

# Withings Sleep

## Sleep sensing - Home automation pad

Installation and operating instructions



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## Important notice

**By using your Withings Sleep you expressly agree to the Withings Services Terms and Conditions available on our [website](#).**

# Minimum requirements

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## Internet access

Access to the Internet is required to:

- Download the Health Mate app,
- Set up your Withings Sleep,
- Upgrade the firmware.

For more details, refer to "[Specifications](#)" on page 44.

## Smartphone or device

An iOS device or an Android device (with operational Bluetooth Low Energy and Wi-Fi or 3G/4G) is required to:

- Set up your Withings Sleep,
- Retrieve data from your Withings Sleep,
- Interact with your Withings Sleep,
- Interact with people.

For more details, refer to "[Specifications](#)" on page 44.

## OS version

You need iOS 10.0 (or higher) or Android 5.0 (or higher) to install and run the Health Mate app.

## Health Mate app version

You always need the latest version of the Health Mate app to have all the latest features available.

# Withings Sleep description

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## Overview

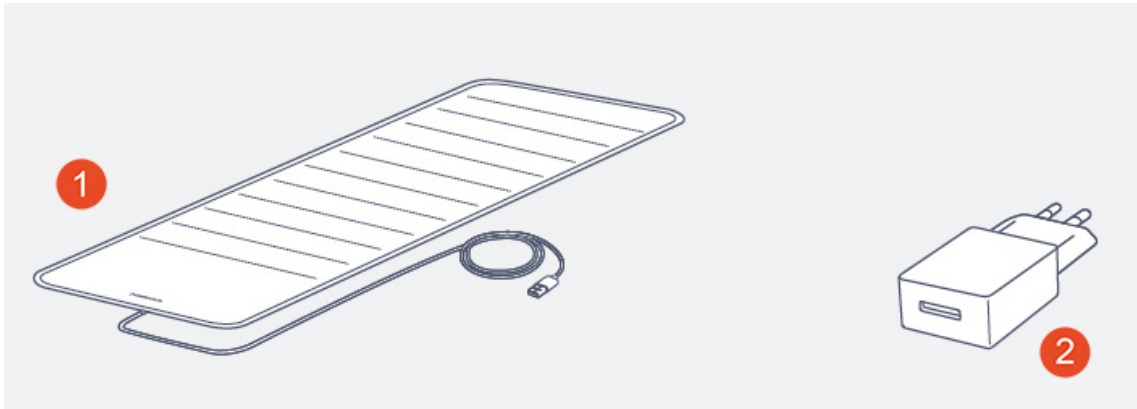
Withings Sleep is a Wi-Fi enabled pad that fits under the mattress and provides insight into the quality of the sleep experience while offering environment control through the 'If This Then That' (IFTTT) platform.

Specifically, the new sleep sensor includes:

- **Sleep cycle monitoring/tracking:** sleep duration and interruptions, light, deep and rapid-eye-movements phases and snoring tracking.
- **An individualized Sleep Score** is provided to indicate how restorative a night's sleep was, and educate users about what makes a good night's sleep and how they can improve night after night.
- **Smart Home control** via the IFTTT home automation platform. Withings Sleep acts as a switch to automatically control lights, thermostat and more to truly personalize and optimize the sleep environment. Features could include lowering the temperature as the user gets into bed, or opening the blinds and turning on the lights as get out of bed.

Withings Sleep synchronizes automatically with the Health Mate app so that users can have all their health data in one place. The app provides data history, personalized advice and coaching programs, including one developed specifically around sleep.

## Box contents

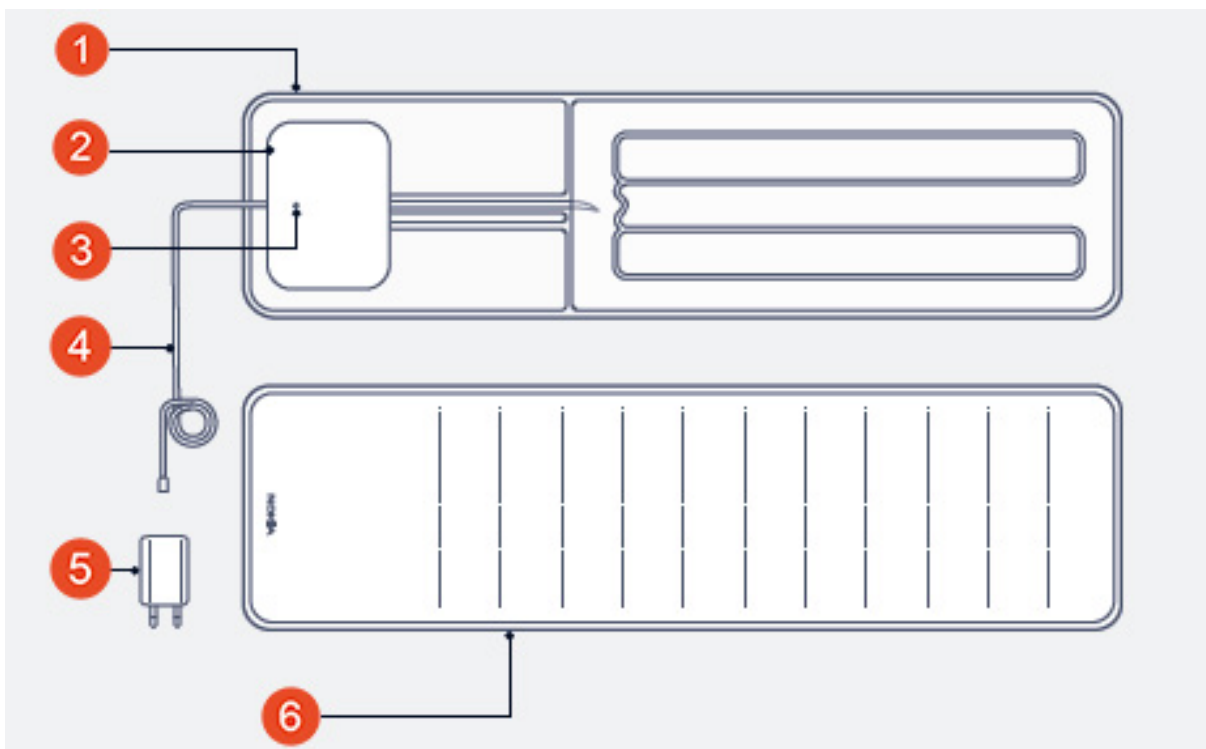


(1) Sleep sensor

(2) USB Power Adapter

Note that a Quick Installation Guide is also included inside the box.

## Product description



(1) Air bladder

(2) Microphone for snore detection

(3) Setup LED

(4) USB cable

(5) USB power adapter

(6) Textile cover

# Setting up my Withings Sleep

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## Installing the Health Mate app

If the Health Mate app is not already installed on your device, perform the following steps:

1. Type [go.withings.com](https://go.withings.com) in your device's web browser.
2. Tap **Download** on the App Store or on the Play Store.
3. Tap **Get**.  
The installation process starts.

When a new version of the Health Mate app is available, you will automatically be prompted to update it.

## Installing my Withings Sleep

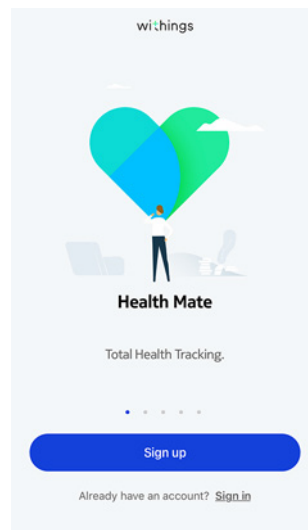
### I'm new to Health Mate

If you don't already have a Health Mate account, you have to create one in order to set up and use your Withings Sleep.

