



# KIVA WELLNESS

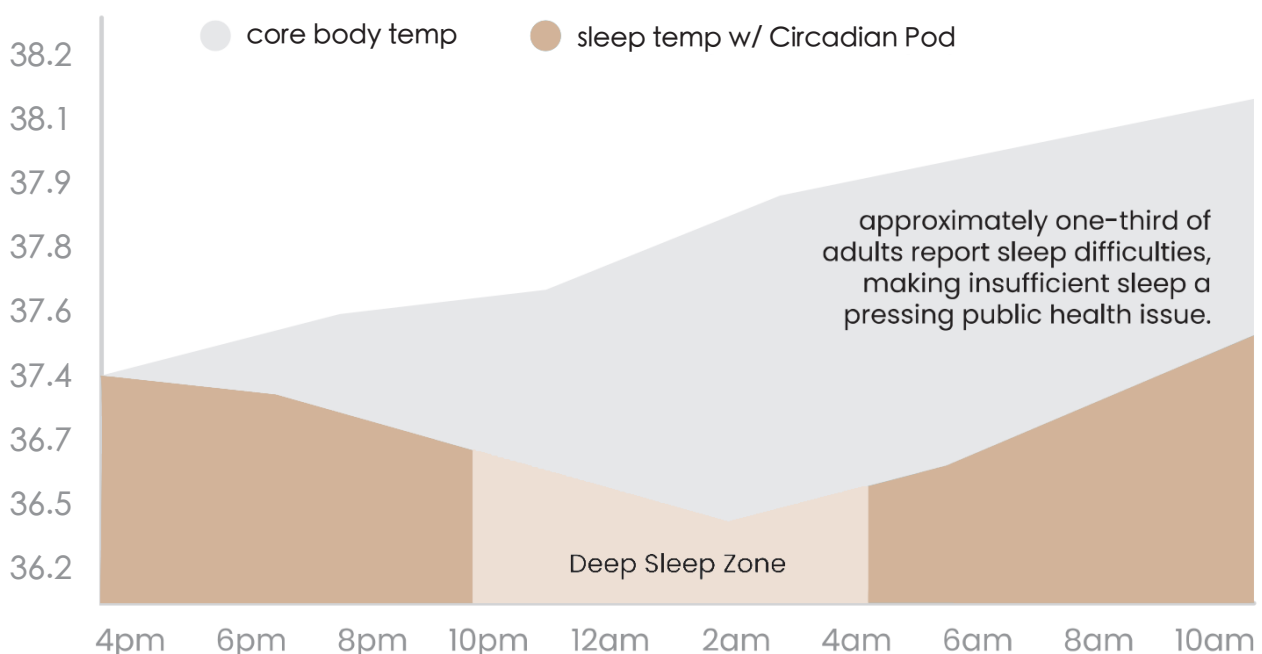
Circadian Pod

**USER MANUAL**

# YOUR COMFORT STARTS HERE

You're about to transform your bed into a haven of customised comfort with our innovative cooling and heating sleep Pod. Engineered to provide the ultimate sleep experience, this Pod offers the versatility of both chilling and warming your bed, following your sleep pattern and ensuring optimal comfort all year round. The cooling technology provides a refreshing escape from summer heat, while the gentle heating feature makes your bed a cosy sanctuary during colder nights. With intuitive controls and even temperature distribution, you can say goodbye to restless nights spent tossing and turning. With the Circadian Pod you will lower your core body temperature and improve your deep sleep. Made from premium materials that ensure durability and enhance sleep quality, your Circadian Pod is the perfect upgrade for better sleep.

The circadian rhythm is an internal biological clock that regulates the sleep-wake cycle and repeats roughly every 24 hours. It is influenced by external cues like light and temperature, which help align the body's functions with day and night. This rhythm affects various bodily functions such as sleep, hormone release, eating habits, and digestion. Essentially, it helps maintain a balance in our body's physical, mental, and behavioral states in response to the natural environmental light-dark cycle. Disruption of the circadian rhythm can lead to sleep disorders, mood disturbances, and other health issues.





# CONTENTS

—

5

Mission, Vision & Values

7

How it Works

8

Installation Process

10

Tips & Tricks

11

Maintenance

13

Trouble Shooting

14

Safety Instructions

17




Warranty

Mindfully Created For Your Wellbeing.

