

ERGOSportive™



App Manual

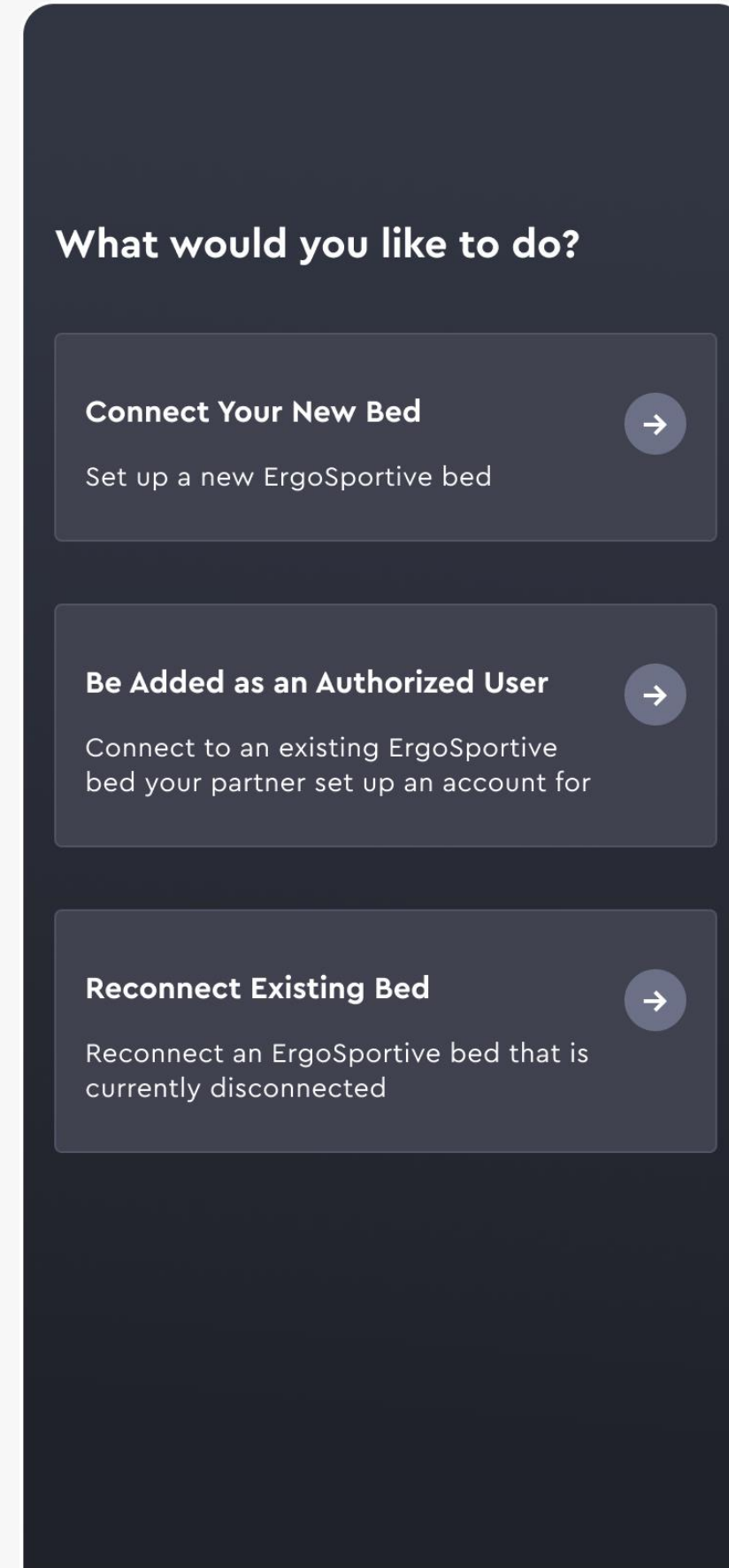
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NEW USER REGISTRATION

SELECT APP USE INTENT

- If you are ready to connect your ErgoSportive bed for the first time select the option "Connect Your New Bed."
- If you are pairing with an existing bed your significant other has already set up, please select the option "Bed Added as an Authorized User"
- If you disconnected your bed, such as in the event of moving, and want to reconnect it please select "Reconnect Existing Bed"



SET UP YOUR ERGOSPORTIVE BED

TO SET UP YOUR ERGOSPORTIVE BED:

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

SET UP YOUR ERGOSPORTIVE BED

FIND YOUR QR CODE

You will need to find the QR code to scan and connect to the ErgoSportive 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:

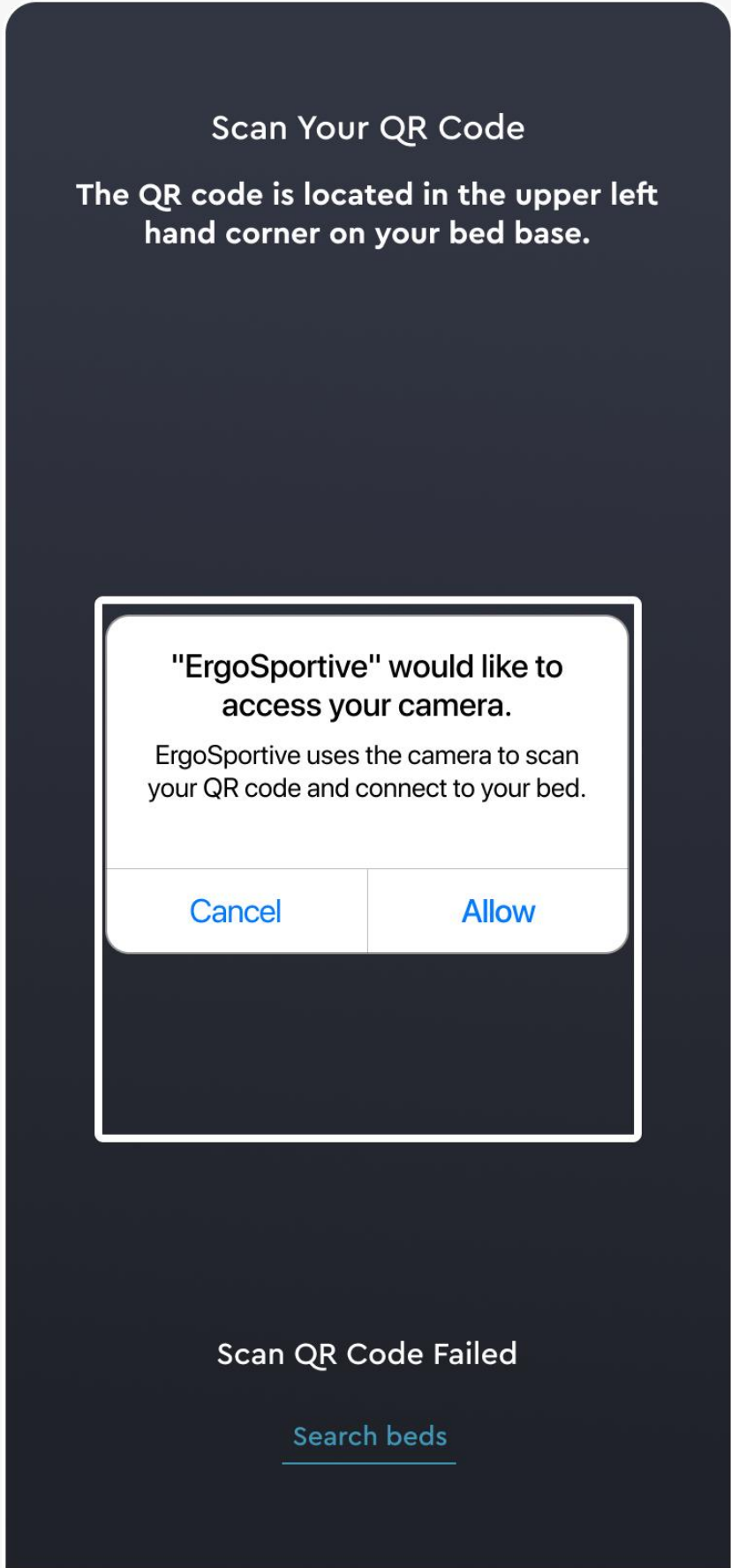


SET UP YOUR ERGOSPORTIVE BED

SCAN THE QR CODE

Once you located your QR code, you will be prompted to allow access to your phone's Bluetooth and Location settings. This is needed to bind your connection to the bed.

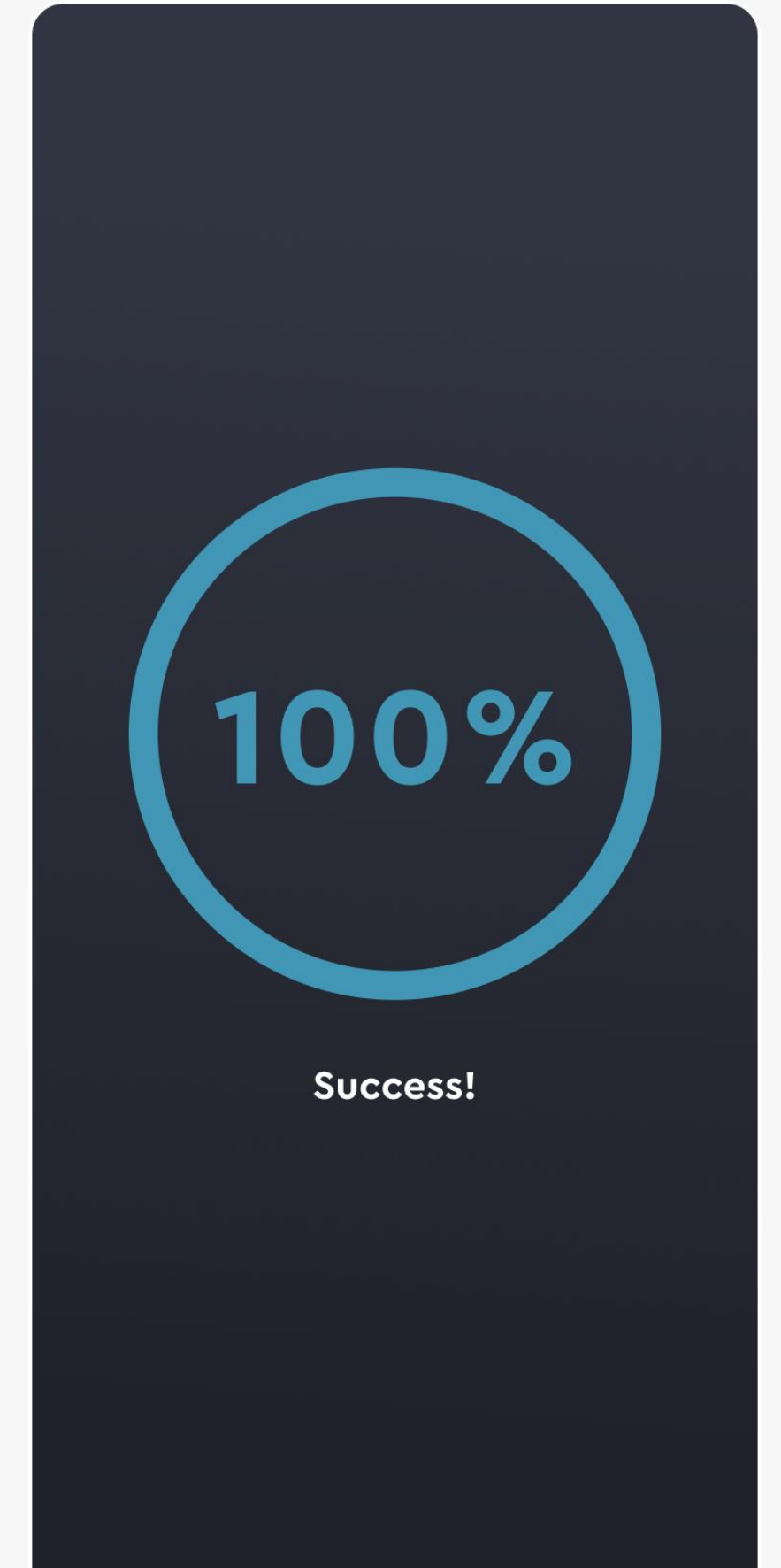
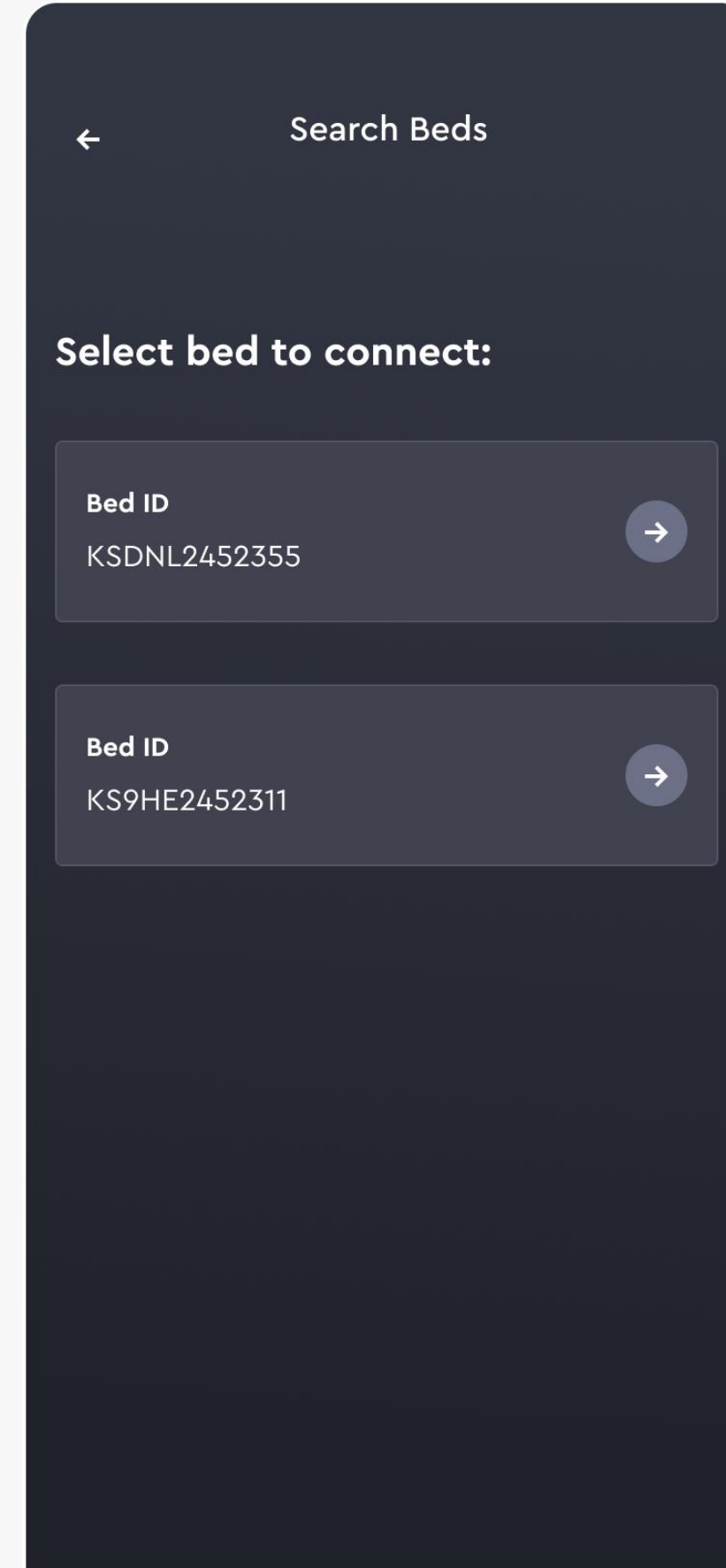
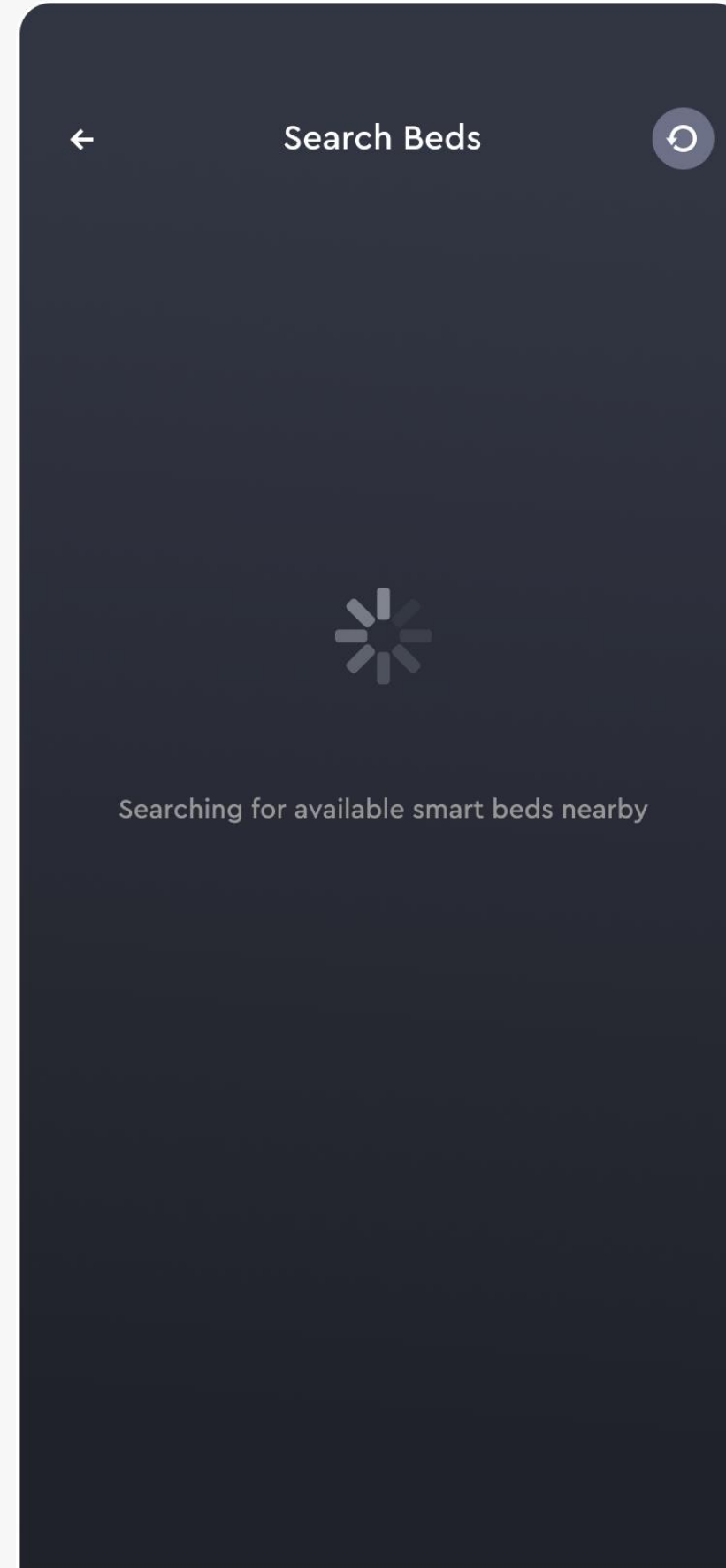
After, scan with your camera or manually enter the QR code located on your ErgoSportive bed base.



SET UP YOUR ERGOSPORTIVE BED

CONNECT TO YOUR BED

If multiple beds are detected, you will be prompted to select which bed.






SET UP YOUR ERGOSPORTIVE BED

ANSWER THE PROFILE QUESTIONS

0

Select Your Bed Side

Facing your bed, please select the side that you sleep on.

-  I sleep alone →
-  Left side →
-  Right side →

← Calibrate Your Bed

Sharing this information will increase the accuracy of your sleep report.