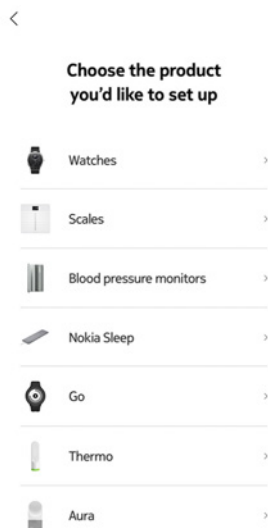
If you already have an account, refer to "[Performing a factory reset of your Withings Sleep](#)" on page 38.

To install your Withings Sleep, perform the following steps:

1. Open the Health Mate app.
2. Tap **Get started**.



3. Tap **Withings Sleep**.

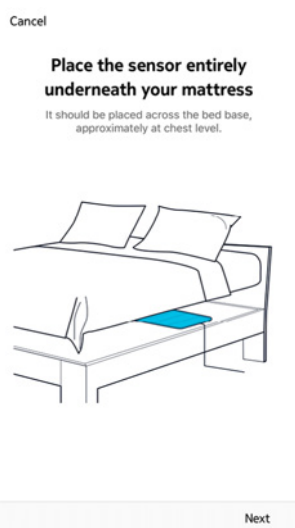


4. Tap **Install**.



5. Place Withings Sleep entirely under your mattress. You can also place it between the mattress and mattress topper/pad.

6. Tap **Next**.

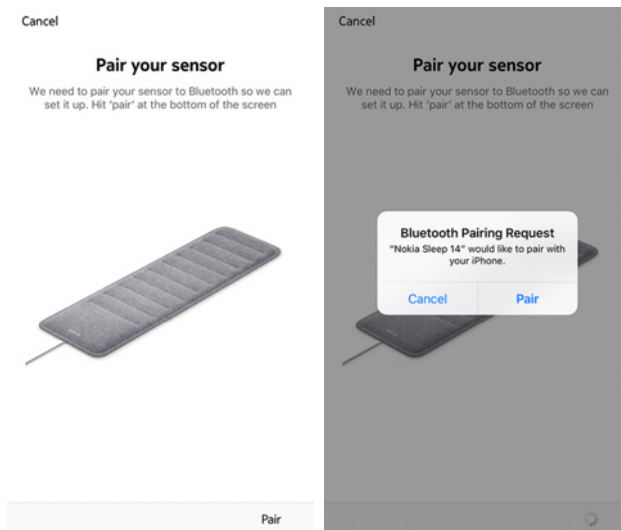




7. Plug Withings Sleep using the provided adapter.
8. Tap **Next**.



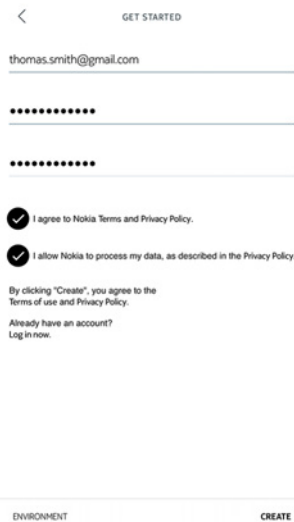
9. Tap **Next**.
10. Tap **Pair** twice (iOS only).



11. Tap **Next** (iOS only).



12. Enter your email and password. Tap **Create**.



13. Enter your first name, surname and birthday.

14. Select your gender and enter your height and weight. Tap **Next**.

15. Tap **Next**.



16. Tap the Wi-Fi network you want to use or tap **Setup another network**.

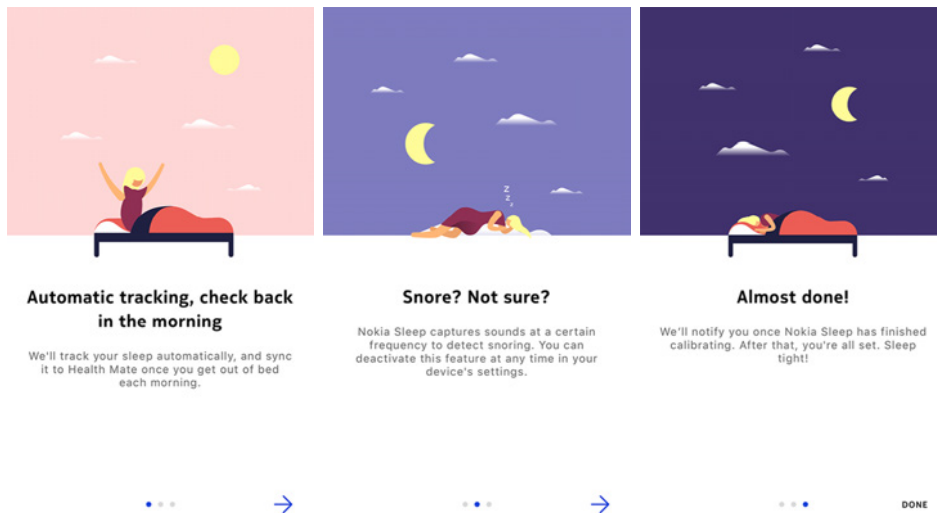


17. Tap **Next**.

The calibration of your Withings Sleep starts. This step can last up to 10 minutes during which a buzzing sound can be heard. We recommend that you do not sit on the bed during the process. You will receive a notification in the Timeline of the Health Mate app once the calibration process is over.



18. Slide the different screens to read the tutorial.

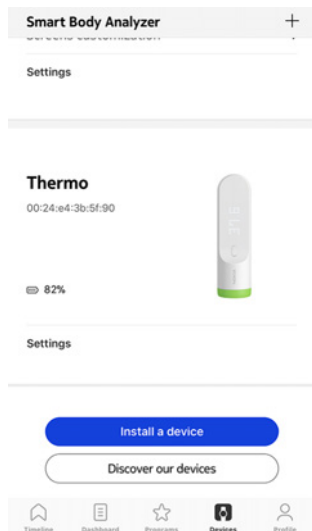


19. Tap **Done**.

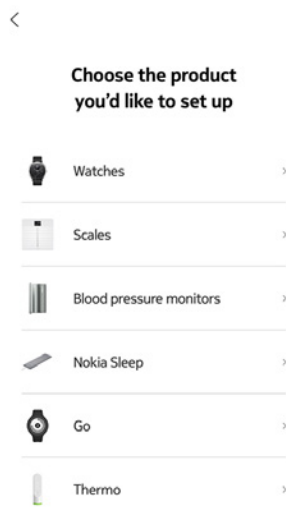
## I already have a Health Mate account

If you already have a Health Mate account, you can get started on the installation process. To do so, perform the following steps:

1. Open the Health Mate app.
2. Log in to your account, if you already have one, or create one.
3. Tap **Devices**.
4. Tap **Install a device**.