Here at Kiva Wellness we combine innovative technology with meaningful local support. Now you can take your wellness and recovery into your own hands, and into your home.

Invest in you, your rituals and your radiance. Reap the life enhancing rewards with a Kiva Wellness transformation.

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@kivawellness   

# Our Mission & Vision

Our vision is to facilitate a better quality of life by creating access to innovative therapies and fitness equipment.

Inspiring and enhancing experiences of exercise and relaxation regularly and without barriers, one session at a time all in the comfort of your home.

Connecting people with unique wellness solutions and empowering ownership of health & wellbeing.

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## Our Values

We put **people first** because health is uniquely yours, and we are all on a different journey to achieving total wellbeing.

We value **kindness** and always strive to being genuine with our community and our endeavours. **Growth** is important to us so we can continue to offer meaningful support and innovative products as our community continues to grow.

We want our customers to have **access** to elevating their health at home and being able to get the products of their choice without barriers.

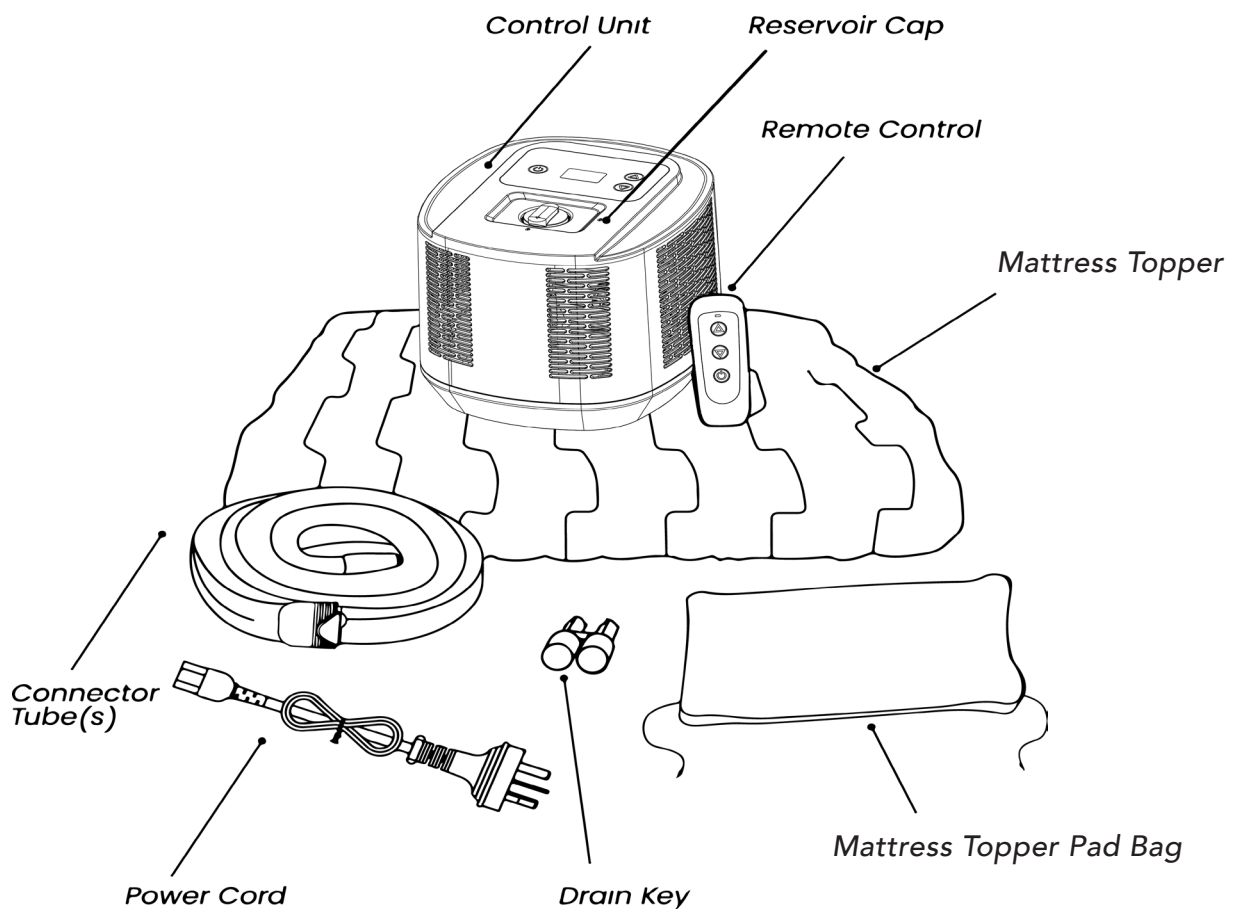
We seek **sustainable** outcomes for every aspect in our business, consciously reducing our footprint wherever we can.