- Units
In / cm ▾
- Gender
- Height
- Mattress Thickness
- Weight

Continue

IN—APP REMOTE

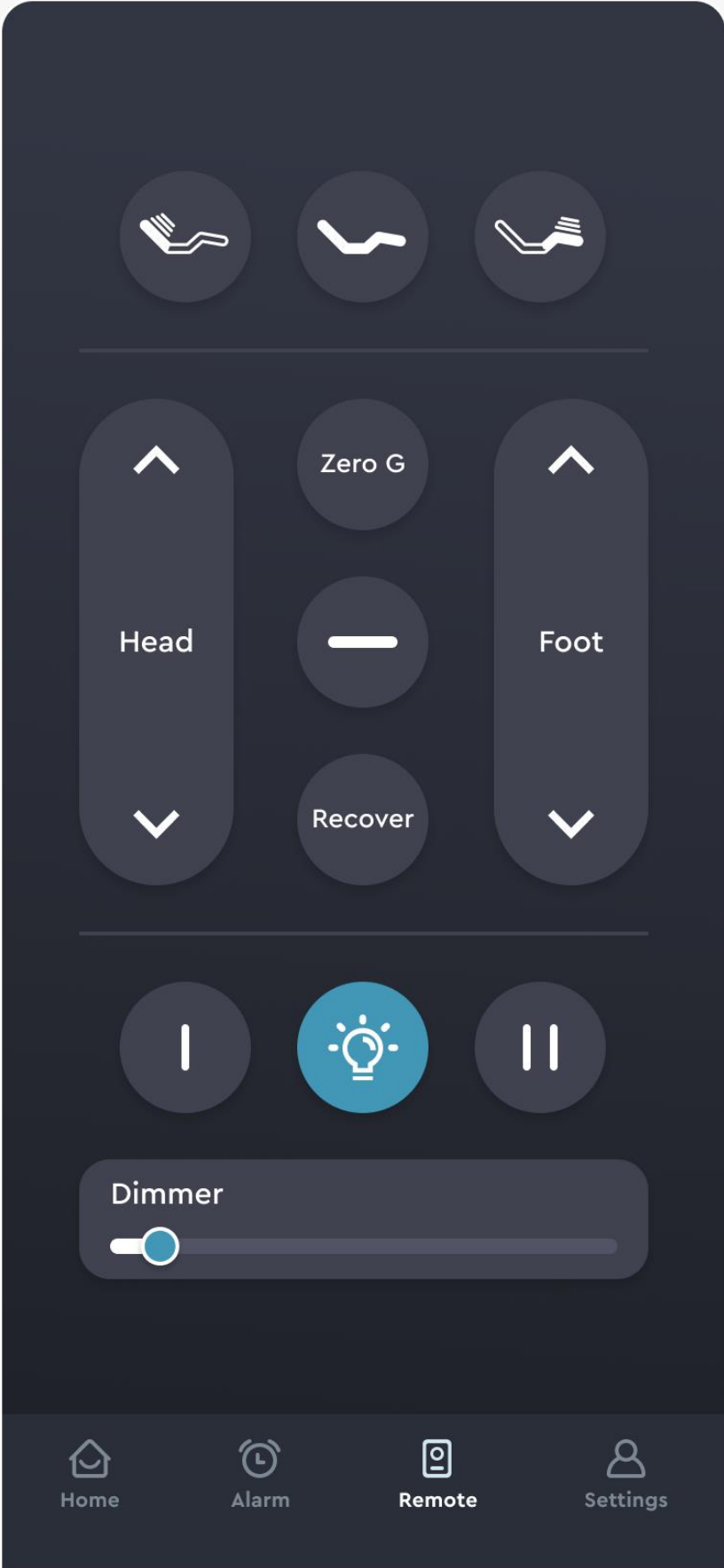
You can operate your ErgoSportive bed with the physical remote or the in-app remote.

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

IN-APP REMOTE

ACCESS YOUR REMOTE

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



HEALTH HOME DASHBOARD

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

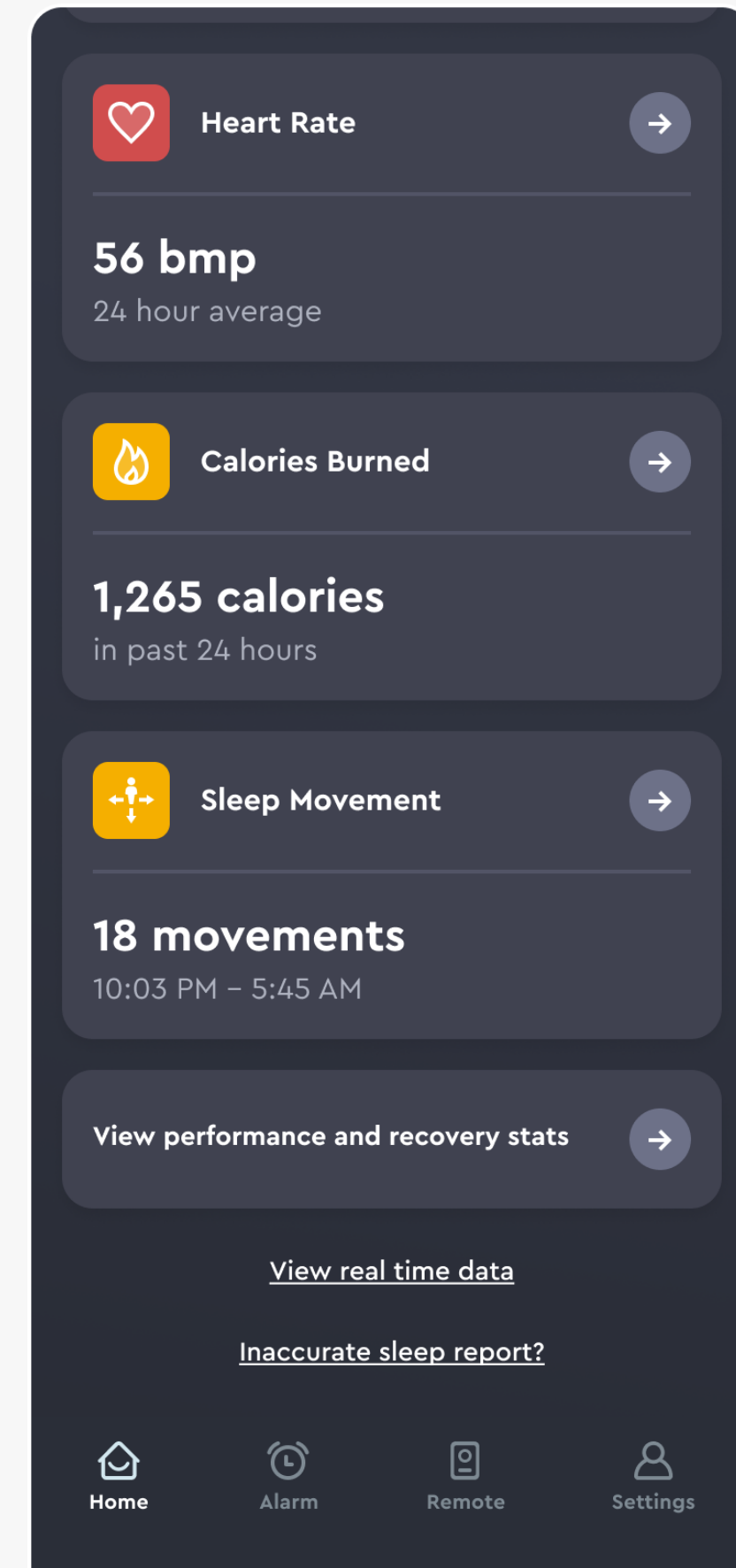
HEALTH HOME DASHBOARD

SLEEP REPORT

- Your ErgoSportive 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.

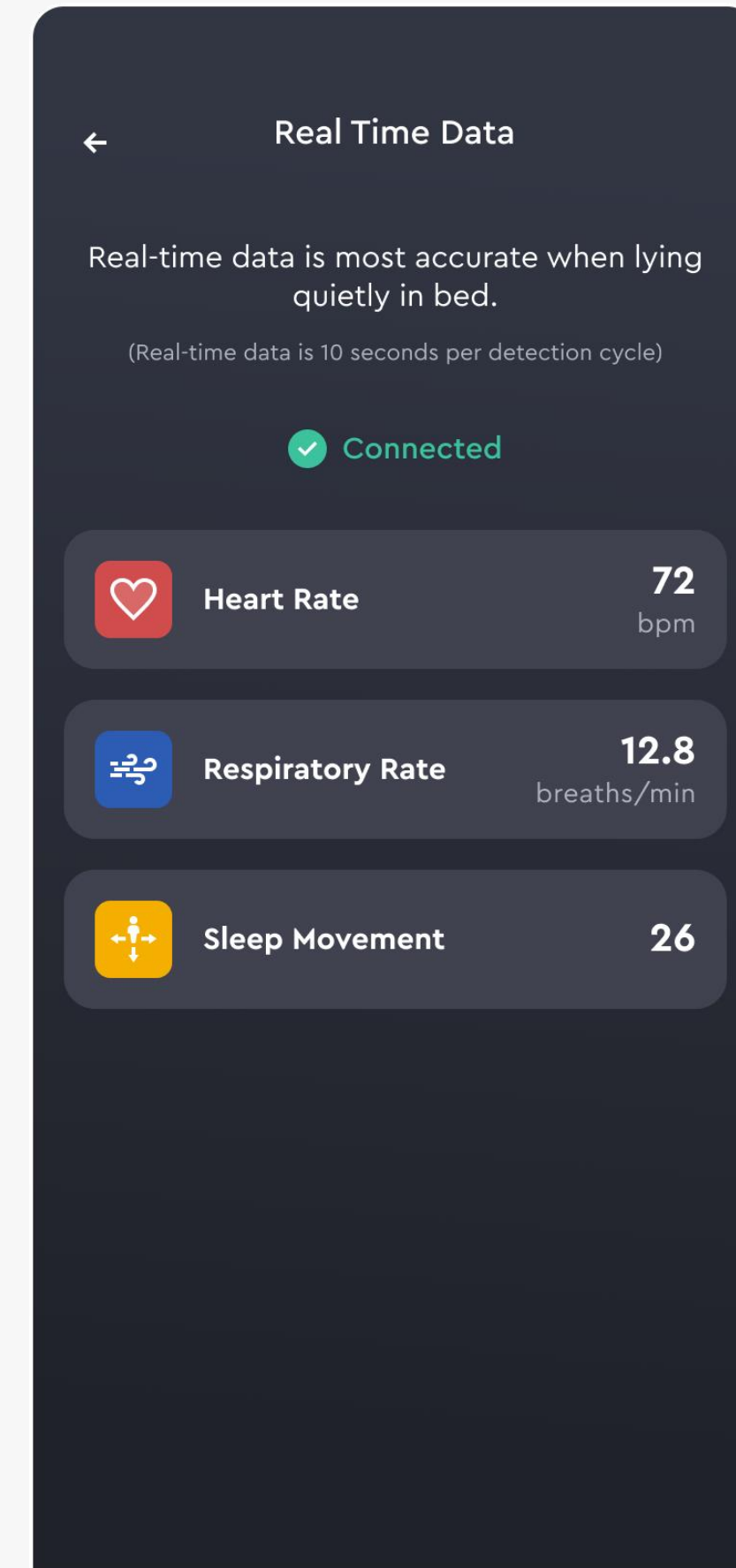
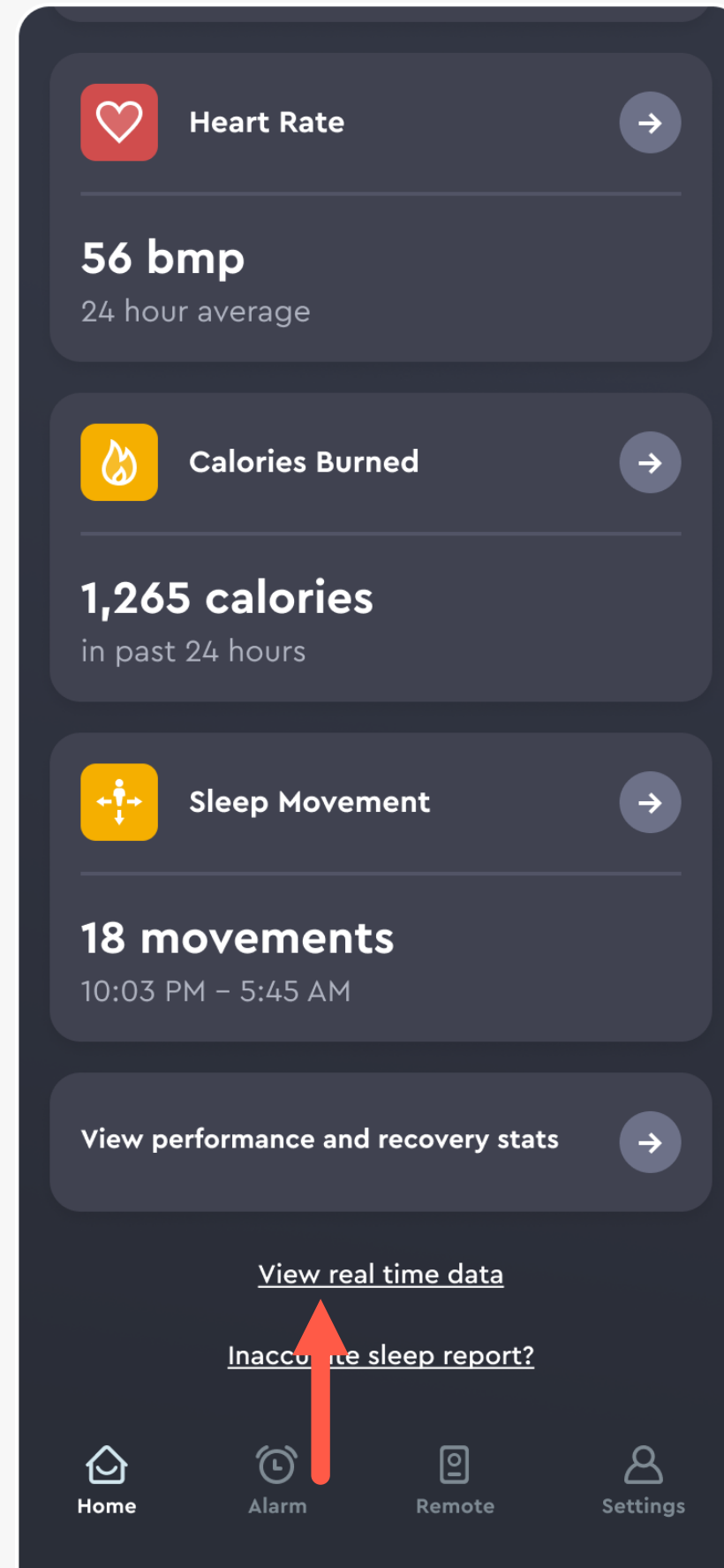


HEALTH HOME DASHBOARD

REAL-TIME DATA

Scroll to the bottom of your sleep report and select the link for “View real time data”

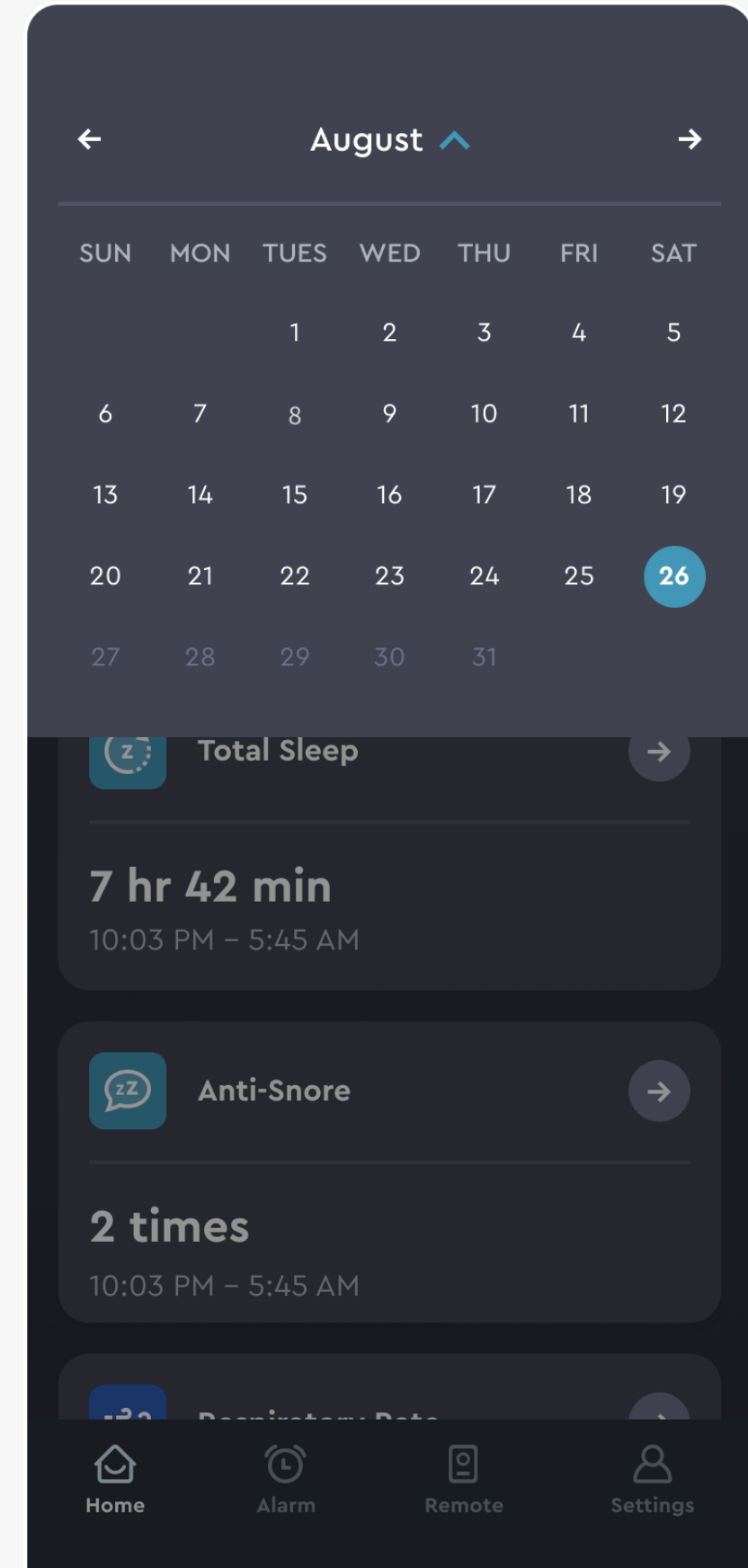
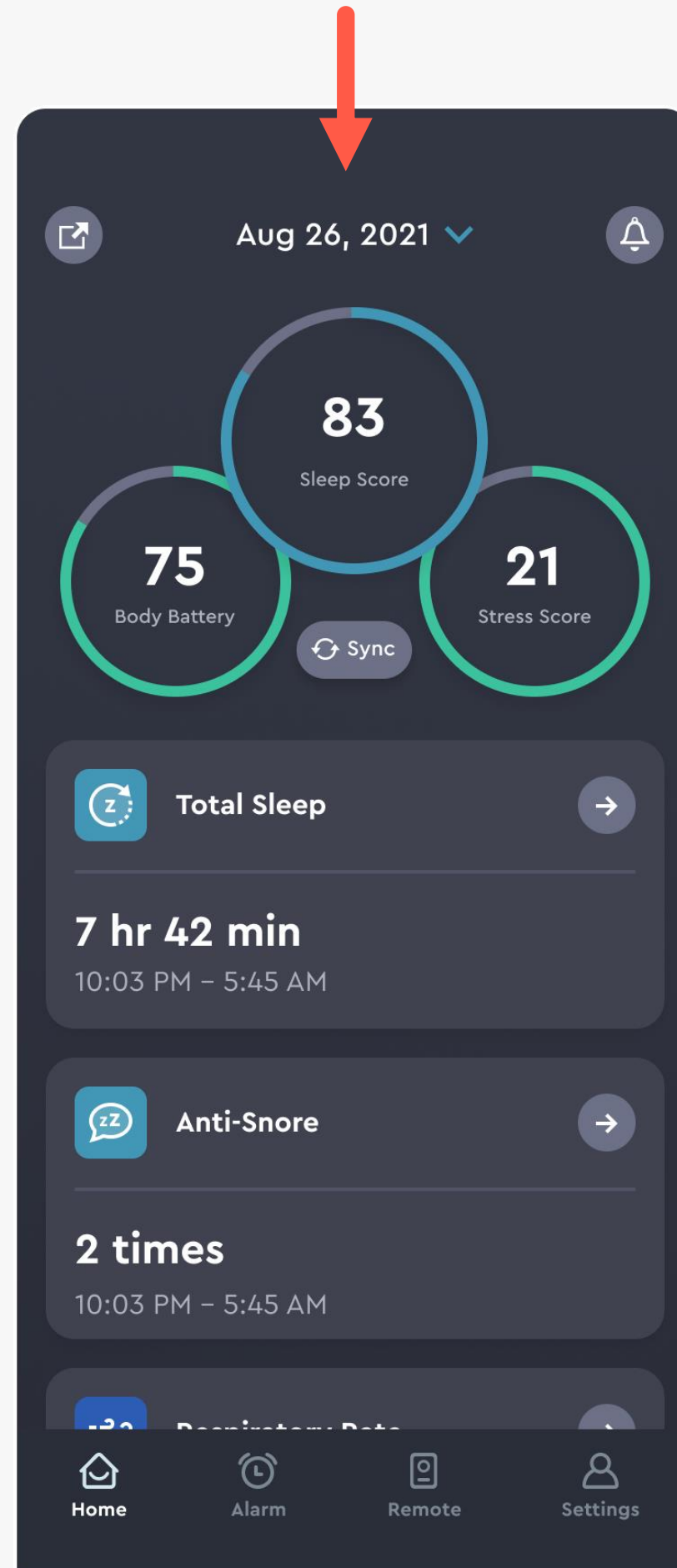
If you are seated on your bed, you will see the real-time metrics for your heart and respiratory rate. The real-time data refreshes every 10 seconds.



HEALTH HOME DASHBOARD

CALENDAR: VIEW PAST HEALTH METRICS

- To view historical Sleep Reports, select the date in the top center 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.



HEALTH DATA

The ErgoSportive 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 cards from the main Health Home Dashboard.