5. Tap **Withings Sleep**.

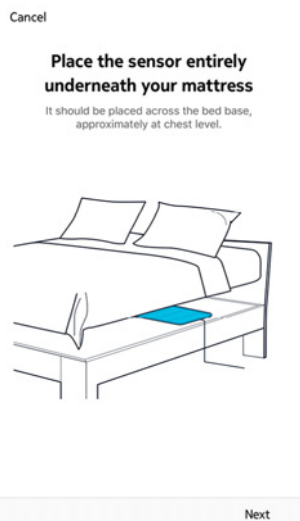


6. Tap **Install**.



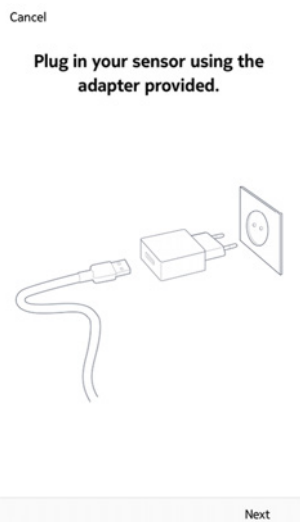
7. Place Withings Sleep entirely under your mattress. You can also place it between the mattress and mattress topper/pad.

8. Tap **Next**.

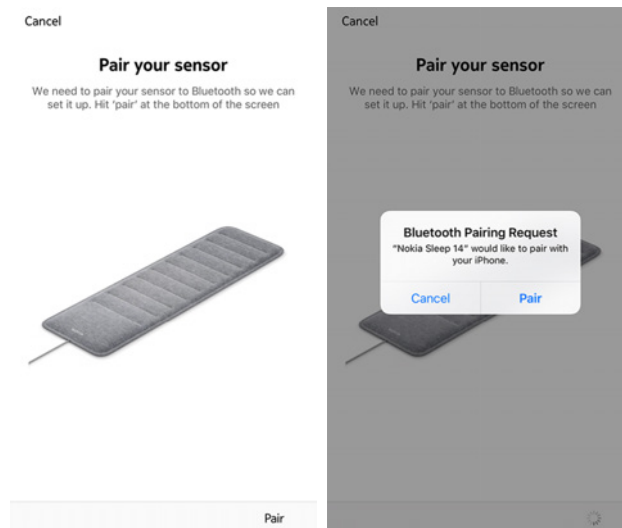


9. Plug Withings Sleep using the provided adapter.

10. Tap **Next**.



11. Tap **Next**.
12. Tap **Pair** twice (iOS only).



13. Tap **Next** (iOS only).



14. Tap the Wi-Fi network you want to use or tap **Setup another network**.

15. Tap **Next**.



16. Tap **Next**.

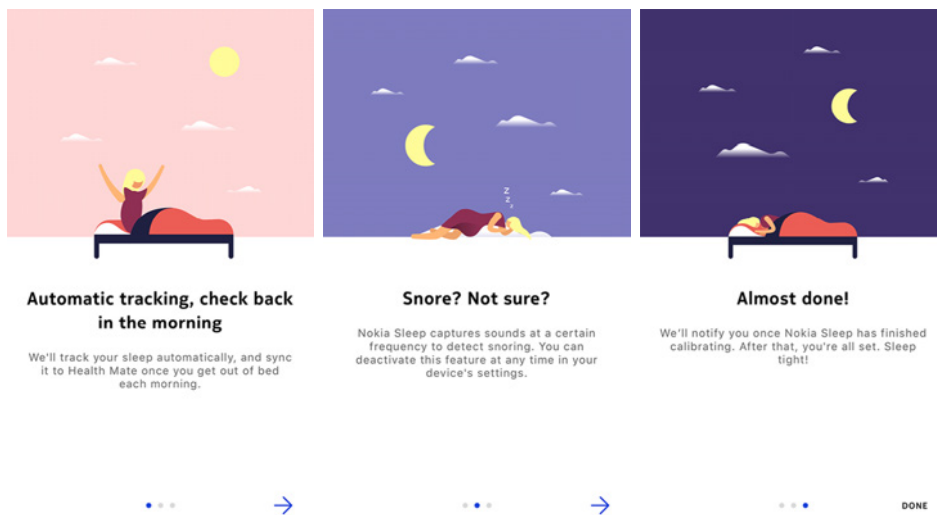


17. Tap **Next**.

The calibration of your Withings Sleep starts. This step can last up to 10 minutes during which a buzzing sound can be heard. We recommend that you do not sit on the bed during the process. You will receive a notification in the Timeline of the Health Mate app once the calibration process is over.



18. Slide the different screens to read the tutorial.



19. Tap **Done**.

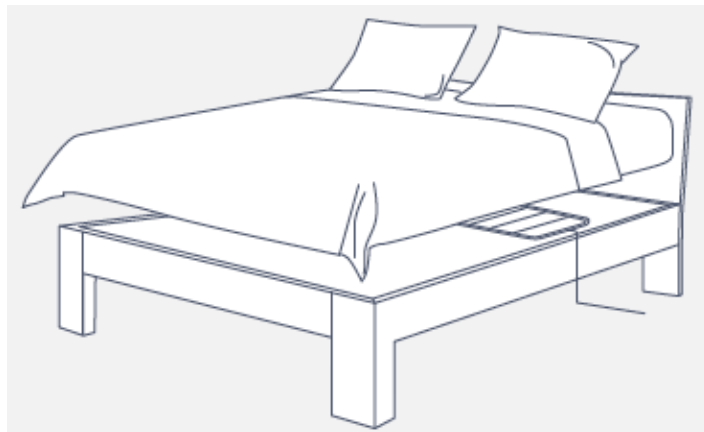


# Using my Withings Sleep

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## Positioning my Withings Sleep

Withings Sleep should be placed between the mattress and the box spring/bed platform. It can also be placed between the mattress and mattress topper/pad.



The sensor should be placed horizontally at chest level.

If you sleep alone in a double bed, we recommend that you place Withings Sleep in the middle of the bed.

### **Note:**

Withings Sleep is compatible with a wide variety of mattresses including spring, latex, foam, and memory foam. You can place the sleep sensor directly under the mattress (between the mattress and the bed platform or box spring).

You can also place Withings Sleep between your mattress and mattress topper or pad. If you feel Withings Sleep when lying in your bed, you can place the device between the mattress and the bed frame.

Withings Sleep has been tested with a mattress thickness of 4 to 15 inches (10 to 40 cm).

However, the sensor has not been tested with, and is not recommended for use with waterbeds.

## Tracking my sleep



**In case of Wi-Fi issue, Withings Sleep has an internal memory of 1 day (corresponding to your last night).**

Once you've set up your Withings Sleep, it lets you track your sleep without requiring any action on your part. All you have to do is lay in bed: it will do the rest on its own.

## Note:

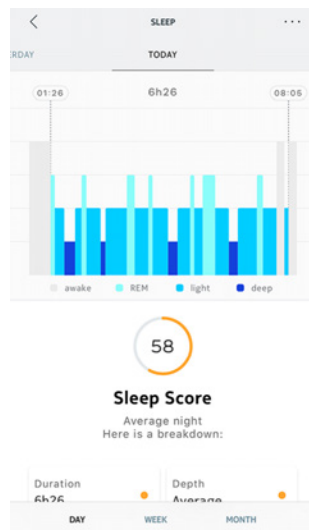
Withings Sleep can only track the sleep of one person. If two persons wish to measure their sleep, they can install two Withings Sleep on the same account on two different users.

Note that one Withings Sleep must be placed under each person, on each side of the bed.

## Retrieving your sleep data

You can retrieve the sleep data collected by your Withings Sleep in the Timeline or in the **Dashboard** view in the Health Mate app.

