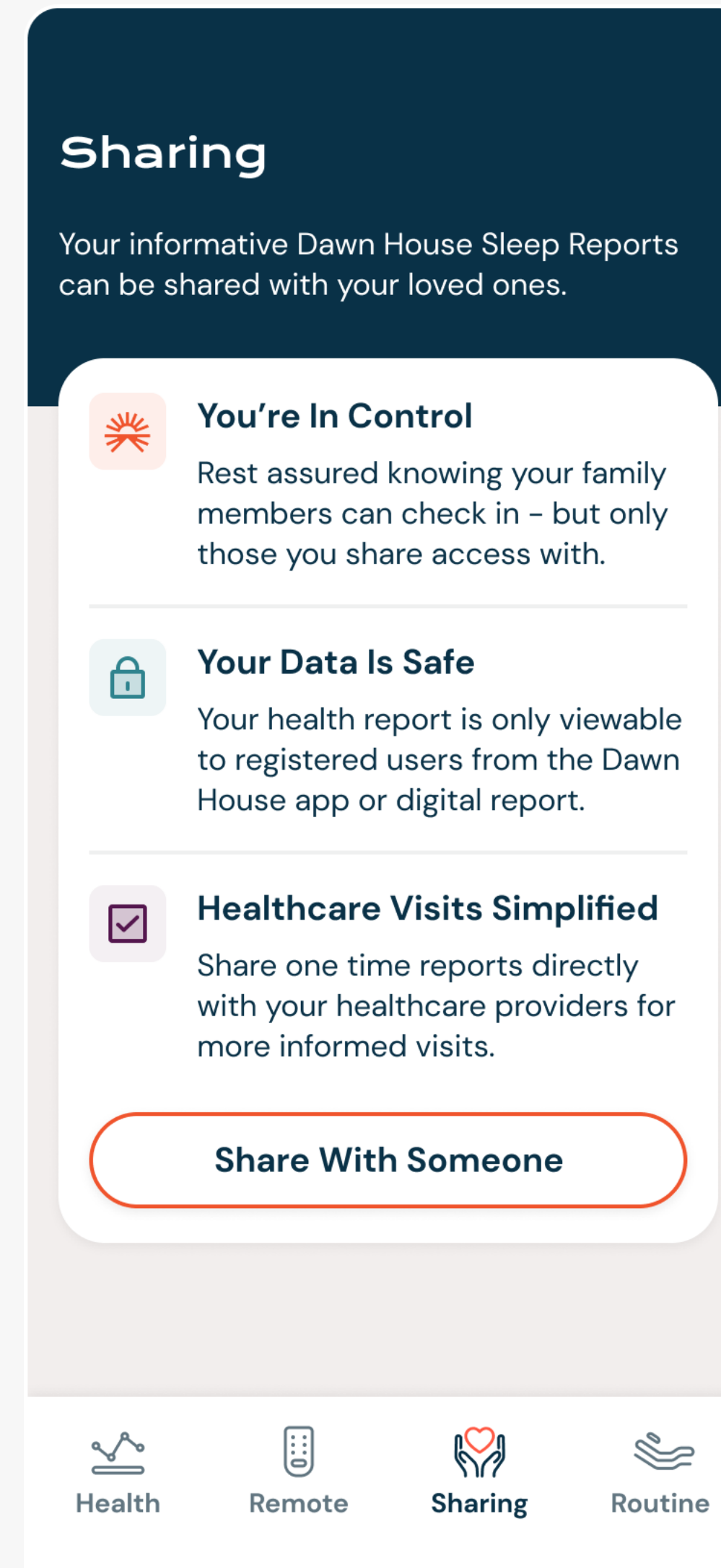
SHARING: DAWN HOUSE BED USERS

Your informative Dawn House Sleep Reports can be shared with your loved ones from the Sharing tab. Here you can also view Sleep Reports shared with you.

SHARING: FIRST ACCESS

As a Dawn House bed user, when you first access the Sharing tab you will be able to learn more about the benefits of sharing your health data.

You can then proceed to add a loved one to your share list, or send a one-time health report, but only if you so wish to.

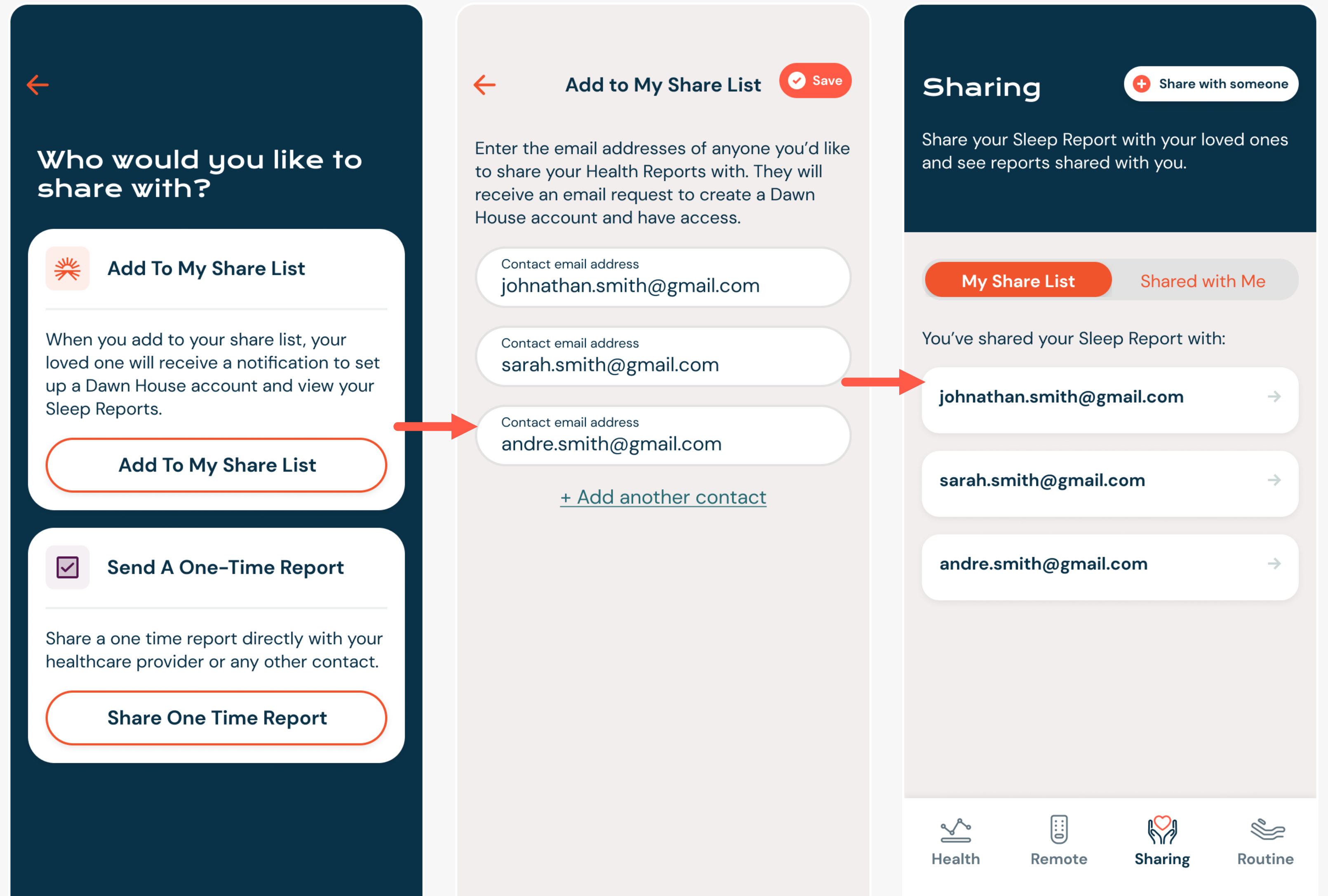


SHARING: ADD TO MY SHARE LIST

When you add to your share list, your loved one will receive an invite to access your sleep reports. They will have their own Dawn House account login and be able to view your daily, weekly and monthly metrics.

To add someone to your share list select the button for "Add to my share list" and enter their email address(es).

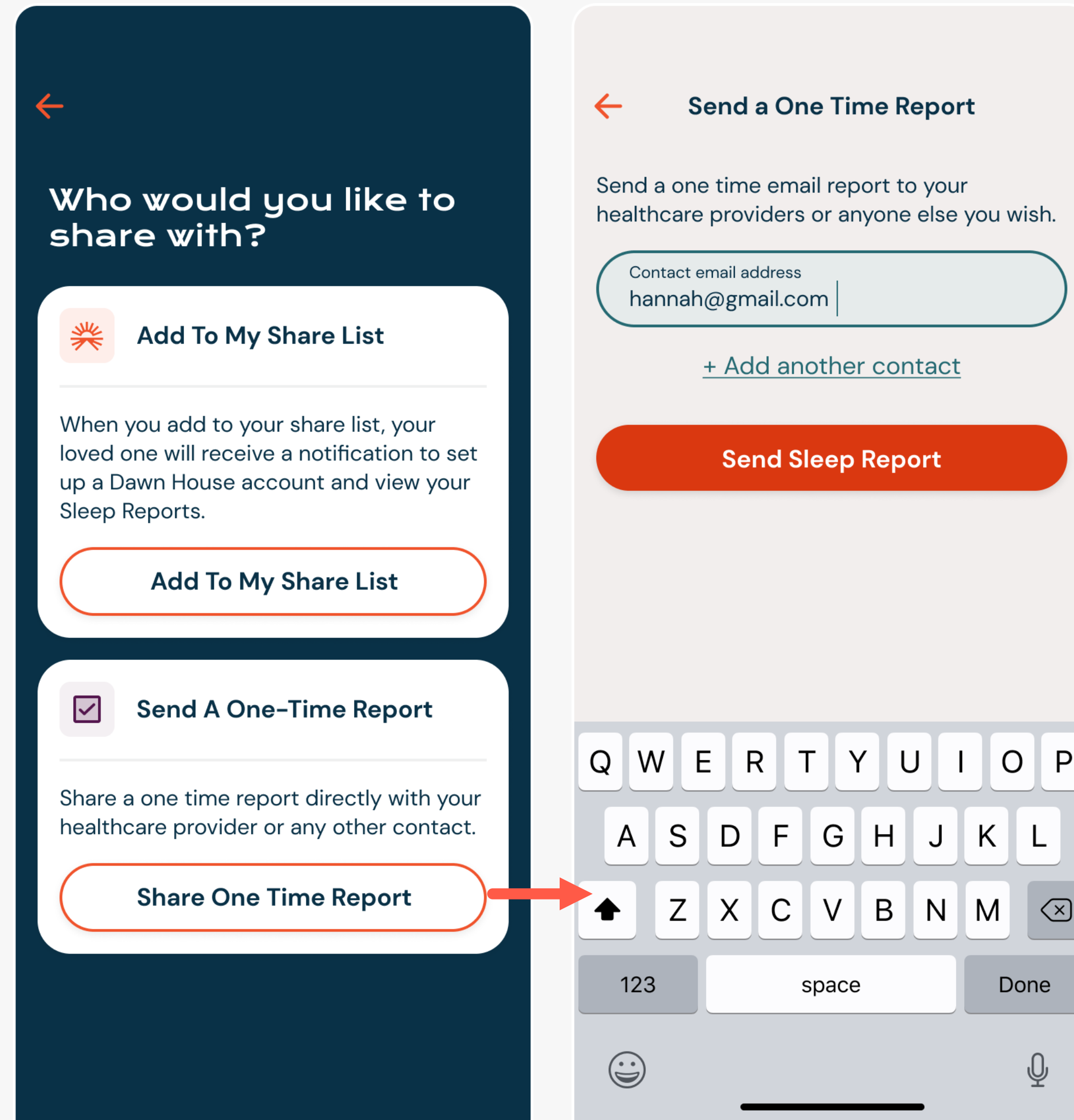
You will see the emails of anyone you have invited to view your report on the default My Share List toggle view on the Sharing tab.



SHARING: SEND A ONE-TIME HEALTH REPORT

You can share a one-time health report via email to your healthcare providers or any other contact you wish.

Select the button for "Share one time report" then enter the email address of the person you'd like to share with.



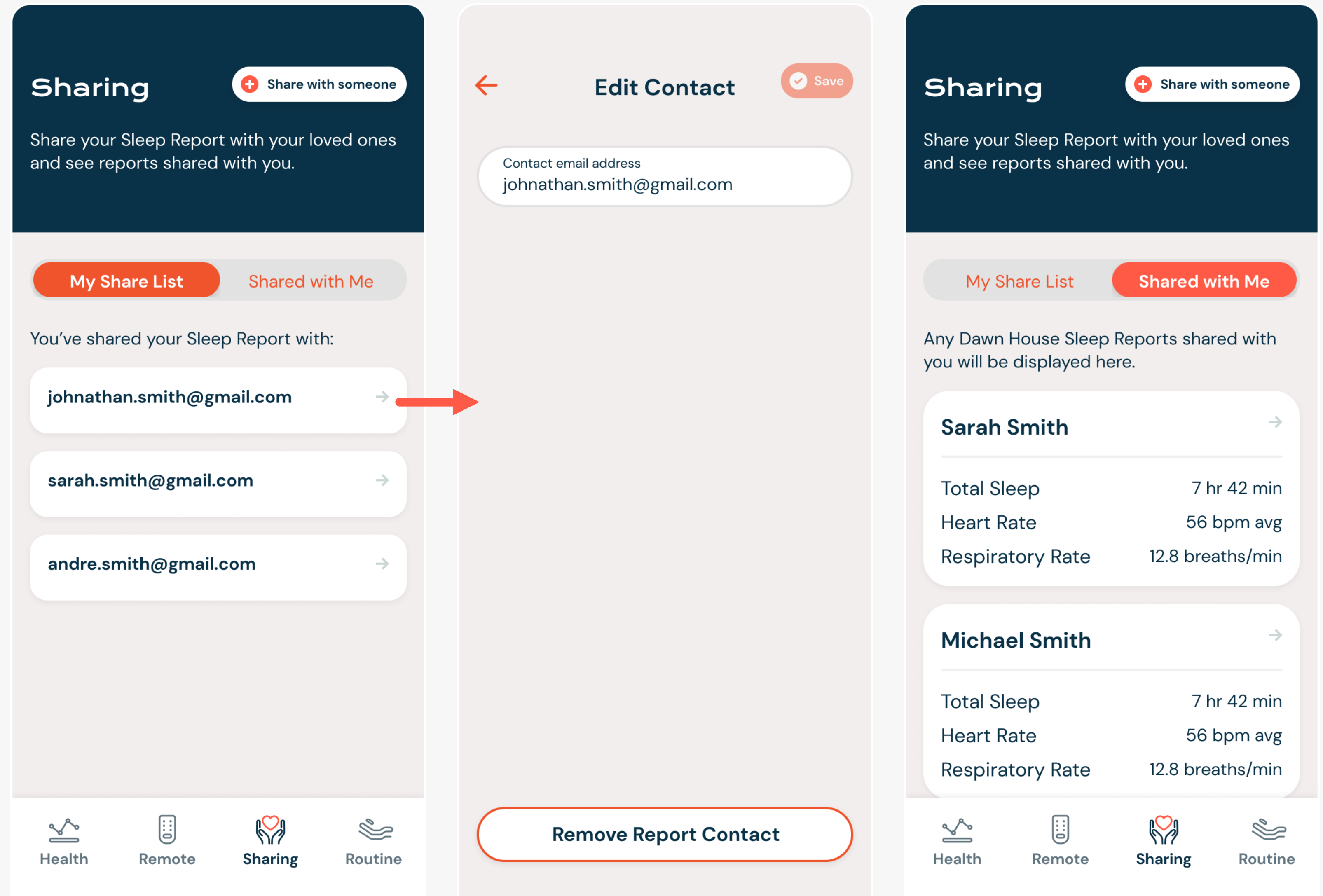
SHARING: MY SHARE LIST & SHARED WITH ME

When you've added someone to your Share List or a Sleep Report has been shared with you, you will see the tab display.

To update a contact on your Share List, select the email address and proceed to edit or remove the contact on the next page.

When you tap "Shared with Me" you will see the Dawn House sleep reports shared with you.

At any time you can select the top right button "Share with Someone" to add a loved one to your share list or to send a one-time health report.



