SMART nora

The Contact-free Snoring Solution.

IMPORTANT SAFETY INFORMATION

READ CAREFULLY BEFORE USE. Failure to follow these instructions could result in death or serious injury.

Smart Nora is intended to detect snoring and reduce snoring sounds by slowly moving the user's pillow by means of adjusting the volume of the air-inflated Pillow Insert. The device is indicated for those whose periodic snoring causes their partners to wake up. The device is not indicated for diagnosis or treatment of sleep apnea or any other medical condition.

WARNING: To avoid danger of suffocation, keep Smart Nora away from infants and children.

If your sleep habits and positions put you at risk of entangling a cord or tube around your neck while sleeping, do not use Smart Nora.

Smart Nora is not a monitoring device and will not warn you of any sleeping problems.

Avoid placing the power cable and air tube where it could present a tripping hazard.

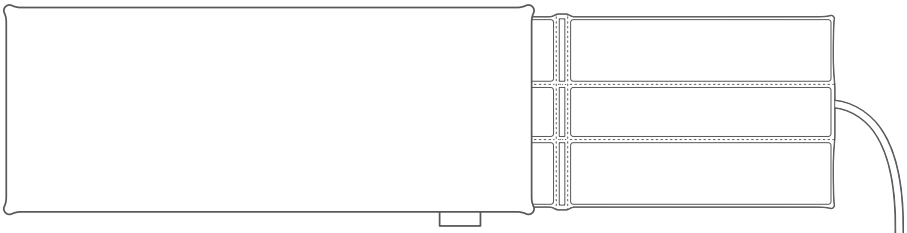
Do not use Smart Nora around water or other liquids. Like any electronic device, there is an electrocution hazard if you get Smart Nora wet when it is plugged in.

Do not disassemble the Pebble, Base, or power adapter. There are no repairs that you can safely perform.

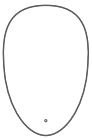
IN THE BOX

COMFORT SLEEVE

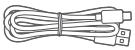
PILLOW INSERT



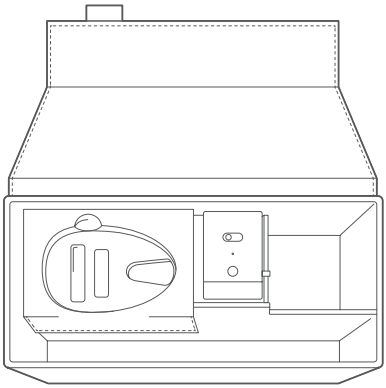
AIR TUBE



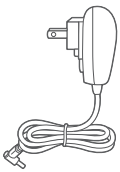
PEBBLE
(MICROPHONE)



PEBBLE USB



BASE



BASE CHARGER

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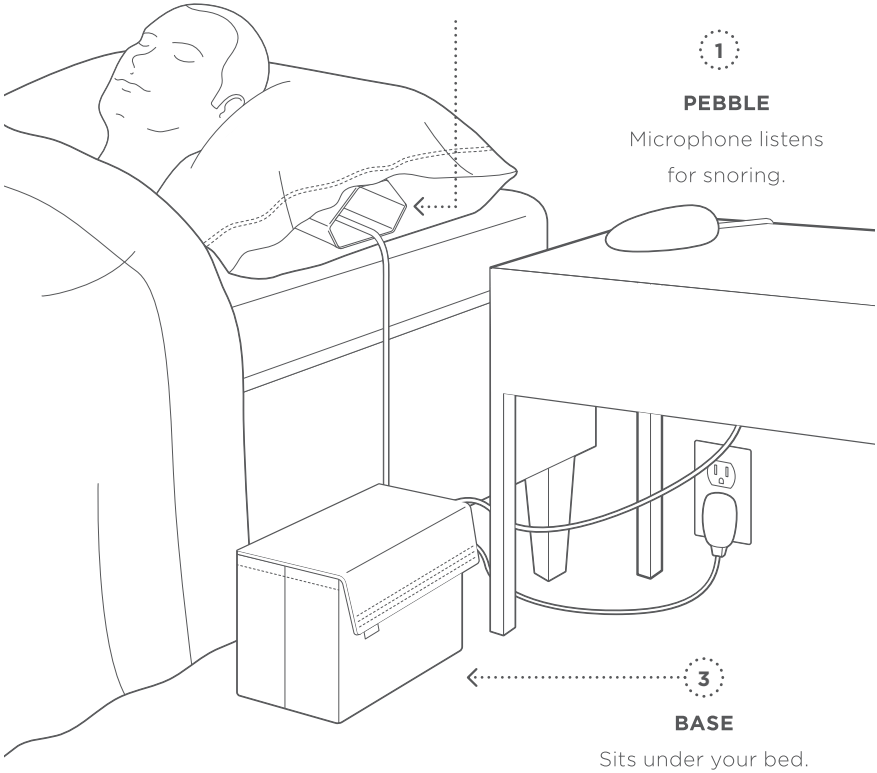
2

PADDED INSERT

Inflates and deflates to gently move your head.



