

# **ERGOSportive**<sup>™</sup>



New Use

Set Up Y

In-App F

Health H

Health D

Alarms

Sharing:

Sharing:

Sign In

Reset Yo

Account

# TABLE OF CONTENTS

ser Registration	3
Your ErgoSportive Bed	5
Remote	10
Home Dashboard	12
Data	17
	20
: ErgoSportive Bed Users	24
: Family Accounts	28
	30
our Password	32
t & App Settings	34

### **NEW USER REGISTRATION**

# **SELECT APP USE INTENT**

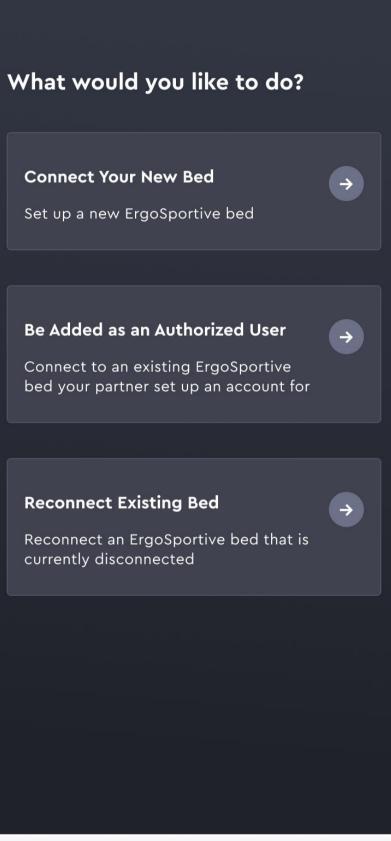
- If you are ready to connect your ErgoSportive bed for the first time select the option "Connect Your New Bed."
- If you are pairing with an existing bed your significant other has already set up, please select the option "Bed Added as an Authorized User"
- If you disconnected your bed, such as in •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

**Connect Your New Bed** 

Set up a new ErgoSportive bed

### **Reconnect Existing Bed**

currently disconnected



- 1. Scan the QR code on your bed
- 2. Connect to your bed

### TO SET UP YOUR ERGOSPORTIVE BED:

**3.** Answer the profile questions

# **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:

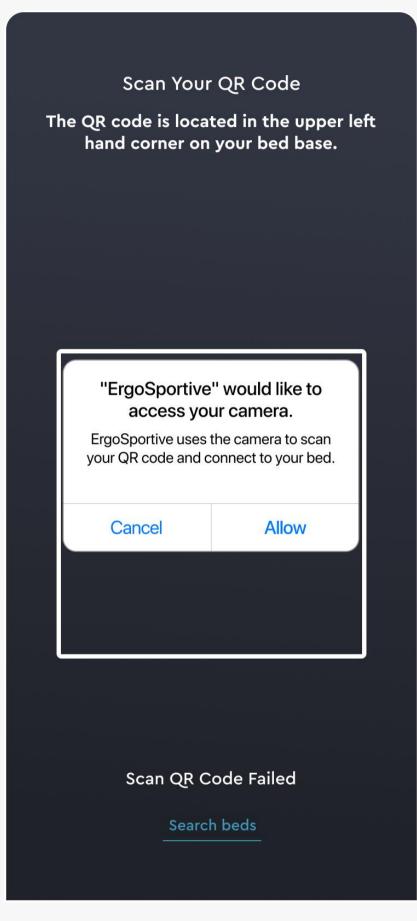




### SCAN THE QR CODE

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.



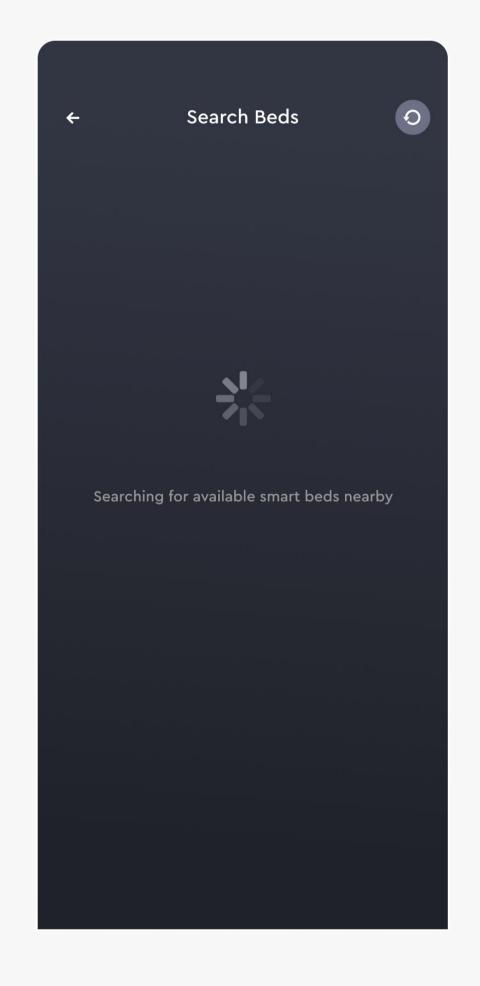
Scan Your QR Code

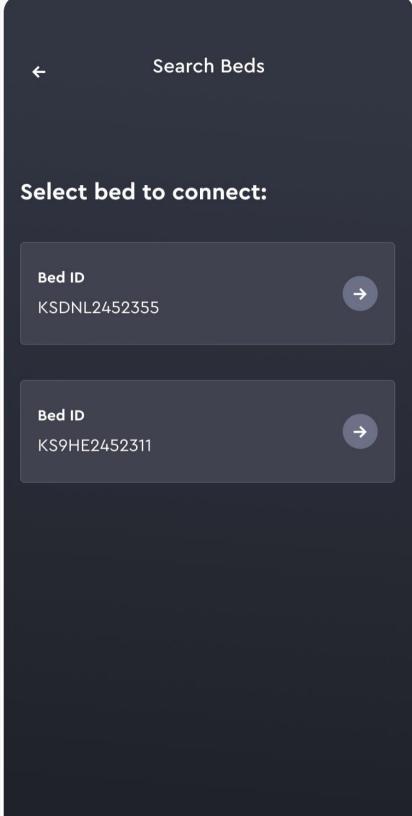
The QR code is located in the upper left hand corner on your bed base.



# **CONNECT TO YOUR BED**

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





# 100%

Success!

# **ANSWER THE PROFILE** QUESTIONS

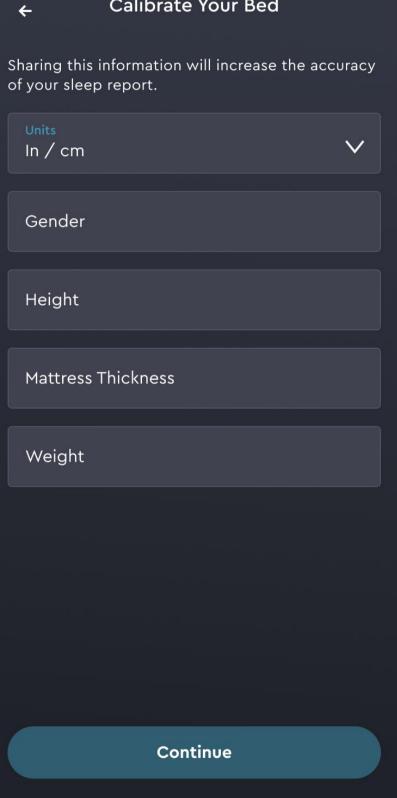
0

	Select Your Bed Side
Facing your sleep on.	bed, please select the side
	I sleep alone
	Left side
	Right side