SHARING: FAMILY ACCOUNTS

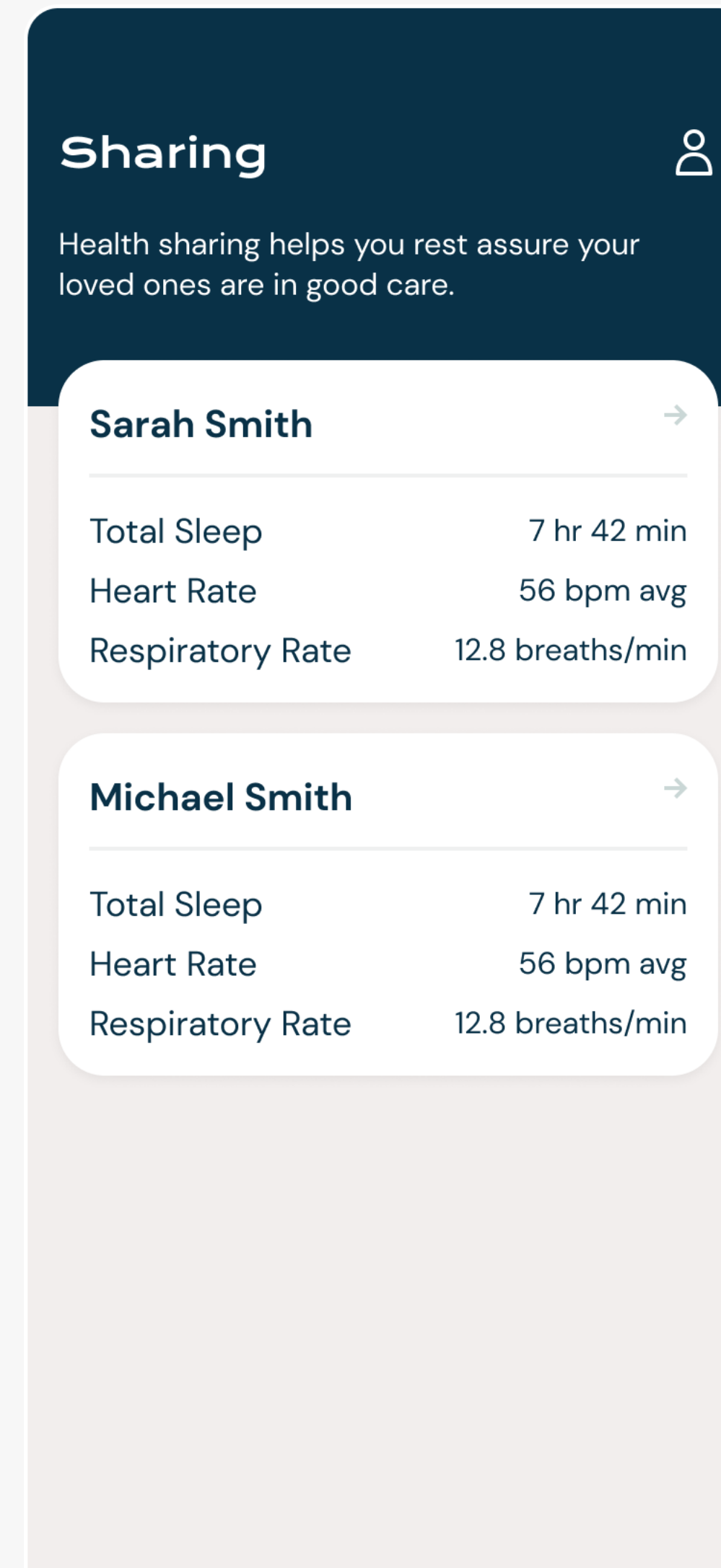
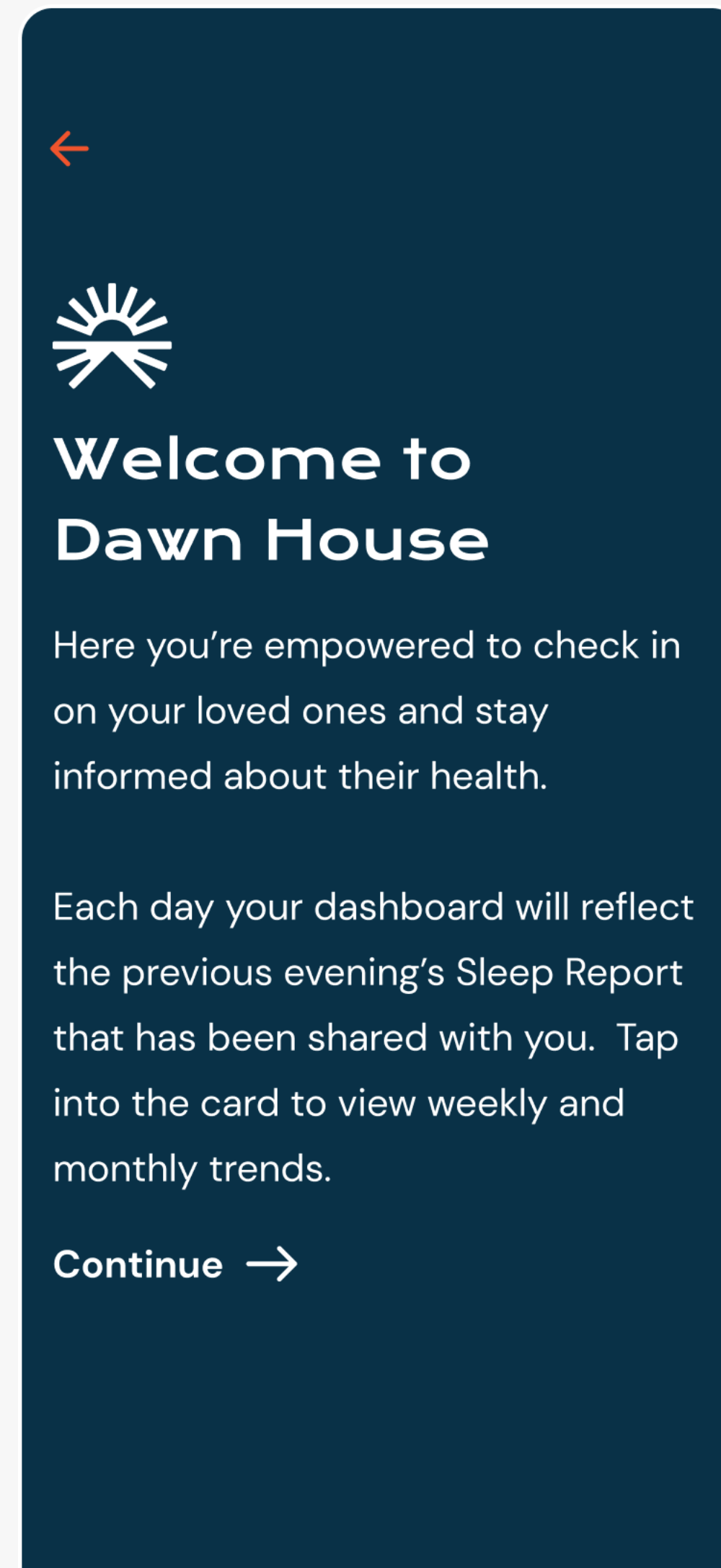
When you create a Dawn House account to view your loved one's Sleep Report, your viewing experience will be simplified as compared to a Dawn House bed user. Sharing will be your default home screen.

SHARING: HOME SCREEN

Once you create your account, if a loved one has already shared their Sleep Report your home screen will reflect their high level metrics. Tap the card to view the full Sleep Report.

If there haven't been any Sleep Reports shared with you, you will see a prompt to help your loved one initiate sharing from their Dawn House app.

To see your App Settings, select the top right icon from the main Sharing screen.

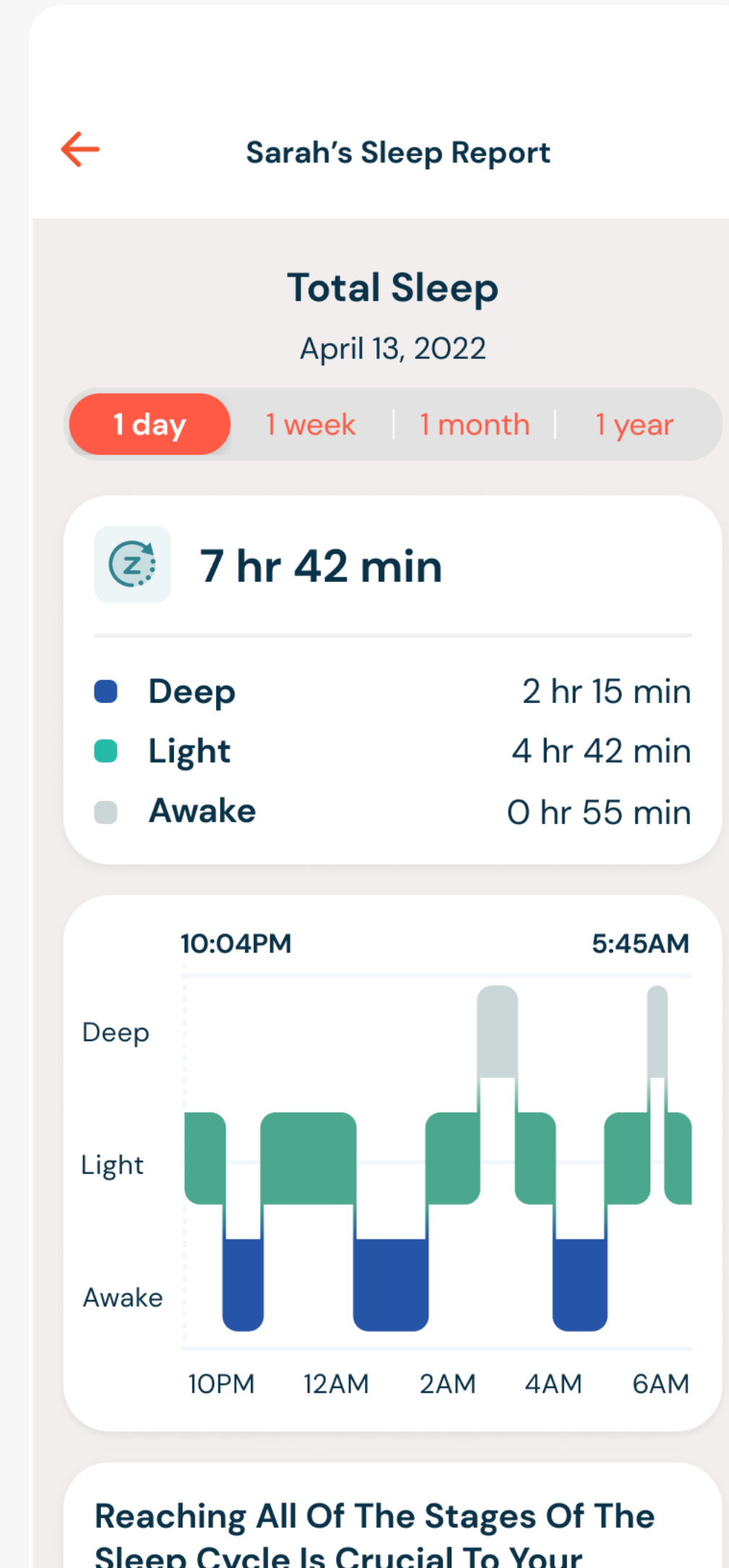
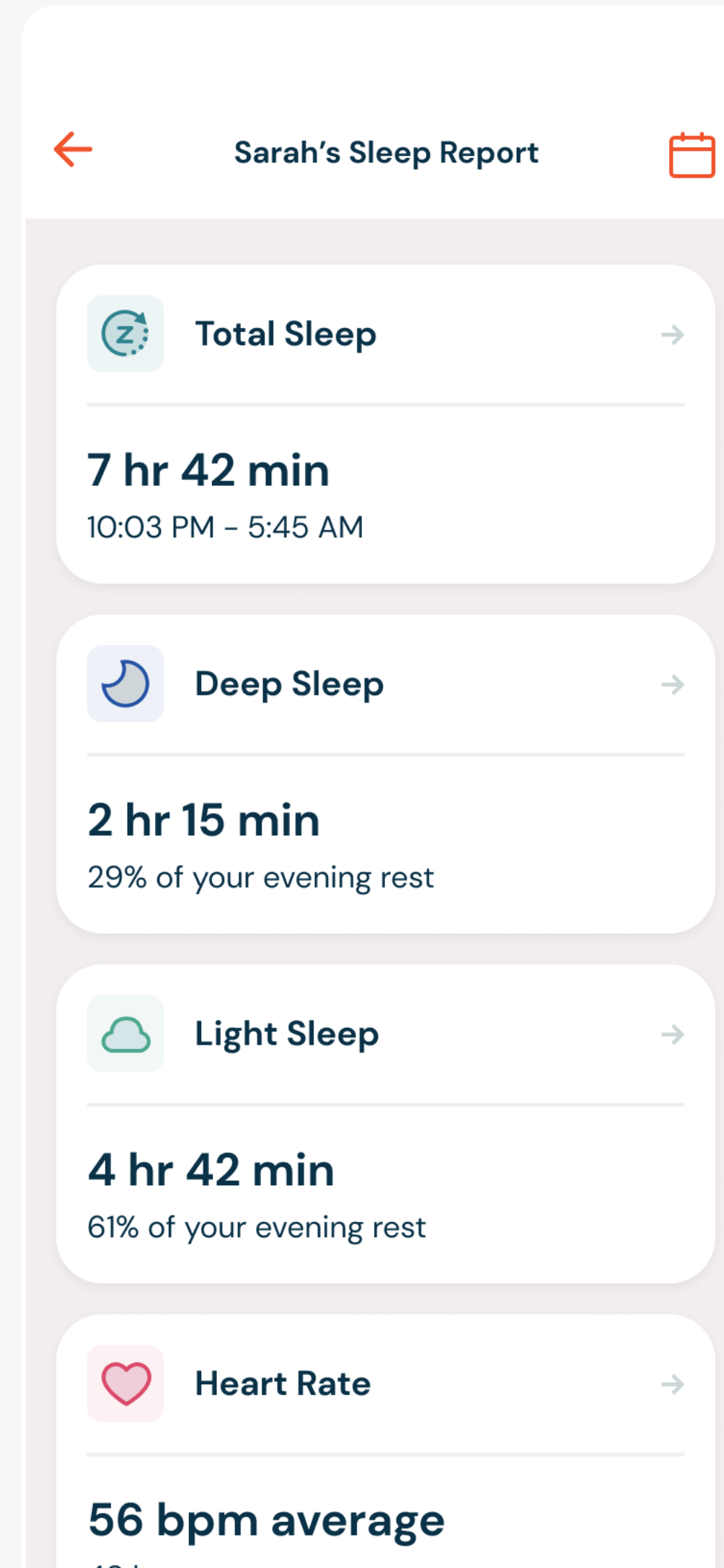


VIEWING A SLEEP REPORT

When you open a Sleep Report, you will see your loved one's name prominently displayed.

Tap the calendar icon to change the date you are viewing health metrics for.

Tap into any card to view the detailed metrics based on the previous evening, week and month.



APP SETTINGS

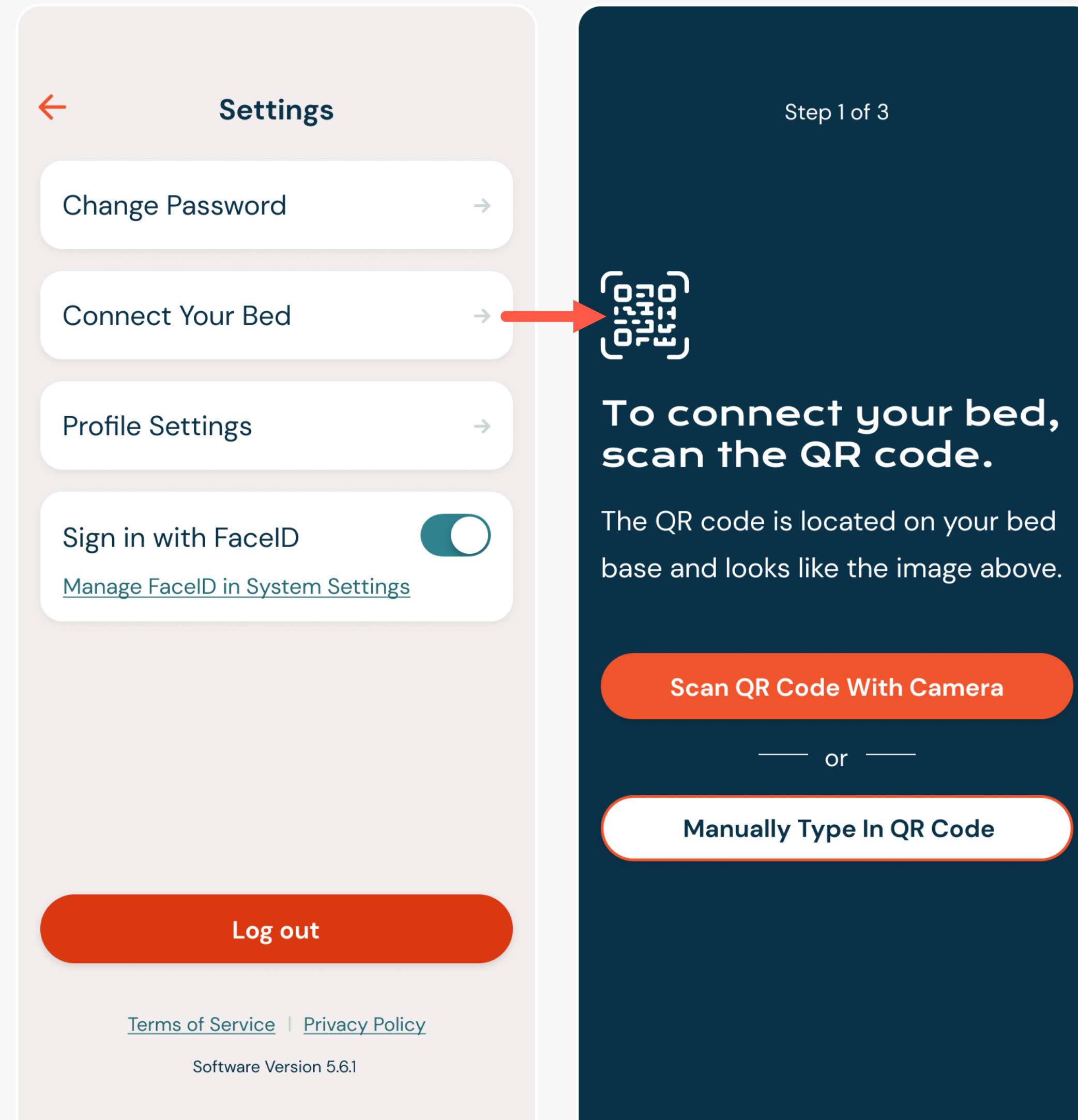
As a Dawn House user with a Family Account, your App Settings will be simplified.