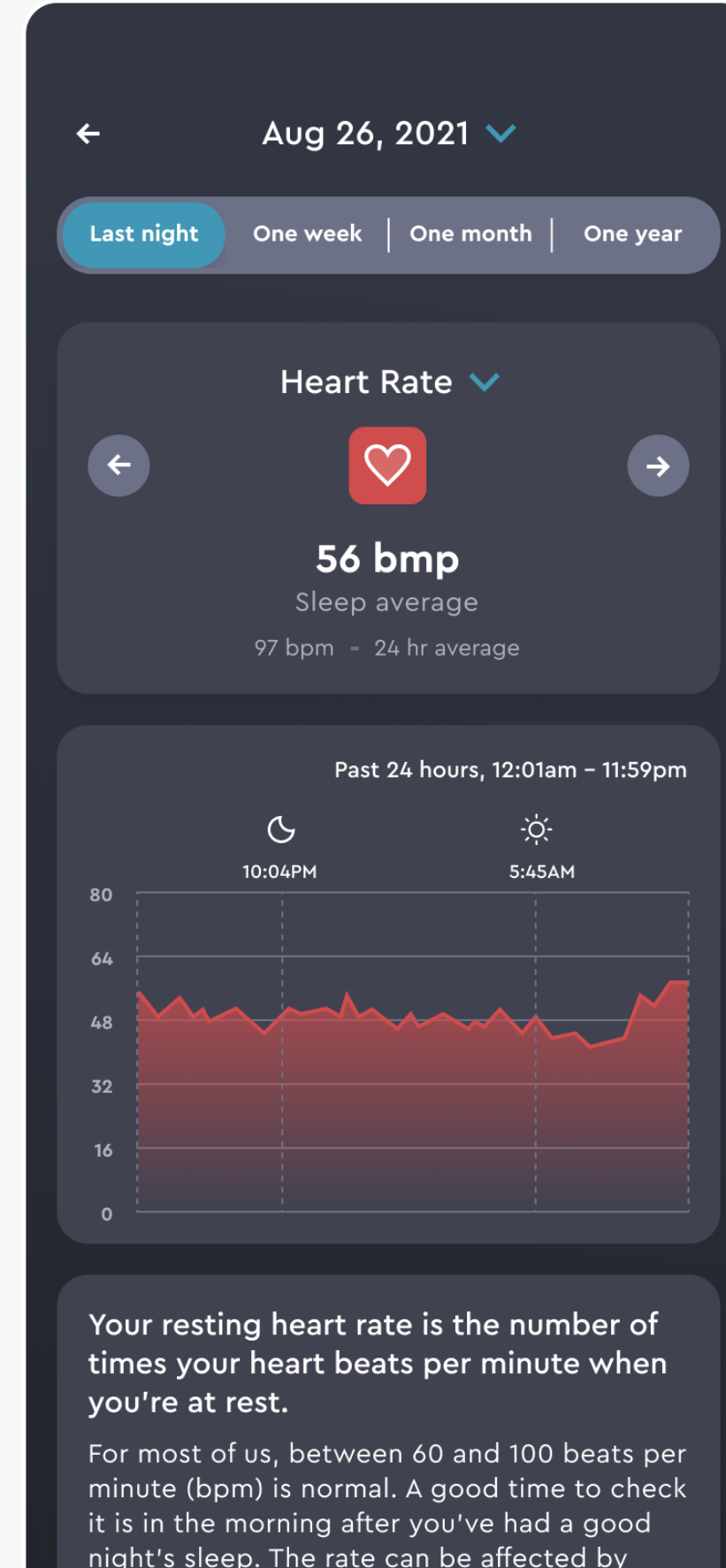
HEALTH DATA

HEALTH DATA METRICS

Your health data includes:

- Total, Deep & Light Sleep as well as Time Awake
- Heart Rate
- Respiratory Rate
- Anti-Snore
- Sleep Movement
- Body Battery, Stress and Recovery Index & Calories Burned

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



HEALTH DATA

DAILY, WEEKLY, MONTHLY & YEARLY VIEWS

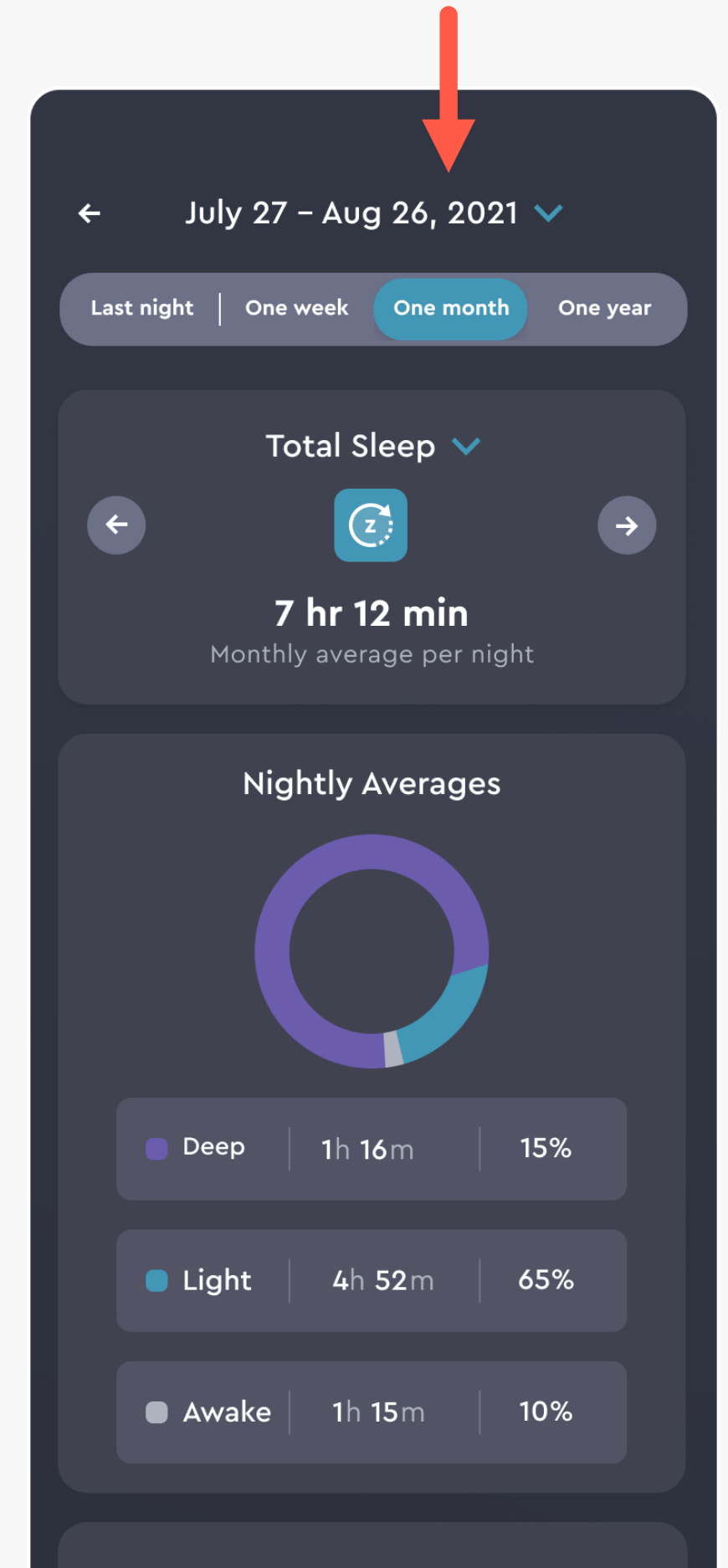
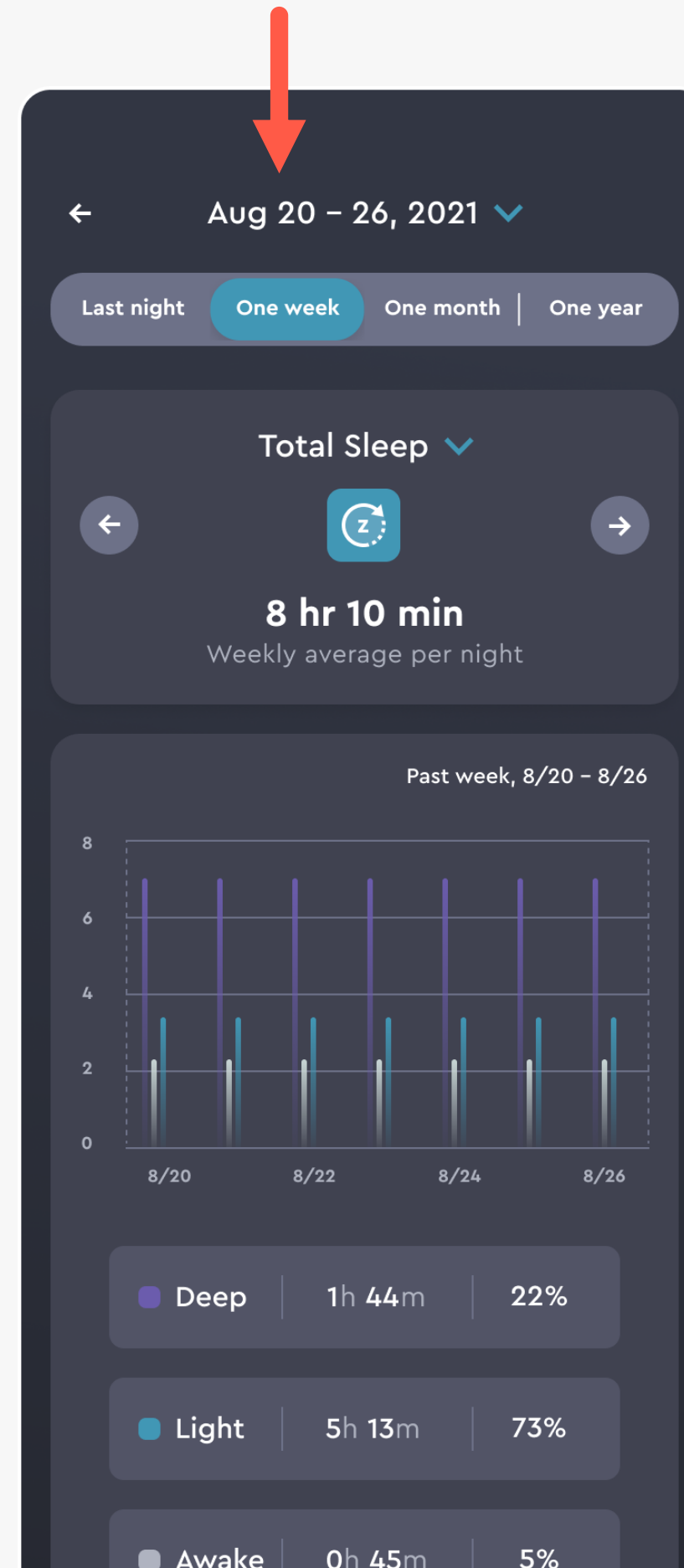
All of your important Sleep Report metrics are organized into daily, weekly, monthly and yearly charts to make it easy to see trends and make adjustments as needed.

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

To view your weekly trends, select “One week”.

To view your monthly trends, select “One month”.

To view your yearly trends, select “One year”.



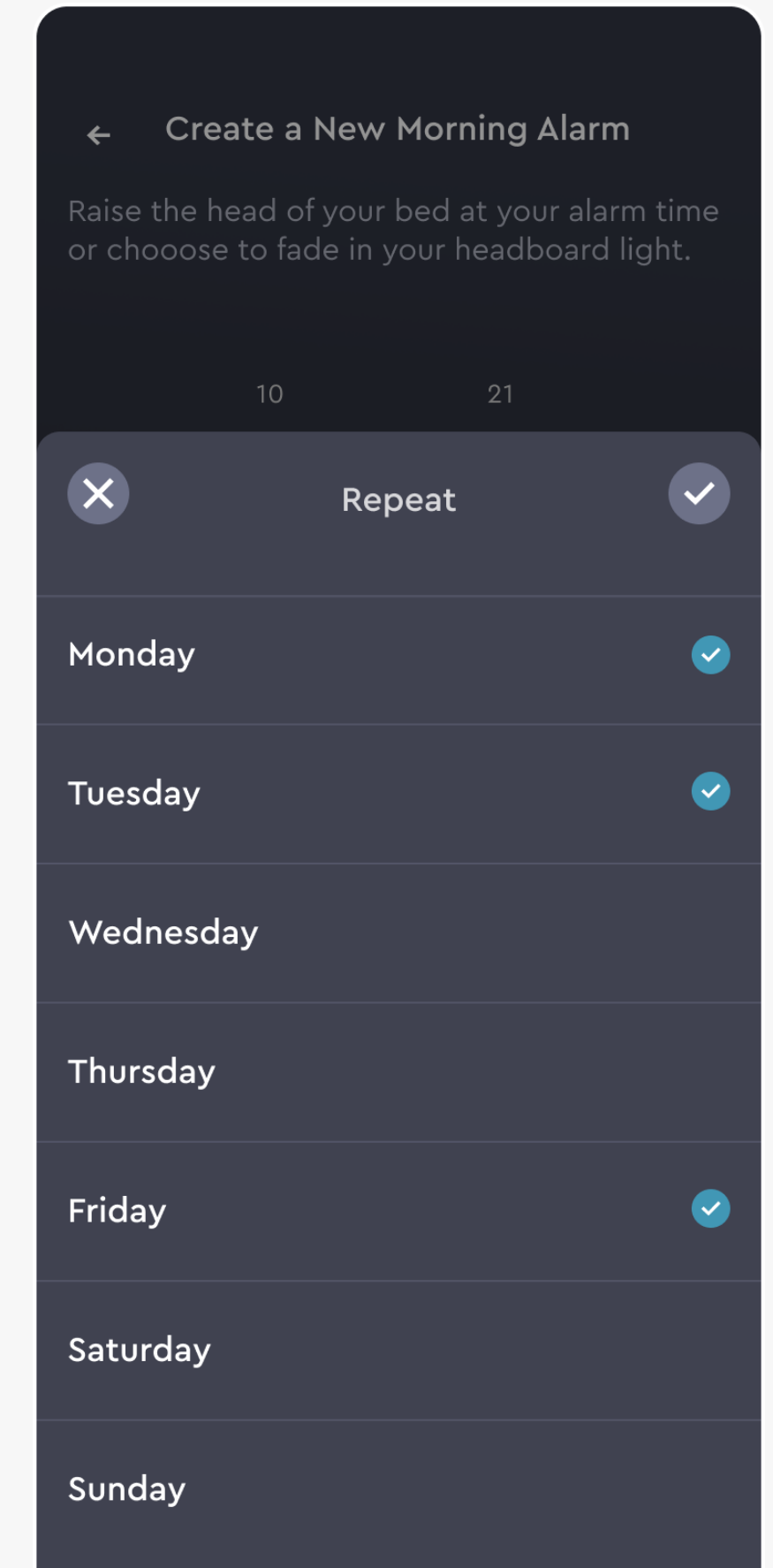
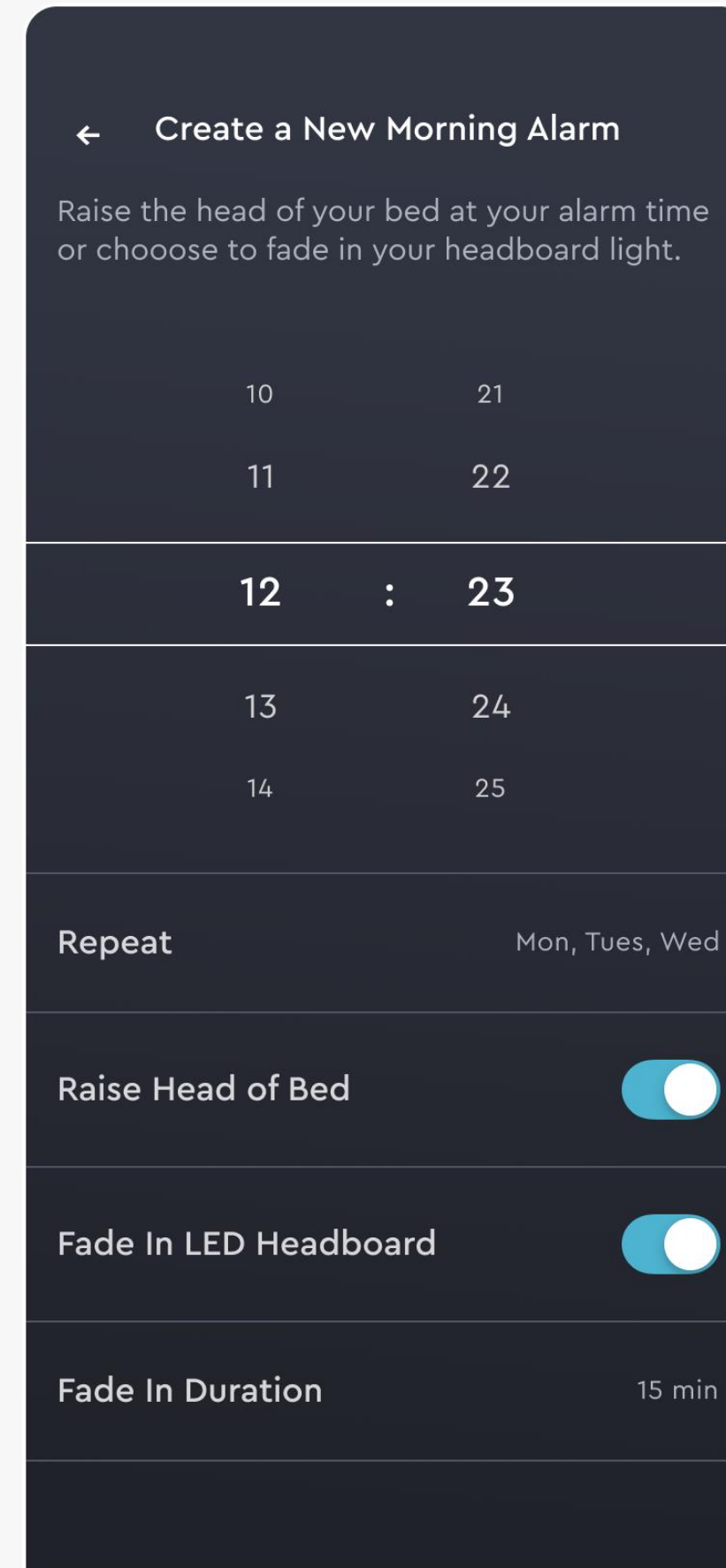
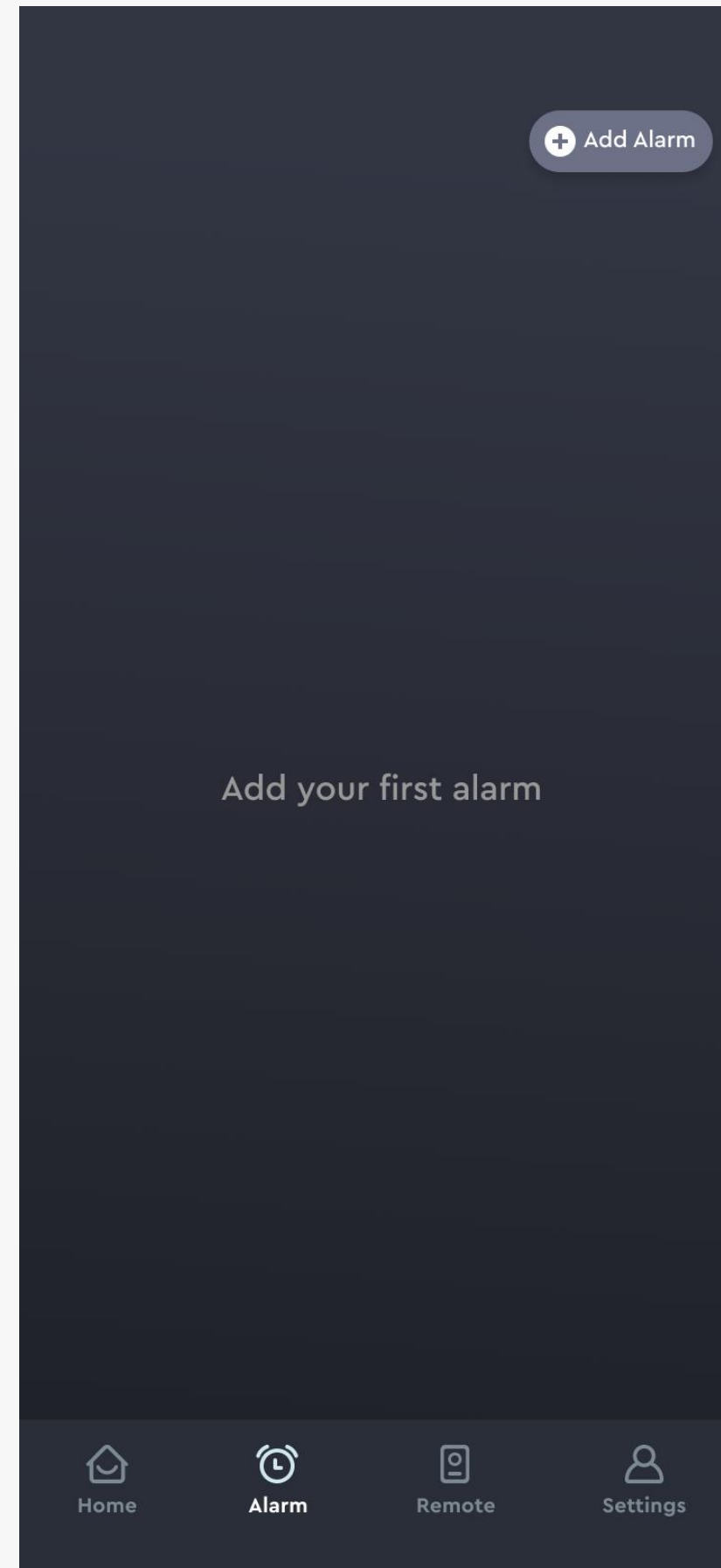
ALARMS