A photograph of a bed with white linens and a wooden headboard. The bed is unmade, with the white sheets and pillows rumpled. The headboard is made of vertical wooden planks. The lighting is warm and soft, creating a cozy atmosphere. The text is overlaid on the lower half of the image.

“Take care of your body.  
It’s the only place you have  
to live.” - **Jim Rohn**

# How it Works

The Circadian Pod sleep system allows adjustments to be made to your bedding surface. It cools or warms water to your set temperature and circulates it through the mesh pad, achieving temperatures from 12°C to 48°C. The silicone circulation tubes run water throughout the mattress surface to maintain your ideal sleep temperature.



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- 1 - Control Unit
  - 2 - Mattress Topper
  - 3 - Mattress Topper Pad Bag
  - 4 - Connector Tube(s)
  - 5 - Power Cord
  - 6 - Drain Key
  - 7 - Remote Control
  - 8 - Reservoir Cap

# Installation Process

1. Situate your new mattress topper on the mattress. Decide whether the connector tube should attach at the head or foot of the bed. The connector tube is 230cm long.

The Mattress topper is reversible:

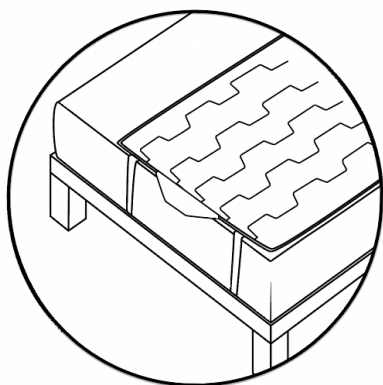


The 'cool side' is a conductive fabric layer that optimises heat transfer via moisture-wicking texture for a more efficient cooling experience.

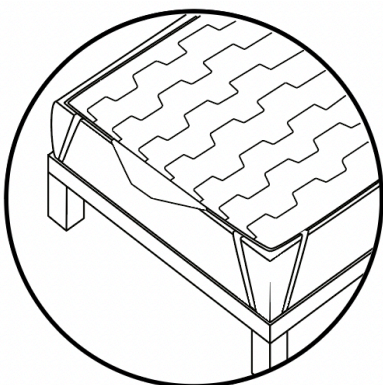


The 'comfy side' is a soft, breathable layer that provides a touch of cosy comfort over the cooling and heating channels.

Condensation may occur under the mattress topper in high humidity climates. To protect your bed, we recommend using a waterproof mattress protector between the topper and the mattress itself. Inspect the mattress topper monthly and launder as necessary.

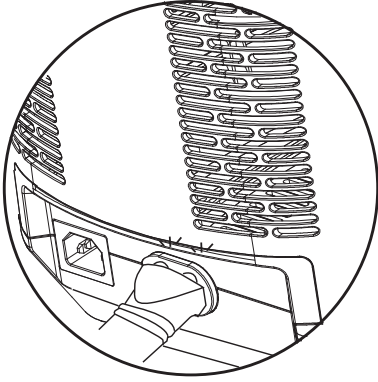


2. **SINGLE POD** - Place the mattress topper near the side edge of the mattress with the duck flap at the head or foot. Wrap both elastic straps around the head of the mattress, then between the mattress and foundation, and finally to the foot of the bed. Pull the topper into position towards the centre of the mattress.



**DOUBLE/QUEEN/KING POD** - Place the mattress topper on the mattress with the duck flaps at the head or foot of the mattress. Pull each corner elastic into place between the mattress and foundation.





3. Connect the end of the connector tube to the control unit. You'll hear a 'click' when connected. Note: Double Pods, repeat this step.

4. Plug the power cord into the control unit, then into the outlet. The system will then be in standby power mode.

5. Remove the reservoir cap. Fill the control unit with water. The reservoir will hold 450ml. Turn on power, allowing the mattress topper to fill with water for a couple of minutes. Refill again until the reservoir is full. Replace the reservoir cap.

6. **CONTROL YOUR BED** - Press the cooler button to lower the set temperature and you will see the numbers lowering. Press the warmer button to raise the set temperature.