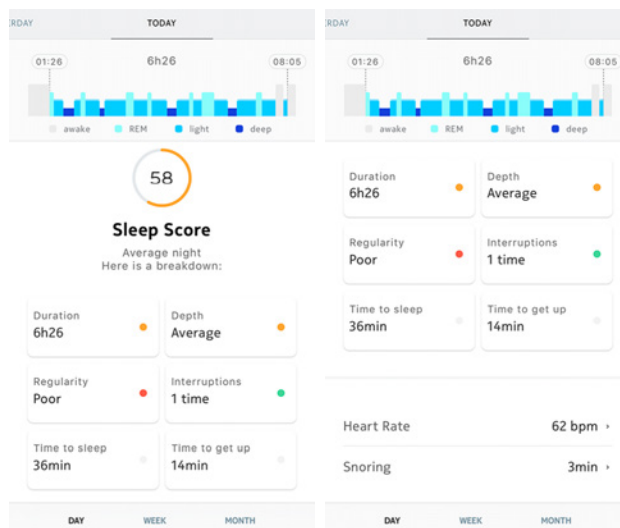
Your sleep data is automatically sent to the Health Mate app shortly after you leave your bed. In some cases, it can take a few hours, depending on the quality of your Wi-Fi signal.



**Grey:** time spent awake - **Light blue:** duration of REM sleep - **Medium blue:** duration of light sleep - **Dark blue:** duration of deep sleep

The Health Mate app keeps your entire history, allowing you to easily track how your sleep evolves over time.

What is the Sleep score?



The Sleep score is a very simple and intuitive way to understand how well you slept. Withings Sleep measures every night's sleep and provides a score out of 100 points based on 6 key inputs:

- **Duration** (total time spent sleeping)
- **Depth** (part of night spent in restorative phases, deep sleep and REM sleep)
- **Regularity** (consistency between your bed- and rise-times)
- **Interruptions** (time spent awake)
- **Time to sleep** (time it took to fall asleep)
- **Time to get up** (time it took to get out of bed)

Sleep duration and depth are the most important factors to raising the sleep score. Sleep regularity, interruptions, time to sleep and wake up are sleep hygiene measures. They are key factors to improve the overall sleep experience.

## Monitoring my resting heart rate



**Withings Sleep is not a medical device and should not be used to diagnose, treat, cure, or prevent any medical conditions.**

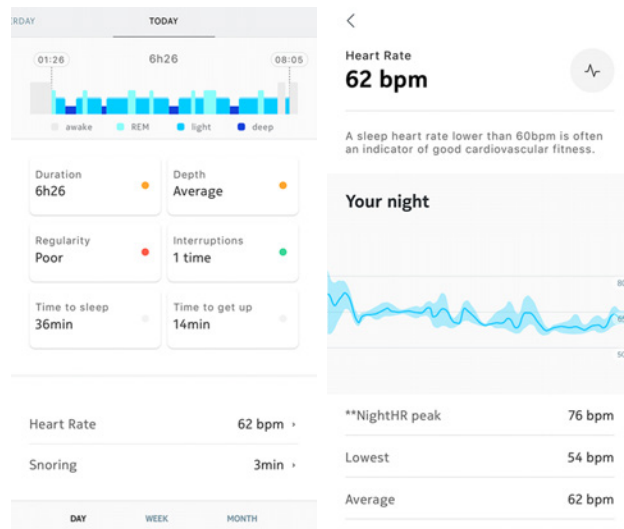
Once you've set up your Withings Sleep, it lets you track your resting heart rate without requiring any action on your part. All you have to do is lay in bed: it will do the rest on its own.

### Retrieving your heart rate data

You can retrieve your resting heart rate measurements through your sleep data in the **Timeline** or in the **Dashboard** view in the Health Mate app.

Your average resting heart rate is displayed at the bottom of your sleep graph.

Tap on **Heart Rate** to see the details of your night.



## Tracking my snoring



**Withings Sleep is not a medical device and should not be used to diagnose, treat, cure, or prevent any medical conditions.**

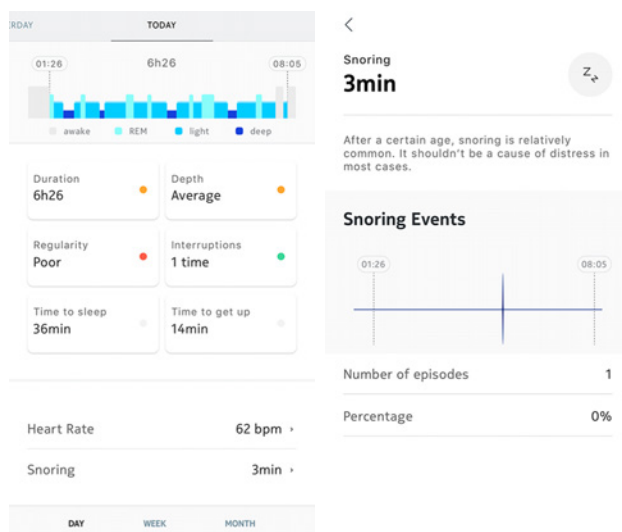
Withings Sleep has a microphone that detects sounds corresponding to snoring. As snoring detection is based on sound crossed with respiratory patterns, Withings Sleep can thus distinguish your snoring from the snoring of your partner and focuses only on your own snoring.

Withings Sleep does not keep any recording, it just detects if there was snoring or not, and stores the information throughout the night.

### Retrieving your snoring data

Your average snoring value is displayed at the bottom of your sleep graph.

Tap on **Snoring** to see the details of your night.

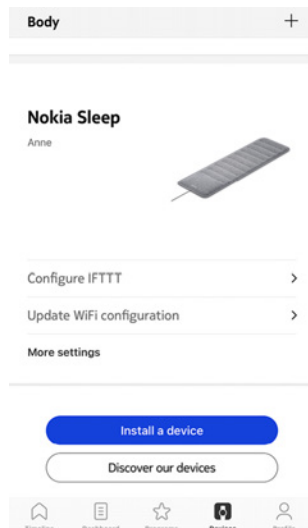


### Important note:

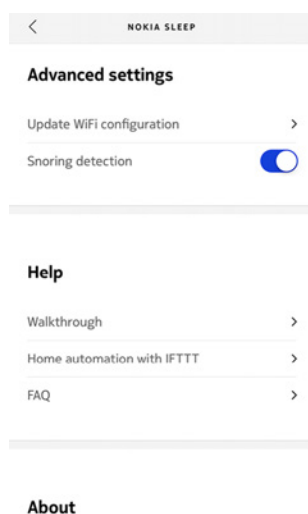
You can deactivate the microphone in the settings of the Health Mate. To do so, perform the following steps:

1. Open the Health Mate.
2. Go to **Devices** > **Withings Sleep**.

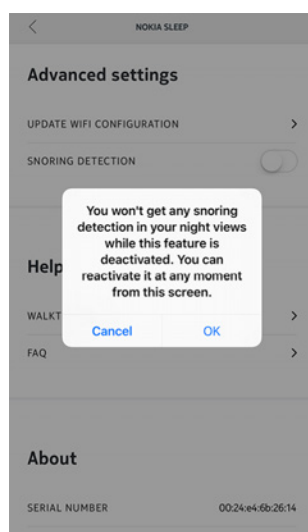
3. Tap **More settings**.



4. Tap the toggle to deactivate the microphone.



5. Tap **OK**.



Note that deactivating the microphone will deactivate the snoring detection of the Withings Sleep.