To change your password, follow the instructions on Page 47 of this manual.

To update your profile settings, see Page 49.

To change your FaceID settings, see Page 54.

If you purchase your own Dawn House bed, you can proceed to connect your bed from the App Settings page. See page 10 for bed connection details.



SIGN IN & FACEID

THERE ARE SEVERAL WAYS TO SIGN IN:

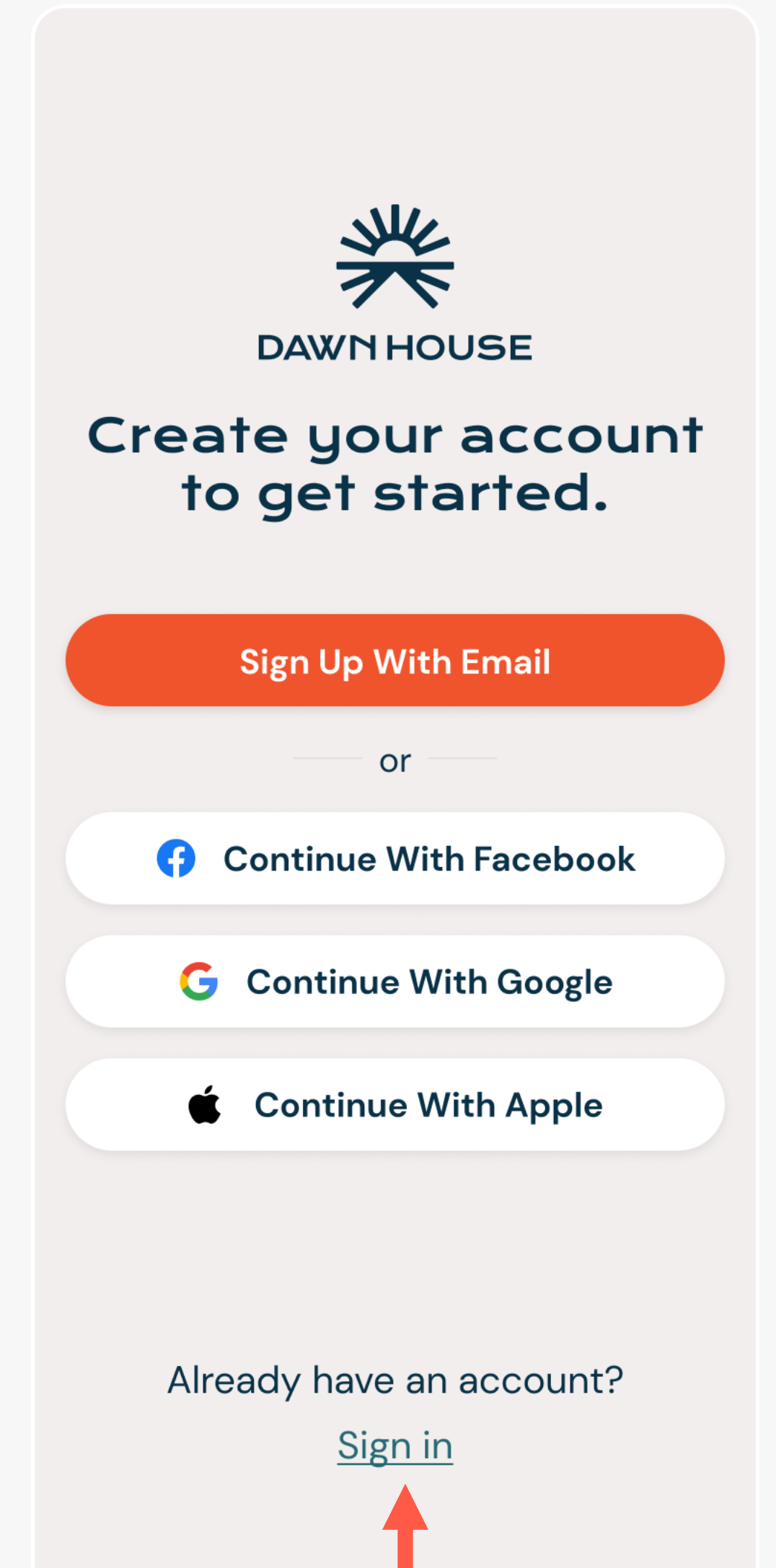
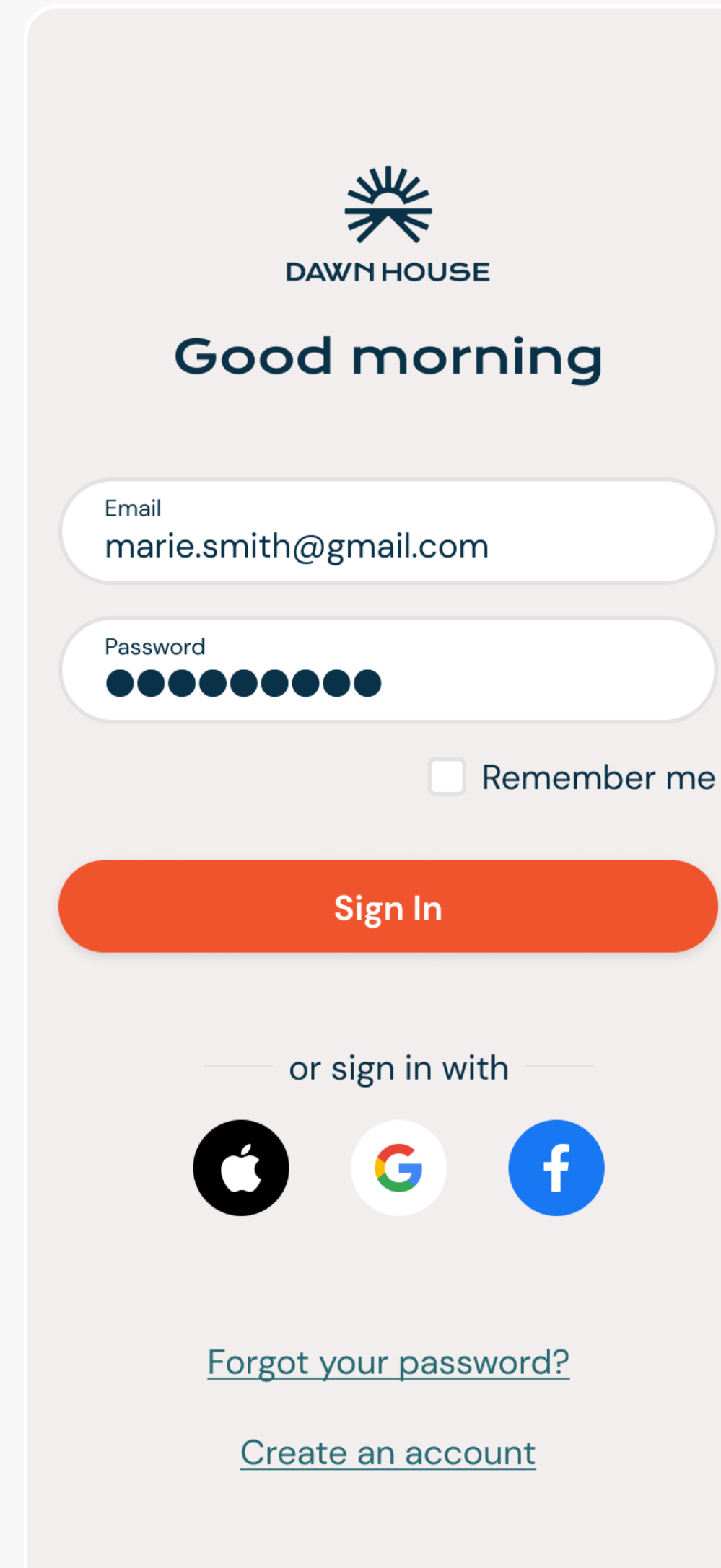
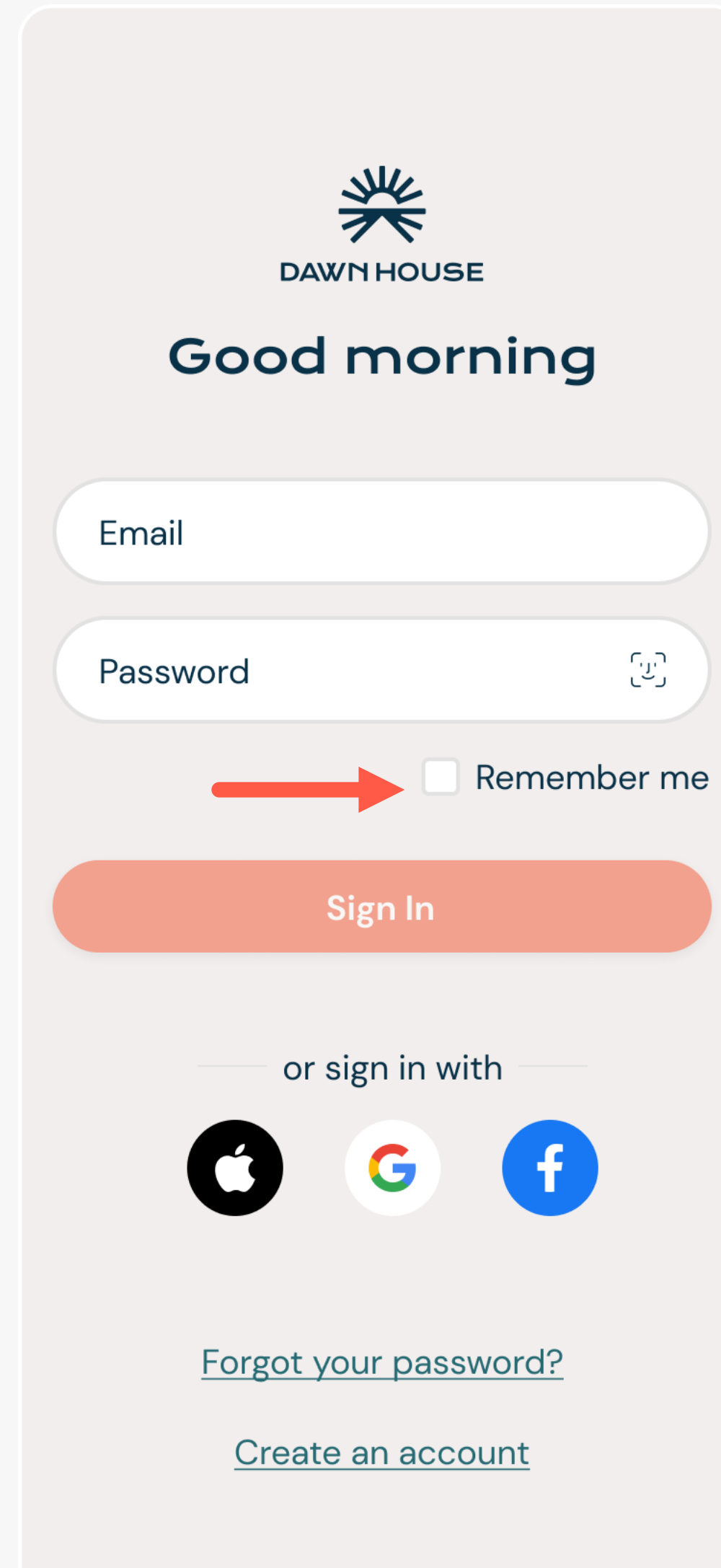
1. Email and password
2. Facebook, Google or Apple
3. FaceID (iOS users only)

SIGN IN WITH EMAIL ADDRESS

When you open the Dawn House app, use your email and password to sign in.

If you check the box for "Remember Me" you will stay logged in for your future visits and skip the sign in process.

If you have recently updated your app, you may see the Create Account screen. Click the link "Already have an account? Sign In" to be taken to the main Sign In screen.

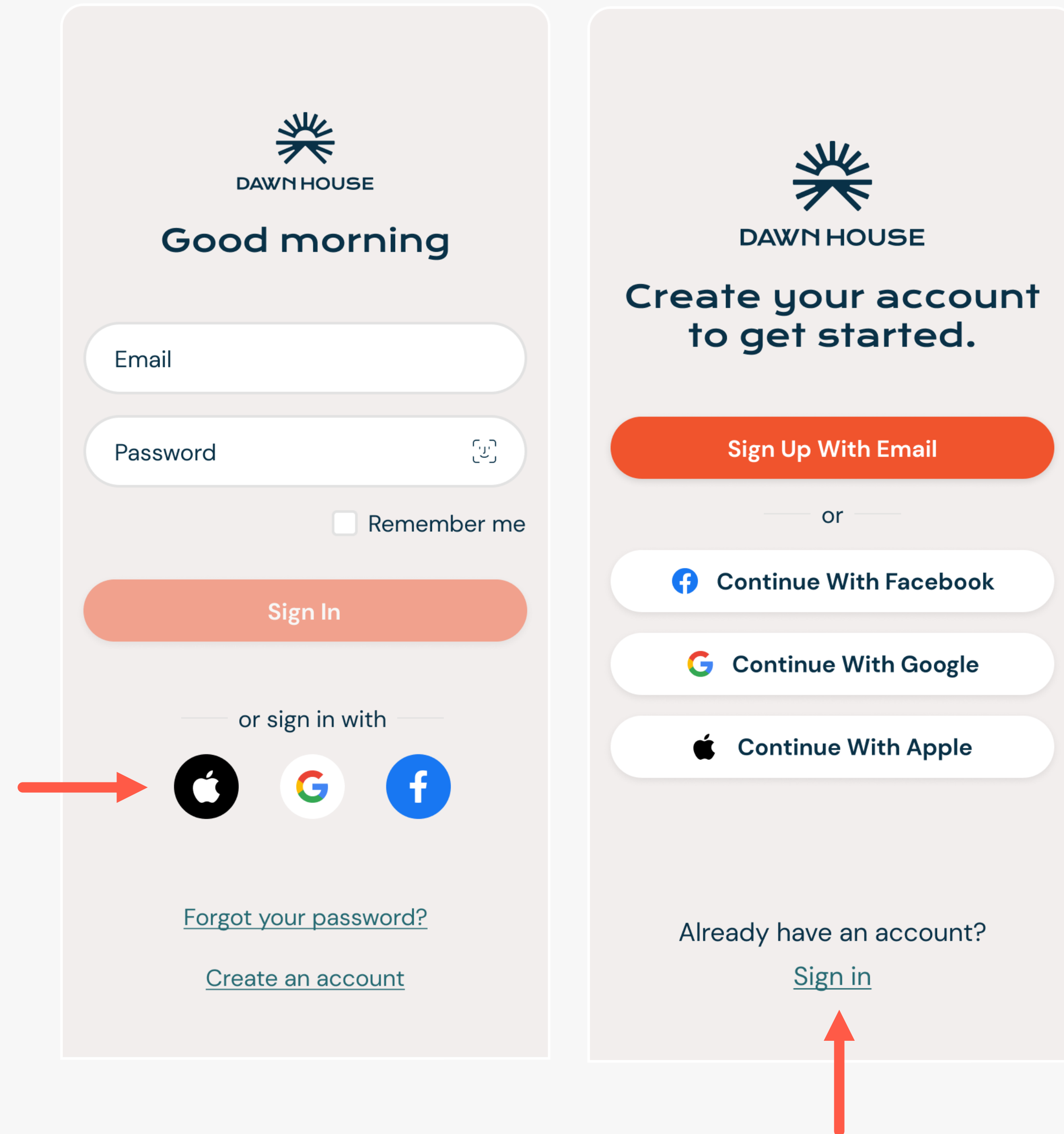


SIGN IN WITH GOOGLE, FACEBOOK OR APPLE

When you open the Dawn House app, you can select the icon to sign in with Facebook, Google or Apple.