The numbers will blink 5 times to show temperature adjustments.

7. **PAIRING YOUR REMOTE** - Turn off the control unit.

Hold down the power button on the control unit until the display flashes "188".

Press the power button on the remote.

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# When every night's a dream

## CHOOSE THE RIGHT TEMPERATURE

Personalised sleep has never been easier. Whether you prefer a pre-warmed or pre-cooled bed, the Circadian Pod can be customised to your needs.



### PRE-COOL

If your preference is a cool bed, simply set your desired cool temperature about 20 minutes before getting into bed.



### PRE-WARM

If you prefer getting into a warm bed, set your Circadian Pod to "48C" about 20 minutes before getting into bed. As soon as you get into bed, reduce the temperature down to 18C. The decrease in temperature change will signal your brain to fall asleep faster.



# Tips & Tricks

- Use the buttons on the control unit to change the temperature. The lowest setting is 12C and the highest setting is 48C. In many cases these temperatures are not fully achieved due to the ambient airtemperature, humidity in the room, and objects or walls near the control unit.
- Performance is dependent on multiple factors such as ambient temperature, individual body mass and humidity and may not be suitable to replace your conventional AC.
- A weighted or dense blanket should be placed over your body when the Circadian Pod is in use to provide the needed insulation to achieve your desired temperature.
- Please ensure there is at least 45cm of space on every side of the control unit. Fresh flowing air is required for optimal performance and cooling of the internal electronics.
- Inspect the connection tube and mattress topper regularly for kinks and sharp angles that would limit water flow, decreasing the system's ability to heat or cool.
- Condensation is a natural result of warm and cold temperatures meeting. Adjust your room temperature or control unit to narrow the difference of temperature and to reduce the amount of condensation.
- NOTE: Frequently inspect surfaces near the control unit for the presence of water and ensure the surface is completely dry.

# Maintenance Instructions

## THREE MONTHS

A three months system flush will clean the Circadian Pod and its attachment. Drain the control unit and refill with distilled water until both the attachment and the control unit are filled.

### Note:

1. We recommend using distilled water for best results.(when setup and maintenance)
2. Before draining the control unit, please disconnect from the outlet.

## WASHING THE MATTRESS TOPPER

You can wash the mattress topper as needed. Before washing, wrap the tubing around by the pad for protection. Wash the mattress topper in cold water on gentle/delicate cycle. Do not tumble dry - instead hang out to dry away from direct sunlight.

Proper care and maintenance of your sleep system is critical to the performance of your device and to prevent mould and/or mildew. Please monitor appropriately.

**WARNING: Disconnect the device from the outlet before carrying out maintenance.**



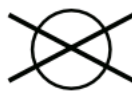
Delicate/  
Gentle



Do Not Iron



Do Not Bleach



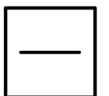
Do Not  
Dryclean



Delicate/  
Gentle



No Heat/Air

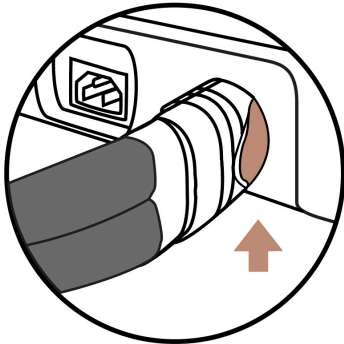


Dry Flat

# Storage

## STORING THE CONTROL UNIT

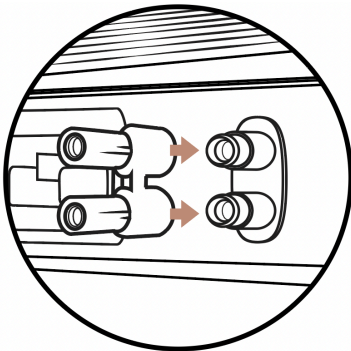
Unplug the control unit from the outlet and remove the power cord. See illustrations for further instructions.



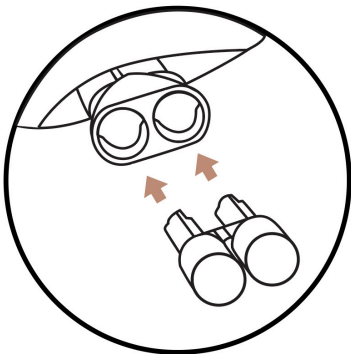
Press the button on the connector tube to release the tube (a few water drops are expected)

## STORING THE MATTRESS TOPPER

Make sure to drain the mattress topper by inserting the included drain key into the end of the connection tube. Ensure the connection is lower than the mattress topper itself to let gravity aid in drainage.