# Tracking my breathing disturbances



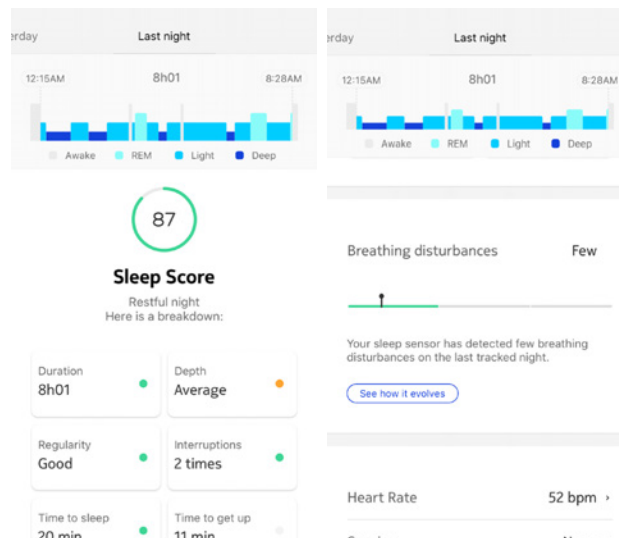
**Withings Sleep is not a medical device and should not be used to diagnose, treat, cure, or prevent any medical conditions.**

Breathing disturbances are referring to interruptions in your sleep patterns. These disturbances, which impairing the restorativeness of sleep, may also be associated with conditions such as sleep apnea.

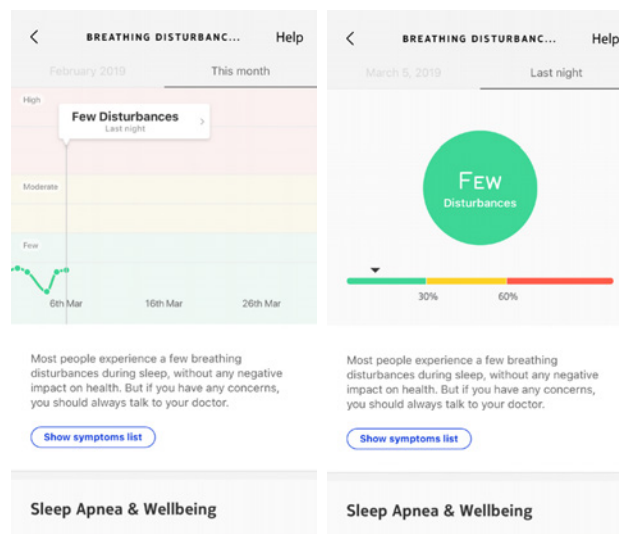
Sleep is able to detect breathing disturbances on the last night tracked thanks to its algorithm. You will receive lifestyle tips through the Health Mate app to help you reduce risks of breathing disturbances.

You can retrieve breathing disturbances data collected by your Sleep in the Timeline of the Health Mate app.

Tap on your sleep item, breathing disturbances data will be displayed under your Sleep score. Tap on **See how it evolves**, then **Next** to see the tutorial.



In the example below, tap on **Few Disturbances** for more details.



## Important:

- You need to sleep at least 5 hours to have breathing disturbances data.

- You need to activate the **snoring detection** to have breathing disturbances data. To do so, go to **Devices > Sleep > More settings > Snoring detection**.
- Sleep is not a medical device and should not be used to diagnose, treat, cure, or prevent any medical conditions.
- Sleep is not intended to diagnose apneic episodes or assist with a diagnosis. Please seek medical advice if you need a personal sleep apnea diagnosis.

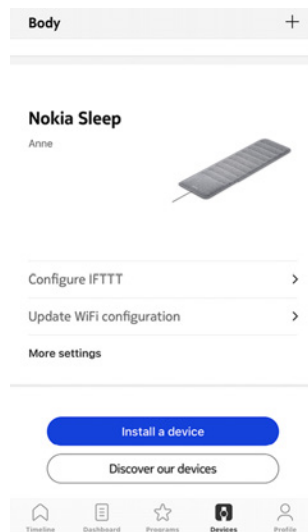


# Linking my Withings Sleep to IFTTT

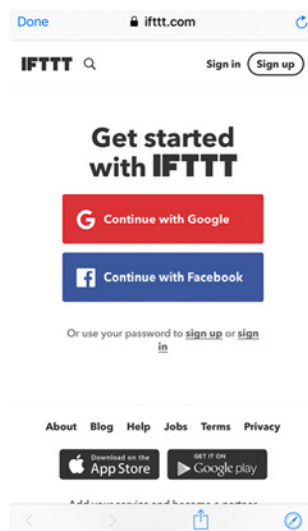
IFTTT is a service that lets you create powerful connections with one simple statement — if this then that. Using a very simple interface, it lets you create “applets,” that let you, for example, program your Withings Sleep to turn off the lights when you go to bed or turn up the thermostat when you get up. You can browse the dozens of applets already created by IFTTT users or create your own.

To connect Withings Sleep with IFTTT, perform the following steps:

1. Open the Health Mate app.
2. Tap **Devices**.
3. Tap **Configure IFTTT**.

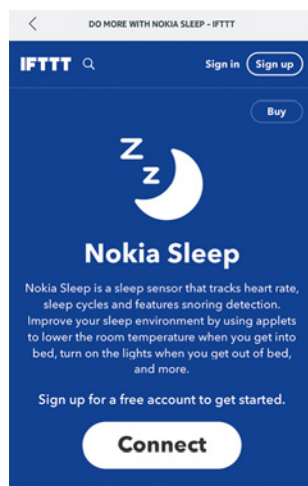


4. Tap **Sign in** if you already have an account or click on **Sign up** to create one.

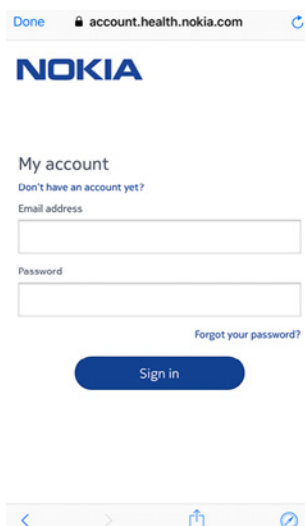


5. Follow the instructions on the screen and tap **Continue**.
6. Tap **Done** at the top of the screen.
7. Tap **Configure IFTTT** once again.

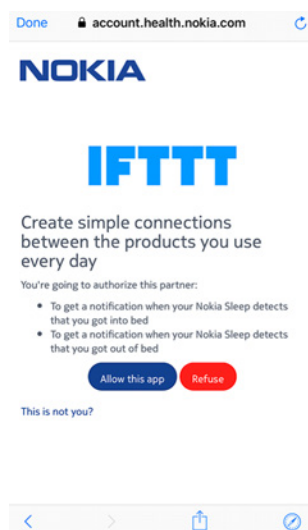
8. Tap **Connect**.