### Calibrate Your Bed

e that you

 $\rightarrow$ **>**  $\rightarrow$ 



### **IN**—**APP REMOTE**

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

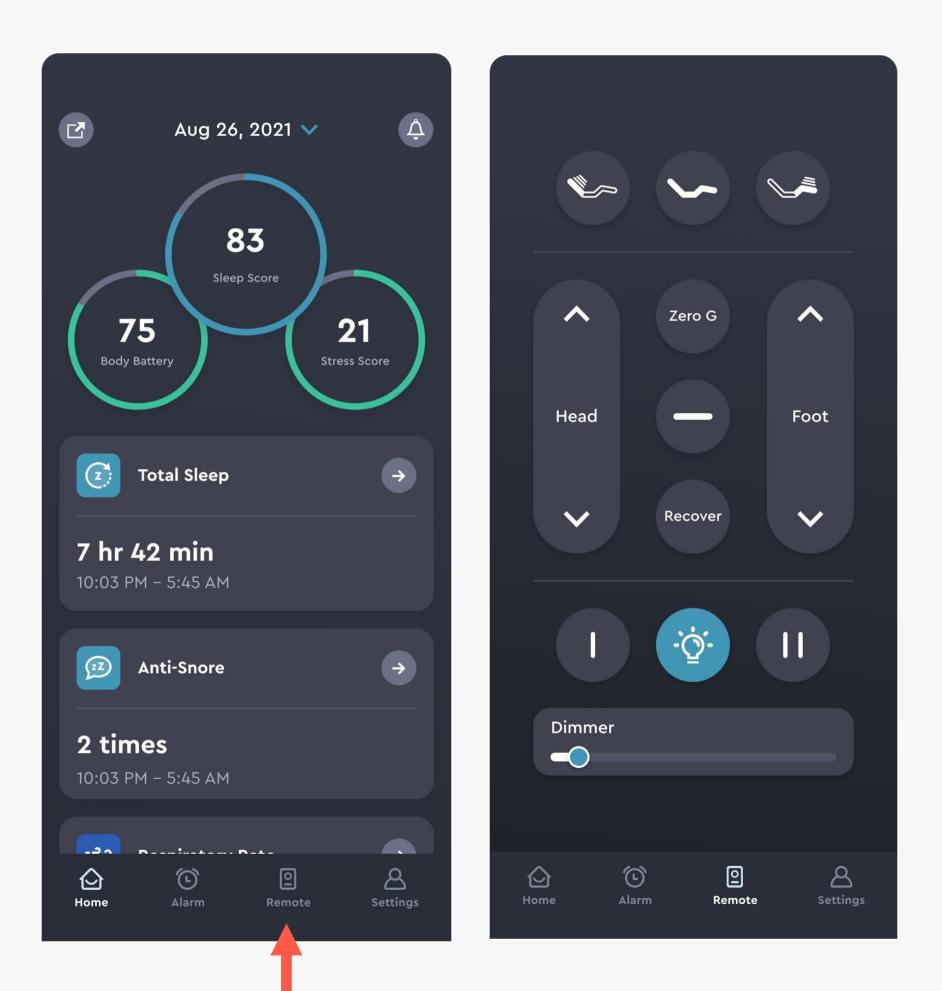
You can operate your ErgoSportive bed with the

physical remote or the in-app remote.

**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 into 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.

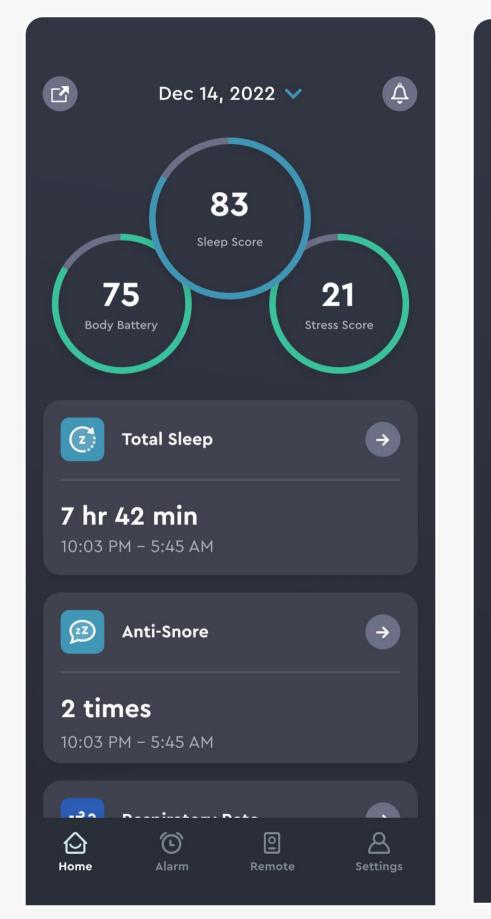
### HEALTH HOME DASHBOARD

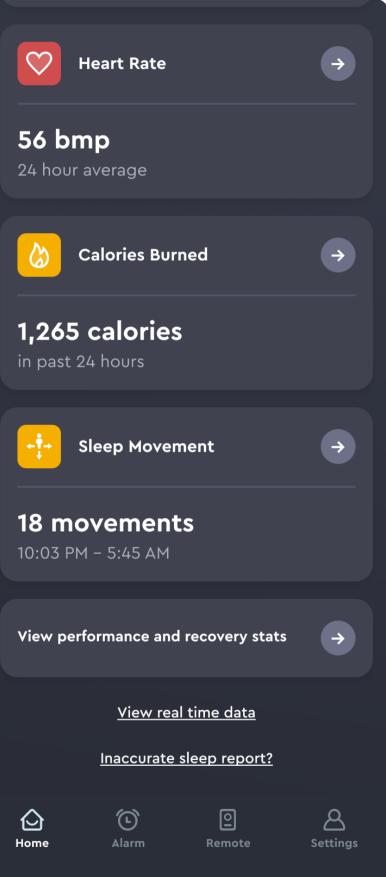
### **SLEEP REPORT**

 Your ErgoSportive bed includes state-of-the-art inhome 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.

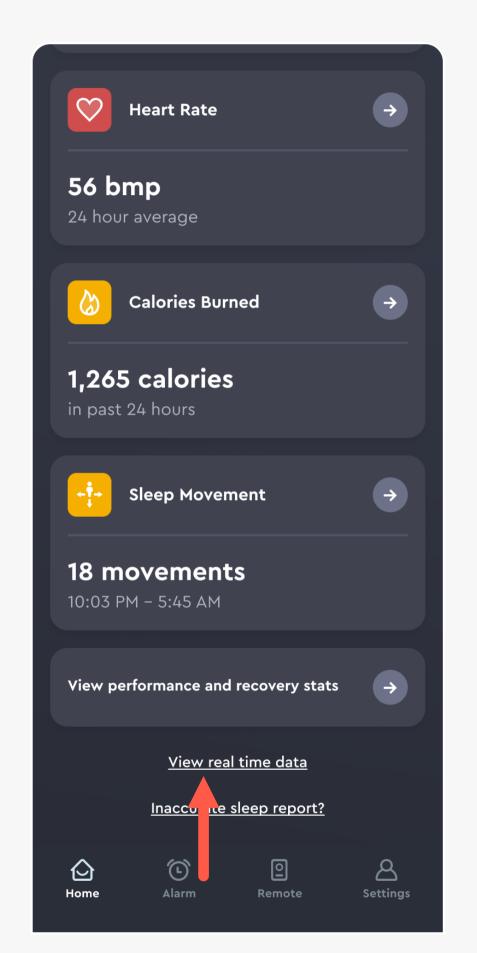


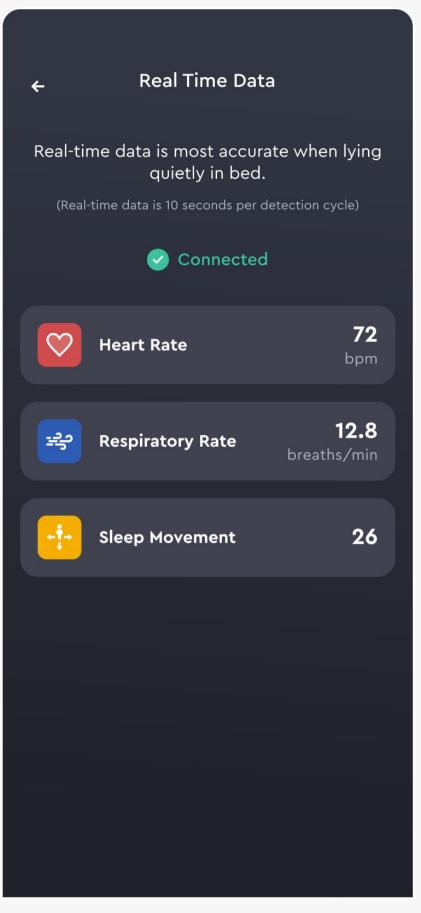


### **REAL-TIME DATA**

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 realtime data refreshes every 10 seconds.