Loosen reservoir cap and then press drain key into the control unit's connector to drain the reservoir. Don't turn the control unit upside down to empty the unit. It will damage your appliance and void the warranty.



Press drain key into the mattress topper's connector to drain it.

Unplug the control unit if you will not be using it for 24 hours.

# Trouble Shooting

PROBLEM	NEXT STEPS
I pushed the power button and nothing happens	<p>Ensure the wall outlet has power.</p> <p>Make sure the power cord is securely inserted into the control unit.</p> <p>Add water if the water drop icon appears, see instructions for proper use.</p> <p>Try replacing the remote batteries if trying to power on the control unit with a remote.</p>
My Circadian Pod used to cool and heat much better, now it barely reaches the temperature I set it to	<p>Make sure your control unit is full of water.</p> <p>Make sure your control unit is on a flat surface, and check for kinks and sharp angles in the water tubing. This should be done regularly.</p> <p>Using a blanket or something to create an insulated sleeping environment greatly increases the cooling and heating effect of the system.</p>
My Circadian Pod feels wet or condensation is appearing on the tube	<p>Adjust the temperature on the control unit or remote up or down in 2 degree increments towards your ambient room temperature until condensation is no longer a problem.</p>
The display panel shows an 'f' error	<p>Turn the control unit off, unplug, and wait for 15 minutes before turning the control unit back on. Set ideal temperature.</p> <p>If the code persists, take note of the error code (eg: F1, F2, F5), unplug the control unit and contact customer service.</p>

# Safety Instructions

Use of electrical appliances requires the following precautions to reduce the risk of fire, electric shock and injury. Read all instructions before using this system.

This device is designed for individuals aged 8 years and above. It is crucial to emphasize that children should not engage in play with the device, and any cleaning or user maintenance tasks should strictly be carried out by adults. Children and those with reduced physical, sensory, mental capabilities, or lack of experience and knowledge should be supervised and given proper instruction on safe use, with a thorough understanding of the associated hazards. Additionally, the device is not intended for use in hospital settings, and caution must be exercised to avoid inserting sharp objects such as needles and pins into the device.

**WARNING - Don't turn the device on if there is a possibility that water in the system is frozen**

**DANGER - To reduce the risk of electric shock: Always unplug this bed system from the electrical outlet before cleaning.**

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

Unplug from outlet before putting on or taking off parts

Persons with reduced physical, sensory or mental capabilities or children can only use the Circadian Pod if they have been given supervision or instructions concerning the use of the appliance in a safe way

Use this product only for its intended use as described in these instructions within this manual. Don't use attachments not recommended by the manufacturer

Don't operate the system with a damaged cord or plug or after the system malfunctions, has been dropped or damaged in any manner. Return system to an authorised service facility for examination and repair

Keep the power cord away from heated surfaces

Don't use the Circadian Pod with any non-Kiva Wellness heated blanket, foot warmer or similar cooling or heating devices

Never operate the system with the air openings blocked. Keep the air openings free from any debris.

**WARNING - Risk of injury to persons - don't use the Circadian Pod to support video equipment such as televisions or computer monitor**

To prevent a possible fire, don't block air intakes or exhaust in any manner.

Don't use on soft surfaces where openings may become blocked.

Don't insert or allow foreign objects to enter any ventilation or exhaust opening as this may cause an electric shock or fire, or damage the device

Don't use outdoors

Don't operate where aerosol products are being used or where oxygen is being administered

The Circadian Pod has hot parts inside. Don't use it in areas where gasoline, paint, or flammable liquids are used or stored

To disconnect, turn all controls to the off position, then remove the plug from the outlet.

Always plug this product directly into the wall outlet.

Never use with an extension cord or a power/outlet strip that can be relocated.

Prevent water backflow out of the reservoir by keeping the cap on the unit at all times after turning the control unit off.

Let the cord hang free. Don't place the power cords between the mattress and foundation.

Don't allow the cords to be pinched.

Don't open or break the housing of the device as this will void your warranty.

Turn off or unplug when not in use.