9. Login to your Health Mate account, if you already have one, or create one.

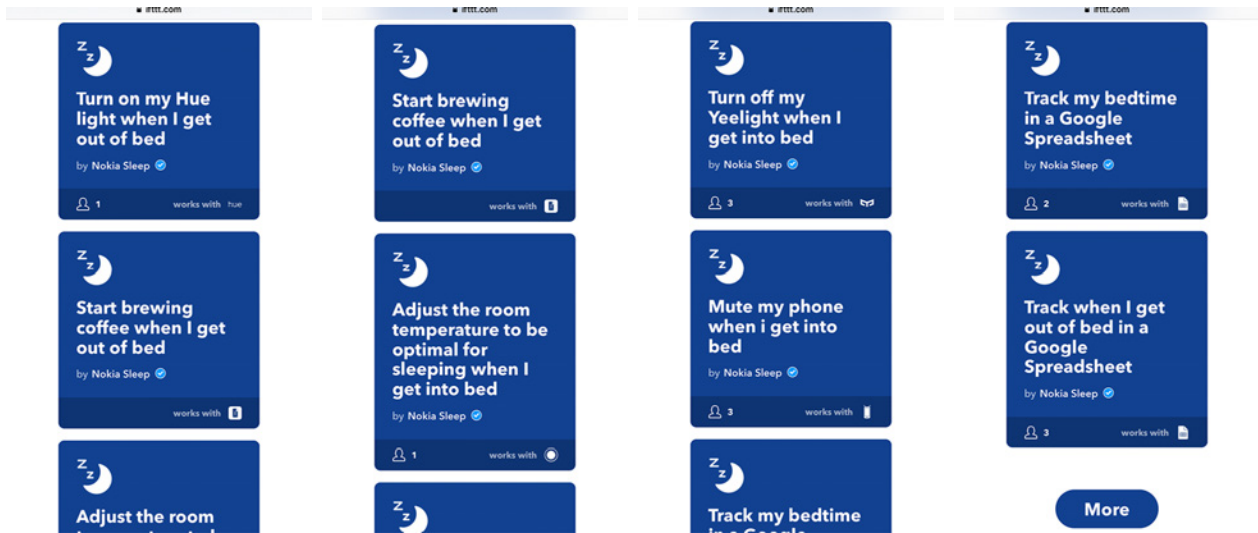


10. Tap **Allow this app**.



Your Withings Sleep has been successfully linked to IFTTT.

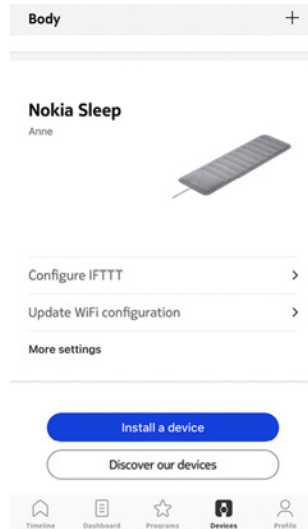
11. Scroll down the screen to discover the different home automation scenarios available with your Withings Sleep.



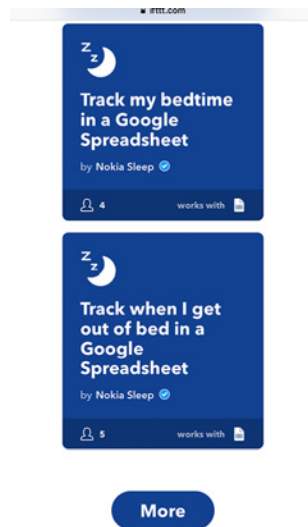
## Creating automated scenarios

You have the possibility to create a lot of automated scenarios. To create one, perform the following steps:

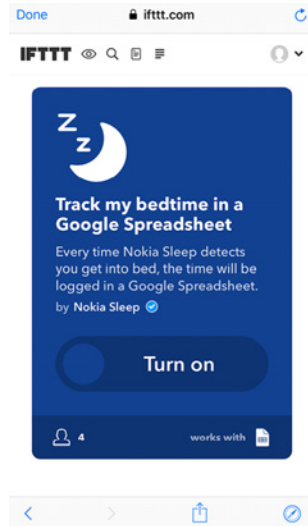
1. Open the Health Mate app.
2. Tap **Devices**.
3. Tap **Configure IFTTT**.



4. Log in to your IFTTT account if necessary.
5. Select a scenario in the list (such as **Track my bedtime in a Google Spreadsheet**).



6. Tap **Turn on**.



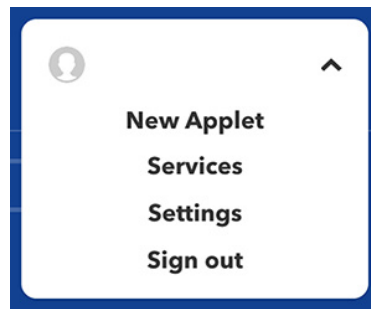
The automated scenario has been successfully created.

7. Tap **Done**.

### Applets customization

Customizing applets allow you to connect to many other available smart products and devices, in addition to the set of featured applets available on the Withings Sleep IFTTT homepage. To do so, perform the following steps:

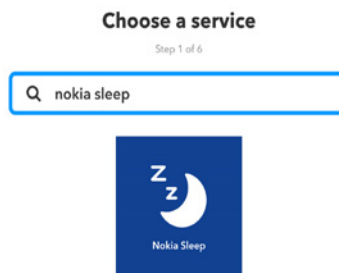
1. Click on **New Applet** under your user profile.



2. Click on **+this**.

if **+this** then that

3. Tap **Withings Sleep**.



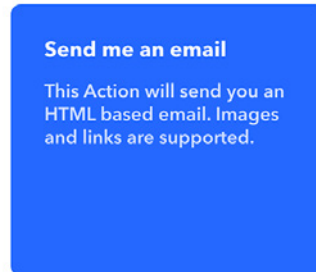
4. Choose one trigger (**When I get into bed** or **When I get out of bed**).

5. Complete trigger fields.

6. Click on **Create trigger**.
7. Click on **+that**.

if  then  that

8. Select the service you would like to trigger with Withings Sleep (for instance **Email**).
9. Choose action.



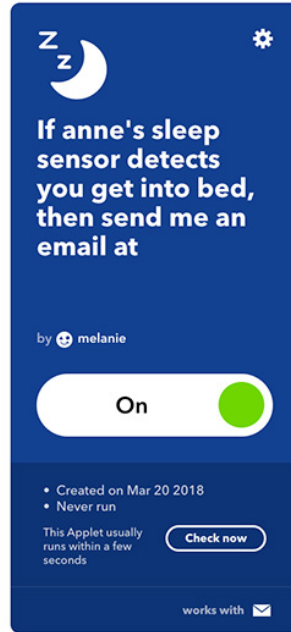
10. Complete action fields.  
Note that you can select **Add ingredient** and choose between **DeviceUser** or **DateandTime** to personalize your home automation scenario.



11. Click on **Create action**.
12. Select **Activate the notifications** (optional).

13. Click on **Finish**.

Your applet has been successfully created. Make sure that it is turned on.



# Managing my data

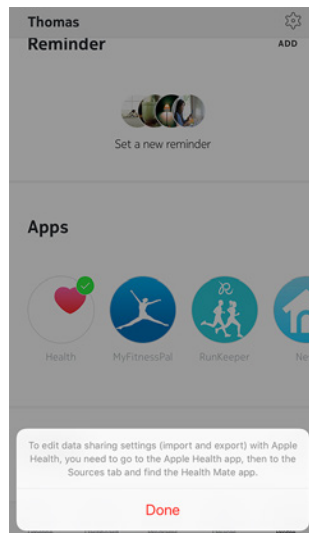
## Sharing my data with Apple Health

The Health Mate app can share the following data with Apple Health:

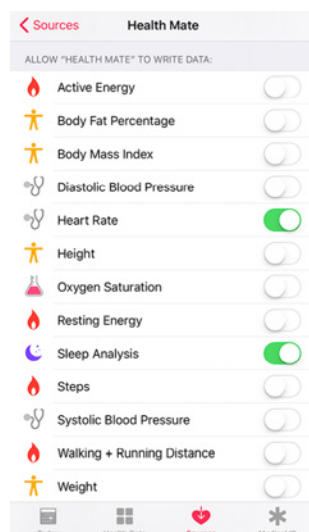
- Heart rate
- Sleep analysis

To link your accounts, perform the following steps:

1. Open the Health Mate app.
2. Tap **Profile**.
3. Tap **Health**.
4. Tap **Done**.



5. Go to the Apple Health app, then to the Sources tab and find the Health Mate app.
6. Select the data you want to share with Apple Health.