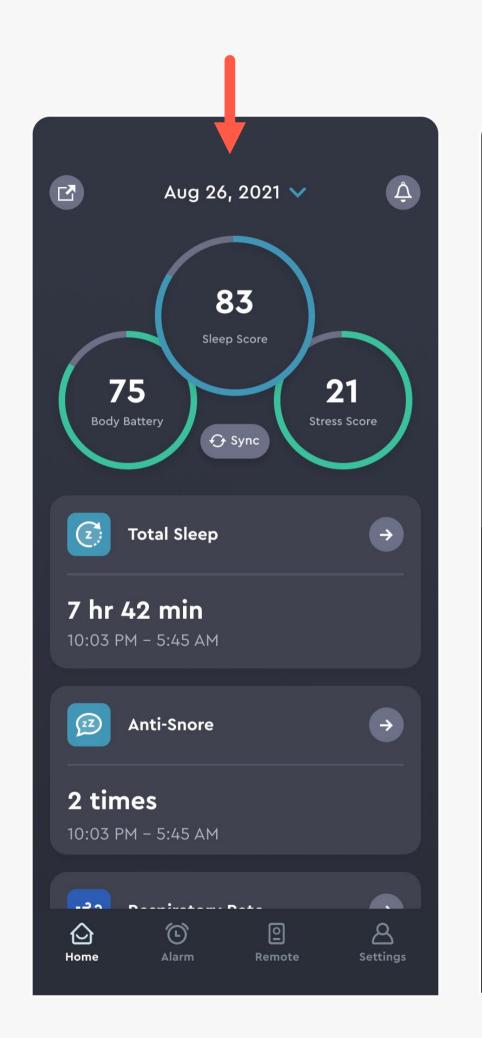




### HEALTH HOME DASHBOARD

# 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.



÷		Αι	ugust	^		<b>→</b>
SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
(z)	Tot	al Slee	p			→
	<b>r 42</b> 3 pm -	<b>min</b> 5:45 A1	М			
ZZ	Ant	i-Snore	5			<b>→</b>
	imes 3 PM –	5:45 AI	М			
Home	Dee	Alarm	R	O emote		ettings

### **HEALTH DATA**

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

- 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.

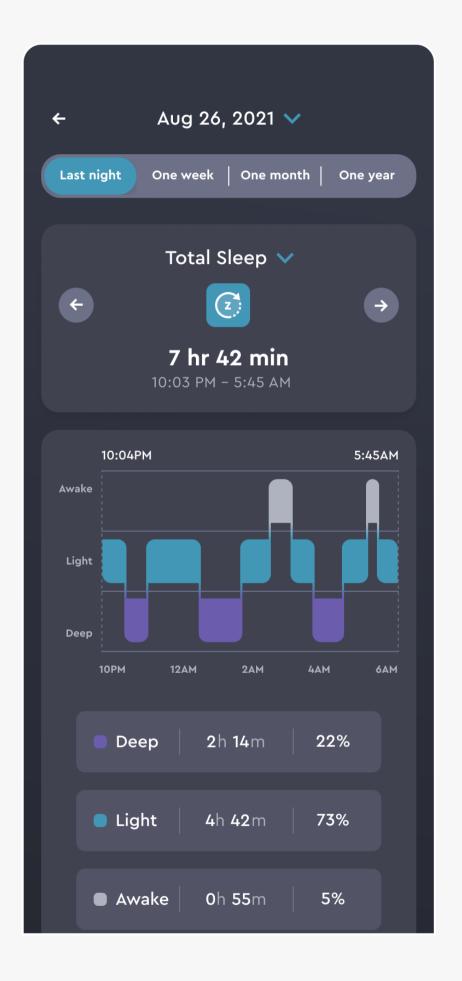
### HEALTH DATA

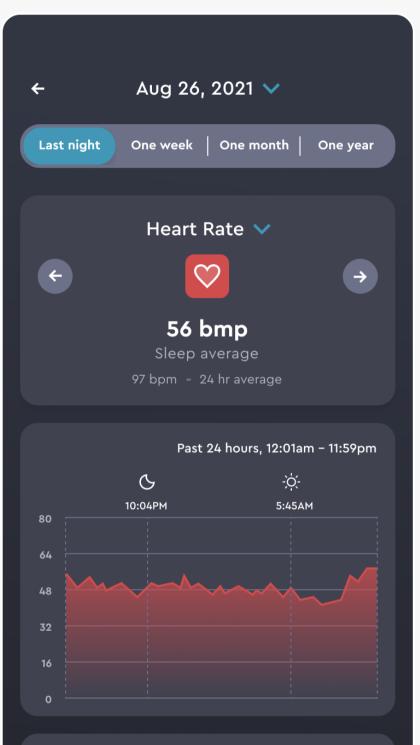
# **HEALTH DATA METRICS**

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

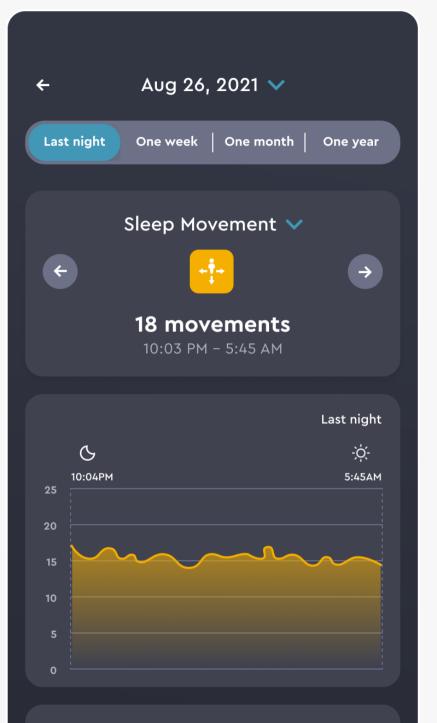
To navigate between your health data, swipe the screen left or right.





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

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



# In the span of a week, the average person tosses 37 to 40 times each night.

Fragmented or interrupted sleep can lead to daytime consequences, such as fatigue and trouble concentrating. Tracking these movements will allow you to understand your sleep patterns and adjust improve your overall sleep quality.

### HEALTH DATA

# DAILY, WEEKLY, MONTHLY & YEARLY VIEWS

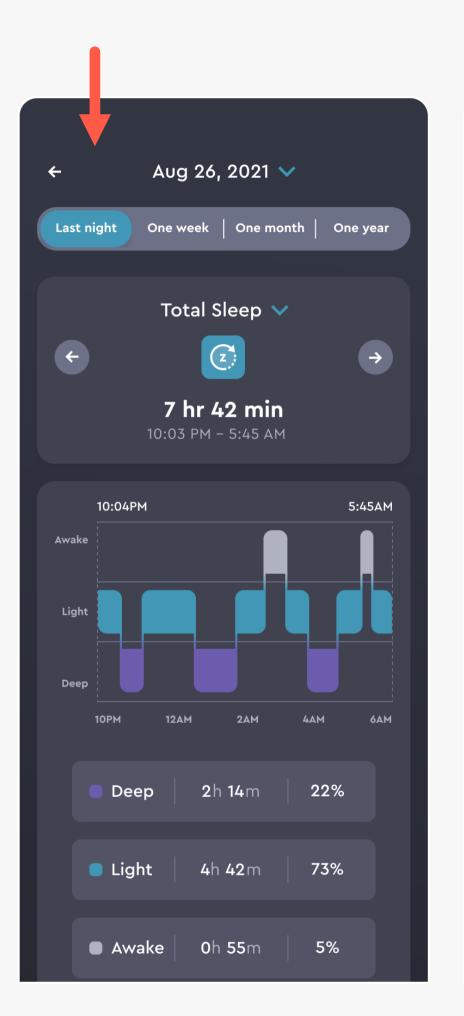
All of your important Sleep Report metrics are organized into daily, weekly, monthly and yearly charts to make it easy to see trends and make adjustments as needed.