**WARNING - Risk of Electric electric shock - Connect the system to properly grounded outlet only.**

For transport, always load heavier items at the bottom and not near the top in order to prevent the possibility of the system tipping over.

Please note: The sleep system will perform at its best under a net weight of 90kg. While the Circadian Pod doesn't have a maximum weight limit, as the weight increases the performance of the sleep system may diminish.

#### RISKS: Grounding instructions

This product must be grounded. It is equipped with a cord having an equipment-grounding conductor and a grounding plug. Only use a grounded cord. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER** - Improper connections of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician if you are in doubt as to whether the product is properly grounded. Don't modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This device has a grounding plug that looks like the plug illustrated below.

**WARNING - Risk of injury to persons - don't use the Circadian Pod to support video equipment such as televisions or computer**

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# Warranty

Kiva Wellness provides the following warranty, which covers any defects in materials or workmanship in the Circadian Pod under normal use during the warranty period beginning on the date the Circadian Pod is delivered to you, subject to the conditions, exclusions, and limitations described below.

## **The Warranty Period for the Circadian Pod is for 2 year.**

If you return the Circadian Pod that is eligible for a Limited Product Warranty, Kiva Wellness will, at its option in its sole discretion and to the extent permitted by law, either (1) repair the Circadian Pod at no charge, using new or refurbished replacement parts or (2) replace or substitute the Circadian Pod with a product of comparable quality and value if the warranted Circadian Pod is no longer available. Unless otherwise mandated by applicable law, the remedy described in the foregoing sentence will be your sole and exclusive remedy for any defects covered by this Limited Product Warranty. Our Limited Product Warranty is available to you in addition to the rights that you already have under the laws that apply to your purchase.

Kiva Wellness does not warrant that the use of the Circadian Pod will be uninterrupted or error-free.

This warranty does not apply to the Circadian Pod that has been serviced, altered, refurbished, or modified by anyone who is not authorised by Kiva Wellness, nor does it apply to any cosmetic damage such as scratches and dents. Kiva Wellness reserves the right to inspect any Circadian Pods returned to it in accordance with this Limited Product Warranty. To the extent permitted by law, Kiva Wellness does not have any obligation to repair or replace any Circadian Pod otherwise eligible under this Limited Product Warranty if our inspection reveals that the Circadian Pod has been altered, modified, damaged, subject to or involved in an accident, disassembled, repaired or attempted to be repaired by someone other than us, or individuals we authorise, or if the Circadian Pod has otherwise been used in a manner inconsistent with its intended purpose. In addition, this Limited Product Warranty does not apply to damage or defects caused by (a) negligence, negligent use, accident, abuse, misuse, mishandling, improper storage, flood, fire, earthquake, electrical surge or other external causes; (b) operating the Circadian Pod (i) outside the permitted or intended uses described by Kiva Wellness (ii) other than in strict accordance with instructions provided by Kiva Wellness, or (iii) with improper voltage or power supply; (c) normal wear and tear from intended use or washing; (d) using or washing the Circadian Pod mattress topper in a manner inconsistent with applicable laundering instructions (for clarification but not limitation, this Limited Product Warranty shall not cover damage including but not limited to bleach marks, stains, tears, cuts, burns, shrinkage, odours or other factors that result from such inappropriate use or washing of the Circadian Pod);

or (e) commercial use including but not limited to use in a hotel or hospital. This Limited Product Warranty only applies to defective components within the Circadian Pod. For example, if you purchase a Circadian Pod with multiple components and only one component is defective, then we will only repair the defective component. In addition, this Limited Product Warranty does not cover replacement due to the customer's comfort preference.




No Kiva Wellness reseller, dealer, distributor, agent or employee is authorised to make any modification, extension, or addition to this Limited Product Warranty. Any repaired or replacement Circadian Pod will be warranted for the remainder of the original Warranty Period or six (6) months from the date you receive such repaired or replacement Circadian Pod, whichever is longer, or for any additional period of time that may be required by applicable law. If we determine that the problem is not covered under this Limited Product Warranty, we will notify you and inform you of service or replacement alternatives that are available to you for an additional fee.



# KIVA WELLNESS

ELEVATE YOUR WELLNESS & RECOVERY

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@kivawellness   

Kiva Wellness products should not be considered medical devices, and should be treated as general wellness products only. Our product range has not been designed to prevent or treat medical conditions, and we recommend you consult a health practitioner if you are unsure about whether a Kiva Wellness product is suitable for you.