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

ALARMS

YOUR ALARM HOME SCREEN

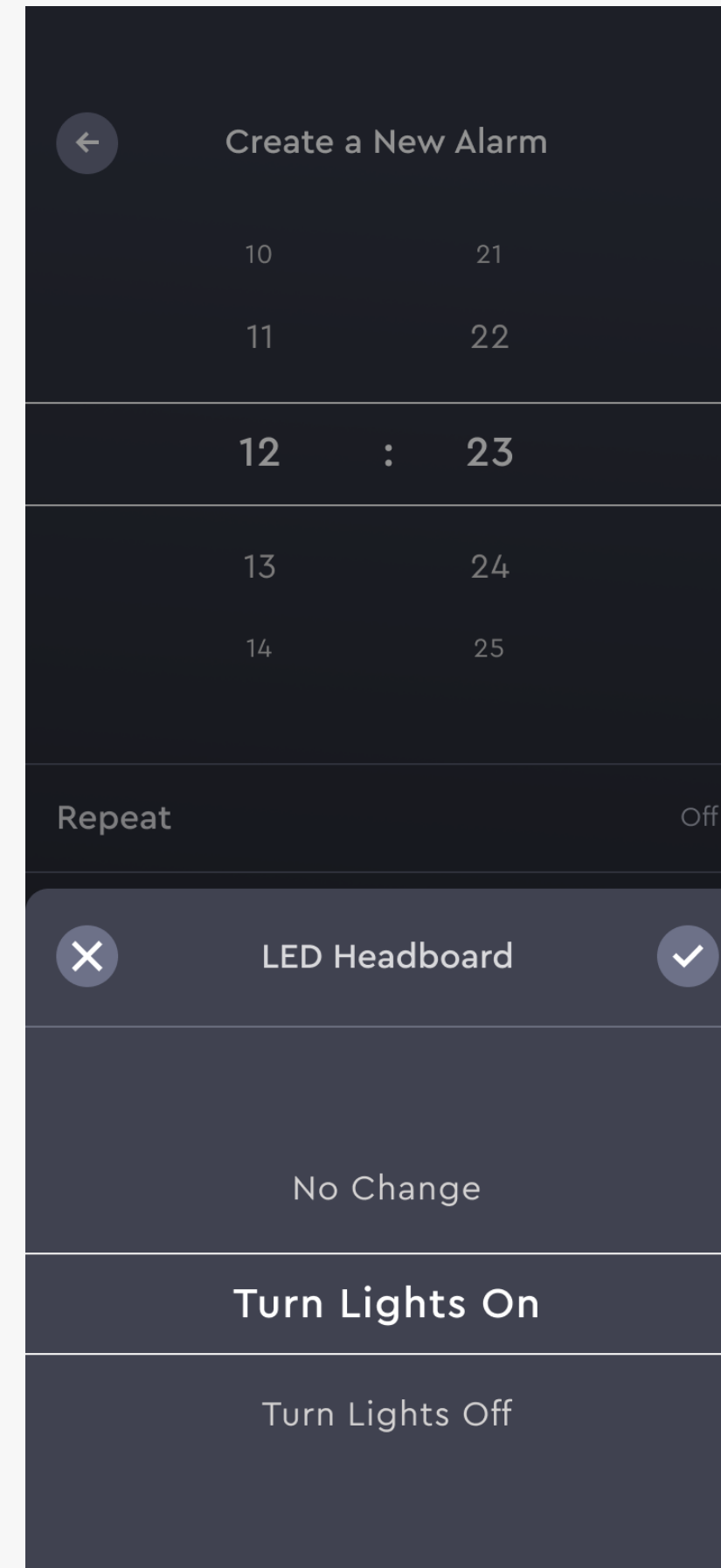
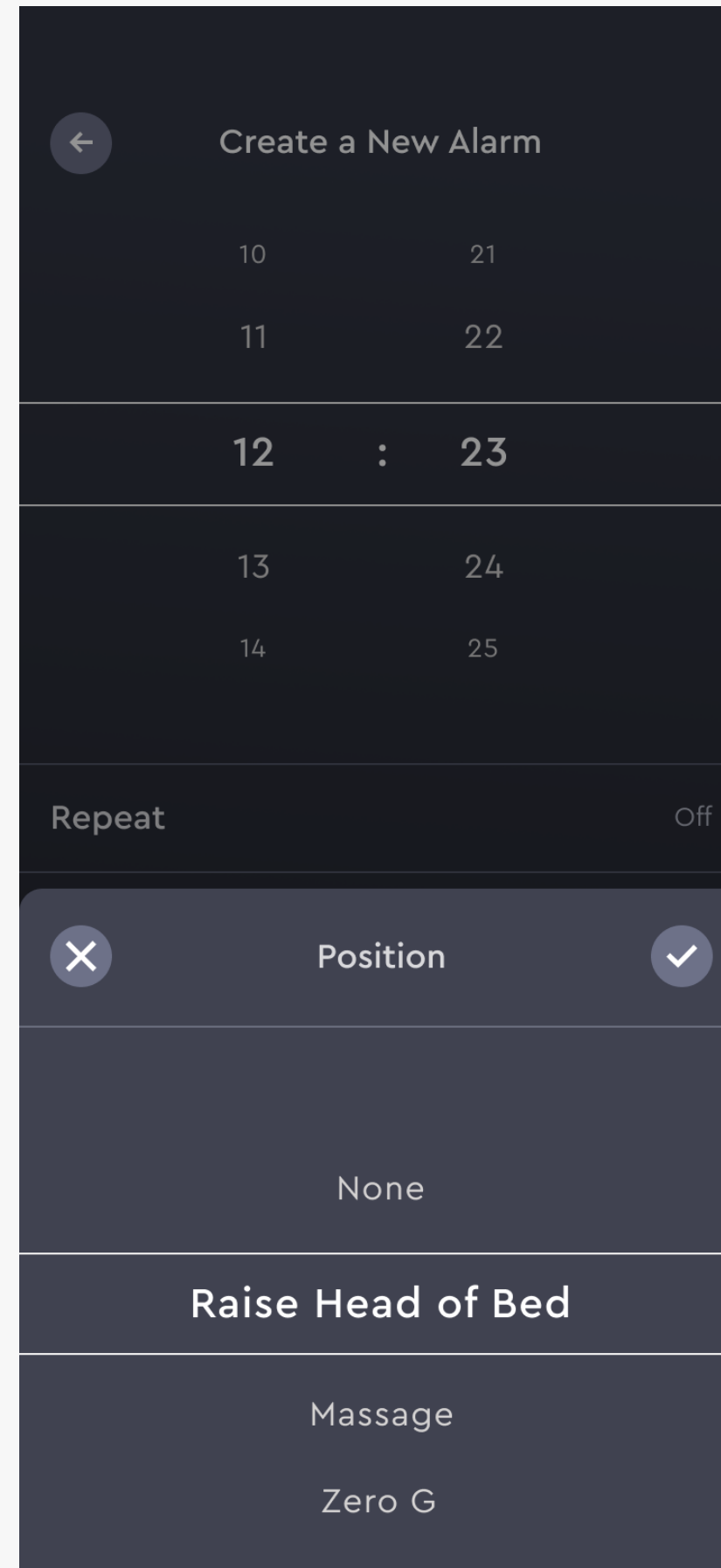
- The Alarm screen is accessed by selecting the clock icon in the bottom right of the navigation bar.
- Here you can set up morning or evening alarms for your ErgoSportive bed to automatically shift into the position of your choice at the time you schedule.



ALARMS

POSITION & LED HEADBOARD

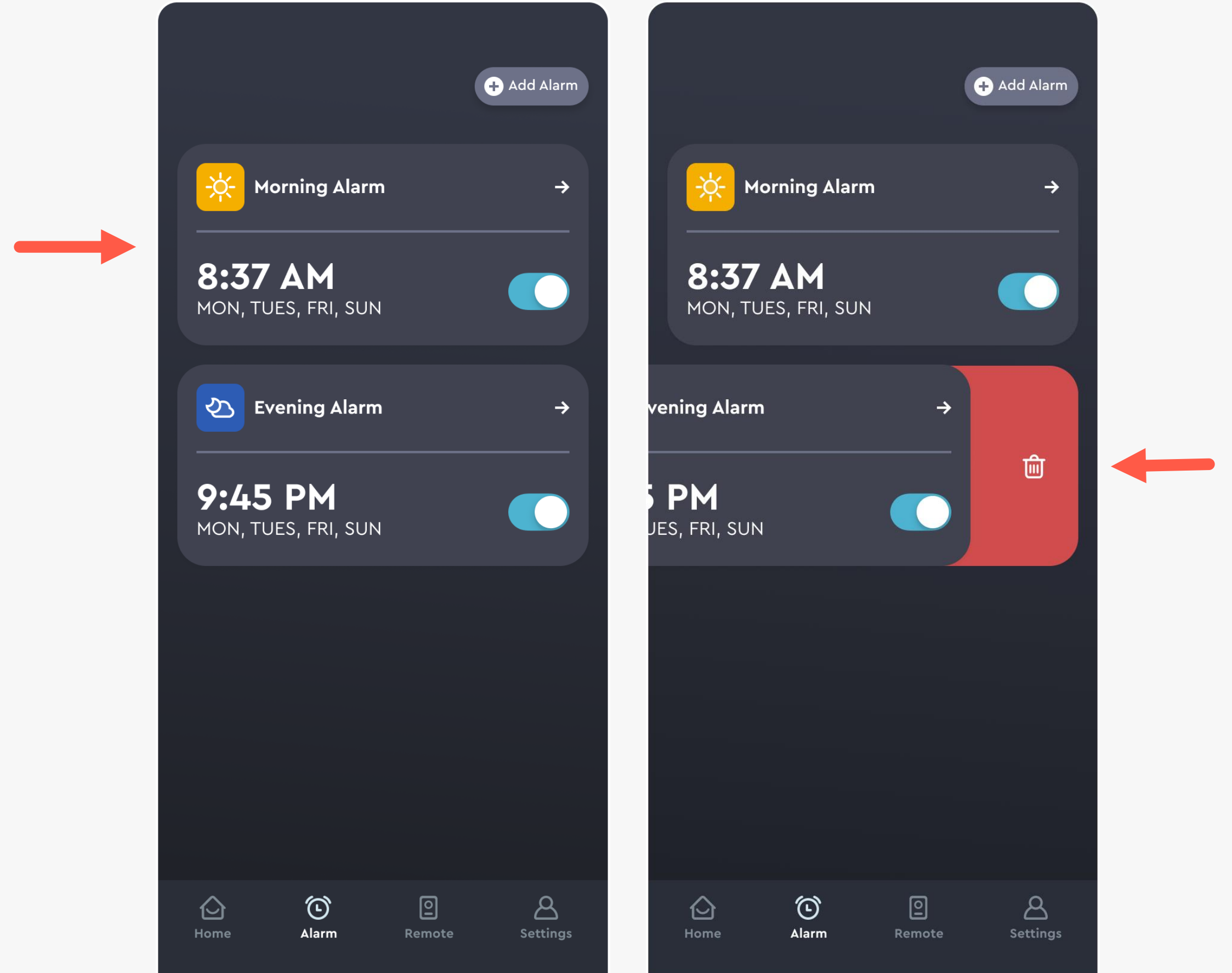
- Whether you're up with the sun or like to sleep in, the ErgoSportive bed can gently elevate your head at an appointed hour, easing you into your new day. To set your alarm:
1. Set Your Wake Up Time: Use the timer wheel to select.
 2. Set the Alarm Frequency: Tap the "Repeat" button to open and select how often you want to repeat this alarm.
 3. Turn LED Headboard On/Off: If you wish you can turn your headboard lighting on or off at the time of your alarm. Select "No change" if you do not want to adjust the LED Headboard.



ALARMS

EDIT OR DELETE AN ALARM

If you want to make changes tap to open the alarm. If you want to delete simply swipe left the alarm card on the main page and then click on the delete button.



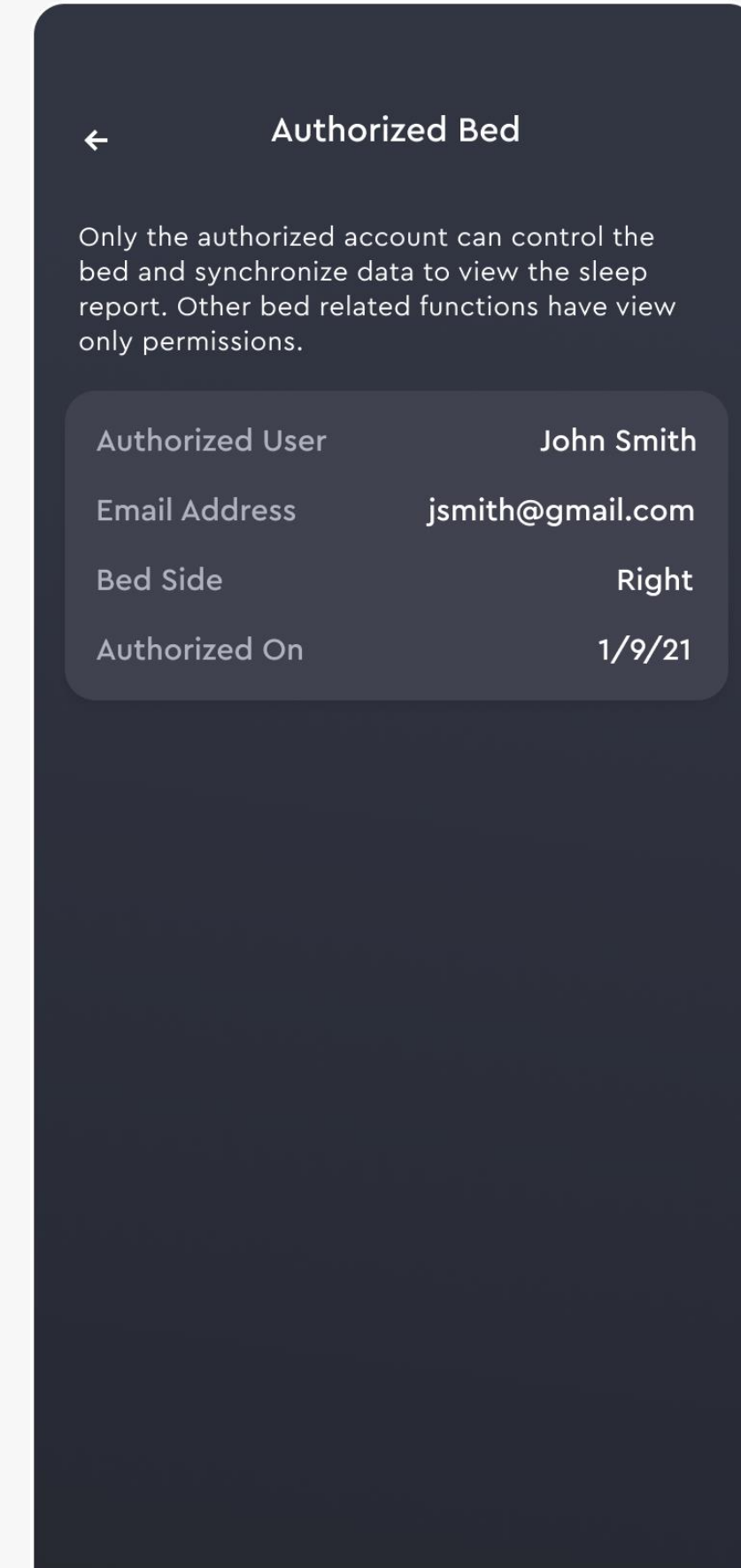
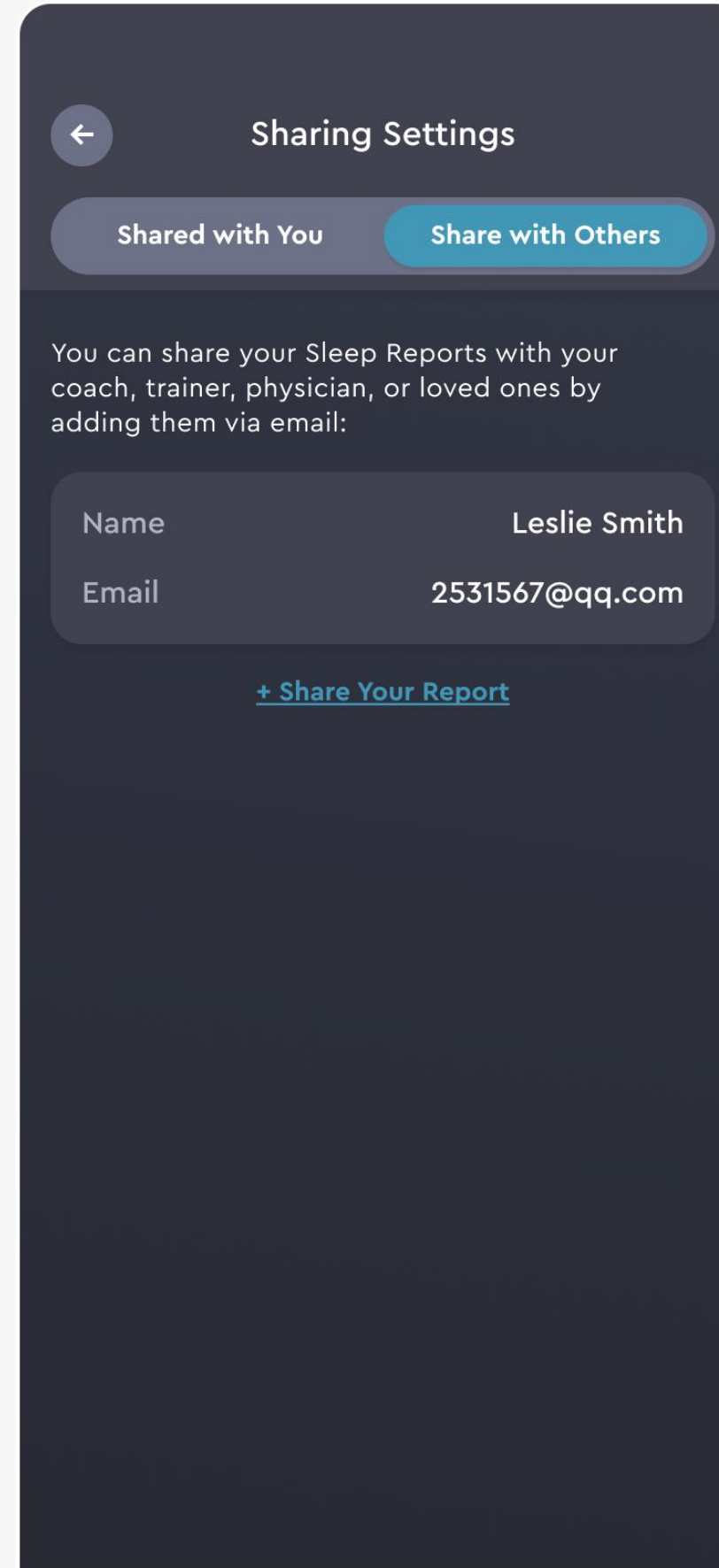
SHARING: ERGOSPORTIVE BED USERS

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

SHARING: ERGOSPORTIVE BED USERS

SHARING: FIRST ACCESS

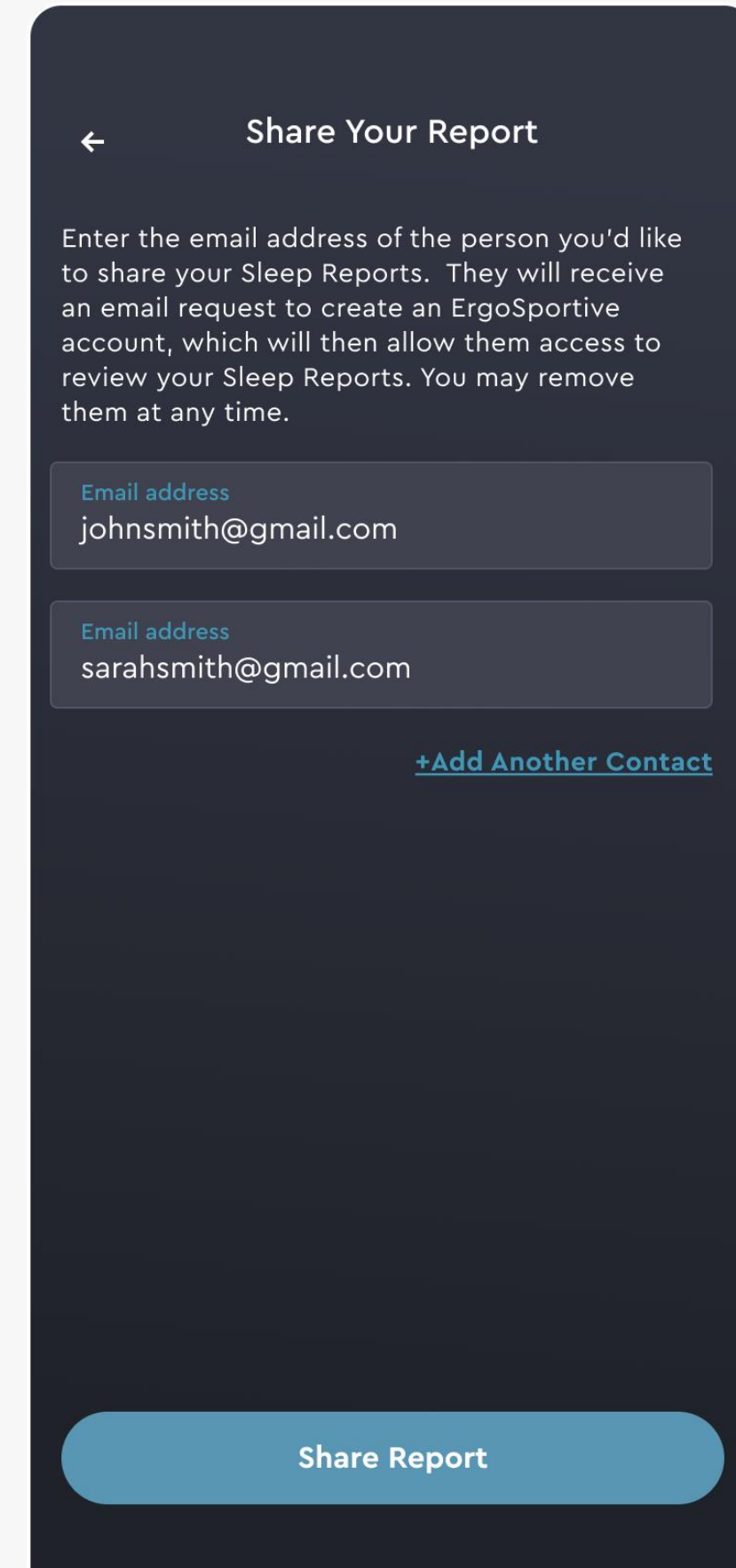
- As a ErgoSportive bed user, when you first access the Sharing tab you will be able to learn more about the benefits of sharing your health data.
- You can then proceed to add a loved one to your share list, or send a one-time health report, but only if you so wish to.