You will be automatically directed to your home page after your account has been authenticated.

If you have recently updated your app, you may see the Create Account screen. Click the link "Already have an account? Sign in" to be taken to the main Sign In screen.

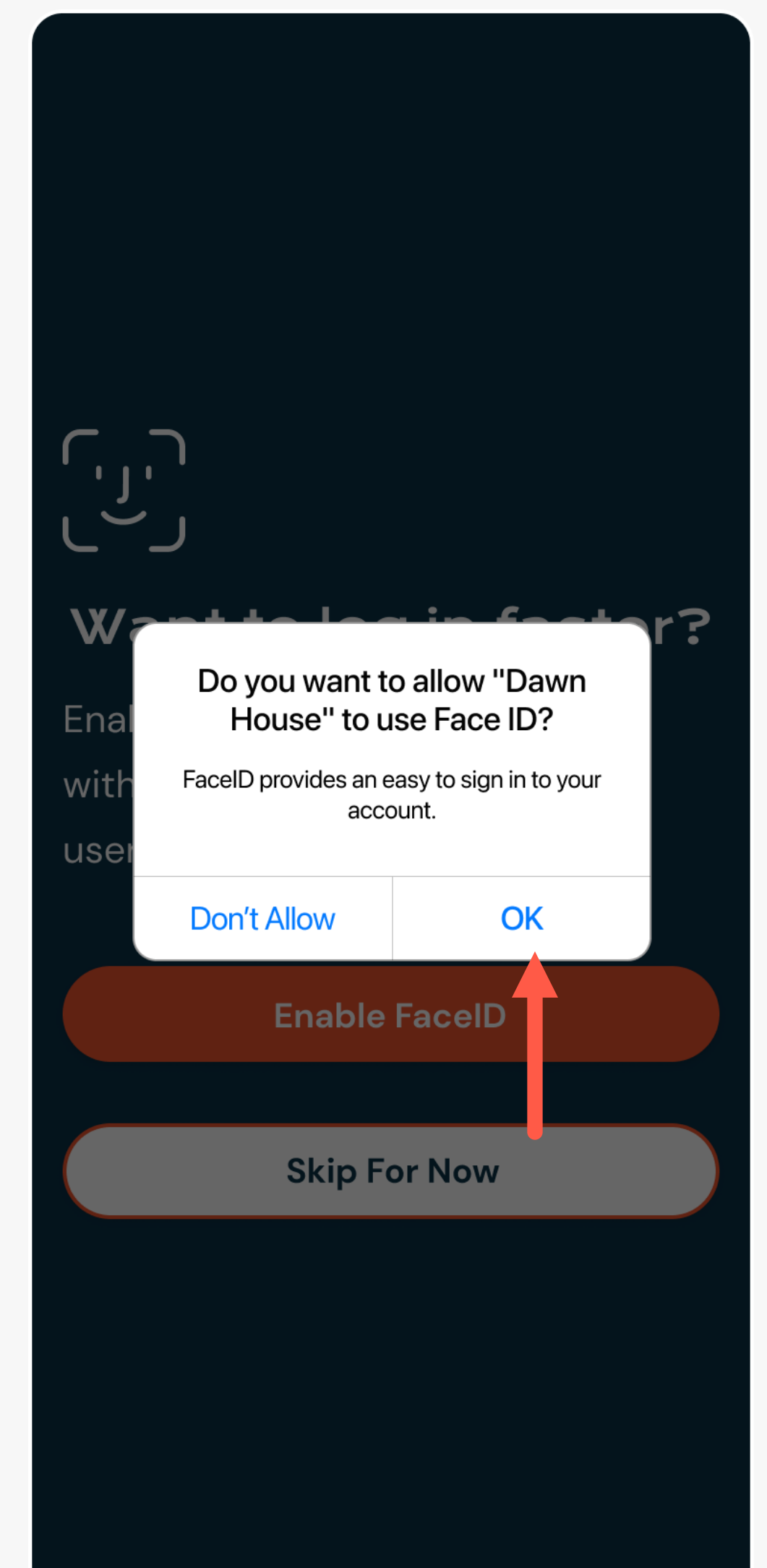
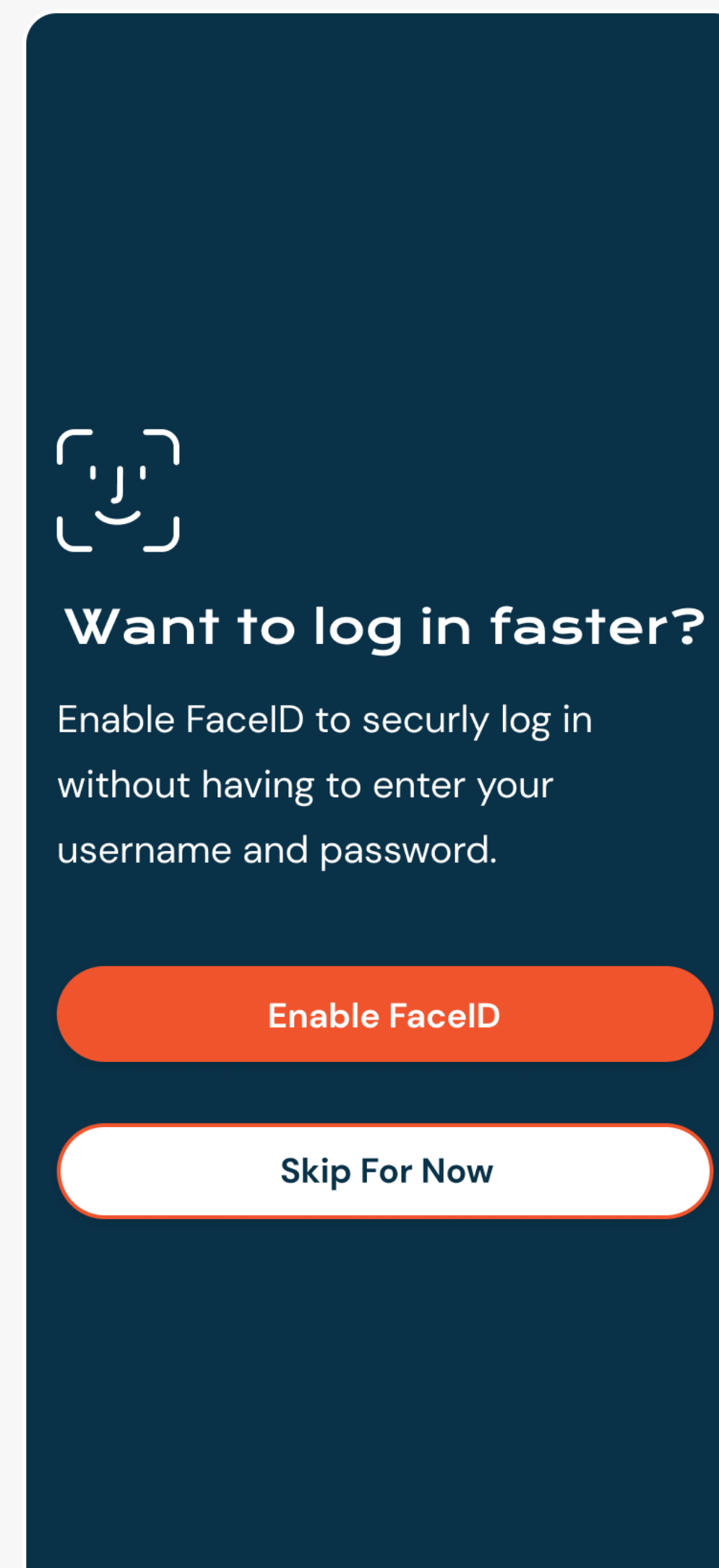
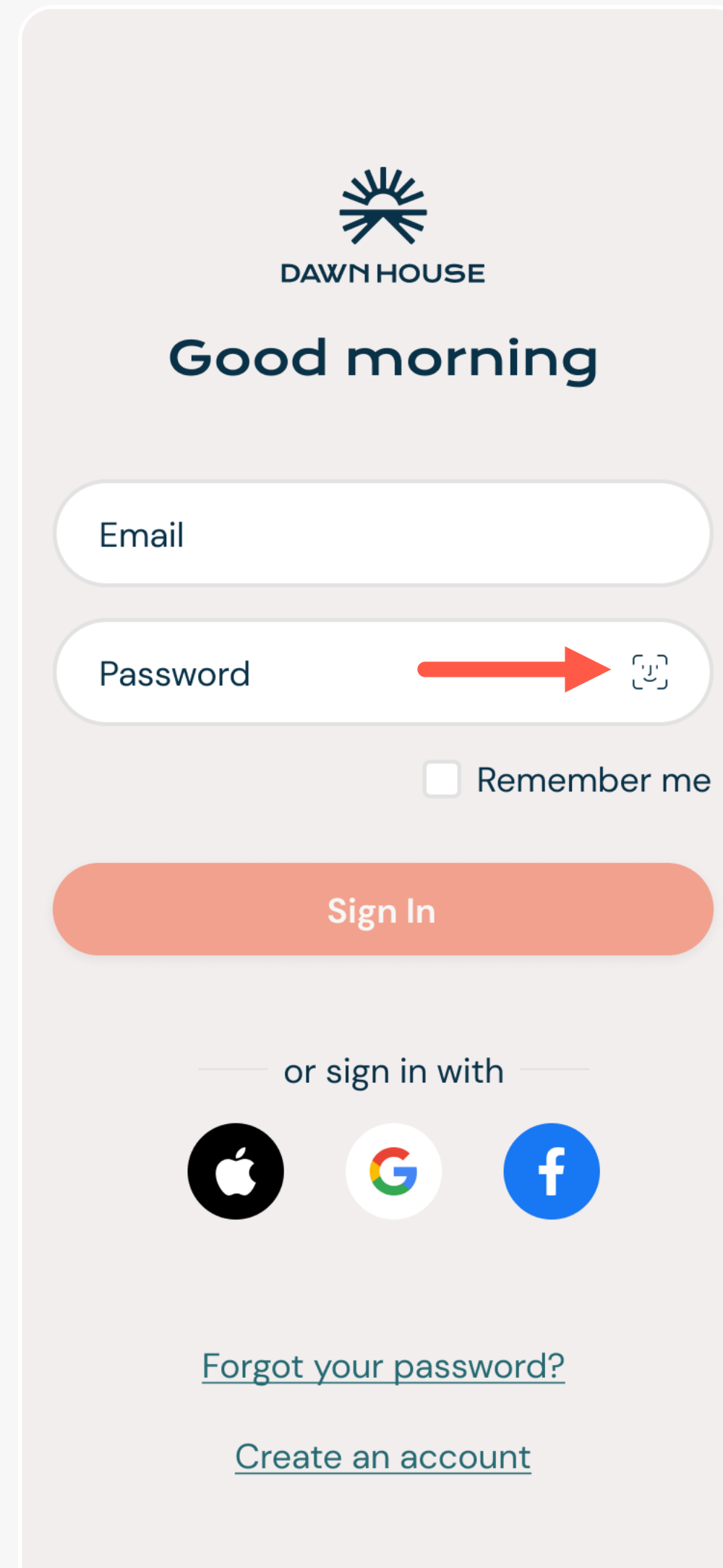


SIGN IN WITH FACEID

You can also choose to sign in with FaceID. Select the link "Use FaceID to Sign In."

It will open the FaceID prompt where you can grant permission and sign in.

On future visits when you have enabled FaceID, you will be automatically logged in.

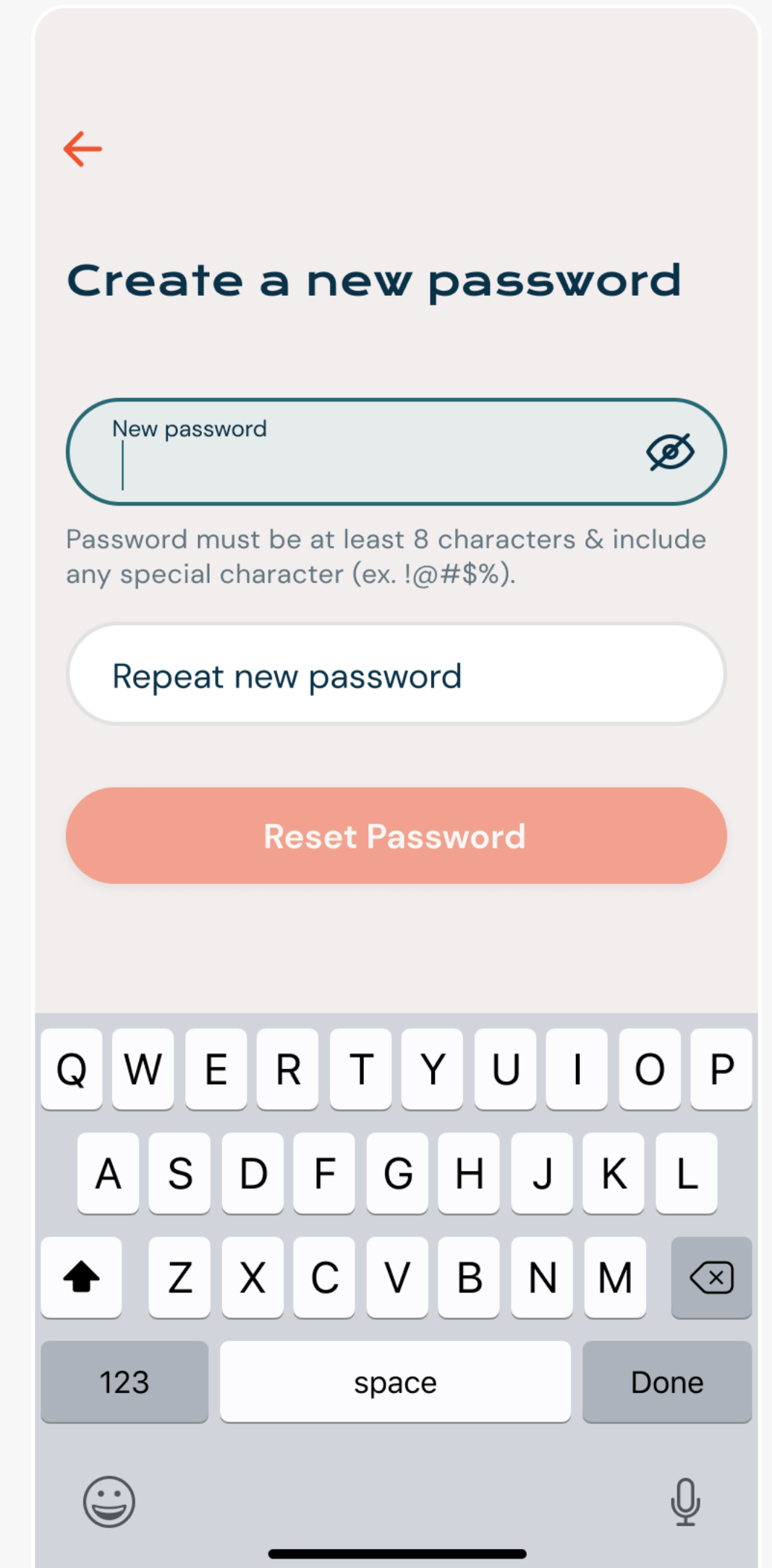
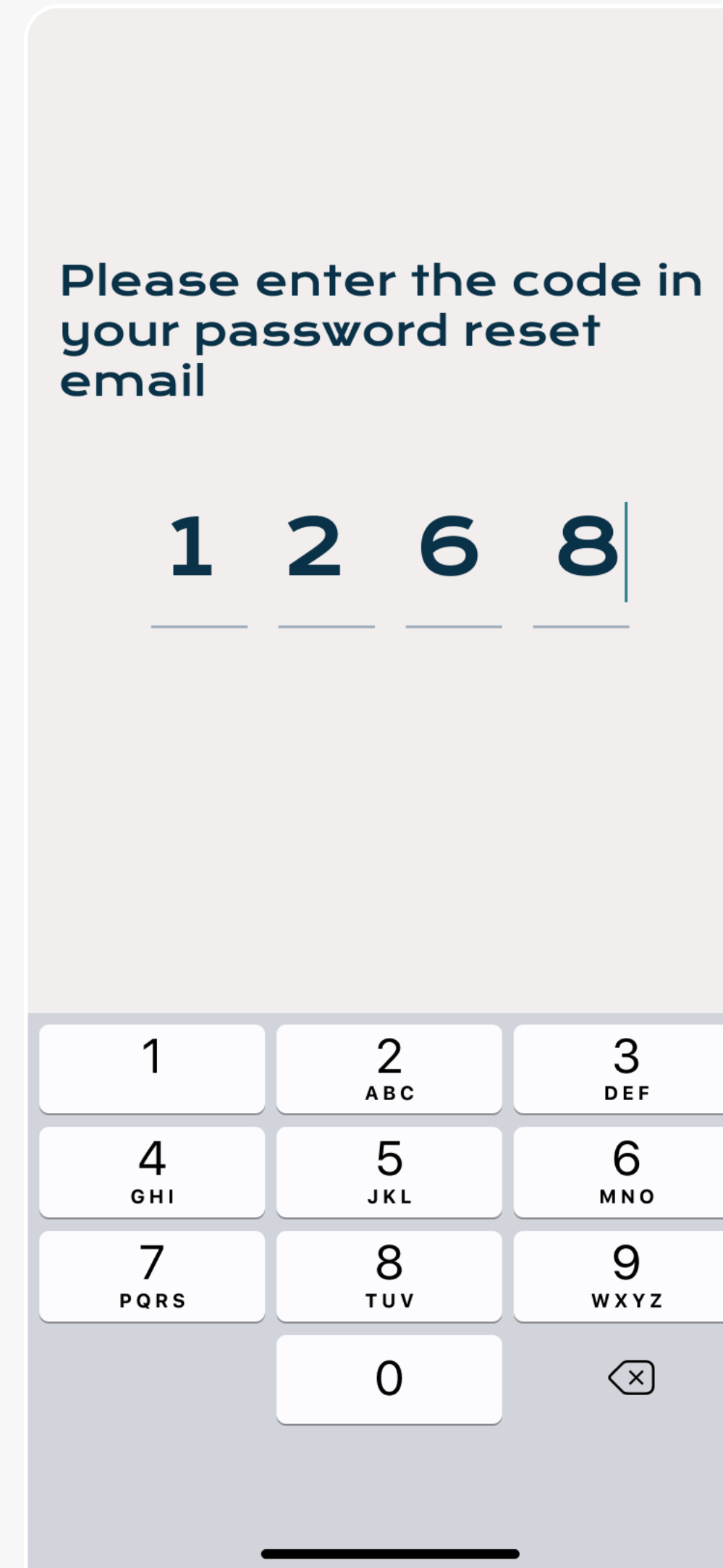
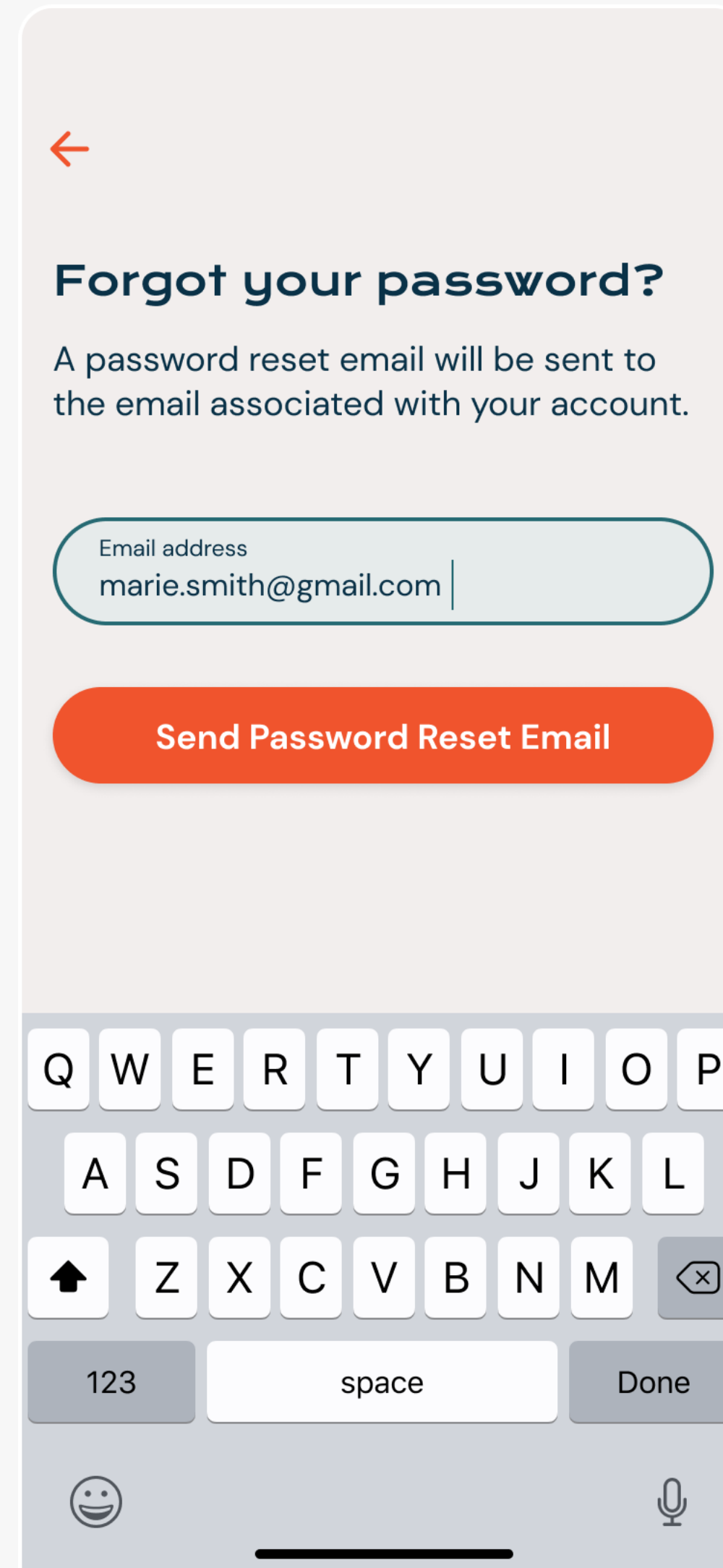