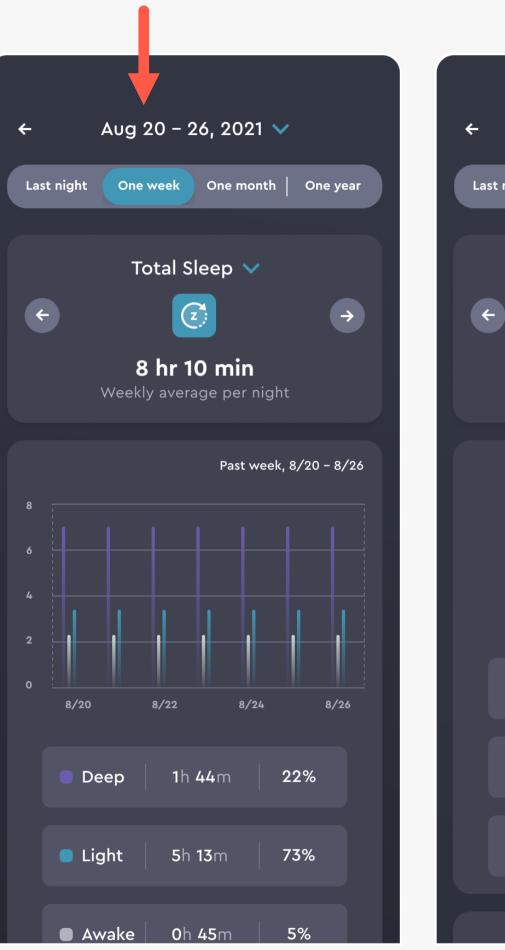
By default, you will see the Sleep Report metrics collected from the previous evening.

To view your weekly trends, select "One week".

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

To view your yearly trends, select "One year".







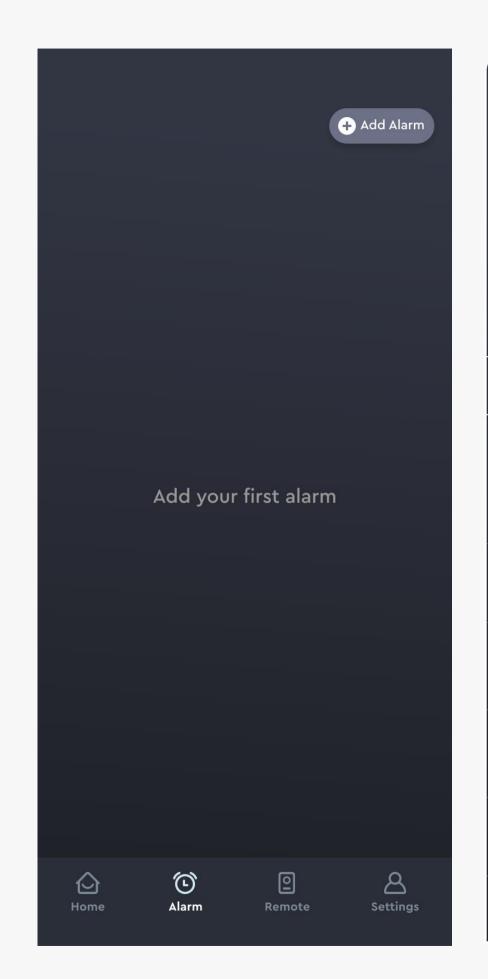
### ALARMS

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.



### ← Create a New Morning Alarm

Raise the head of your bed at your alarm time or chooose to fade in your headboard light.

	10		21
	11		22
	12	:	23
	13		24
	14		25
Repeat			Mon, Tues, Wed
Raise Head	d of Bed		
Fade In LE	D Headb	oard	
Fade In Du	ration		15 min

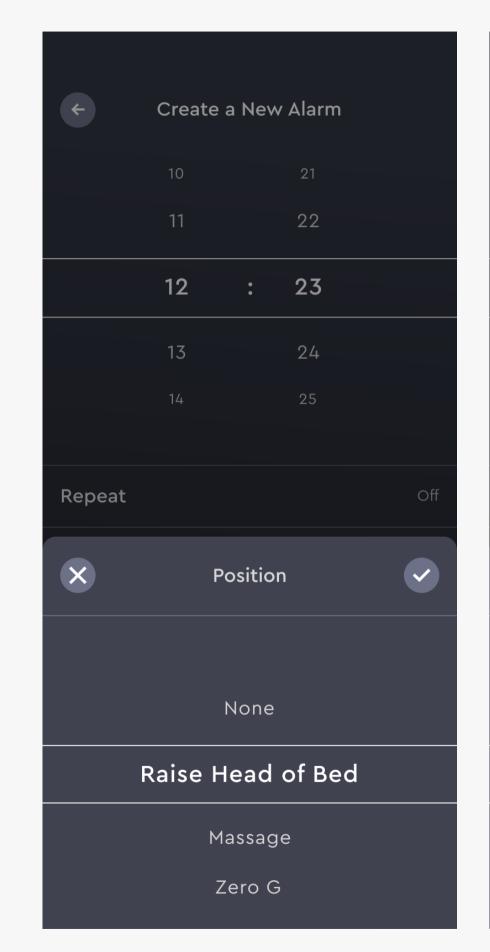
### ← Create a New Morning Alarm

Raise the head of your bed at your alarm time or chooose to fade in your headboard light.

	10		21	
×		Repeat		~
Monday				<b>~</b>
Tuesday				<b>~</b>
Wednesday	ý			
Thursday				
Friday				<b>~</b>
Saturday				
Sunday				

# **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. <u>Set Your Wake Up Time:</u> Use the timer wheel to select.
- Set the Alarm Frequency: Tap the "Repeat" button to open and select how often you want to repeat this alarm.
- 3. <u>Turn LED Headboard On/Off:</u> 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.