SHARING: ErgoSportive BED USERS

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 ErgoSportive account login and be able to view your daily, weekly and monthly metrics.
- To add someone to your share list select the button for "Share Your Report" 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.



The screenshot shows a mobile application interface for sharing a report. At the top, there is a back arrow and the title "Share Your Report". Below the title, a paragraph of text explains the process: "Enter the email address of the person you'd like to share your Sleep Reports. They will receive an email request to create an ErgoSportive account, which will then allow them access to review your Sleep Reports. You may remove them at any time." There are two input fields for email addresses. The first field is labeled "Email address" and contains the text "johnsmith@gmail.com". The second field is also labeled "Email address" and contains "sarahsmith@gmail.com". Below these fields is a link that says "+Add Another Contact". At the bottom of the screen is a large blue button with the text "Share Report".

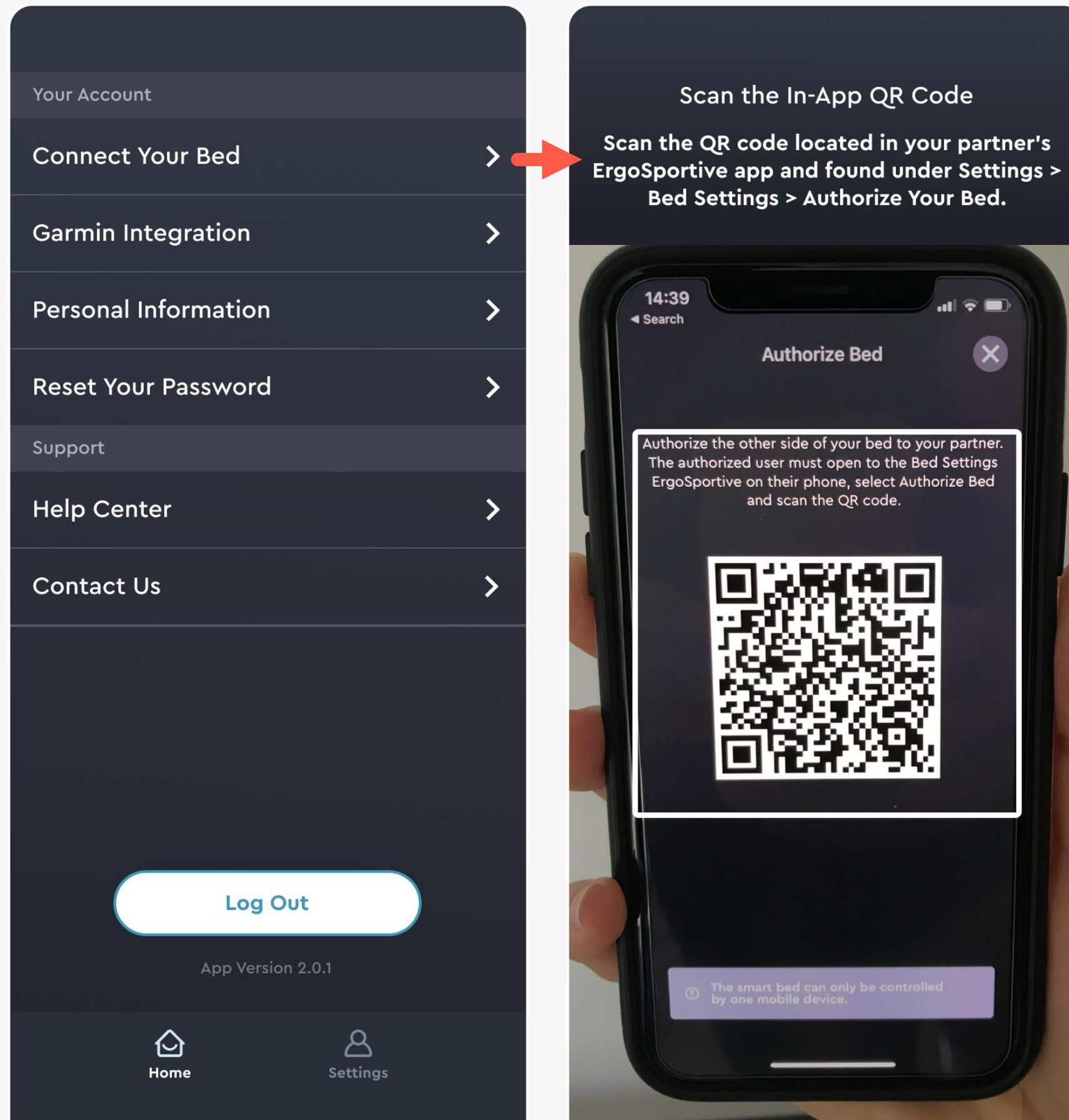
SHARING: FAMILY ACCOUNTS

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

SHARING: FAMILY ACCOUNTS

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



SIGN IN

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

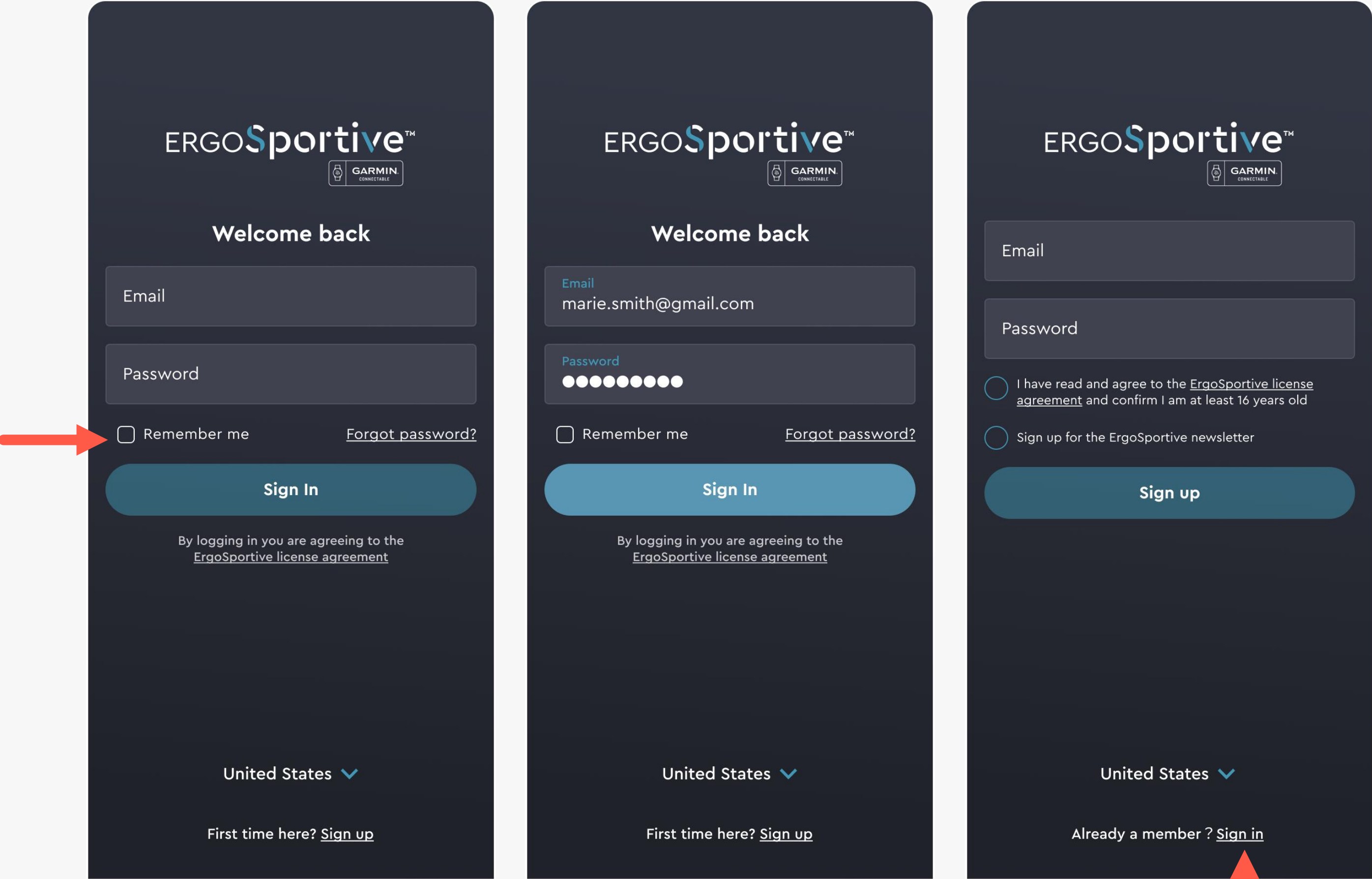
SIGN IN

SIGN IN WITH EMAIL ADDRESS

- When you open the ErgoSportive 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 “Sign In” to be taken to the main Sign In screen.



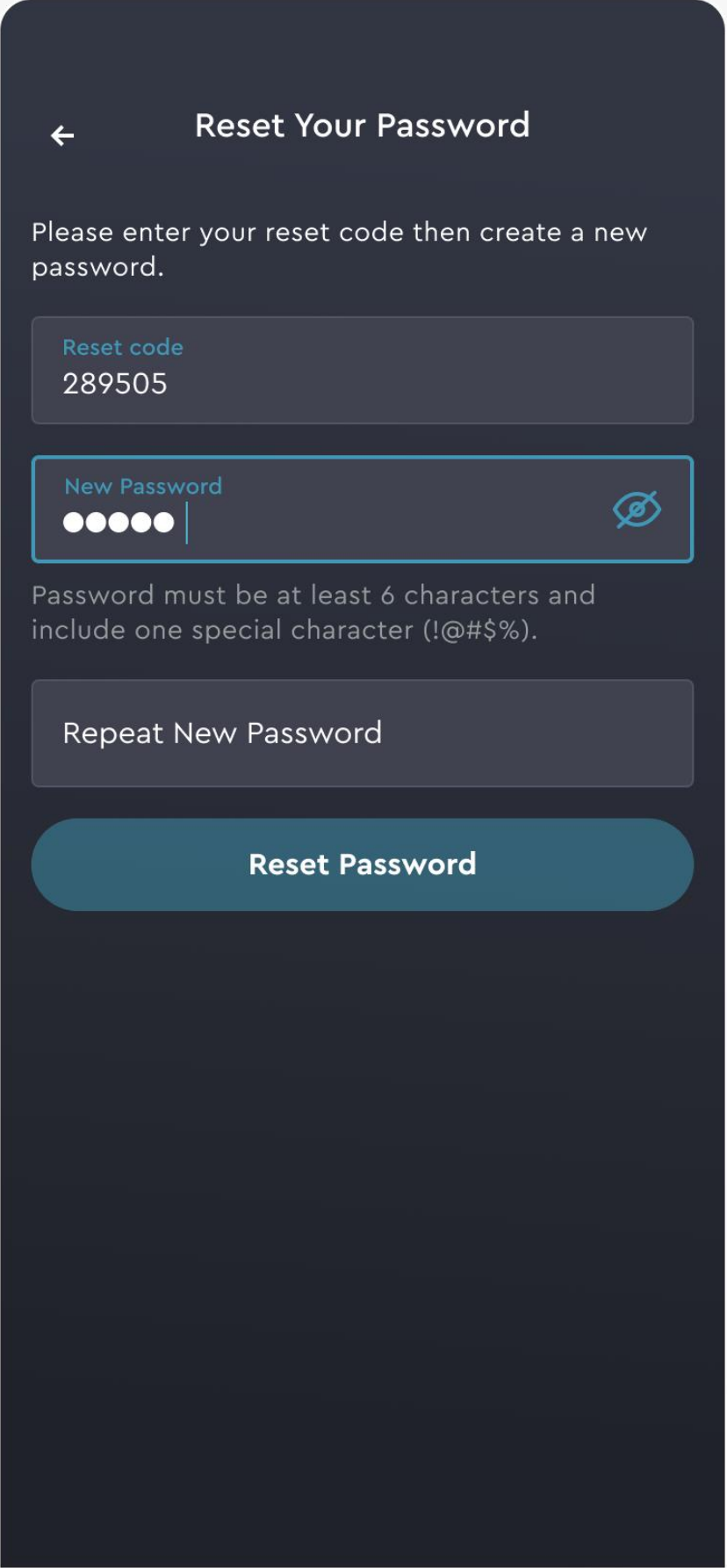
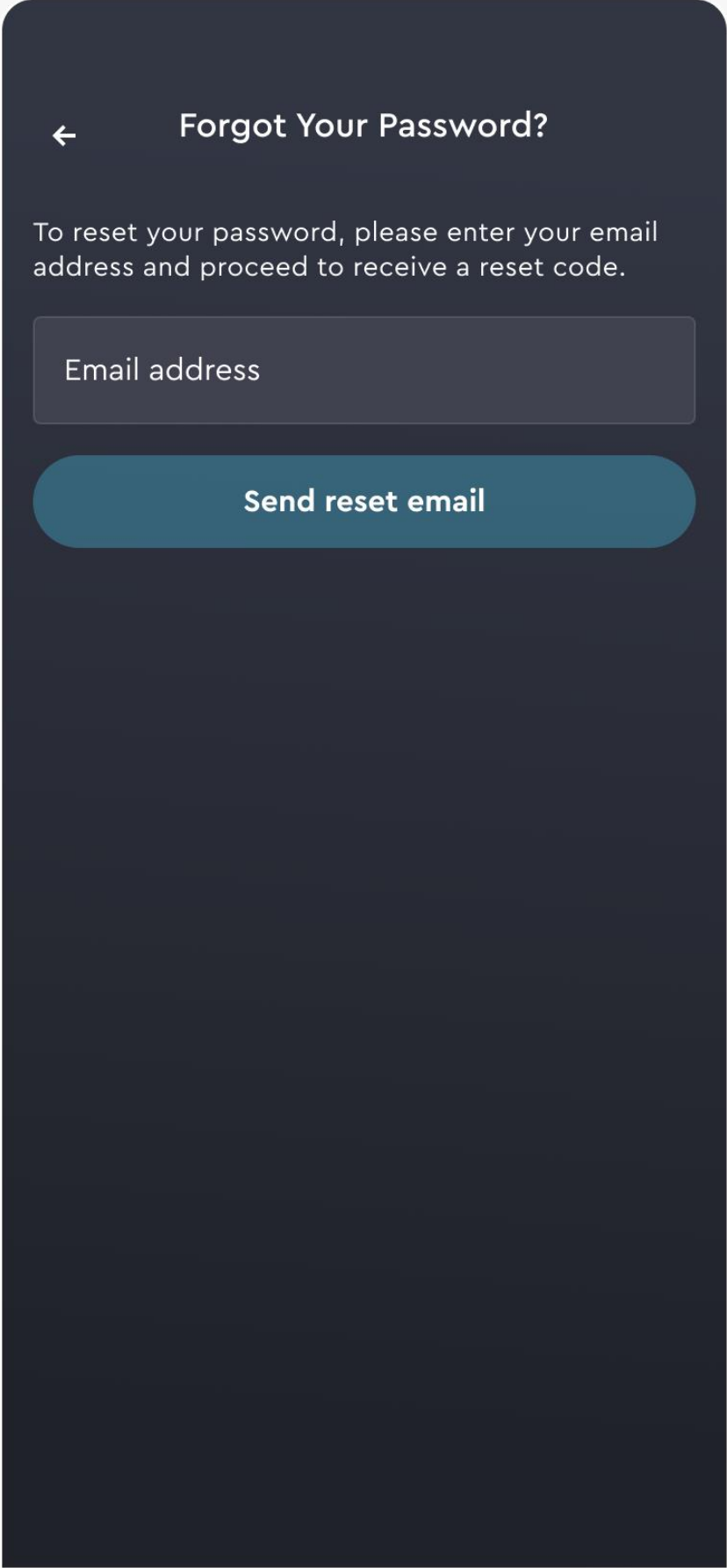
RESET YOUR PASSWORD

Your password is reset through your email address by following the in-app steps.

RESET YOUR PASSWORD

RESET YOUR PASSWORD

- 1. Click the “Forgot your password?” link.
- 2. Enter your email address and Ergosportive will send a verification code to your email.
- 3. Enter the reset code and you will be prompt to create a new password. Your new password must be at least 6 characters and include any special character (ex. !@#\$%).



ACCOUNT & APP SETTINGS

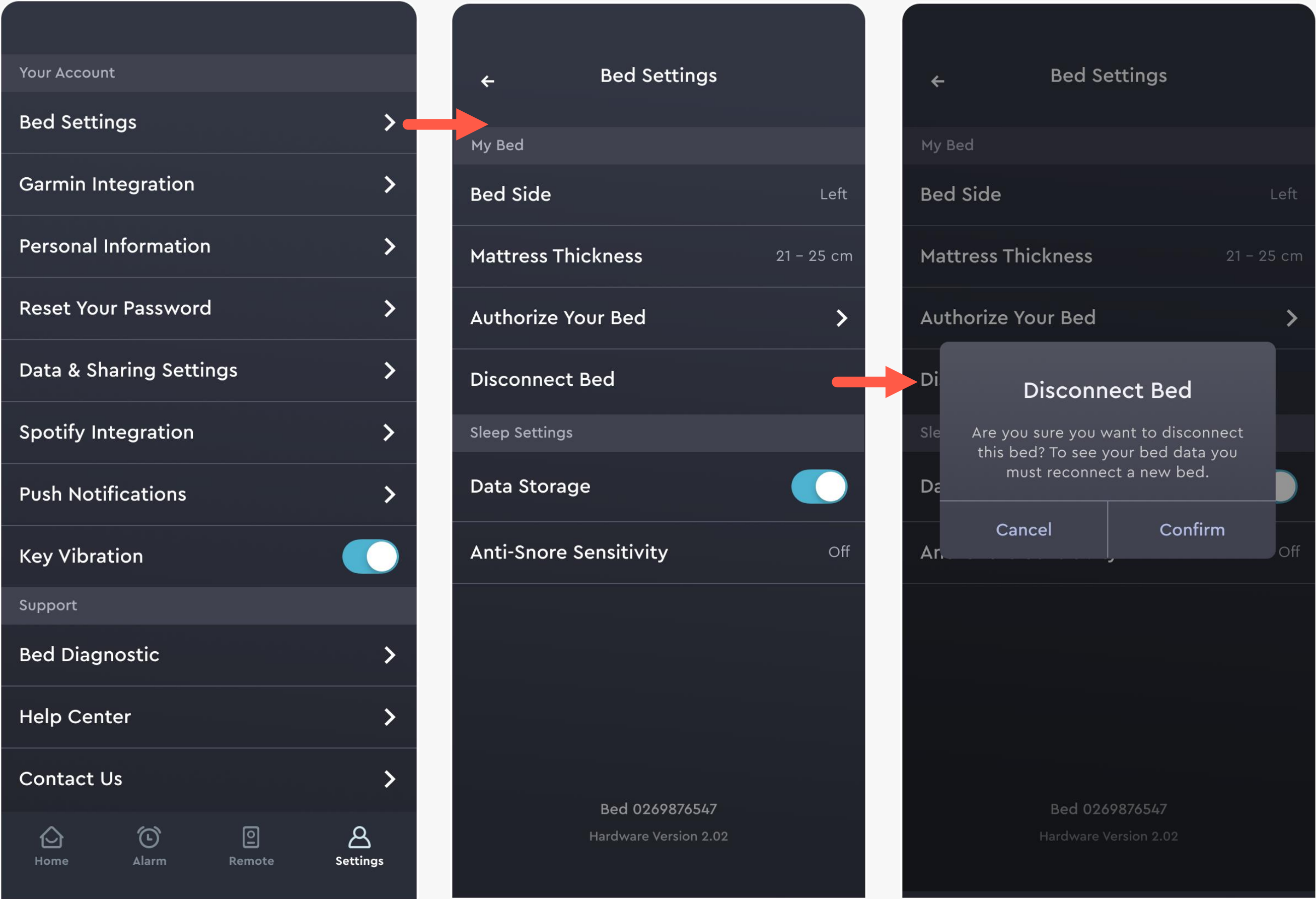
You can make changes to your profile, review your bed connection and share your Sleep Report all from the Account Settings screen.