RESET YOUR PASSWORD

Your password is reset through your email address. If you are having trouble, please contact info@dawnhouseliving.com.

RESET YOUR PASSWORD

1. Click the “Forgot your password?” link to open to start the forgot password process.
2. Enter your email address and Dawn House will send a verification code to your email.
3. Enter the verification code and you will be prompted to create a new password. Your new password must be at least 8 characters and include any special character (ex. !@#\$%).



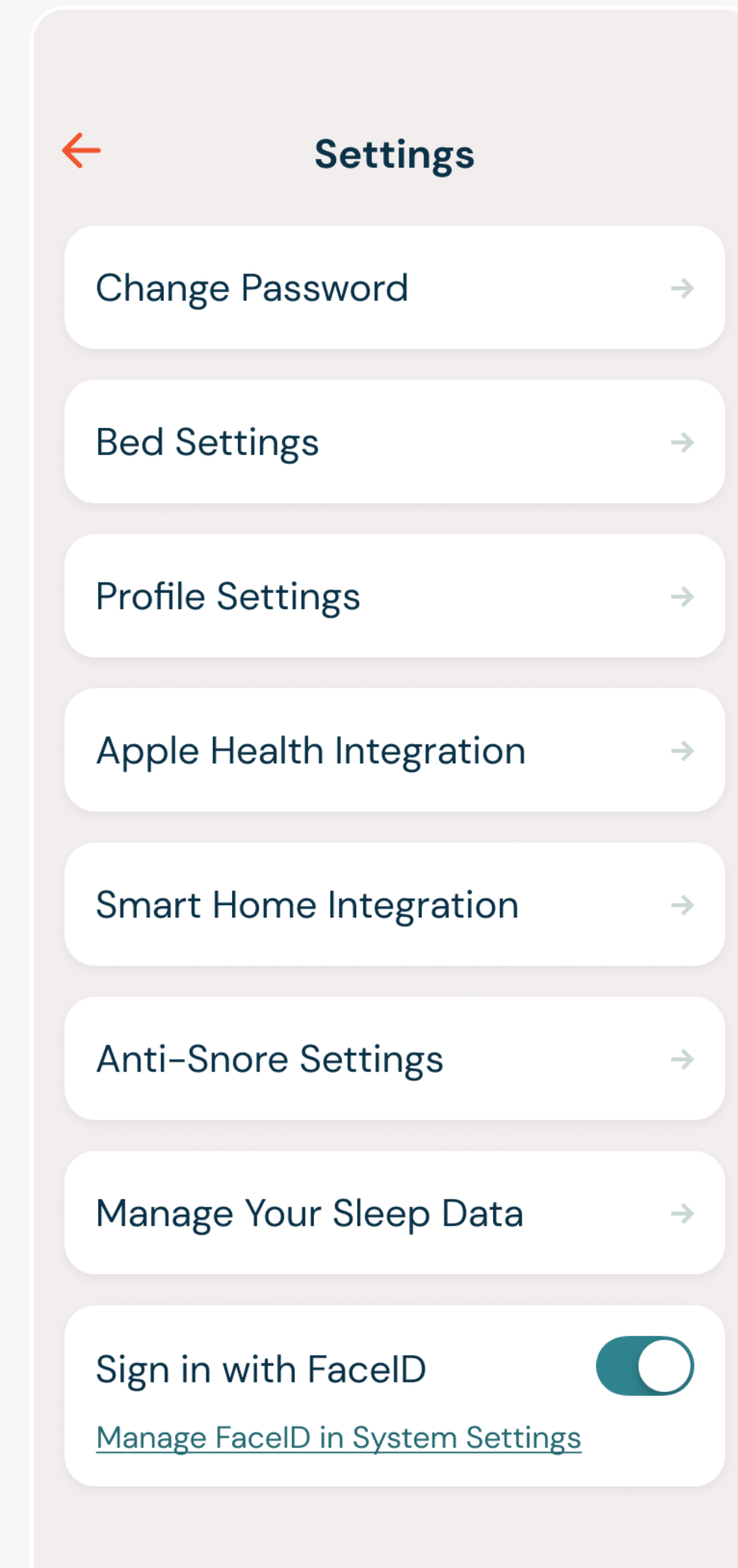
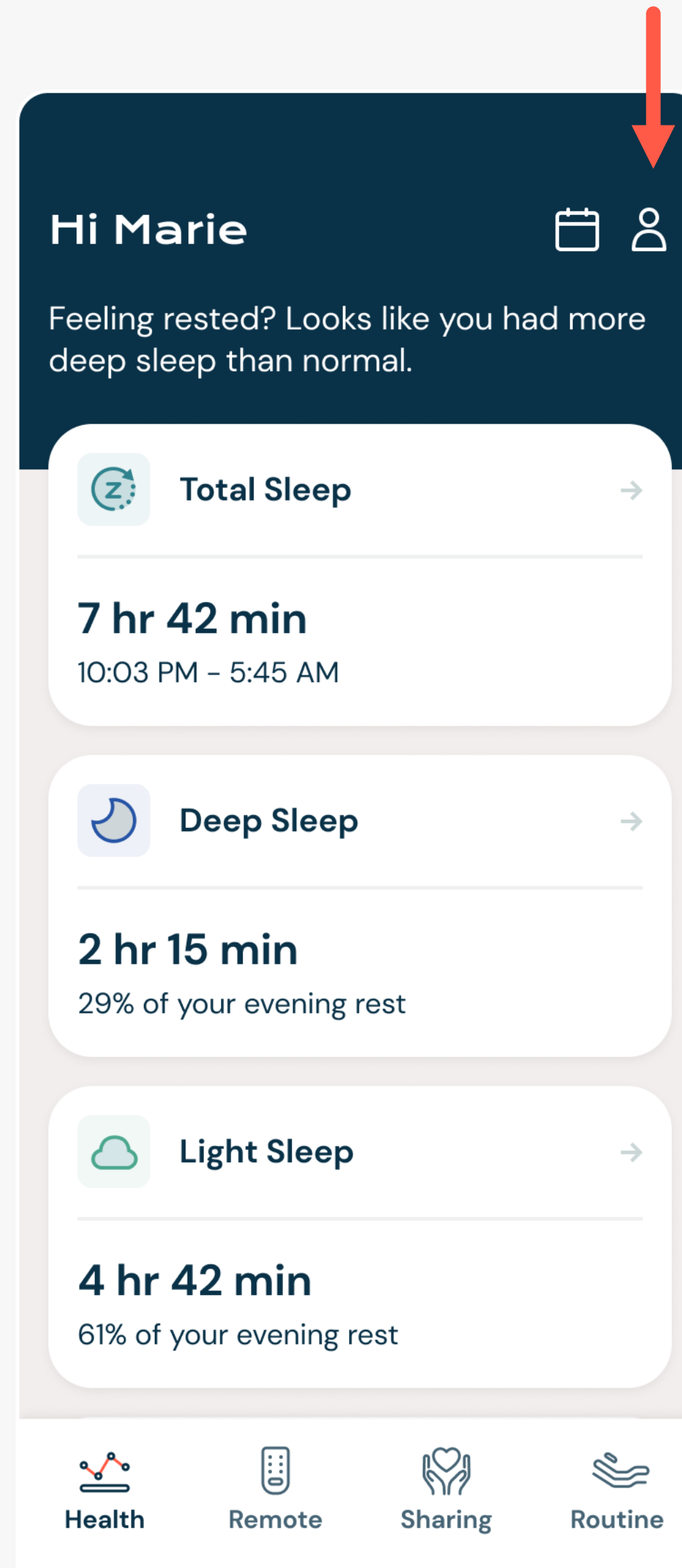
ACCOUNT & APP SETTINGS

You can make changes to your profile, review your bed connection and share your Sleep Report all from the Account Settings screen.

OPEN YOUR APP SETTINGS

Click the Settings gear icon on the home page to open the App Settings.

When your Dawn House bed is connected, you will see the full list of Settings. When your bed has not been connected, you will see a simplified list.



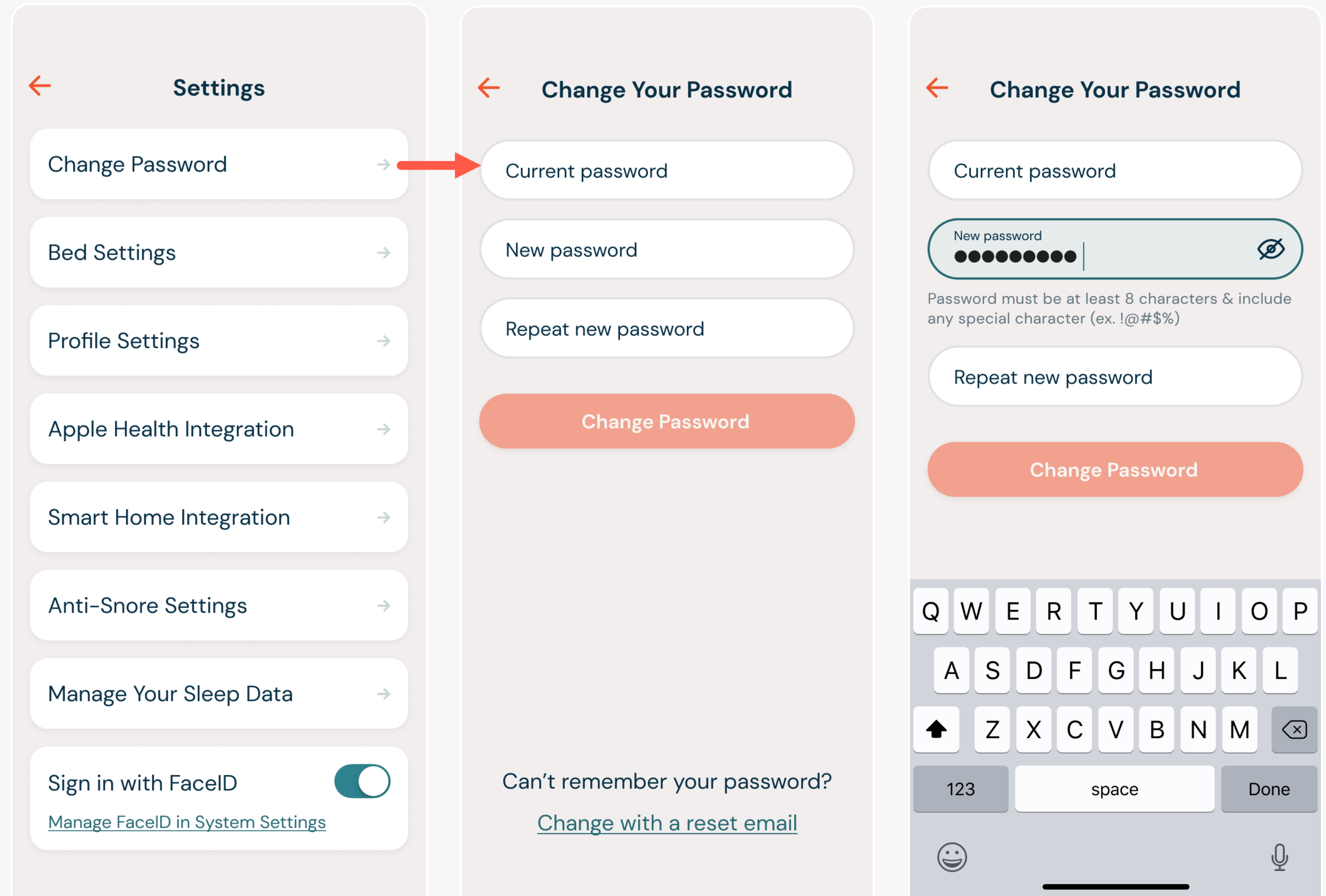
CHANGE YOUR PASSWORD

To change your password, tap the "Change Password" tile.