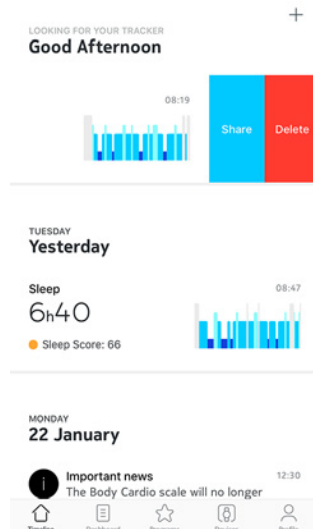


7. Tap **Allow**.

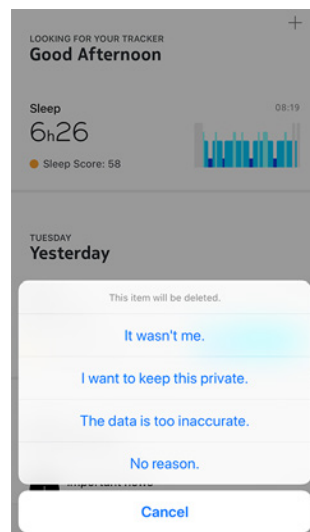
## Deleting my data

You have the possibility to delete your heart rate and blood pressure measurements from the Health Mate app. To do so, perform the following steps:

1. Open the Health Mate app.
2. Swipe the value which you want to delete measurement.



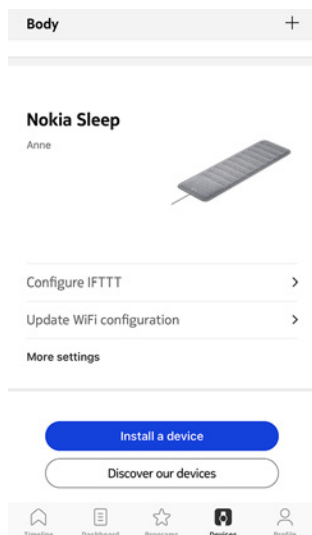
3. Select your answer.



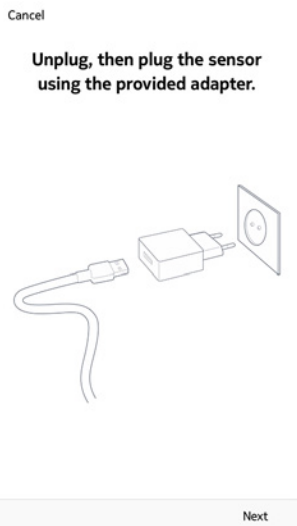
# Changing the Wi-Fi configuration of my Withings Sleep

You may need to change the configuration of your Withings Sleep if you want to use a different Wi-Fi network. To do so, perform the following steps:

1. Open the Health Mate app.
2. Go to **Devices** > **Withings Sleep**.
3. Tap **Update Wi-Fi Configuration**.



4. Tap **Next**.



5. Tap **Next**.

6. Tap **Pair**.



7. Tap the Wi-Fi network you want to use or tap **Set up another network**.



8. Enter the password.

9. Tap **OK**.

# Dissociating my Withings Sleep



**All data that wasn't synced before dissociating your Withings Sleep will be lost permanently.**

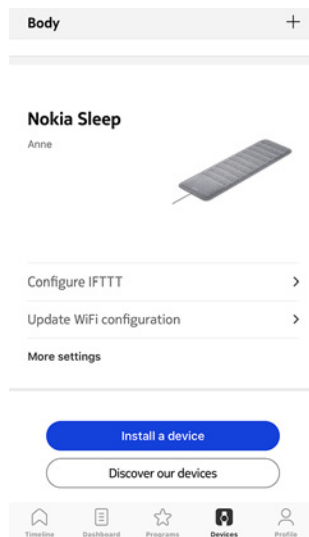
Dissociating your Withings Sleep allows you to remove it from your account. Once it is no longer linked to your account, it can be installed on another account or on the profile of another user of your account.



**Dissociating your Withings Sleep will not remove any of the data that was synced from the Health Mate app.**

To dissociate your Withings Sleep, perform the following steps:

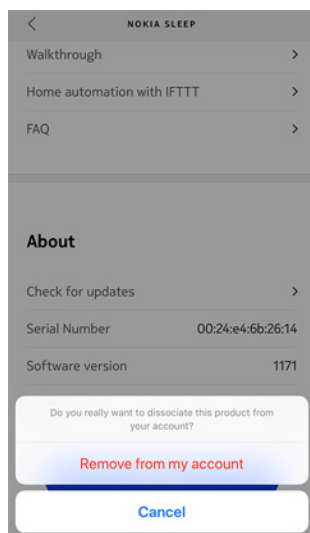
1. Open the Health Mate app.
2. Go to **Devices**.
3. Tap **Withings Sleep**.



4. Tap **Dissociate**.



5. Tap **Remove from my account**.



# Performing a factory reset of your Withings Sleep

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**All data that wasn't synced before resetting your Withings Sleep will be lost permanently.**

Factory resetting your Withings Sleep allows you to delete all of the data stored on it. Factory resetting completes the dissociation process.



**Factory resetting your Withings Sleep will not remove any of the data that was synced from the Health Mate app.**

To reset your Withings Sleep, perform the following steps:

1. Go to the **Settings** of your mobile device, select **Bluetooth** and locate Withings Sleep in the list of devices. Select the small icon to the right of the sleep sensor and select the option to **Forget** or **Remove** the device.
2. Make sure to place the inner part of the Withings Sleep out of its textile cover.
3. Put the lower part of the device towards you.  
A notch with the word Reset below indicates the location of the reset button.
4. Unplug, then plug Withings Sleep using the provided adapter.
5. Press and hold the Reset button for five seconds.  
The LED on the back of the device will flash red three times, then flash green continuously one time.  
A flashing blue LED indicates that the reset procedure has been done successfully.
6. Put the inner part back into the textile cover.  
Make sure to flatten the sensor all over its surface in the textile cover.

# Cleaning and maintenance

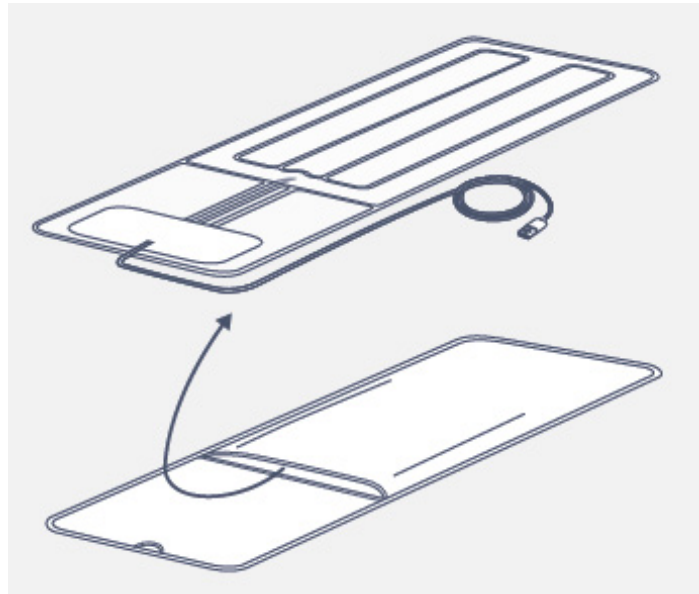
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## Cleaning my Withings Sleep

To clean the textile cover of the Withings Sleep, gently remove the cover first. Note that the cover can be machine washed, but do not tumble dry or iron it. We recommend you to wait until the cover is completely dry before replacing it on Withings Sleep.