ACCOUNT & APP SETTINGS

DISCONNECT BED

To disconnect your bed, tap the "Bed Settings" link.

After that click on "Disconnect Bed" and Confirm.



ACCOUNT & APP SETTINGS

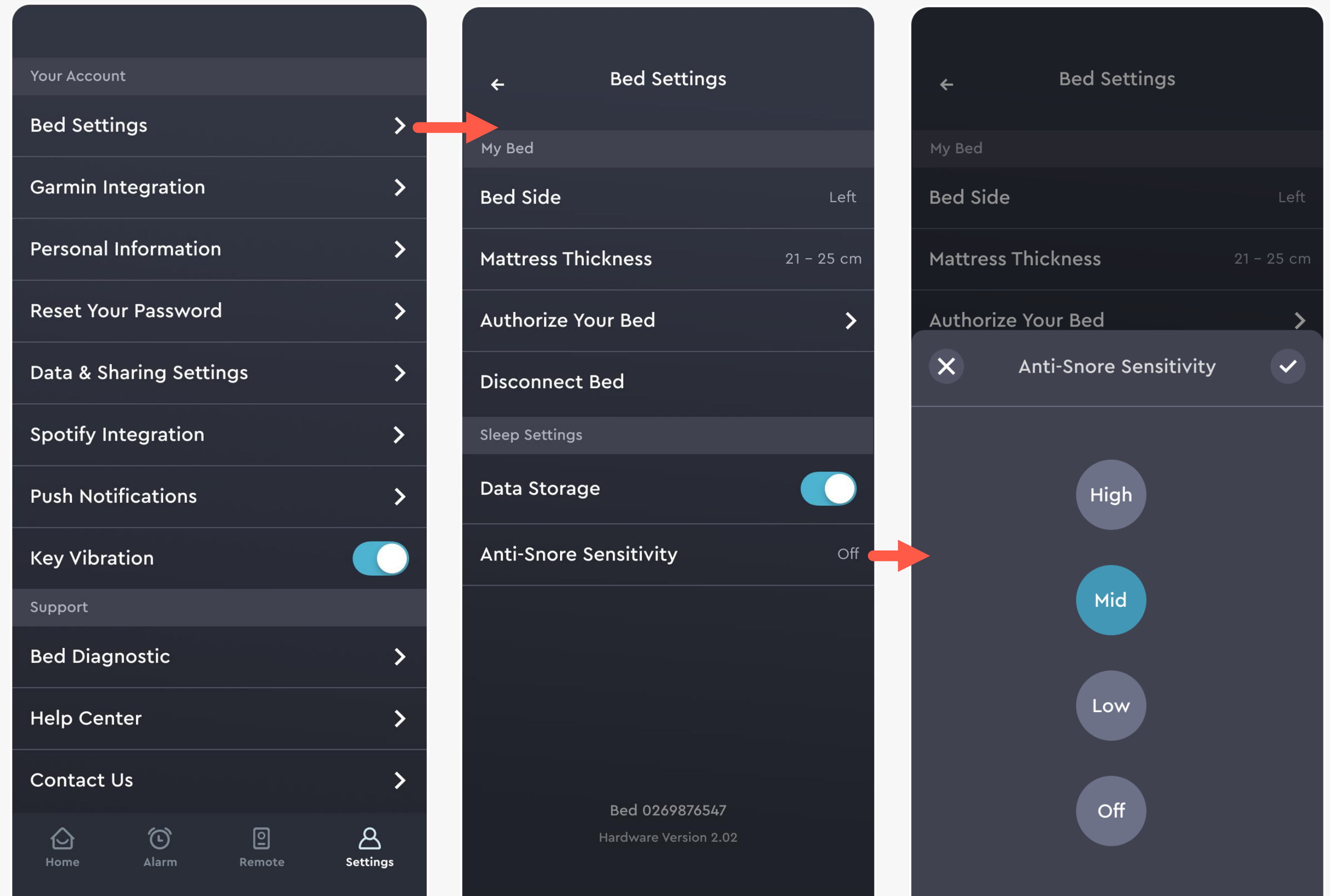
ANTI-SNORE SENSITIVITY

To change your Anti-snore sensitivity, tap the "Bed Settings" link.

After that select "Anti-Snore Sensitivity" and select your desired sensitivity level.

If you have a queen size ErgoSportive bed it is essential that the app reflects the side of the bed you currently sleep on.

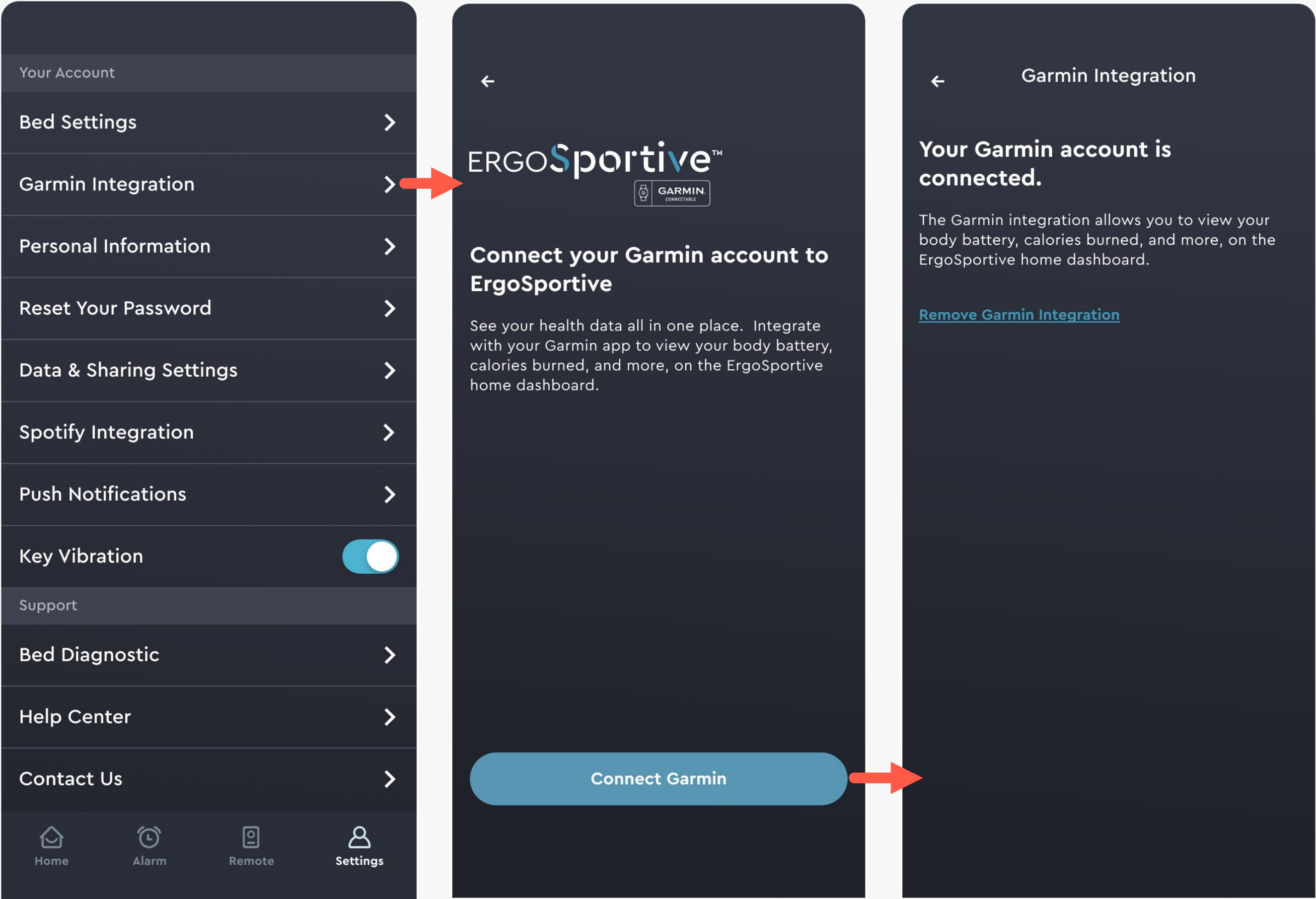
Select the link for "Bed Side" to change your side. If you have any other size bed, you will not see this menu option.



ACCOUNT & APP SETTINGS

GARMIN INTEGRATION

Tap the "Garmin integration" link and then "Connect Garmin".

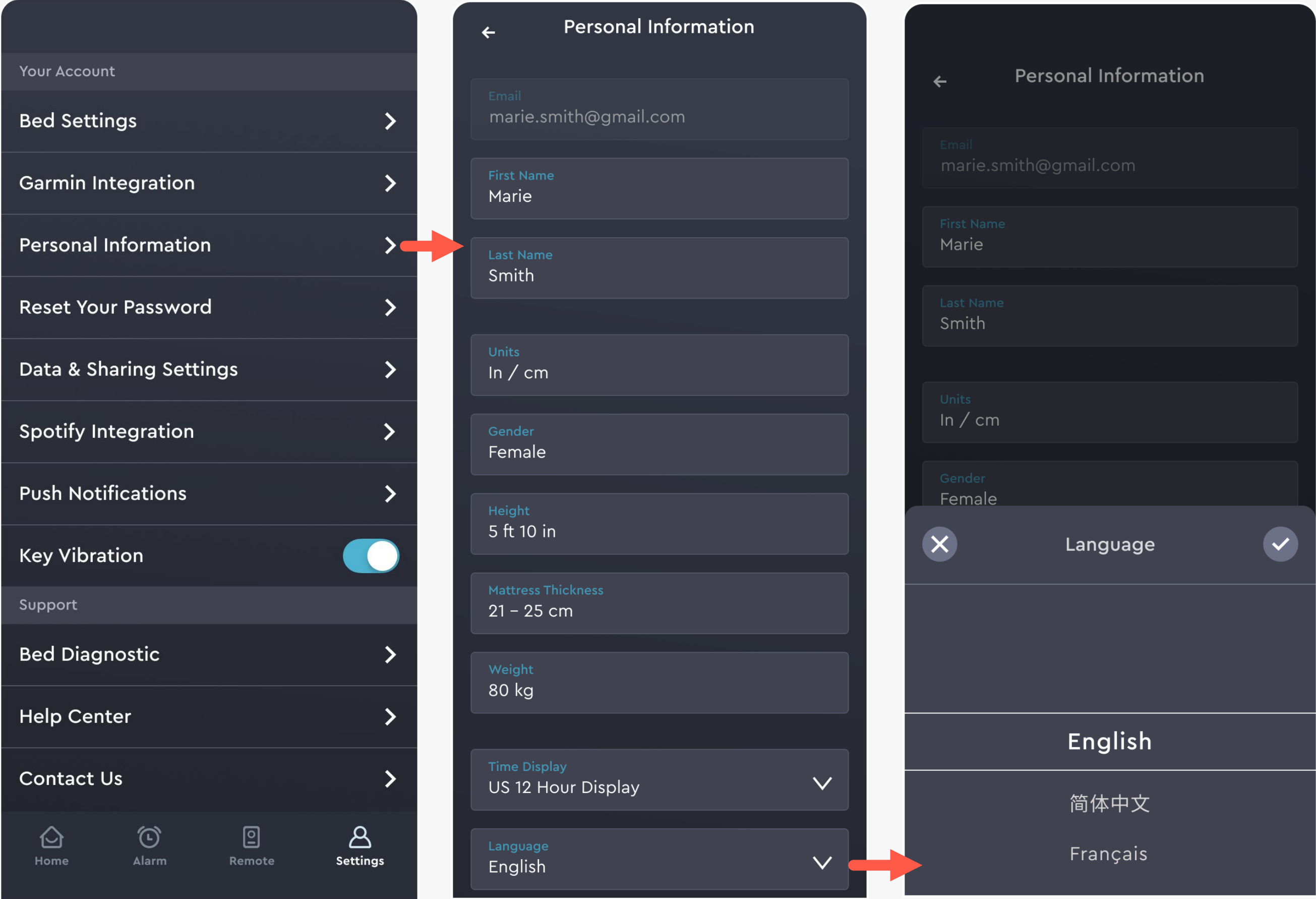


ACCOUNT & APP SETTINGS

PERSONAL INFORMATION

Tap the "Personal Information" link.

Here you can change the Units of Measurement, your Height, the Mattress Thickness, your Weight, Time Display and Language.



ACCOUNT & APP SETTINGS

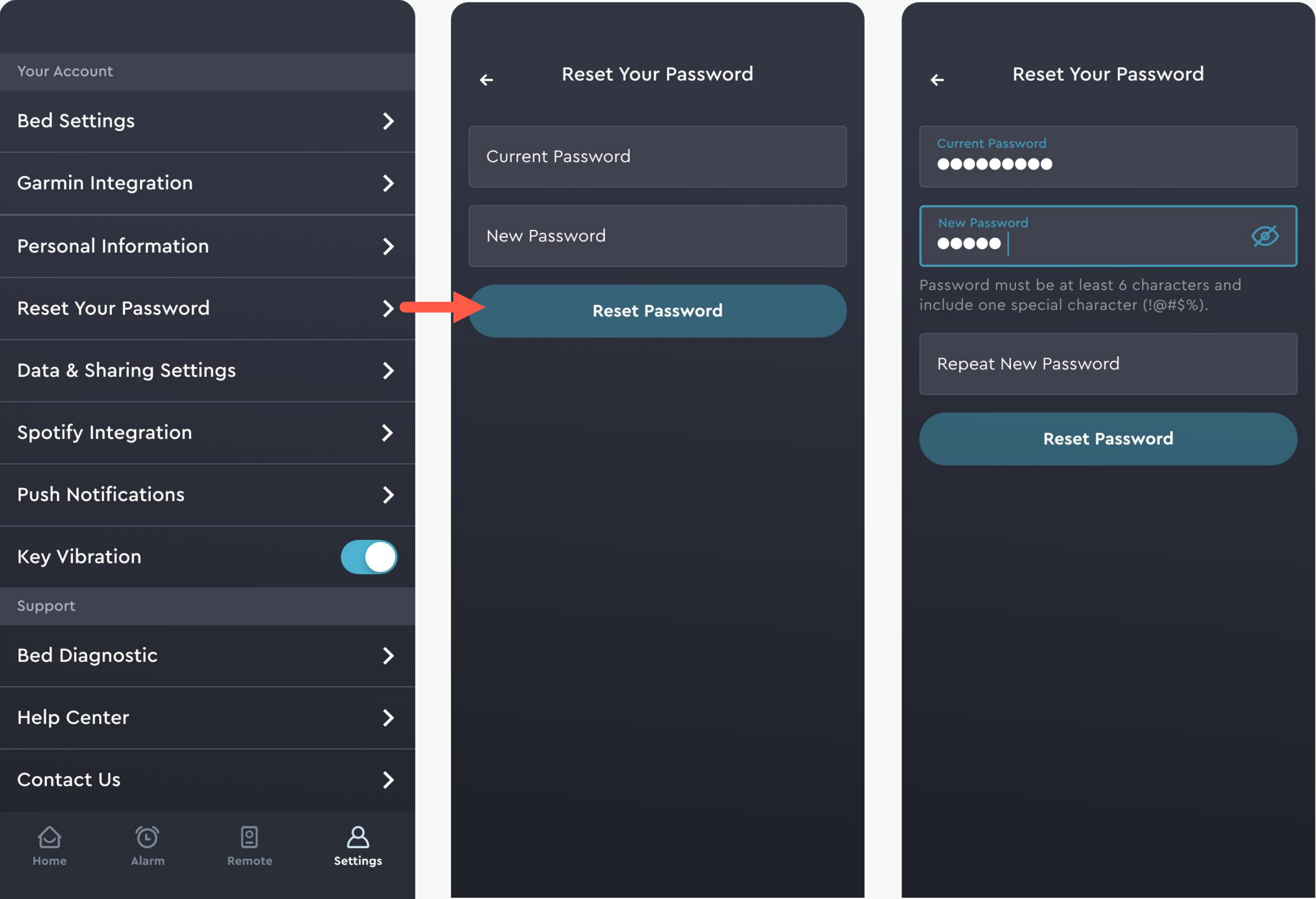
RESET YOUR PASSWORD

To change your password, tap the "Reset Your Password" link.

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."

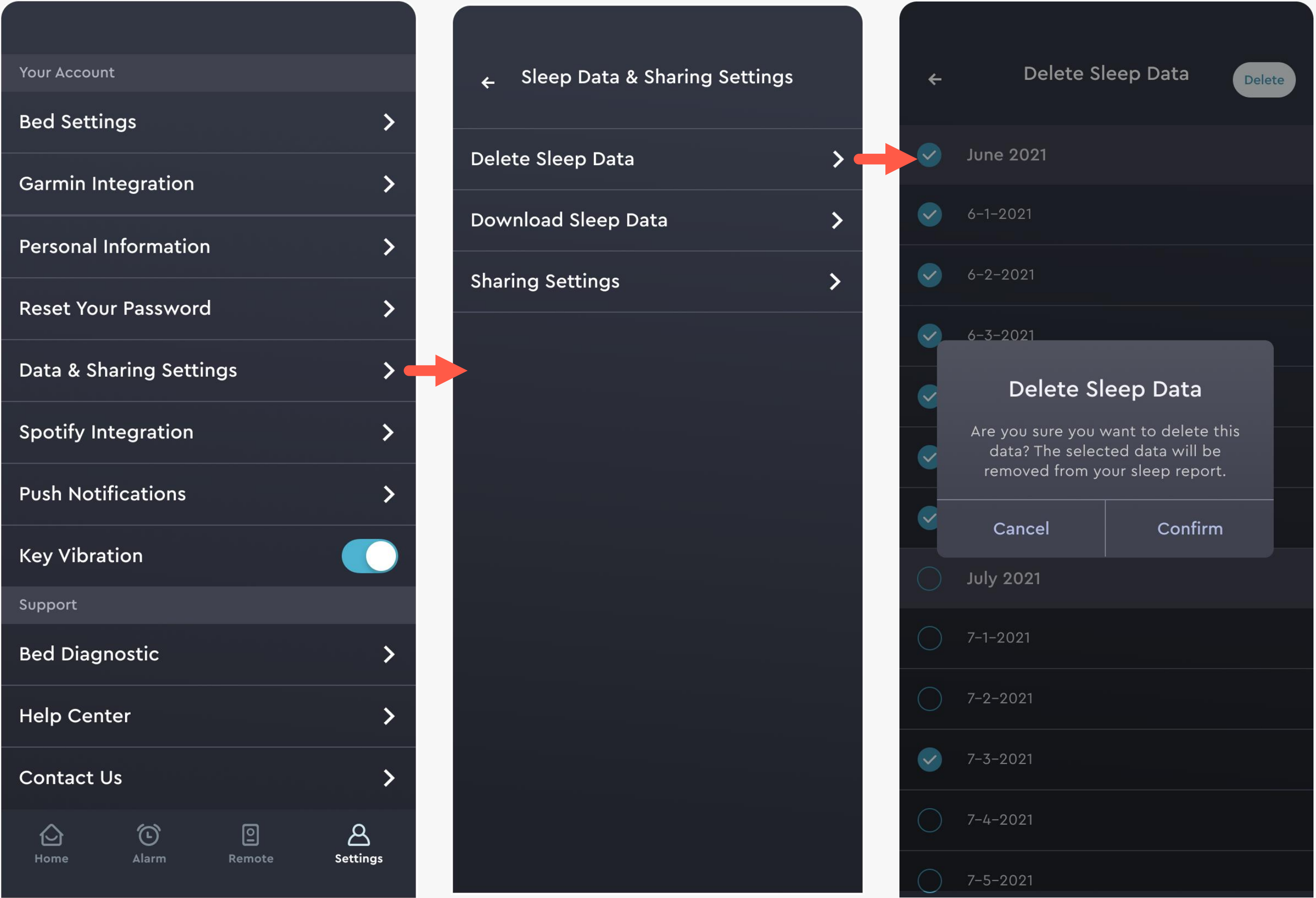


ACCOUNT & APP SETTINGS

DELETE YOUR SLEEP DATA

Tap the "Sleep Data & Sharing Settings" link.