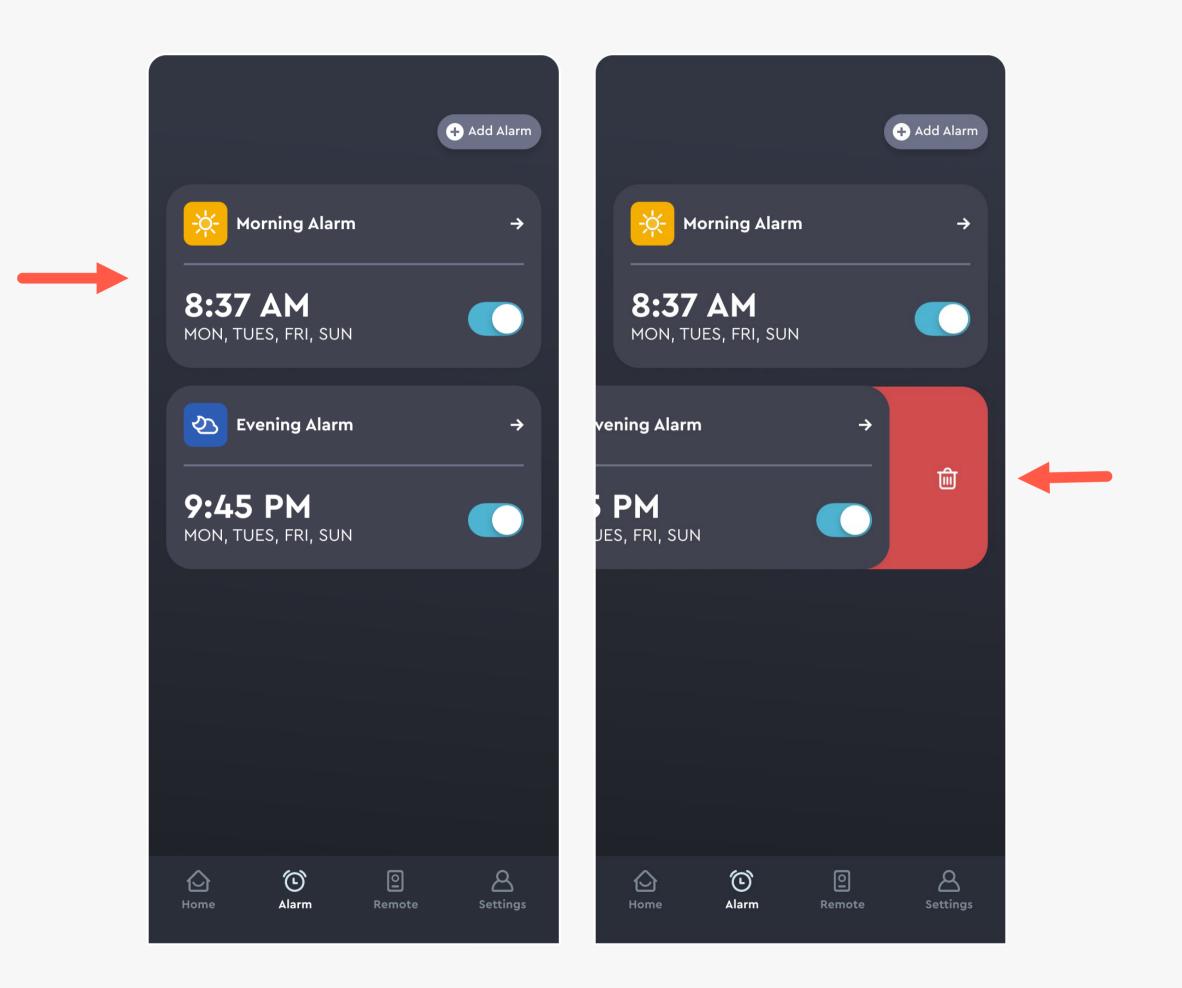


¢	Create	a New	/ Alarm	
	10		21	
	11		22	
	12	•	23	
	13		24	
	14		25	
Repeat				Off
×	LED H	leadb	oard	~
	No	Chan	ge	
	Turn l	₋ighı	s On	
	Turn	Light	s Off	

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	I S
	Shared \	with You	
coa		e your Sleer r, physician via email:	
1	Name		
E	Email		
		+ Share Y	<u>′ou</u>

### Settings

Share with Others

Reports with your or loved ones by

Leslie Smith

2531567@qq.com

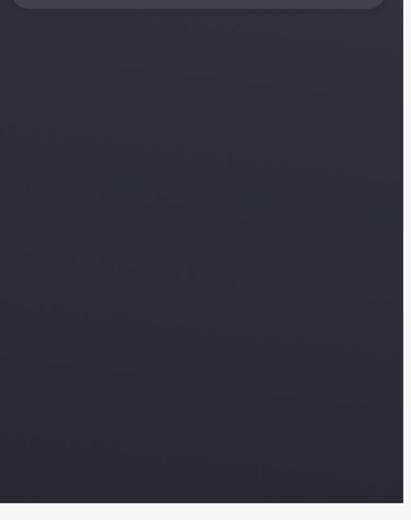
our Report

### Authorized Bed

4

Only the authorized account can control the bed and synchronize data to view the sleep report. Other bed related functions have view only permissions.

Authorized User	John Smith
Email Address	jsmith@gmail.com
Bed Side	Right
Authorized On	1/9/21



### 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.

### Share Your Report

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.

Email address johnsmith@gmail.com

Email address sarahsmith@gmail.com

+Add Another Contact

Share Report

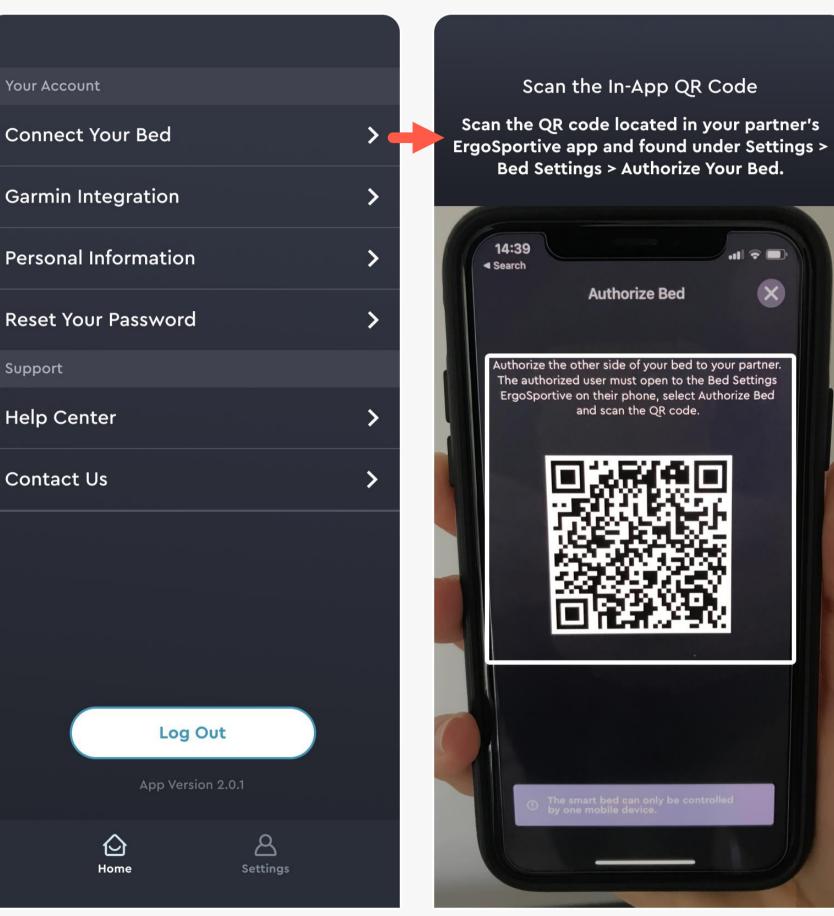
### **SHARING: FAMILY ACCOUNTS**

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 lacksquareloved 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.