You will be prompted to enter your current password then provide a new password.

Your new password must be at least 8 characters and include any special character (ex. !@#\$%).

If you are having trouble remembering your password, select the "Change with a reset email link."



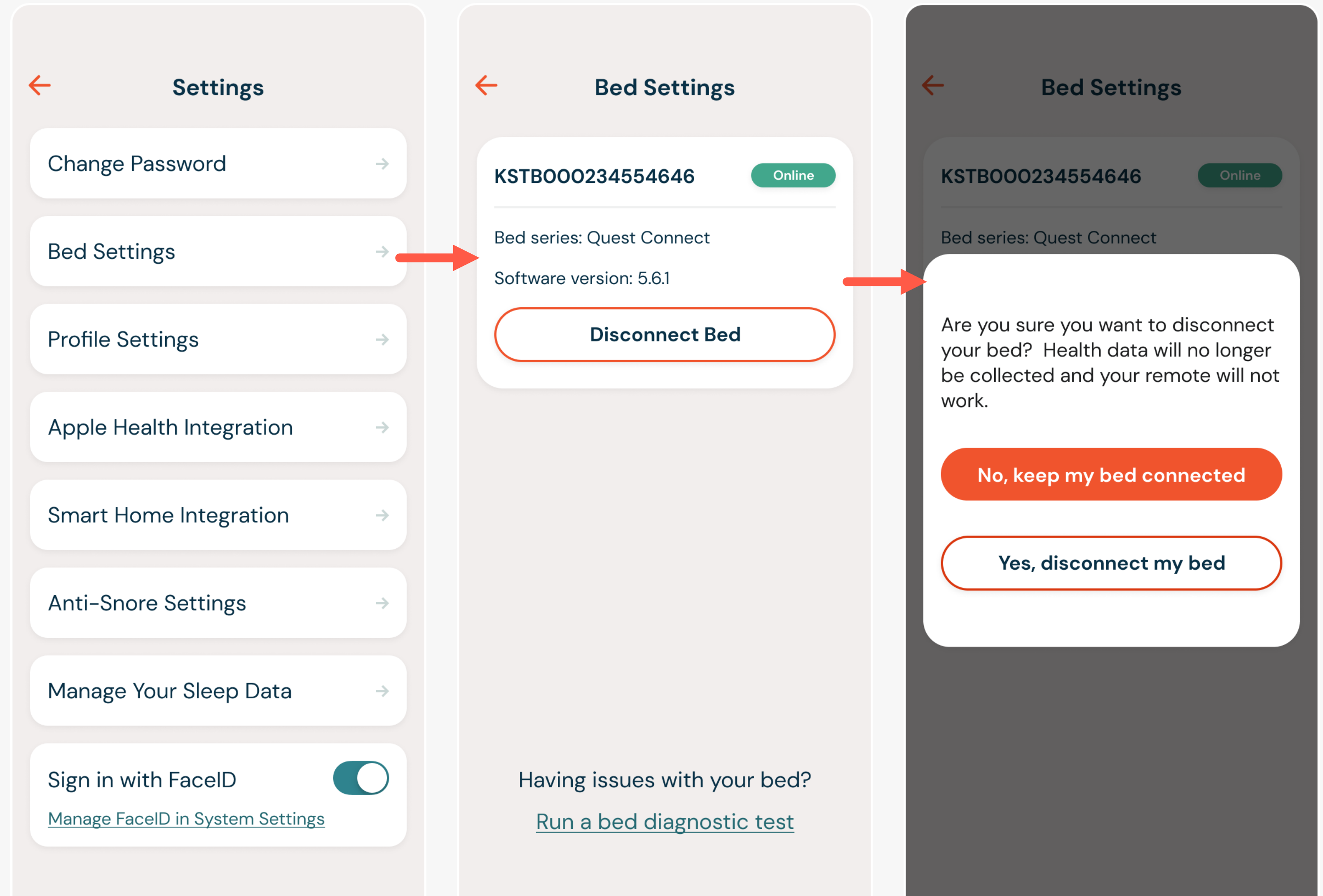
YOUR BED SETTINGS

The Bed Settings page displays details about the Dawn House bed your account is connected to.

Here you will find the device number, online or offline status and the bed type.

If you want to disconnect your bed from the app, select the link "Disconnect Bed." You will see a confirmation.

You will be able to see historical data but you must reconnect your bed to see any new health data.

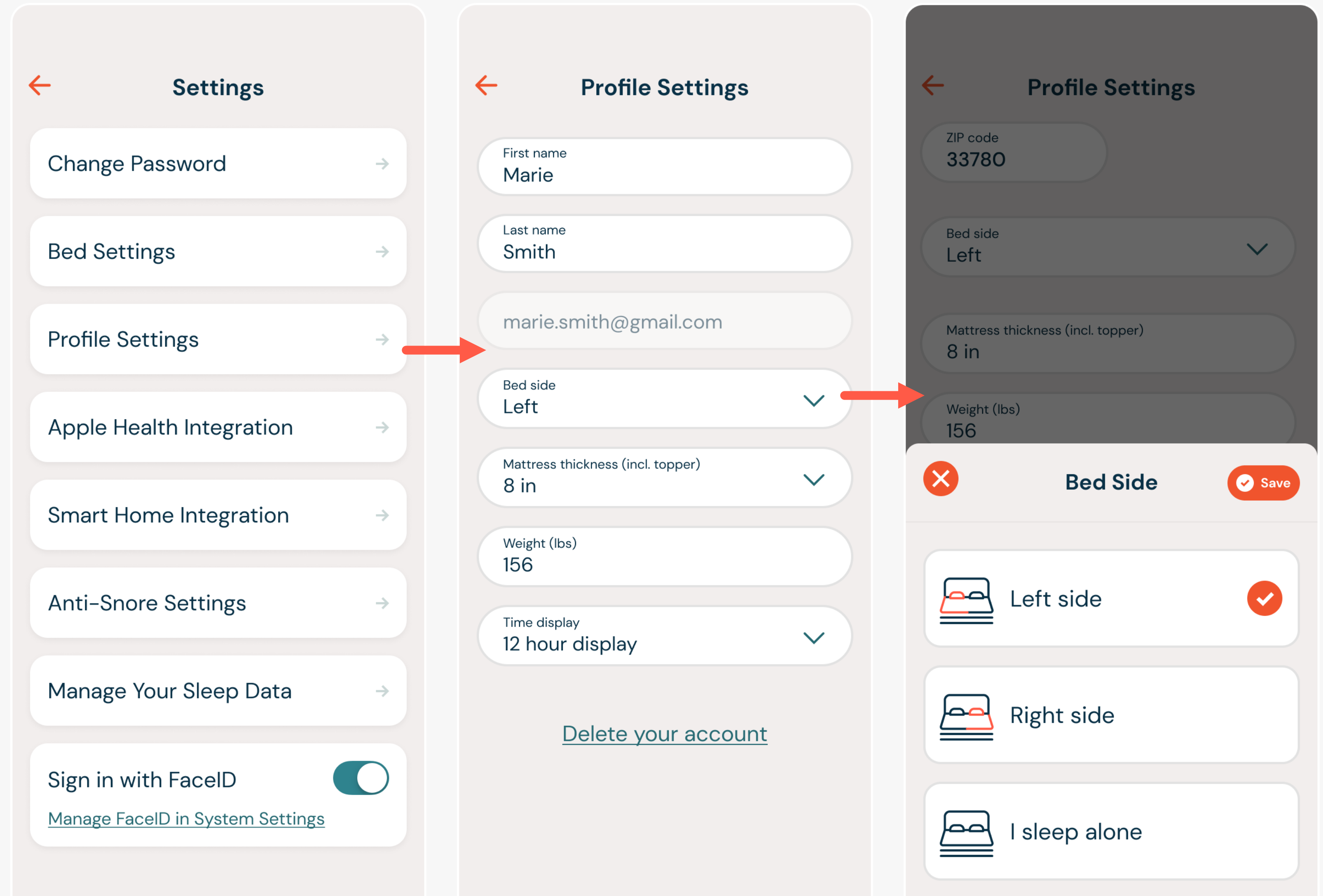


YOUR PROFILE SETTINGS

Your Profile Settings includes your basic personal information. You can update your name, mattress thickness and weight.

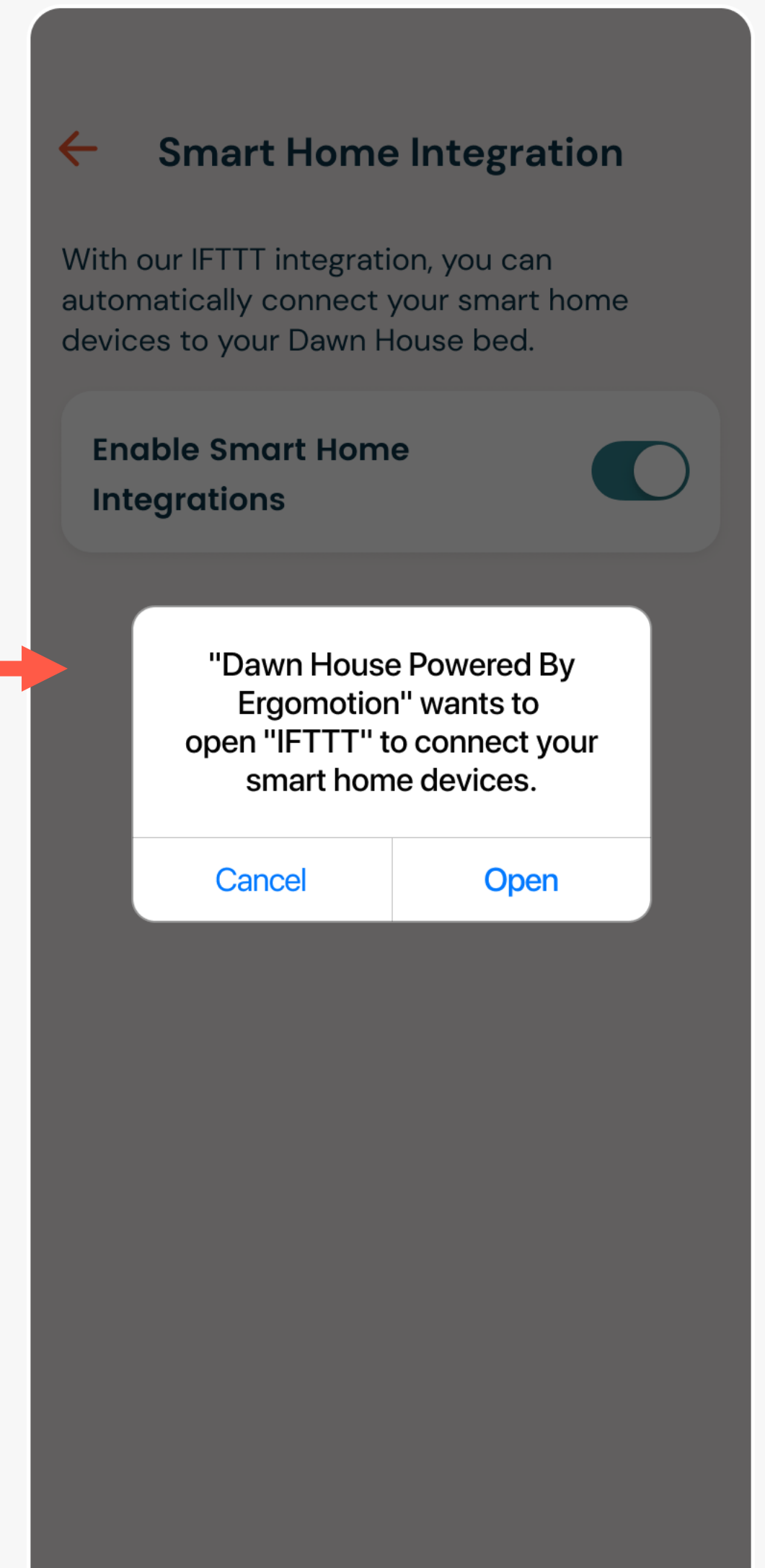
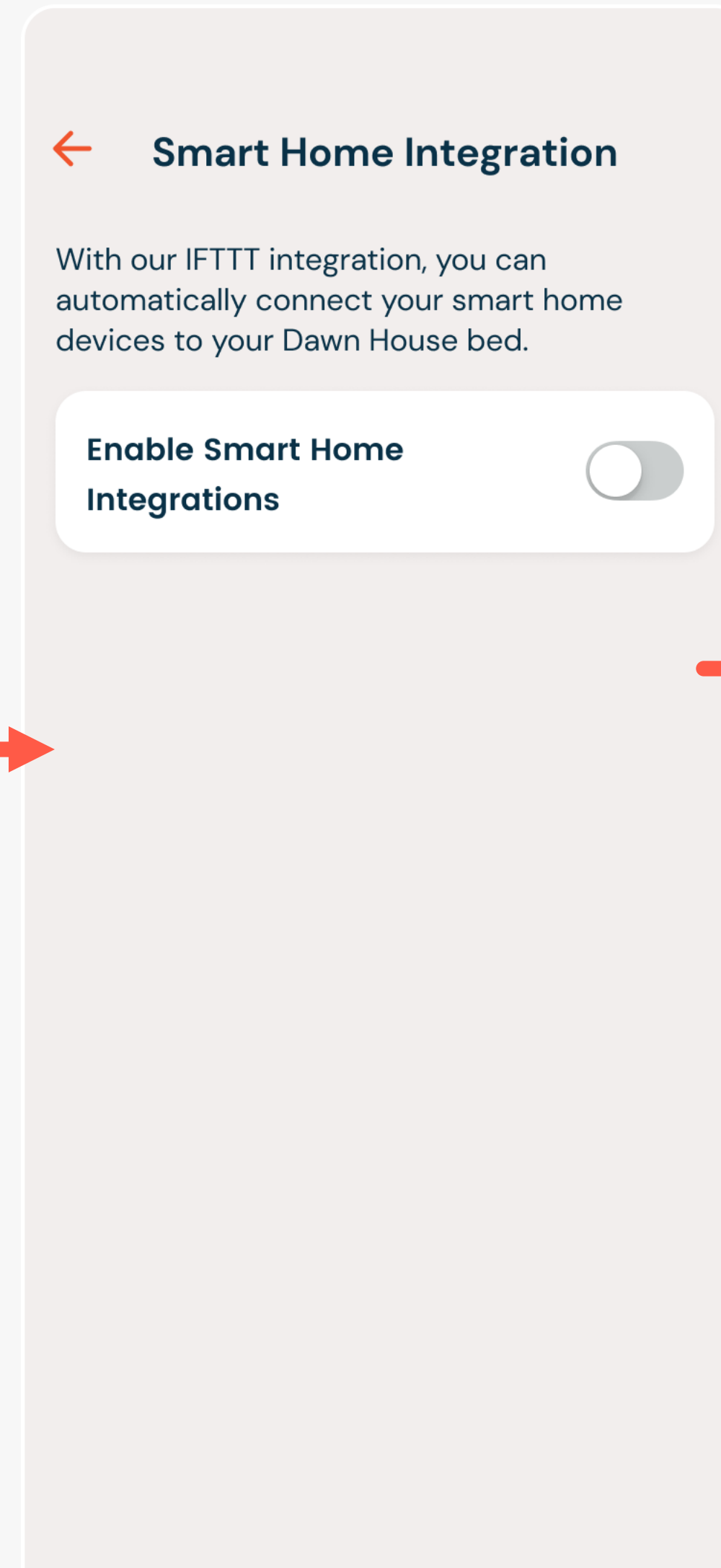
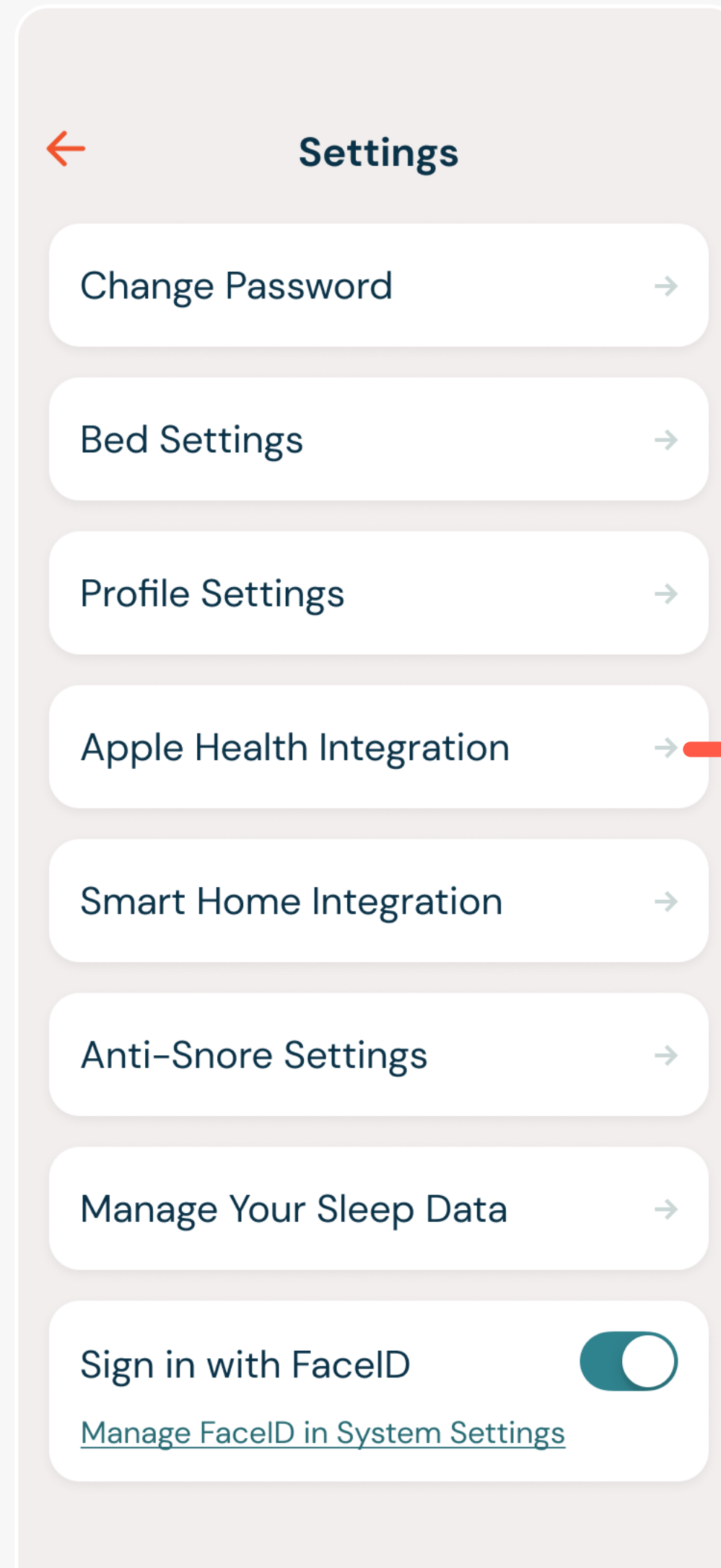
If you have a queen size Dawn House bed it is essential that the app reflects the side of the bed you currently sleep on. Select the form field for "Bed Side" to open the dropdown and change your side. If you have any other size bed, you will not see this menu option.