Here you can select the days or months for which you like to delete your data.

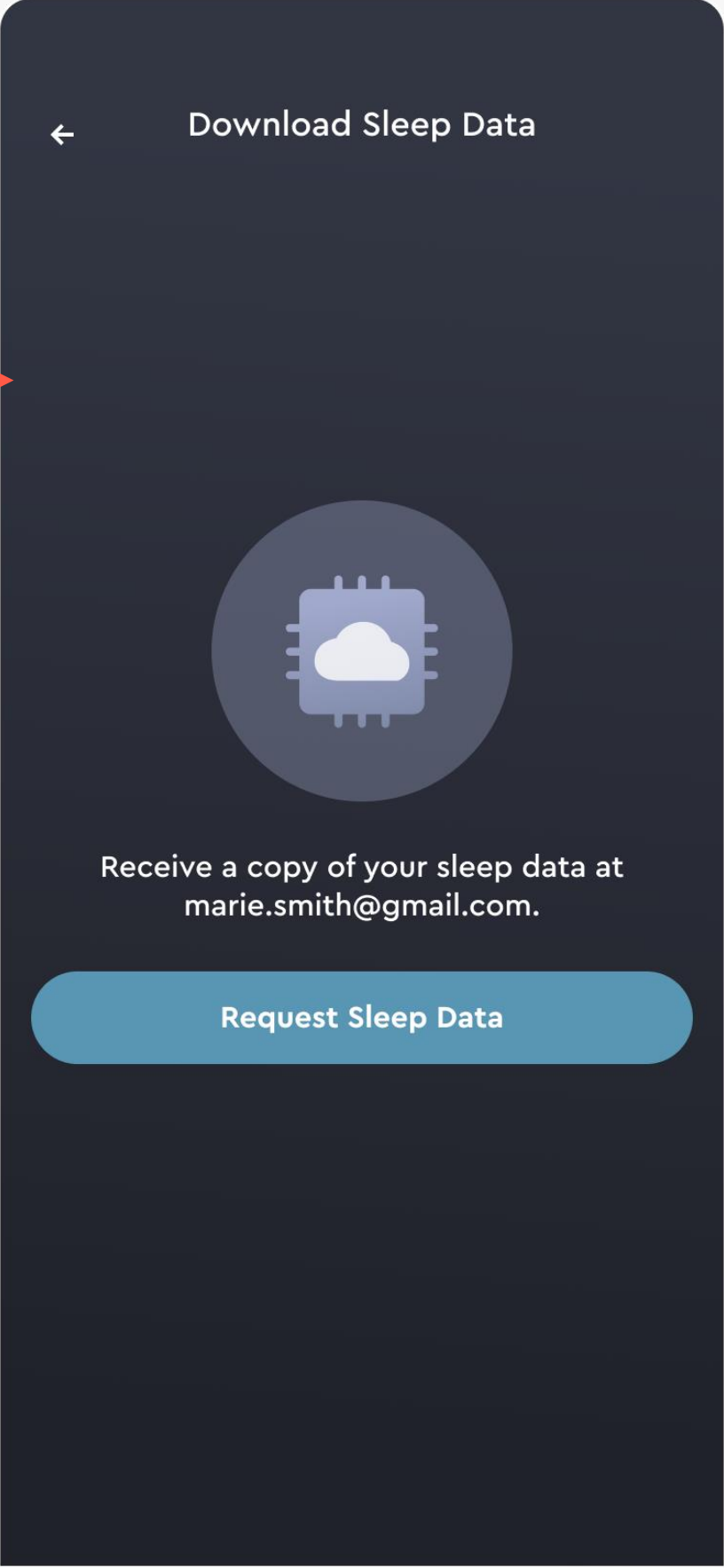
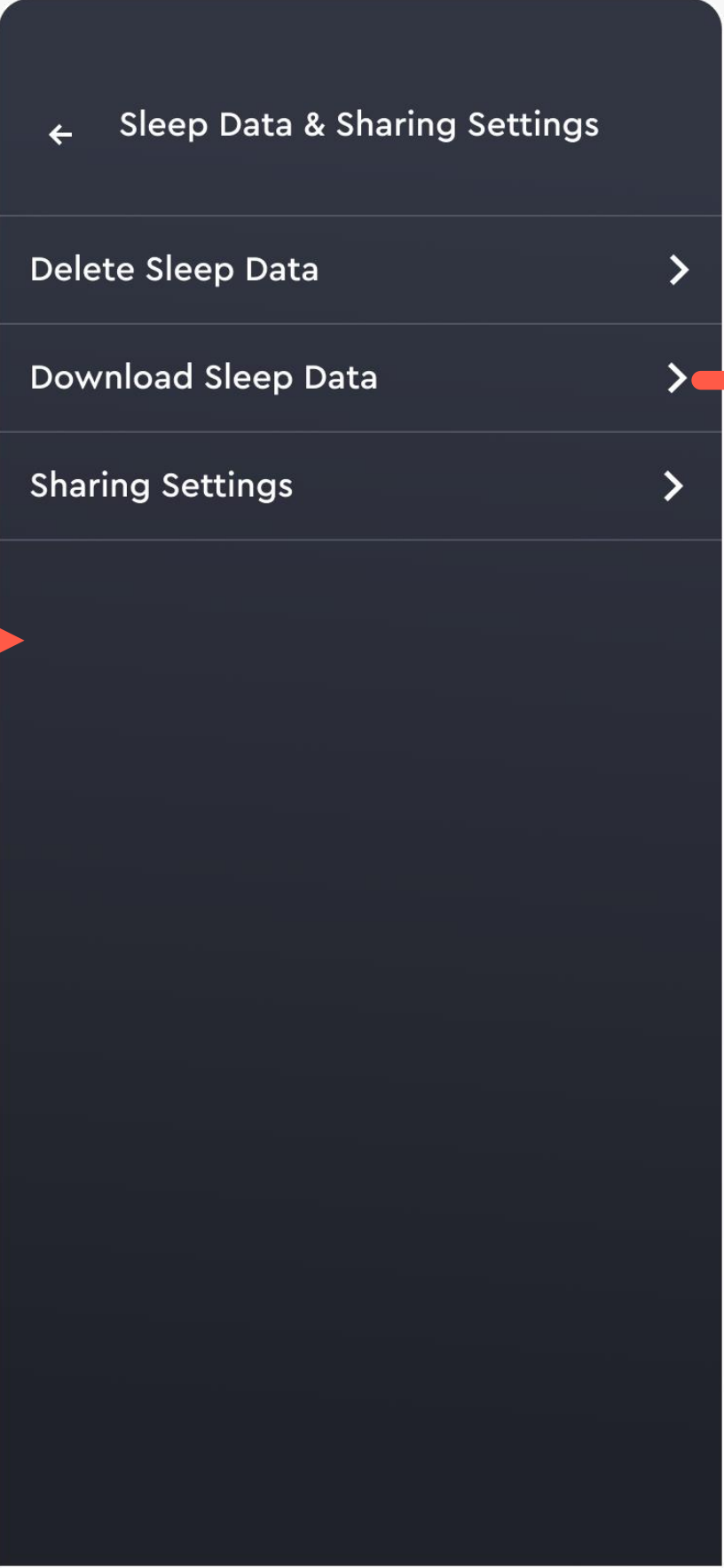
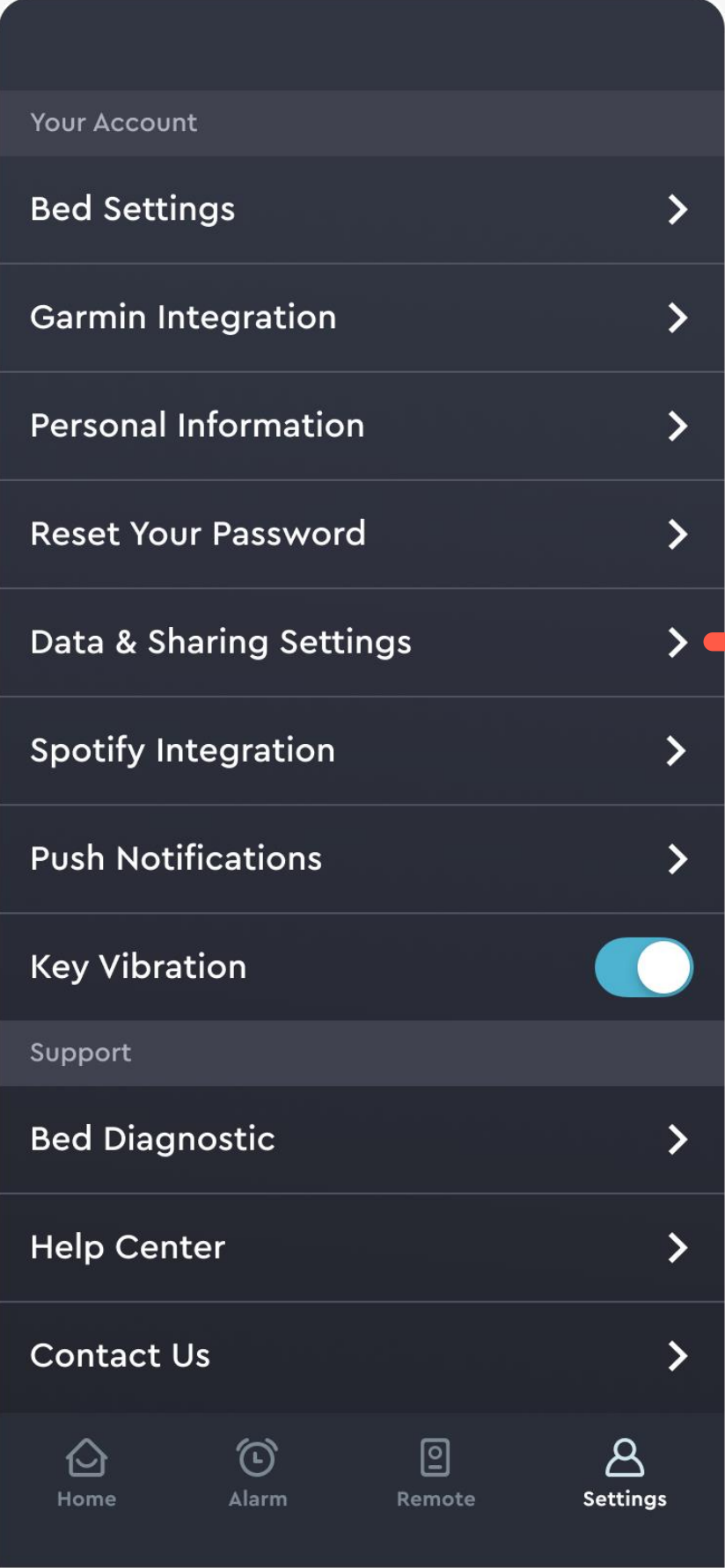


ACCOUNT & APP SETTINGS

DOWNLOAD YOUR SLEEP DATA

Tap the "Sleep Data & Sharing Settings" link.

Here you can request to receive a copy of your sleep data.

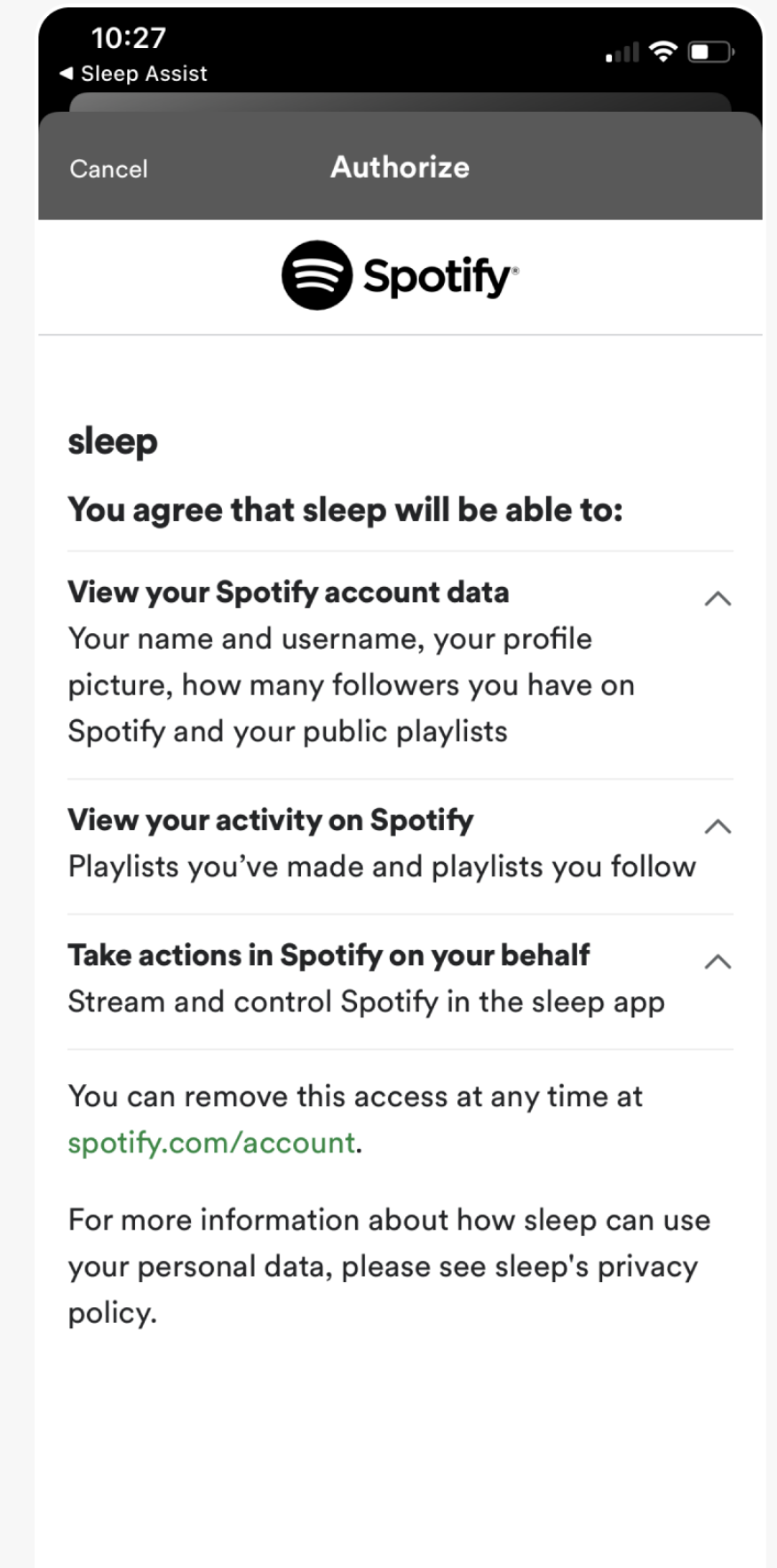
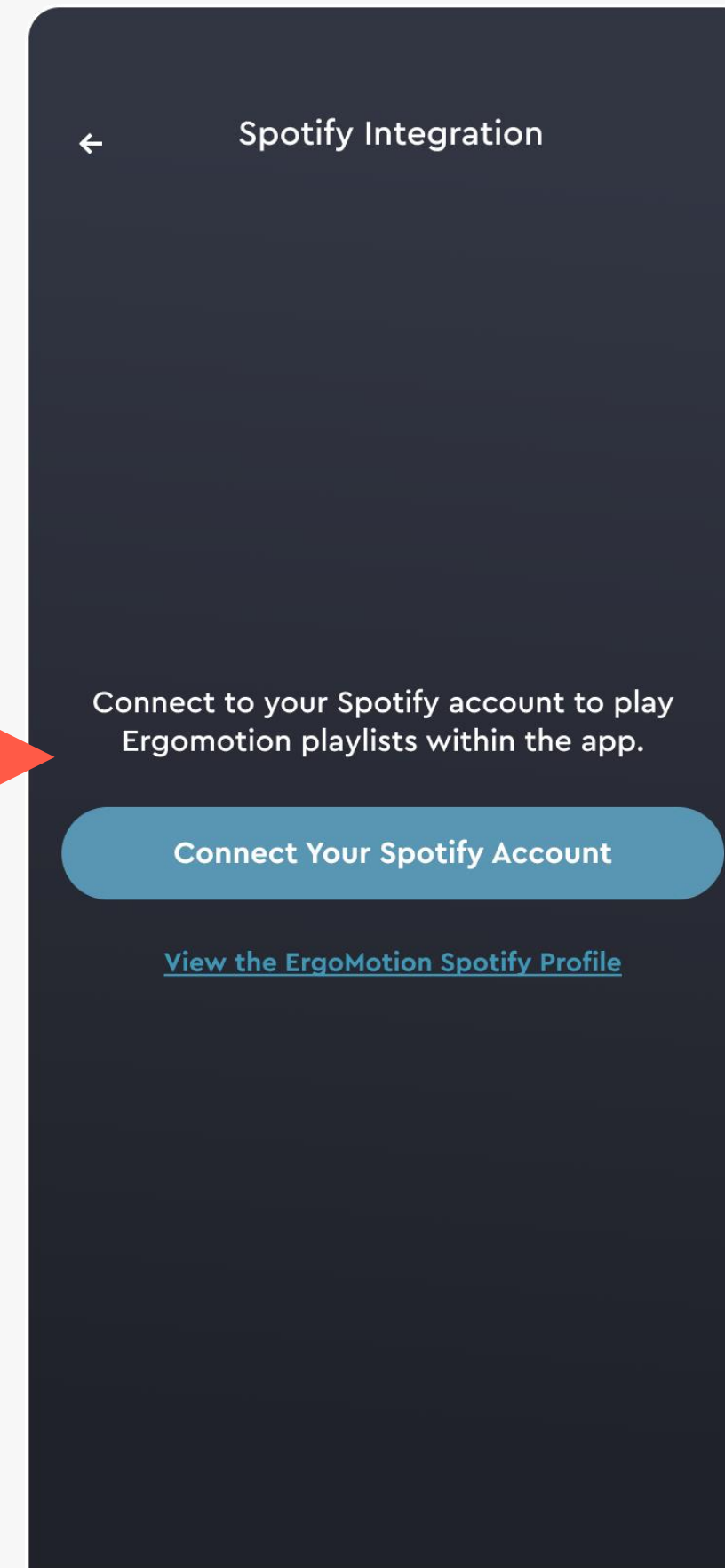
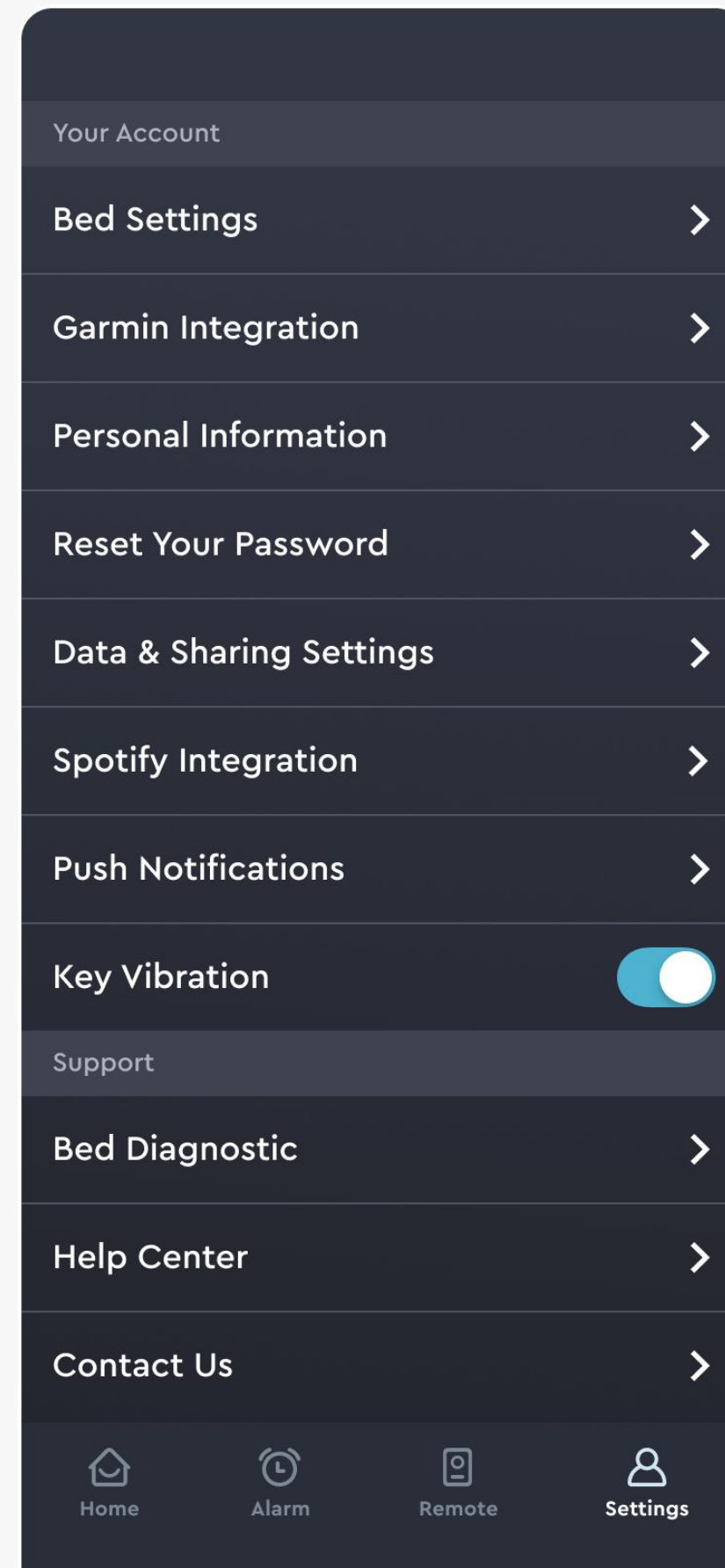


ACCOUNT & APP SETTINGS

SPOTIFY INTEGRATION

Tap the "Spotify Integration" link.