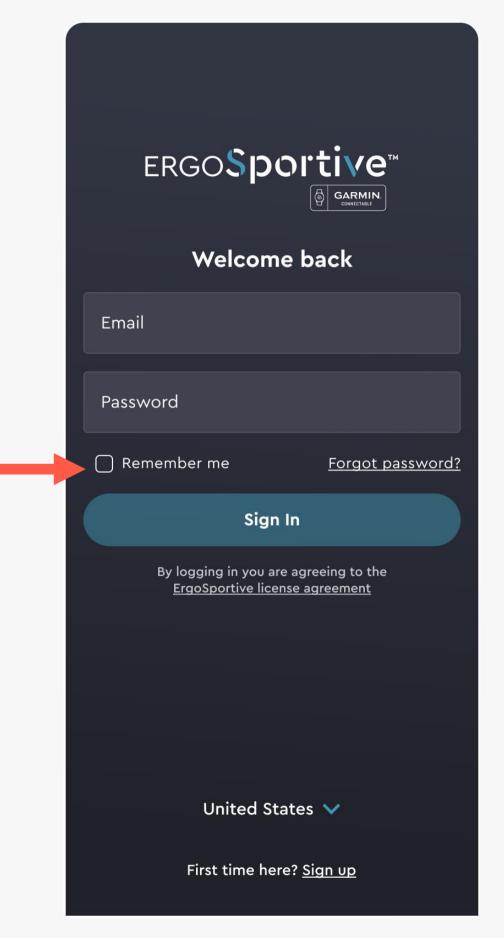
### SIGN IN

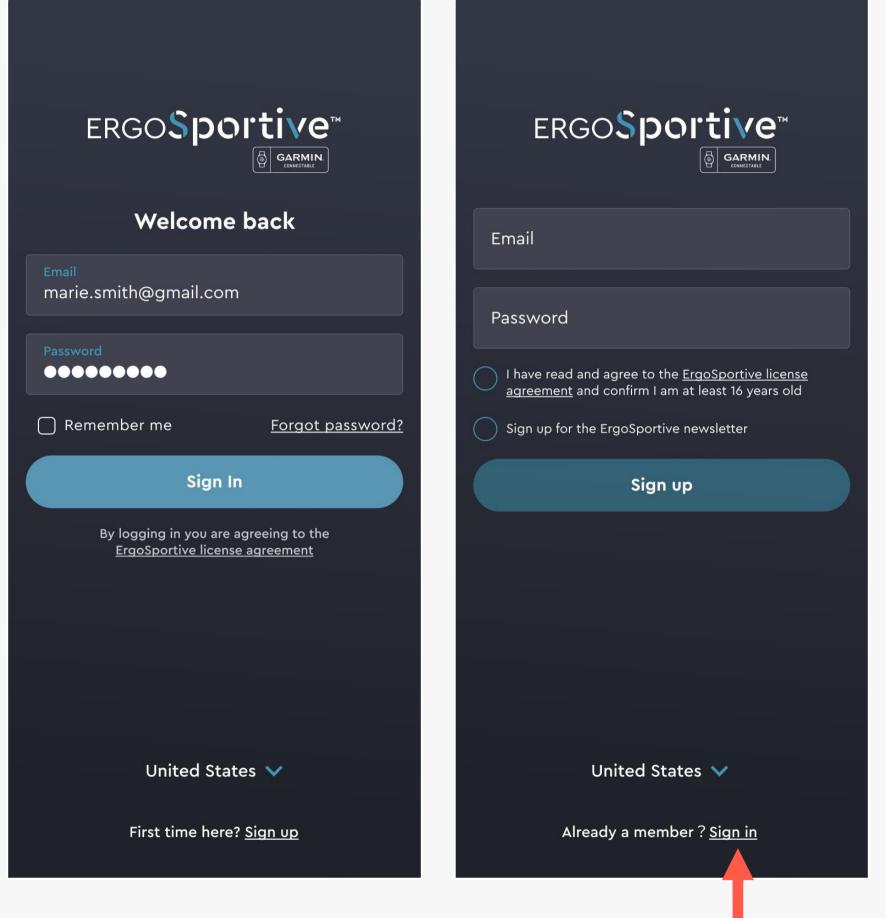
### **SIGN IN WITH EMAIL ADDRESS**

• 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**

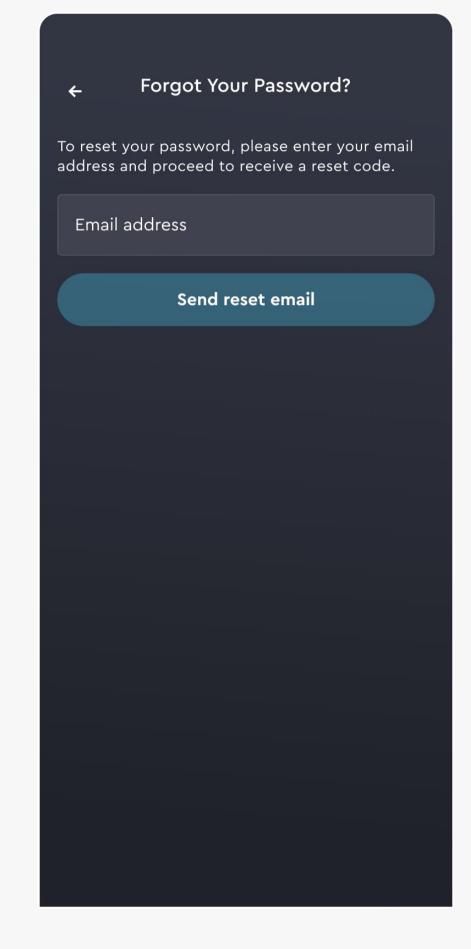
Your password is the in-app steps.

Your password is reset through your email address by following

### **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. !@#\$%).



÷	Reset Your Password	
Plassa anta	r your reset code then create a n	
password.		
Reset code 289505		
New Passw		Ø
	ust be at least 6 characters and special character (!@#\$%).	
Repeat N	New Password	
	Reset Password	

Account Settings screen.

You can make changes to your profile, review your bed

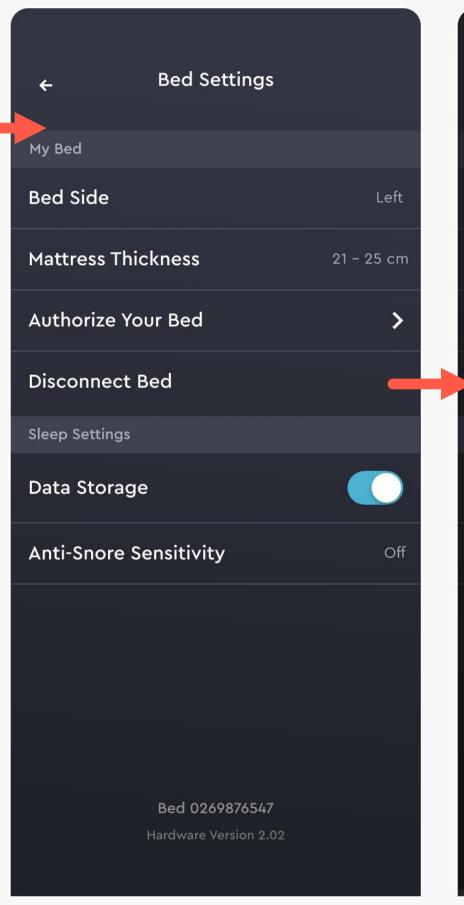
connection and share your Sleep Report all from the

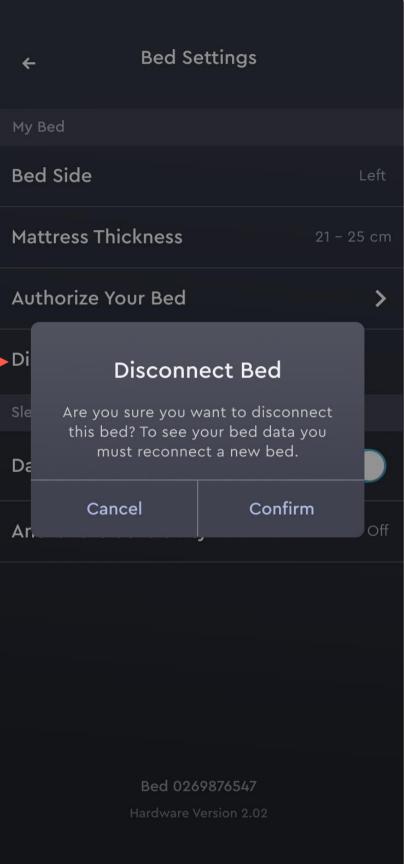
# **DISCONNECT BED**

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

After that click on "Disconnect Bed" and Confirm.