If you tap "Delete Your Account", you will be redirected to the Dawn House website to remove your account.



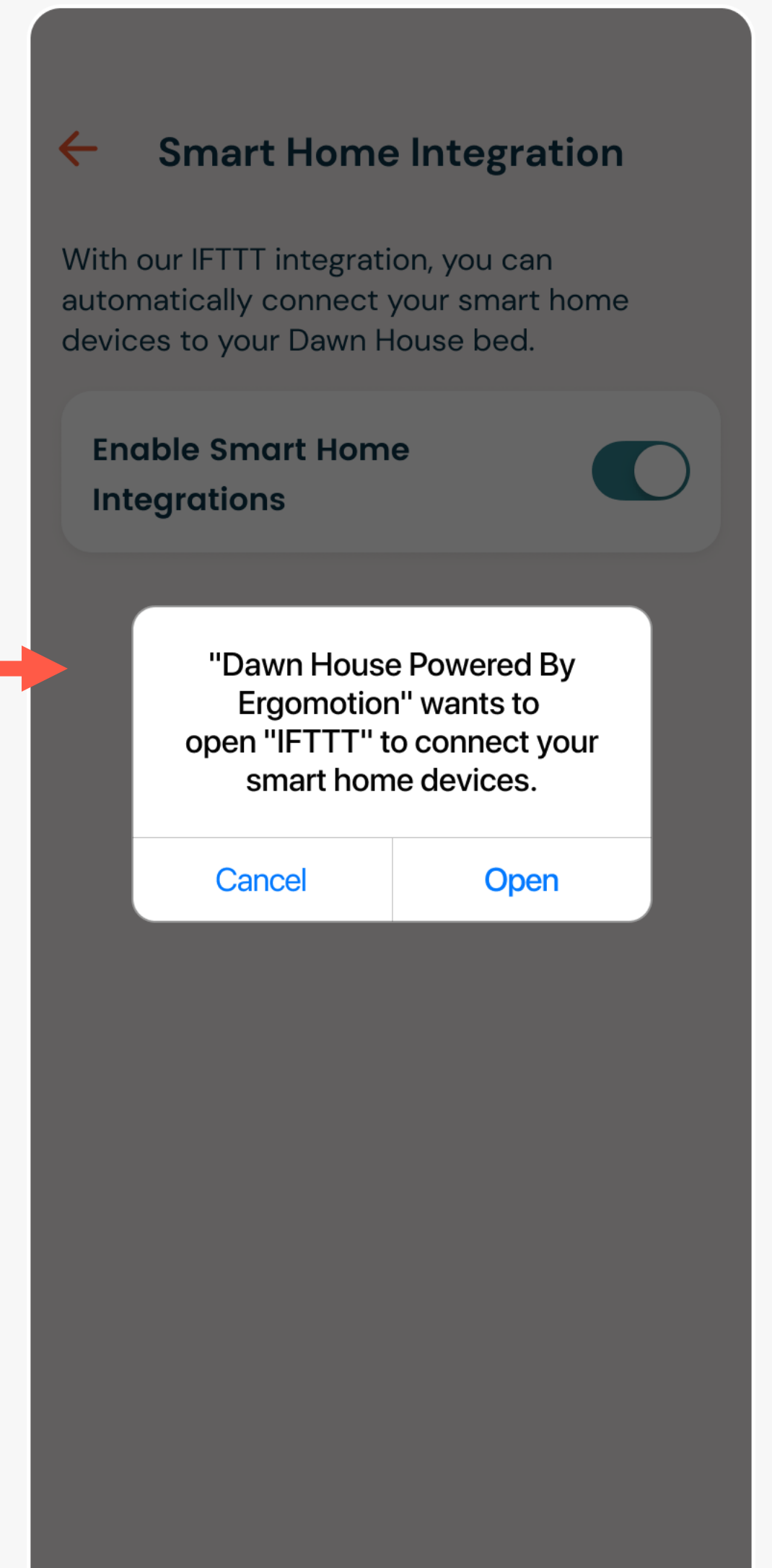
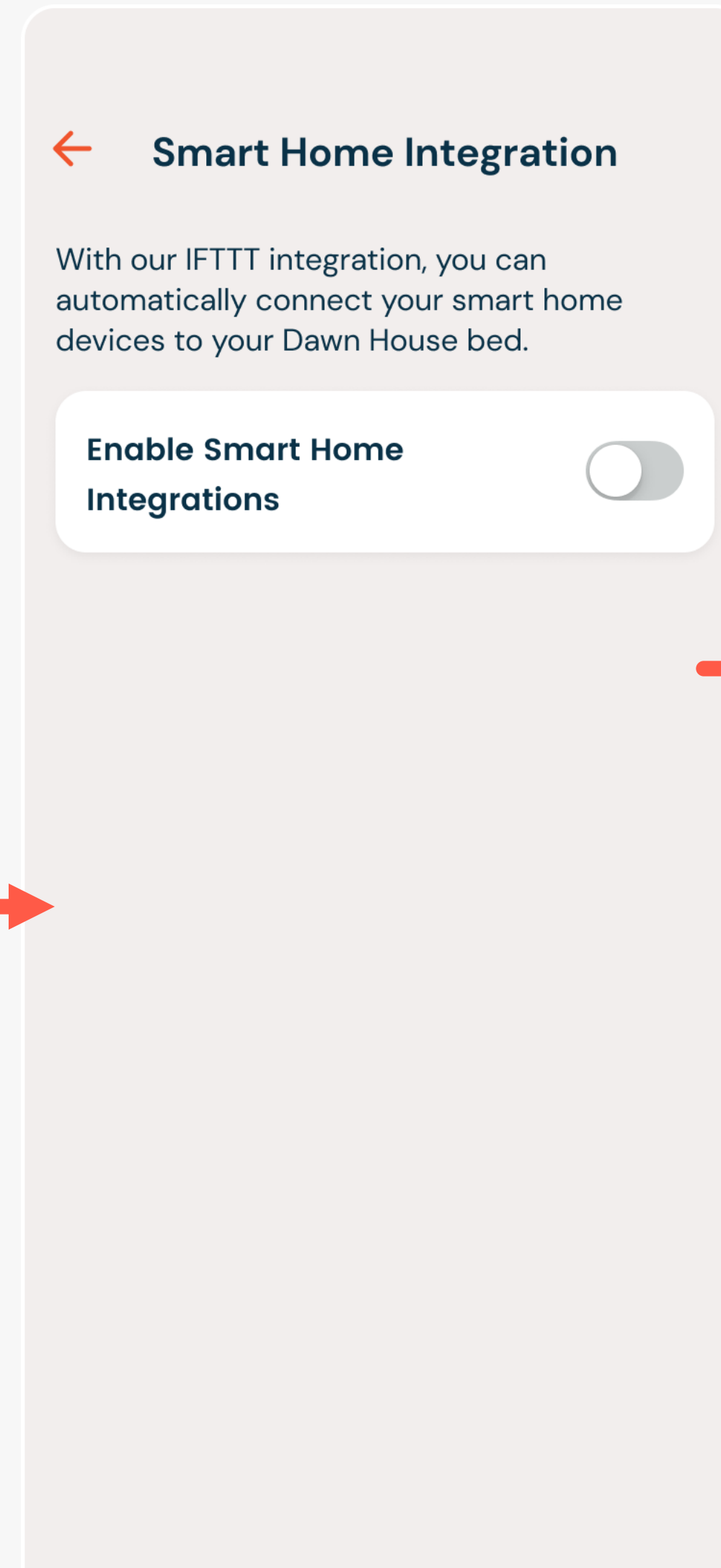
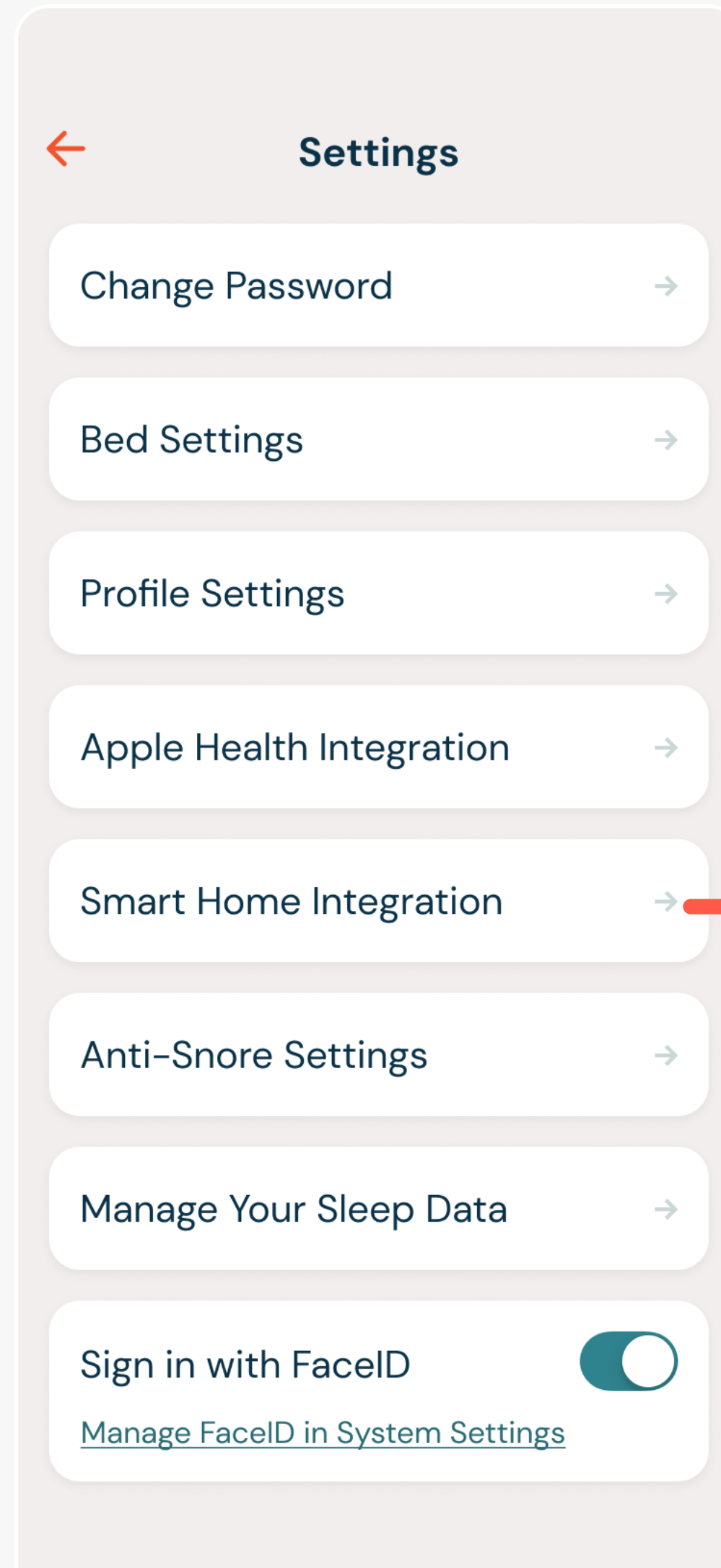
APPLE HEALTH INTEGRATION

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GOOGLE HEALTH CONNECT INTEGRATION

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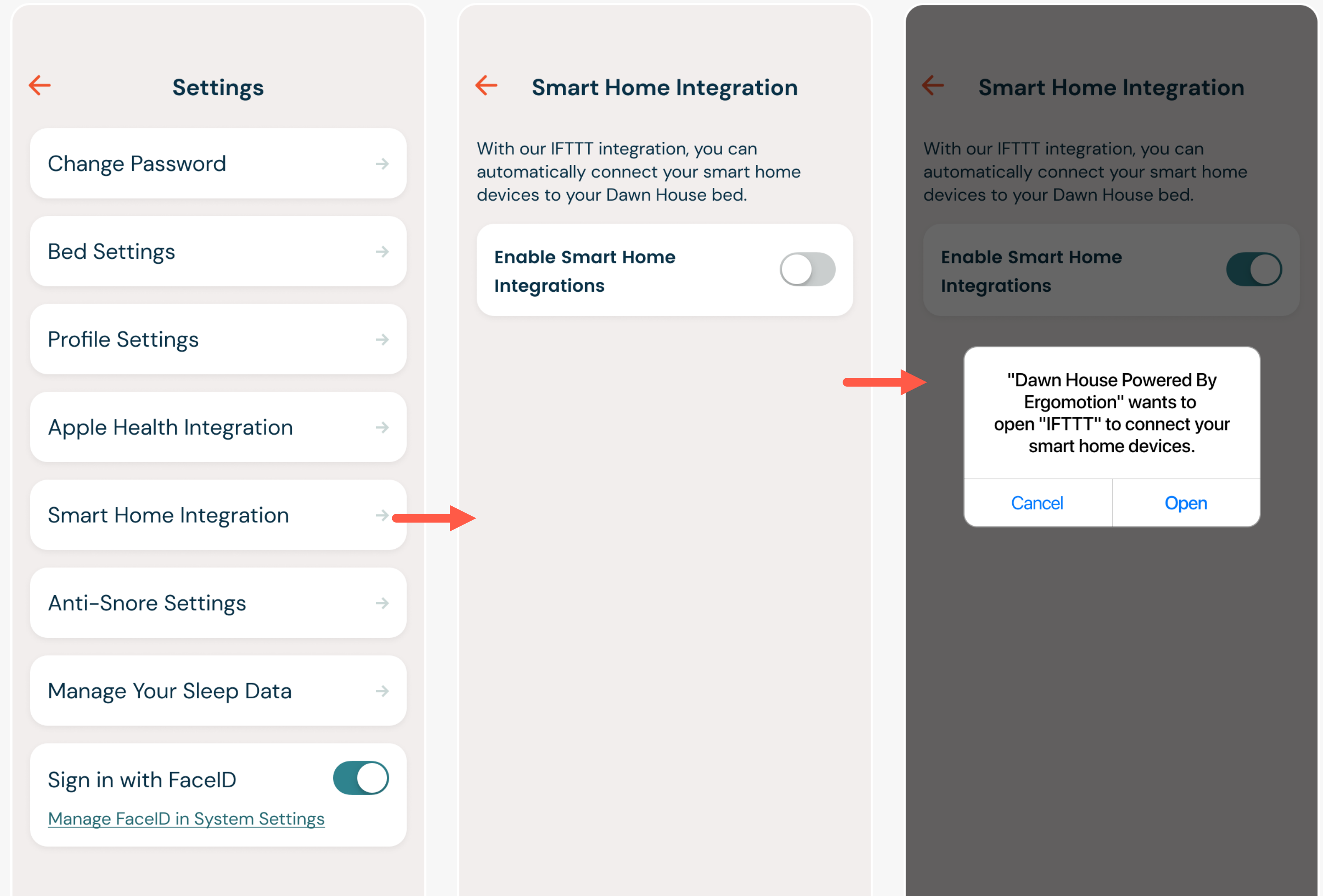
SMART HOME INTEGRATION

The Smart Home interface provides a way to connect smart home devices. You will be asked to create an IFTTT account.