Here you can connect your Spotify account to play music within the app.

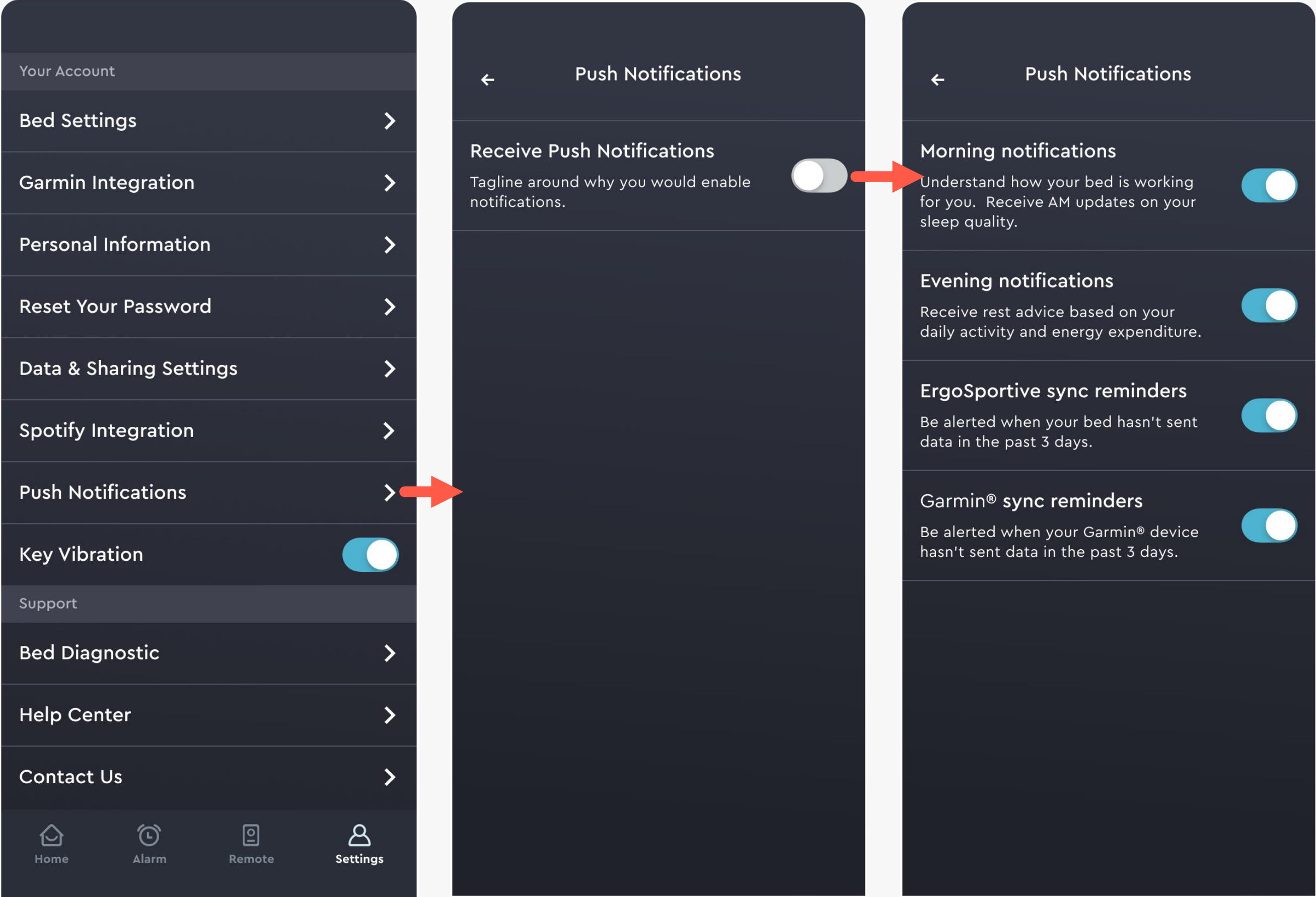


ACCOUNT & APP SETTINGS

PUSH NOTIFICATIONS

Tap the "Push Notifications" link.

After enabling "Receive Push Notifications" you can enable the Morning notifications, Evening notifications, ErgosSportive sync reminders and Garmin sync reminders.

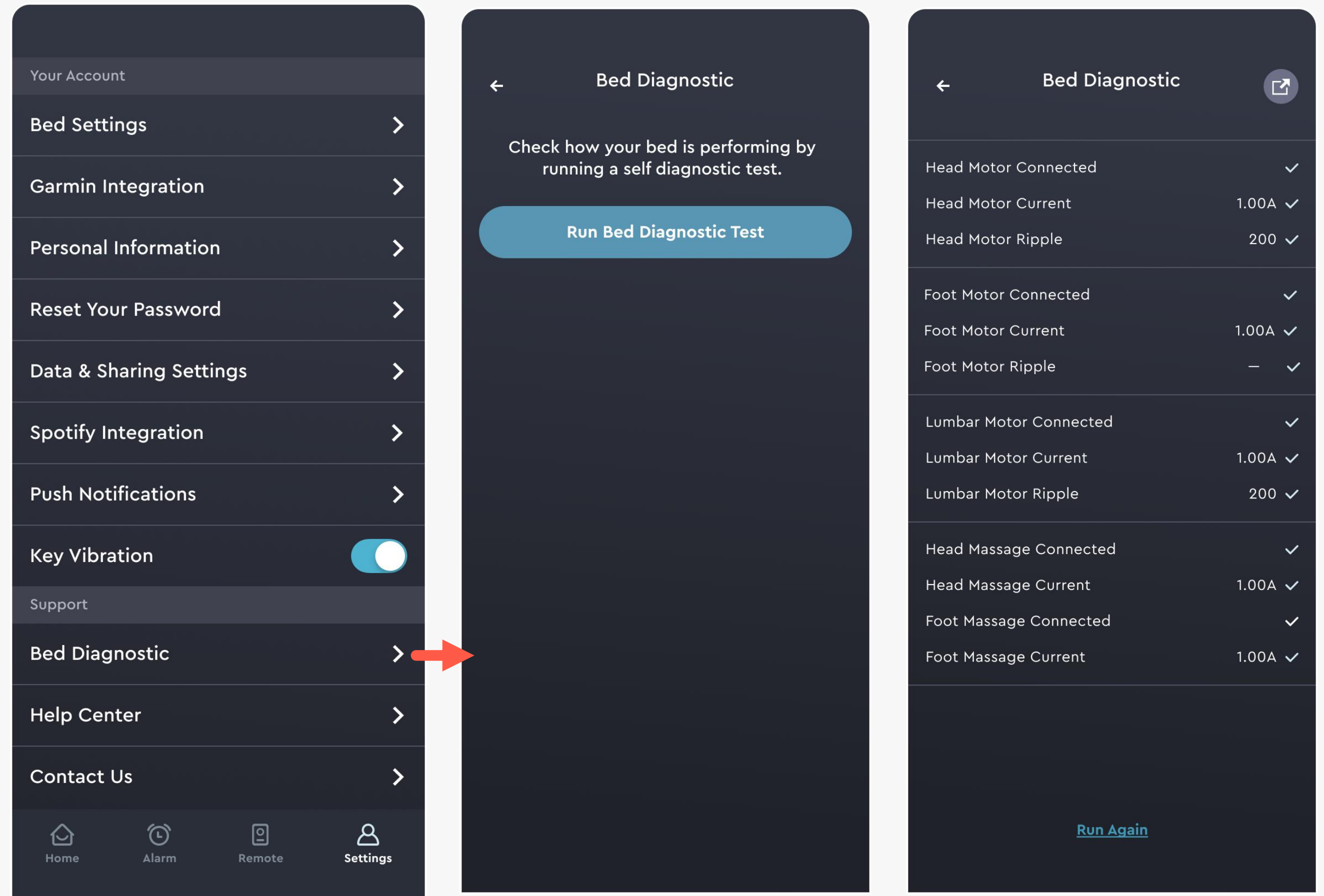


ACCOUNT & APP SETTINGS

BED DIAGNOSTIC

Tap the "Bed Diagnostic" link.

Here you can run a Bed Diagnostic Test to check your Bed Performance and to share with ErgoSportive support team as needed.

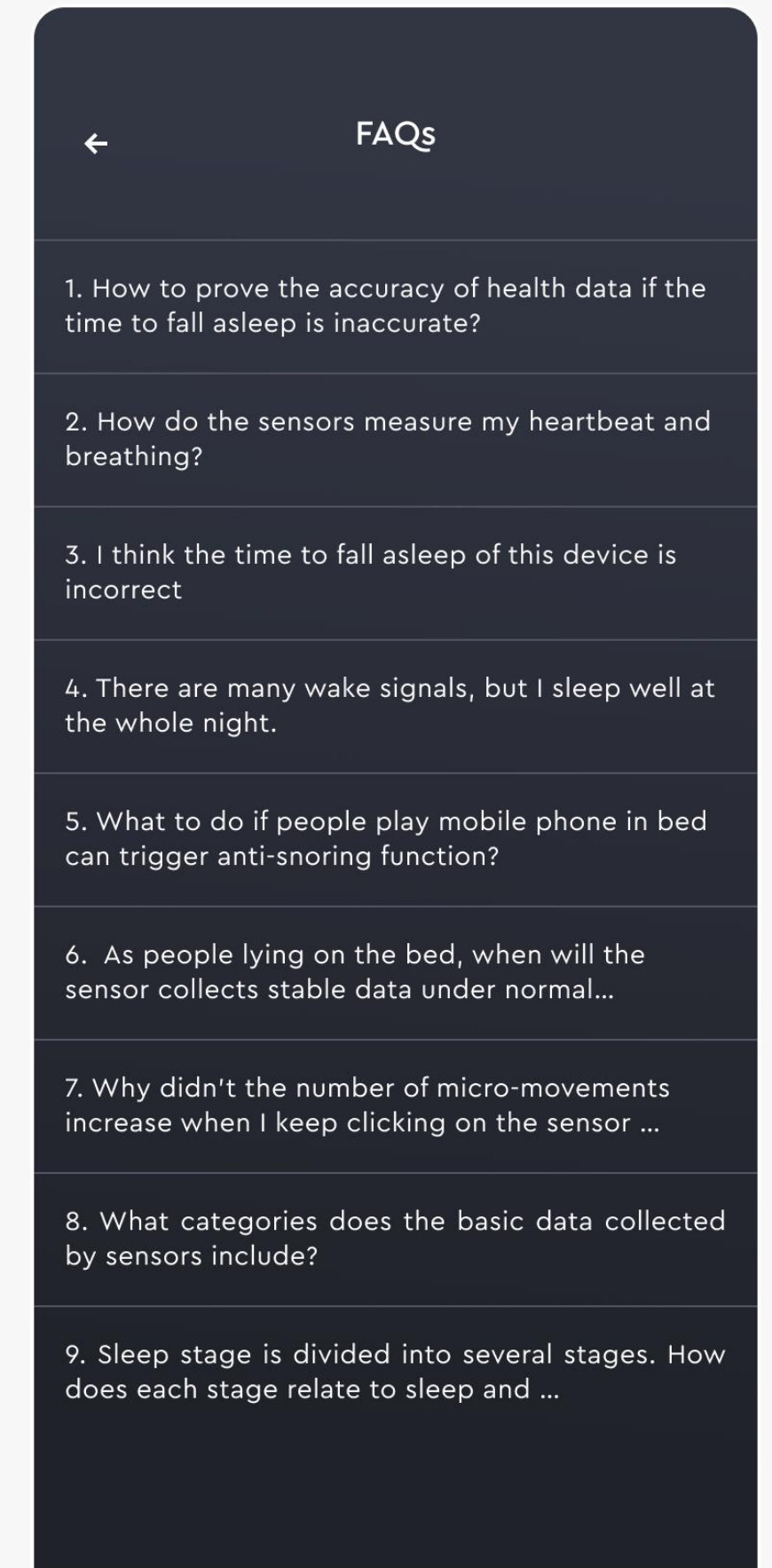
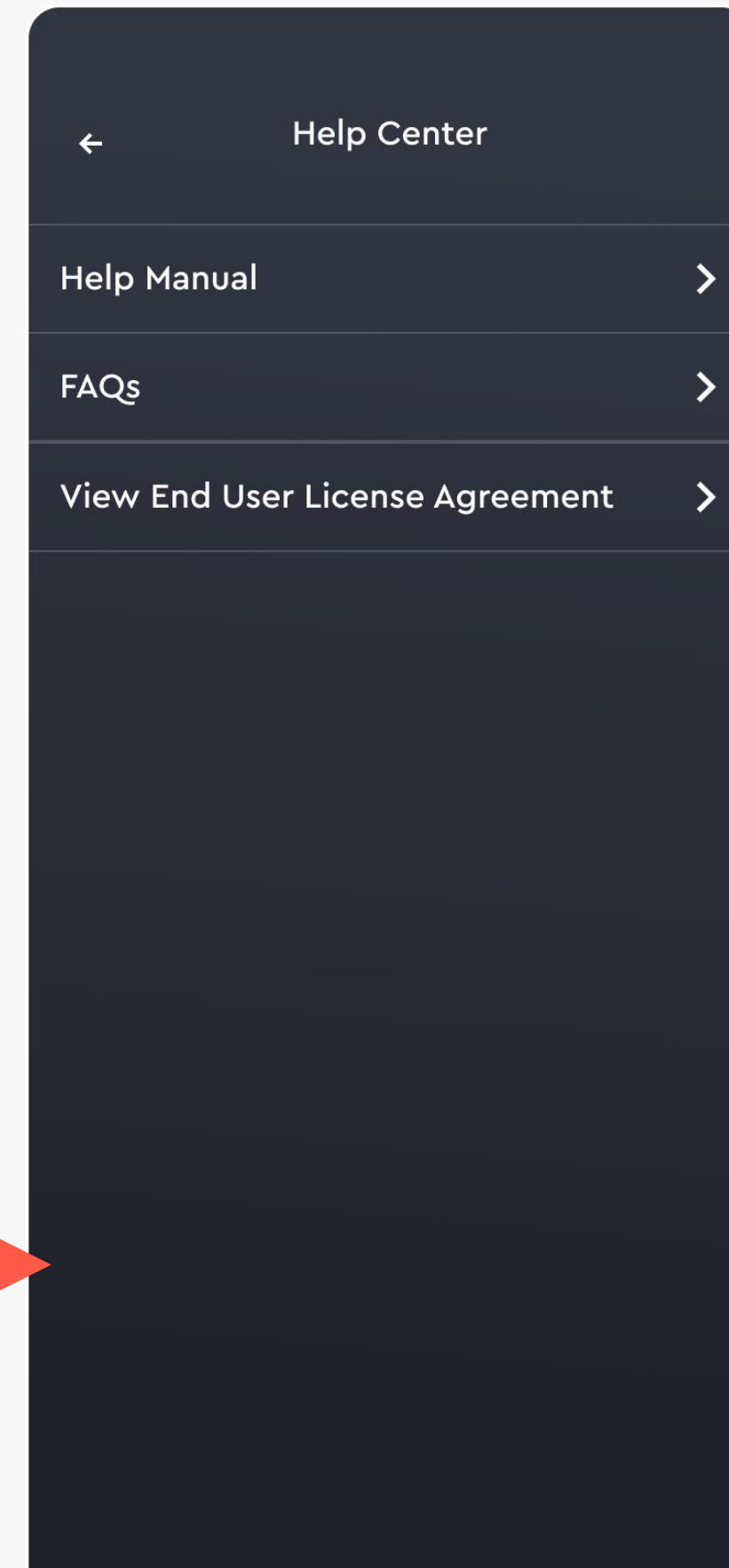
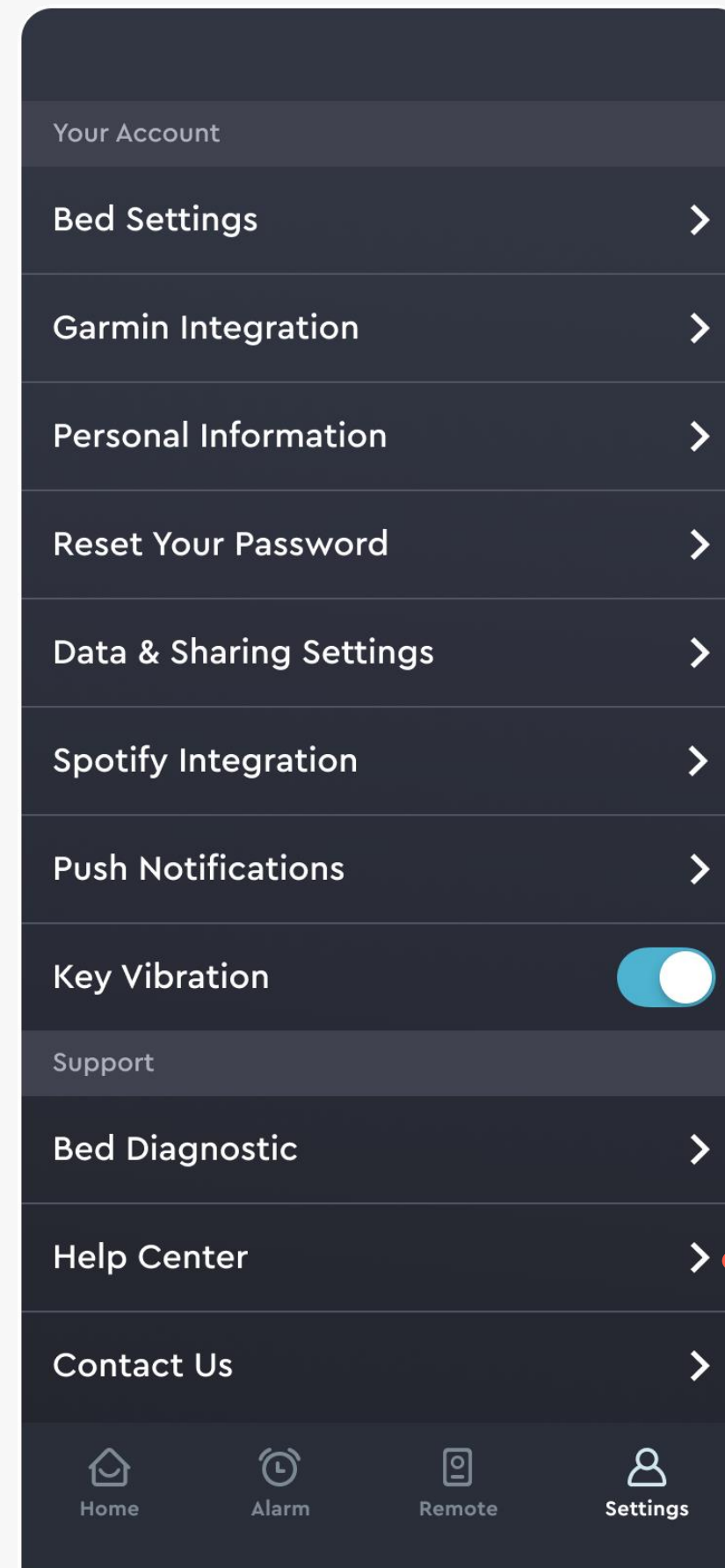


ACCOUNT & APP SETTINGS

HELP CENTER

Tap the "Help Center" link.

Here you can check the Bed Manual, the FAQ's and access the License Agreement.



ACCOUNT & APP SETTINGS

LOG OUT

Click "Log Out" to log out of your of your ErgoSportive account.