**Do not, under any circumstance, use any solvent to clean your Withings Sleep.**



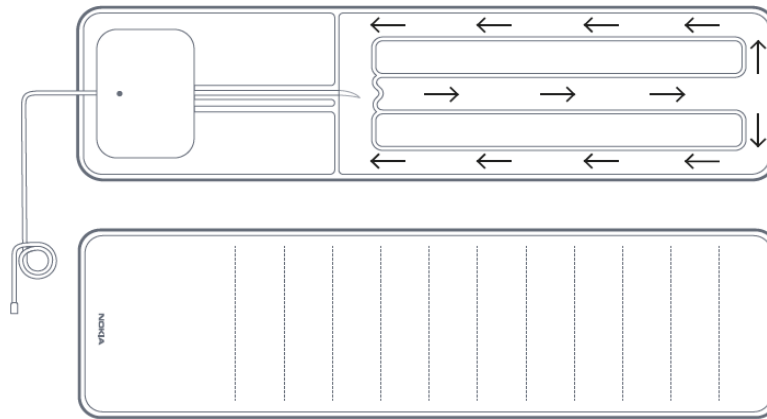
## Deflating my Withings Sleep

To deflate your Withings Sleep, perform the following steps:

1. Make sure to place the inner part of the Withings Sleep out of its textile cover.
2. Put the lower part towards you.  
A notch with the word Reset below indicates the location of the reset button.
3. Unplug, then plug Withings Sleep using the provided adapter.
4. Press the reset button successively three times.  
A slight click indicates that the Withings Sleep valve is open. The sensor should slightly deflate.

**Important:** Keep the sensor plugged during the whole process. When the sensor is unplugged, the valve closes and prevents any air input/output of the Withings Sleep. Note that the valve closes after 3 minutes.

5. Remove the air from the sensor. Please refer to the picture below.



6. Unplug Withings Sleep.

7. Put the inner part of the device back into the textile cover.

Make sure to flatten the sensor all over its surface in the textile cover.

## Updating the firmware of my Withings Sleep

To update the firmware of your Withings Sleep, perform the following steps:

1. Open the Health Mate app.
2. Go to **Devices** > **Withings Sleep**.
3. Tap **Check for updates**.



# Technology description

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## Sleep data

Withings Sleep contains various sensors that can detect your movements, your breathing, and your heart rate. This information is then analyzed to track how long it takes you to fall asleep and how many times you wake up during the night. It also tracks the different phases of your sleep.

## Resting heart rate

Withings Sleep continuously checks your heart rate while you're sleeping, allowing you to get a proper idea of your average resting heart rate.

## Snoring

Snoring detection is based on sound, crossed with respiratory patterns. Withings Sleep acquires an audio energy signal at a set frequency to capture snoring episodes to show when and how long a user snored.

Note that there is no full band audio recording or streaming, Withings Sleep only monitors a single frequency present in snoring. Then, it captures the audio energy at that frequency with no local storage even of that data.

## Breathing disturbances

Withings Sleep is able to detect breathing disturbances on the last night tracked thanks to its algorithm.

Breathing disturbances are referring to interruptions in your sleep patterns. These disturbances, which impairing the restorativeness of sleep, may also be associated with conditions such as sleep apnea.

# User guide copyright

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This User guide is protected by Intellectual Property laws and copyright. Any reproduction, modification, representation, and/or publication without Withings prior approval is strictly prohibited. You may print this User Guide for your personal use exclusively.

For any questions, please contact Withings at: <https://support.withings.com/hc/en-us/requests/new>.

## Legal notice

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**By using your Withings Sleep you expressly agree to the Withings Services Terms and Conditions available on our [website](#).**

### Personal data

- Withings Sleep does not store any audio recordings.
- Make sure you have read our privacy policy, which you can find on our [website](#).
- Make sure your Withings account password is secure enough to restrict access to your account. It should be at least eight-character long, have mixed case, and use a combination of alphanumeric and special characters.
- We recommend that you protect access to the Health Mate app with an additional passcode and/or Touch ID. You can do so from the app by going to Settings in the app and activating **Touch ID** and **Passcode** (only for iOS).
- We recommend that you export your data on a regular basis to local storage on your home computer. You can do so from the Health Mate [web interface](#) by clicking your **Profile picture** > **Settings** > **User Preference** > **Download my data**.

# Safety instructions

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## Use and storage

- Use the product at temperatures between 10°C and 40°C (50°F and 104°F).
- Product may be stored in a clean, dry location between -25°C and 55°C (-13°F and 131°F) when not in use.
- Unplug your Withings Sleep if you do not plan to use your it for an extended period of time.
- The Withings Sleep is only meant to track your sleep, heart rate and snoring, exclusively by placing it under your mattress. Any other use is prohibited.

## Safety

- Do not allow your Withings Sleep to come in contact with liquids. If it gets wet, make sure you let it dry before trying to use it.
- Do not leave your Withings Sleep exposed to dust or sunlight for too long as it might damage the product.
- Keep your Withings Sleep and its accessories out of reach from children, as it contains small parts and may present a choking hazard.

## Service and maintenance

- Do not attempt to repair or modify your Withings Sleep on your own.
- If you have any issue, feel free to contact our Customer Service at: <https://support.withings.com/hc/en-us/requests/new>.

# Specifications

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## Withings Sleep

- Length: 63.7 cm (25")
- Width: 19.5 cm (8")
- Weight: 274 g (0.604 lb) - sensor only
- Thickness: deflated 0.5 cm (0.2") - once installed 2.4 cm (1")
- One-time setup
- To be placed under the mattress
- Washable cloth cover
- Monitor sleep of one person

## Connectivity

- Wi-Fi 2.4 GHz 802.11 b/g/n
- Bluetooth Smart Ready

## Technology

- Advanced pneumatic sensor
- Ballistocardiography method
- Accuracy: algorithm built with our clinical partners

## Metrics

- Sleep data
- Resting heart rate
- Snoring data
- Breathing disturbances

## Battery life

- Plugged in the power via an electric outlet

## Compatible devices

- iPhone (5 and above)
- iPod Touch (6th generation or higher)
- iPad Air, Air 2
- iPad Pro
- iPad Mini (2nd generation or higher)
- Compatible Android BLE (Bluetooth Low Energy) device

## Compatible OS

- iOS 10.0 or higher
- Android 5.0 or higher

# Document release overview

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Release date		Modifications
April 2018	v1.0	First release
May 2018	v2.0	Privacy update
September 2018	v3.0	Withings version
March 2019	v4.0	Update of: <a href="#">"Breathing disturbances" on page 41</a>



**The screenshots in this manual are used for explanatory purposes. Your actual screens may differ from the screenshots in this manual.**

# Warranty

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## Withings One (1) Year Limited Warranty - Withings Sleep

Withings warrants the Withings branded hardware product "Withings Sleep" against defects in materials and workmanship when used normally in accordance with Withings's published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser ("Warranty Period"). Withings's published guidelines include but are not limited to information contained in technical specifications, safety instructions or quick start guide. Withings does not warrant that the operation of the Withings Sleep will be uninterrupted or error-free. Withings is not responsible for damage arising from failure to follow instructions relating to the Withings Sleep's use.

# Regulatory statements

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## Federal Communications Commission (FCC) Statement

FCC ID: XNAWSM02

This device complies with Part 15 of the FCC Rules. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter.

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

This device complies with the R&TTE Directive 1999/5/CE.

A copy of the EU Declaration of Conformity is available online at <https://www.withings.com/fr/en/compliance>.