Download the IFTTT app for more integrations:

[iOS Devices](#)

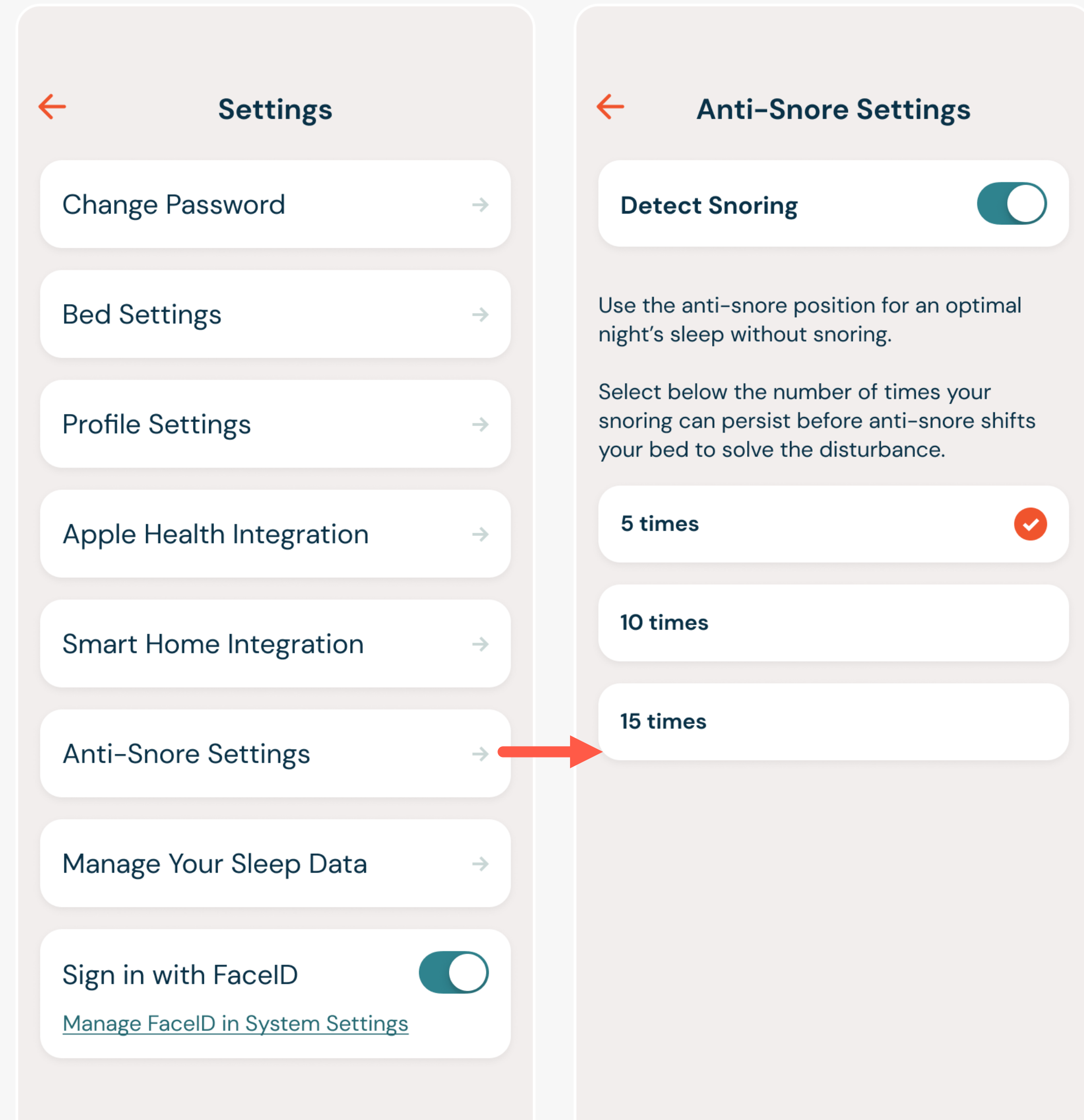
[Android Devices](#)



ANTI-SNORE SETTINGS

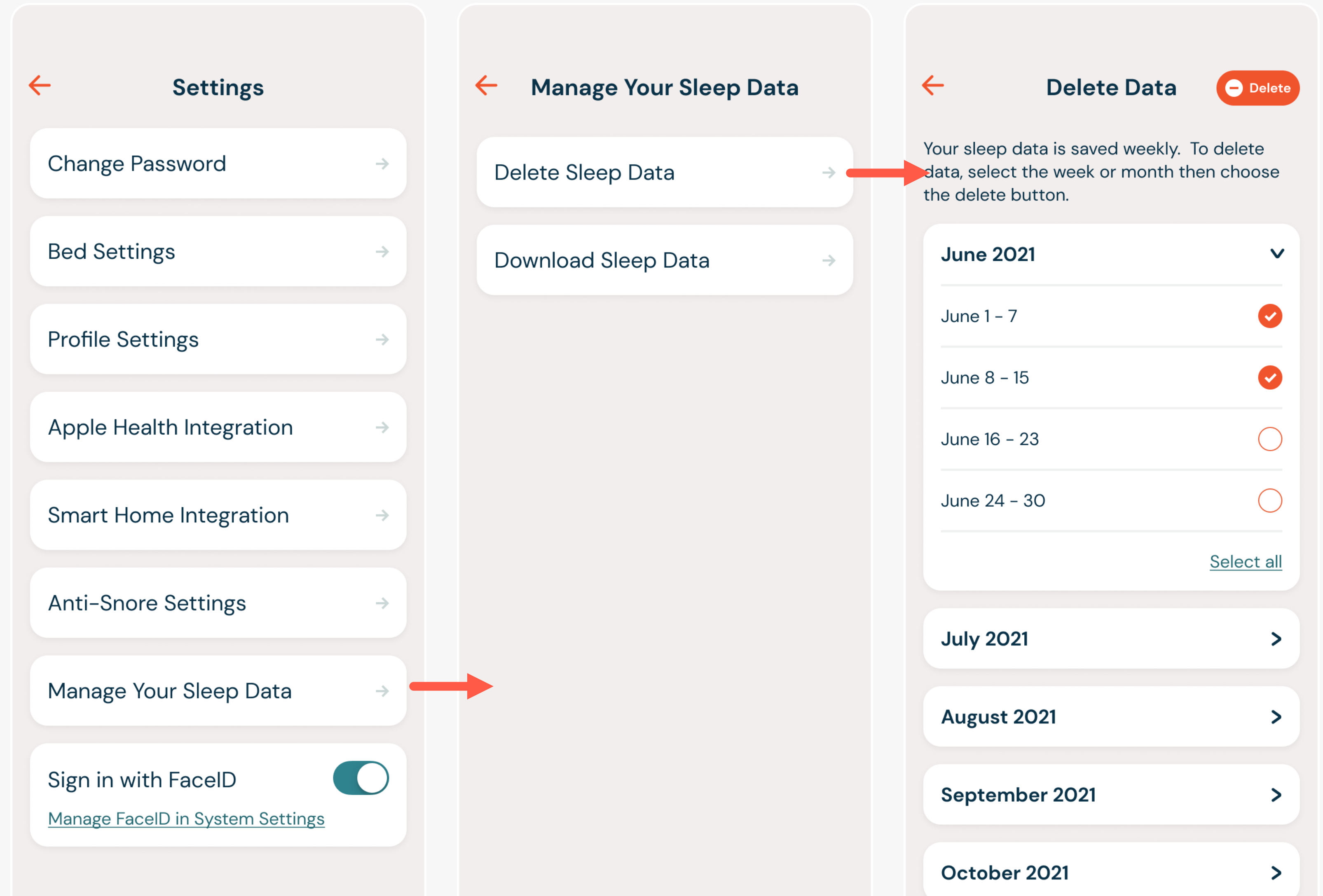
Choose for your Dawn House bed to be auto adjusted when snoring is detected.

- 5 times: Bed adjustment will be triggered when the snoring frequency reaches 5 times
- 10 times: Triggered when the snoring frequency reaches 10 times
- 15 times: Triggered when the snoring frequency reaches 15 times



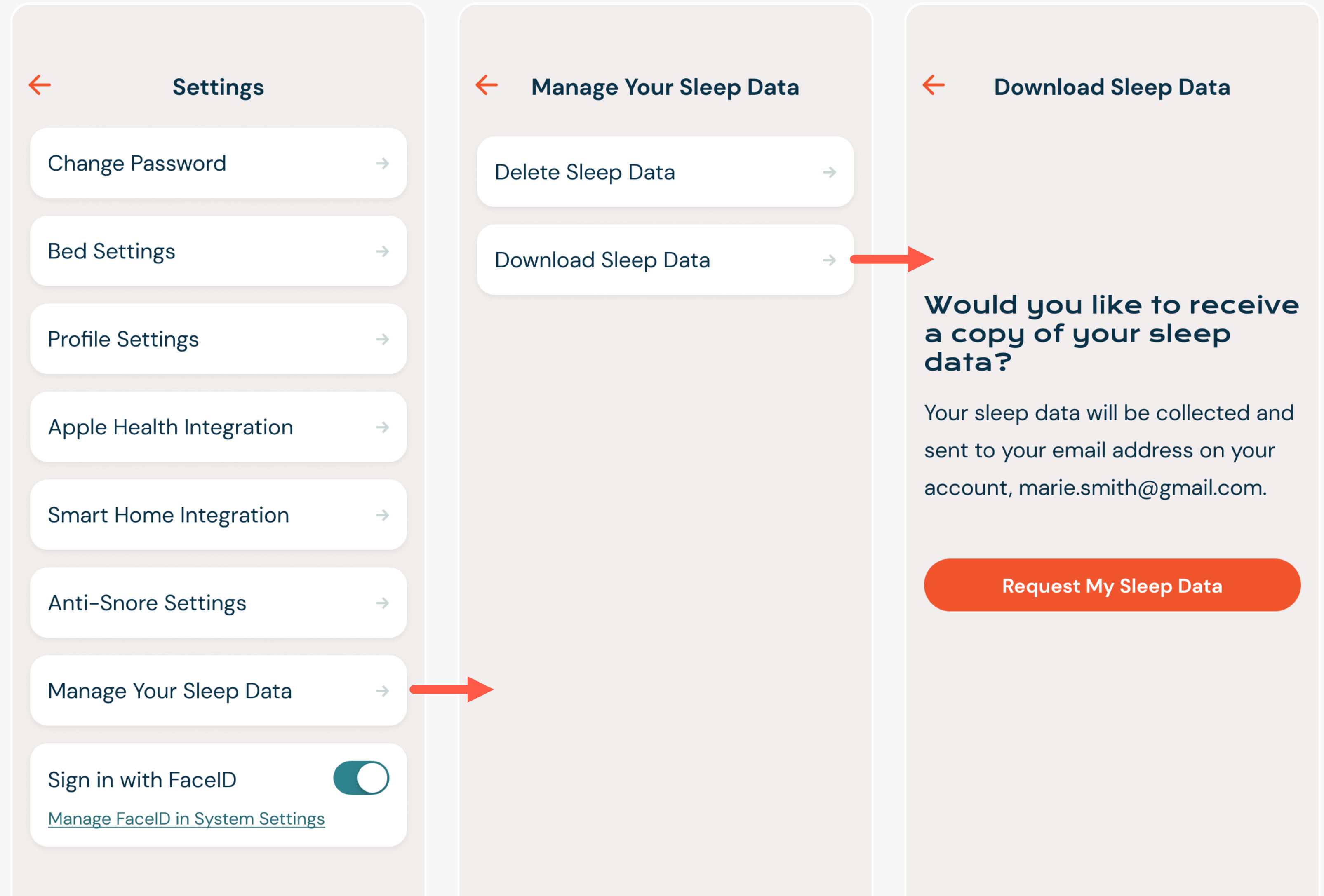
DELETE SLEEP DATA

To delete sleep data, select the button for "Delete Sleep Data". Next, select the orange icon for all data you'd like to delete. After, select the "Delete" button. You will see a confirmation modal to confirm your action.



DOWNLOAD YOUR SLEEP DATA

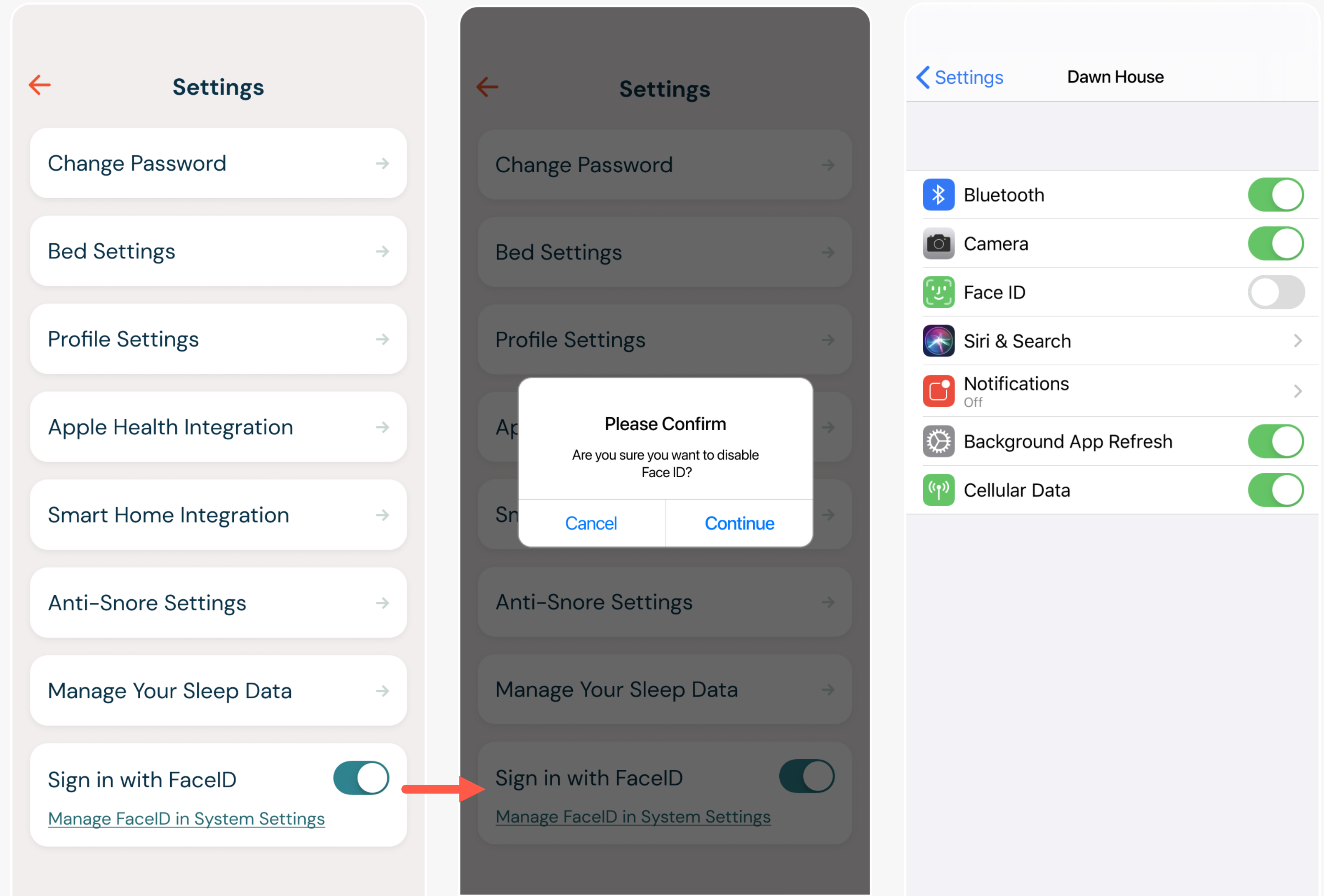
To receive a copy of your sleep data, select the button for "Download Sleep Data". A copy of your sleep data will be sent to your email.



FACEID SETTINGS

You can log into the Dawn House app by using FaceID. This is authorized from the main Log In screen, but you can also turn FaceID on or off from the main App Settings screen.

If the toggle is in blue, FaceID is enabled. If the toggle is in grey, tap to enable FaceID. You will be prompted to enable the authorization and if needed, you will be linked to your Phone settings to confirm.



LOG OUT OF DAWN HOUSE

Click "Log Out" to log out of your Dawn House account.

You will need to re-enter your credentials or login in via FaceID to log back into the app.