Your Account	
Bed Settings	>
Garmin Integration	>
Personal Information	>
Reset Your Password	>
Data & Sharing Settings	>
Spotify Integration	>
Push Notifications	>
Key Vibration	
Support	
Bed Diagnostic	· · · · · · · · · · · · · · · · · · ·
Help Center	>
Contact Us	>
Home Alarm Remote	A Settings





### **ANTI-SNORE SENSITIVITY**

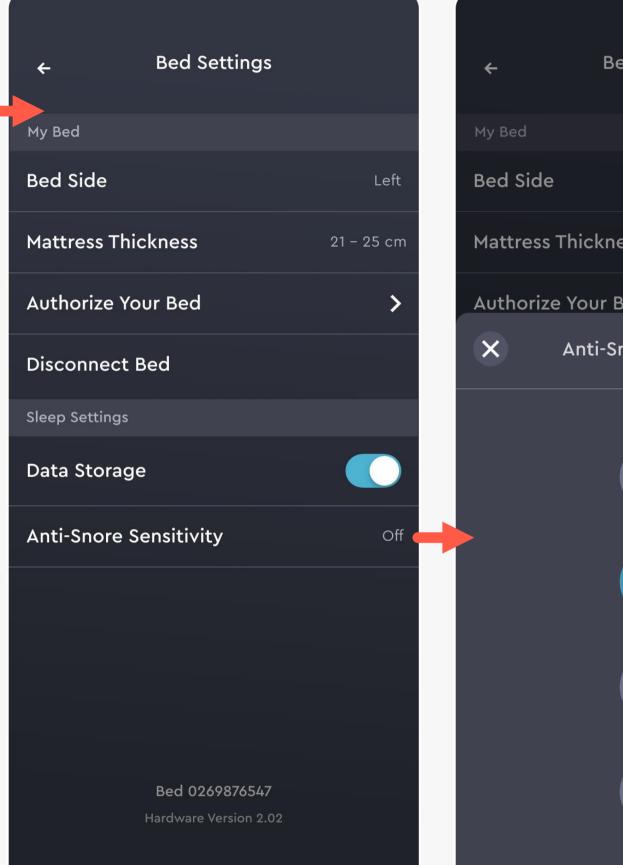
To change your Anti-snore sensitivity, tap the "Bed Settings" link.

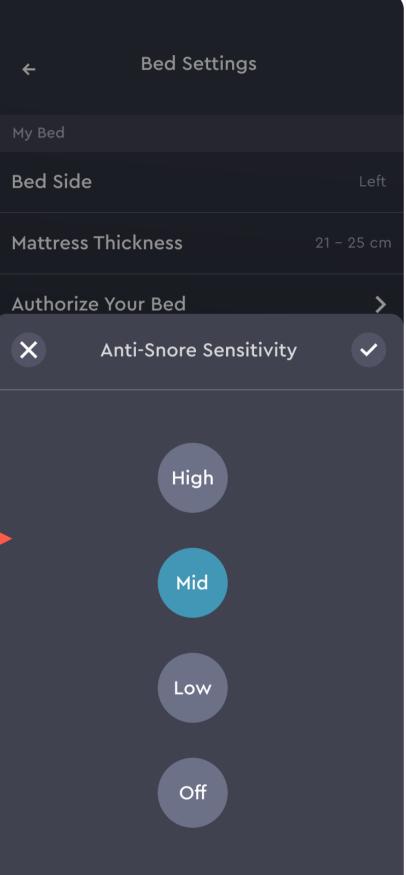
After that select "Anti-Snore Sensitivity" and select your desired sensitivity level.

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.

Your Account		
Bed Settings	>-	
Garmin Integration	>	
Personal Information	>	
Reset Your Password	>	
Data & Sharing Settings	>	
Spotify Integration		
Push Notifications	>	
Key Vibration		
Support		
Bed Diagnostic	>	
Help Center	>	
Contact Us	>	
Home Alarm Remote	Settings	





# **GARMIN INTEGRATION**

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

Your Account	
Bed Settings	>
Garmin Integration	>-
Personal Information	>
Reset Your Password	>
Data & Sharing Settings	>
Spotify Integration	>
Push Notifications	>
Key Vibration	
Support	
Bed Diagnostic	>
Help Center	>
Contact Us	>
Home Alarm Remote Se	A ttings



### Connect your Garmin account to ErgoSportive

See your health data all in one place. Integrate with your Garmin app to view your body battery, calories burned, and more, on the ErgoSportive home dashboard. Garmin Integration

# Your Garmin account is connected.

4

The Garmin integration allows you to view your body battery, calories burned, and more, on the ErgoSportive home dashboard.

**Remove Garmin Integration** 

Connect Garmin

37

### **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.

Your Account		
Bed Settings	>	
Garmin Integration	>	
Personal Information	>-	
Reset Your Password	>	
Data & Sharing Settings	>	
Spotify Integration		
Push Notifications	>	
Key Vibration		
Support		
Bed Diagnostic	>	
Help Center	>	
Contact Us	>	
Home Alarm Remote Settin	gs	

← Personal Information	∠ Personal Information
Email marie.smith@gmail.com	
First Name Marie	Email marie.smith@gmail.com
Last Name Smith	First Name Marie
Units	Last Name Smith
In / cm	Units In / cm
Gender Female	Gender
Height 5 ft 10 in	Female       K     Language
Mattress Thickness 21 – 25 cm	
Weight 80 kg	
Time Display	English
US 12 Hour Display	简体中文
Language English V	Français

### **RESET YOUR PASSWORD**

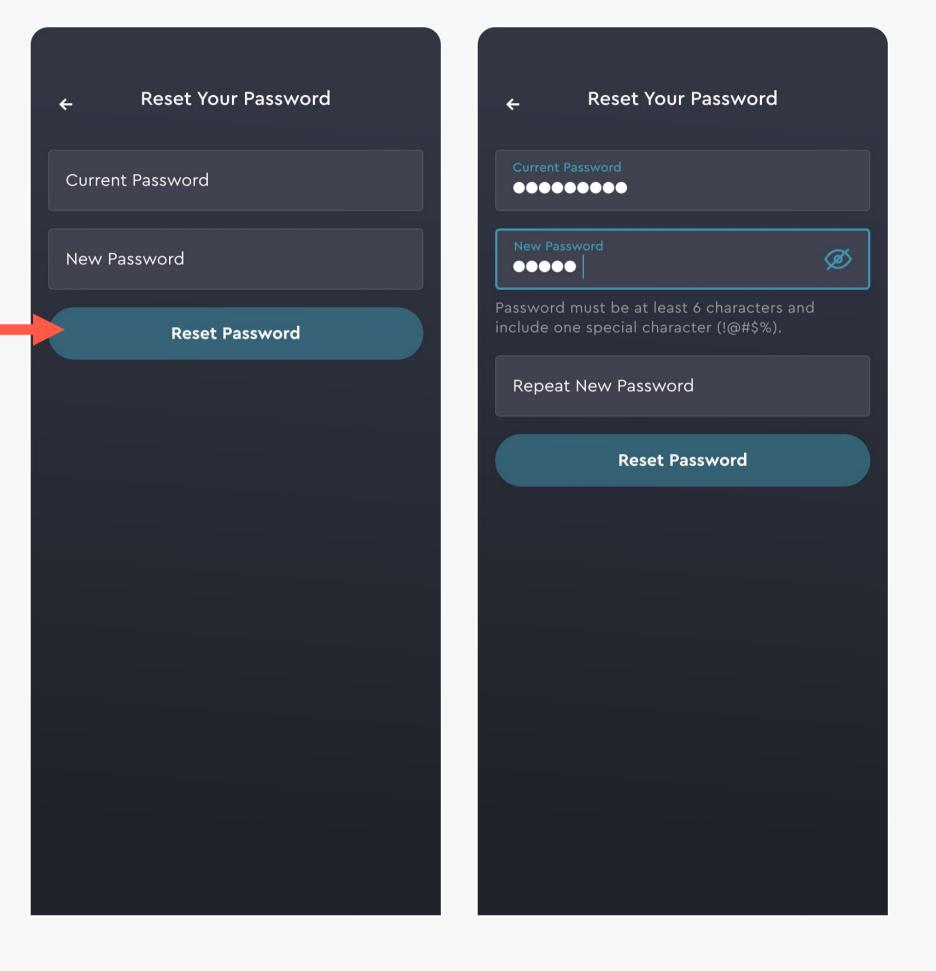
To change your password, tap the "Reset Your Password" link.

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."

Your Account		
Bed Settings	>	
Garmin Integration	>	
Personal Information	>	
Reset Your Password	>	
Data & Sharing Settings	>	
Spotify Integration		
Push Notifications	>	
Key Vibration		
Support		
Bed Diagnostic	>	
Help Center	>	
Contact Us	>	
Home Alarm Remote	ے 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.

Your Account		
Bed Settings		>
Garmin Integration		>
Personal Information		>
Reset Your Password		>
Data & Sharing Setting	gs	>
Spotify Integration		
Push Notifications		>
Key Vibration		
Support		
Bed Diagnostic		>
Help Center		>
Contact Us		>
Home Alarm	O Remote	ے Settings

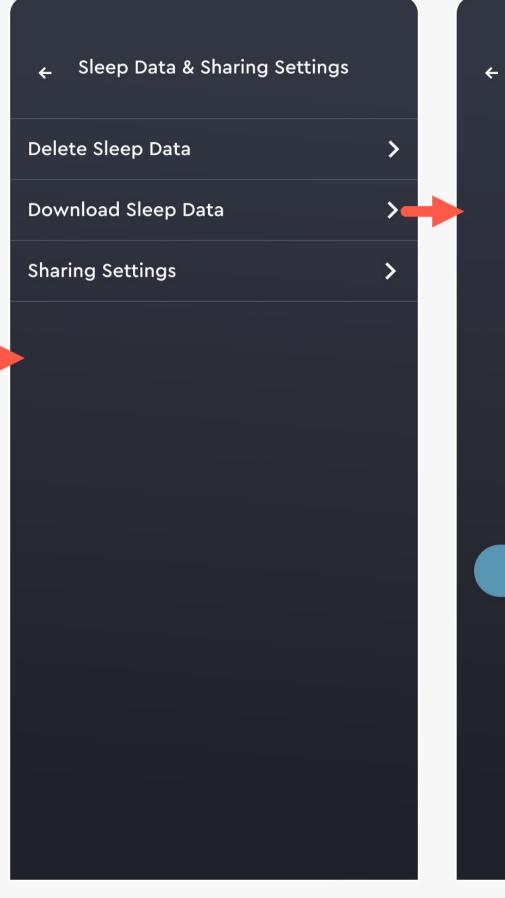
← Sleep Data & Sharing Settings		÷	Delete Sl	eep Data	Delet
Delete Sleep Data	> —		June 2021		
Download Sleep Data	>	$\checkmark$	6-1-2021		
Sharing Settings	>		6-2-2021		
			6-3-2021		
			Delete Sl	eep Data	
		C	Are you sure you v data? The selec removed from yo	ted data will be	
			Cancel	Confirm	
		0	July 2021		
		$\bigcirc$	7–1–2021		
		$\bigcirc$	7-2-2021		
			7-3-2021		
		$\bigcirc$	7-4-2021		
		$\bigcirc$	7-5-2021		

# **DOWNLOAD YOUR SLEEP DATA**

Tap the "Sleep Data & Sharing Settings" link.

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

Your Account		
Bed Settings	>	
Garmin Integration	>	
Personal Information	>	
Reset Your Password	>	
Data & Sharing Settings	>	
Spotify Integration	>	
Push Notifications	>	
Key Vibration		
Support		
Bed Diagnostic	>	
Help Center	>	
Contact Us	>	
Home Alarm Remote Setti	2 Ings	



Download Sleep Data



Receive a copy of your sleep data at marie.smith@gmail.com.

Request Sleep Data

# **SPOTIFY INTEGRATION**

Tap the "Spotify Integration" link.

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

Your Account	
Bed Settings	>
Garmin Integration	>
Personal Information	>
Reset Your Password	>
Data & Sharing Settings	>
Spotify Integration	>
Push Notifications	>
Key Vibration	
Support	
Bed Diagnostic	>
Help Center	>
Contact Us	>
Home Alarm Remote Settin	) ngs

### Spotify Integration

4

Connect to your Spotify account to play Ergomotion playlists within the app.

Connect Your Spotify Account

View the ErgoMotion Spotify Profile

# 10:27 Sleep Assist Cancel Authorize Spotify<sup>®</sup>

### sleep

### You agree that sleep will be able to:

View your Spotify account data Your name and username, your profile picture, how many followers you have on Spotify and your public playlists

View your activity on SpotifyPlaylists you've made and playlists you follow

Take actions in Spotify on your behalfStream and control Spotify in the sleep app

You can remove this access at any time at spotify.com/account.

For more information about how sleep can use your personal data, please see sleep's privacy policy.

 $\sim$ 

 $\wedge$ 

# **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.

Your Account		
Bed Settings	>	
Garmin Integration	>	
Personal Information	>	
Reset Your Password	>	
Data & Sharing Settings		
Spotify Integration		
Push Notifications	>-	
Key Vibration		
Support		
Bed Diagnostic	>	
Help Center	>	
Contact Us	>	
Home Alarm Remote Sett	<u>}</u> ings	

### **Push Notifications**

### Receive Push Notifications

4

Tagline around why you would enable notifications.

### Push Notifications

### Morning notifications

4

Understand how your bed is working for you. Receive AM updates on your sleep quality.

### **Evening notifications**

Receive rest advice based on your daily activity and energy expenditure.

### ErgoSportive sync reminders

Be alerted when your bed hasn't sent data in the past 3 days.

### Garmin<sup>®</sup> sync reminders

Be alerted when your Garmin® device hasn't sent data in the past 3 days.

### **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.

Your Account			
Bed Settings	>		
Garmin Integration	>		
Personal Information	>		
Reset Your Password	>		
Data & Sharing Settings	>		
Spotify Integration	>		
Push Notifications	>		
Key Vibration			
Support			
Bed Diagnostic	>		
Help Center	>		
Contact Us	>		
Home Alarm Remote	Settings		

### Bed Diagnostic

4

Check how your bed is performing by running a self diagnostic test.

Run Bed Diagnostic Test

÷	Bed Diagnostic	
Head Motor Co	nnected	~
Head Motor Cu	rrent	1.00A 🗸
Head Motor Rip	ple	200 🗸
Foot Motor Con	nected	~
Foot Motor Curr	rent	1.00A 🗸
Foot Motor Ripp	ble	- ~
Lumbar Motor (	Connected	~
Lumbar Motor C	Current	1.00A 🗸
Lumbar Motor F	lipple	200 🗸
Head Massage (	Connected	~
Head Massage (	Current	1.00A 🗸
Foot Massage C	onnected	~
Foot Massage C	urrent	1.00A 🗸

<u>Run Again</u>

# **HELP CENTER**

Tap the "Help Center" link.

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

Your Account		
Bed Settings	>	
Garmin Integration	>	
Personal Information	>	
Reset Your Password	>	
Data & Sharing Settings	>	
Spotify Integration		
Push Notifications		
Key Vibration		
Support		
Bed Diagnostic	>	
Help Center	>-	
Contact Us	>	
Home Alarm Remote Se	A ttings	

←	Help Center	
Help Manual		>
FAQs		>
View End Use	r License Agreement	>



# LOG OUT

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

Garmin Integratio	n >
Personal Informat	ion 🗲
Reset Your Passwo	ord >
Data & Sharing Settings	
Spotify Integration	
Push Notifications	; <b>&gt;</b>
Key Vibration	
Support	
Bed Diagnostic	
Help Center	
Contact Us	>
	og Out
App Version 2.0.1	
Home Alarm	Remote Settings