1

PEBBLE

Microphone listens for snoring.

3

BASE

Sits under your bed.

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WELCOME TO BETTER SLEEP

Smart Nora is the contact-free snoring solution loved by tens of thousands of couples worldwide, and featured in The New York Times, WireCutter, TIME, ABC, CBS, The Oprah Magazine, and more.

Smart Nora is designed for use in normal bedroom environments. During the night the Pebble, a microphone equipped with detection algorithms, listens for sounds of snoring. Upon detecting multiple snores, it activates the silent pump in the Base to gently inflate and deflate the Pillow Insert. This slight movement interrupts your snoring. After a few nights, you will get used to this movement and notice Smart Nora less and less.

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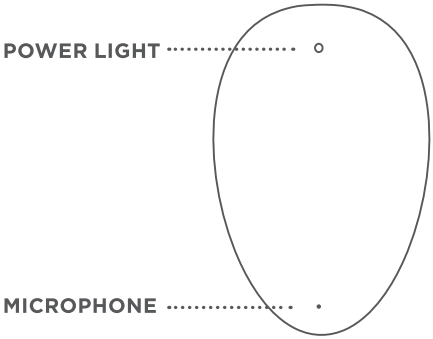
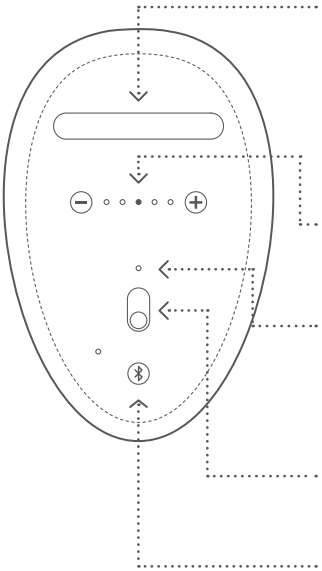
PEBBLE FEATURES





ON/OFF/DELAYED START

- Press once to turn on or off.
- Press and hold for 3 second to initiate 30-minute delayed start (indicated with a pulsating white light on the top LED). Press once to end the delay.

SENSITIVITY ADJUSTMENT

Middle sensitivity is the optimal setting.

BOTTOM LIGHT

Light flashes green when battery is charging. Once the battery is fully charged, the flashing will stop.

LOCK

Lock for travel / Unlock for regular use.

BLUETOOTH BUTTON

- To pair the Pebble and Base see page 21.
- Press once to manually activate the pump for a test.

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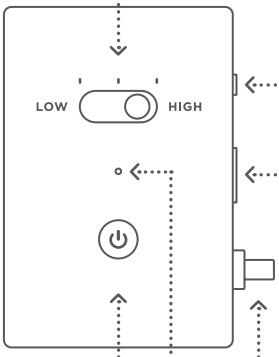
BASE FEATURES



PILLOW MOVEMENT ADJUSTMENT

You can adjust the height of the inflated Pillow Insert. For best results keep on high.

DC POWER

Connect the power cable to keep the Base charged overnight.

USB PORT

Connect the Pebble using the USB cable for charging and pairing.

AIR NOZZLE

Connect the air tube from the Insert to the Base.

POWER LIGHT

Light will be Solid White when ON.

Light flashes green when battery is charging. Once the battery is fully charged, the flashing will stop.

ON/OFF

Press to turn the Base on or off.

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HOW SMART NORA WORKS

WHY WE SNORE

Snoring is the result of our airways collapsing as the upper throat muscles relax during sleep. When we breathe through the narrowed airway, we create vibrations that are heard as snoring.

WHY SMART NORA IS EFFECTIVE

Smart Nora detects early sounds of snoring and gently moves your head by activating a silent pump that inflates and deflates the padded insert sitting under your pillow, inside the pillowcase.

This slight movement stimulates the relaxed throat muscles and as a result, the airway assumes its natural position, allowing you to breathe normally once again. This movement lasts about 1 minute each time, and during this time the device does not activate with sounds of snoring.

TESTER'S SNORING VOLUME **WITHOUT SMART NORA**

TESTER'S SNORING VOLUME **WITH SMART NORA**

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SETUP

FOLLOW ALONG TO THIS 5 MIN VIDEO AT

SETUP.SMARTNORA.COM

HAVE QUESTIONS? WE'RE HERE TO HELP.

SUPPORT.SMARTNORA.COM

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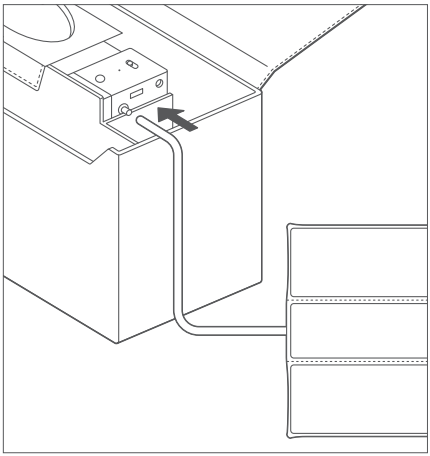
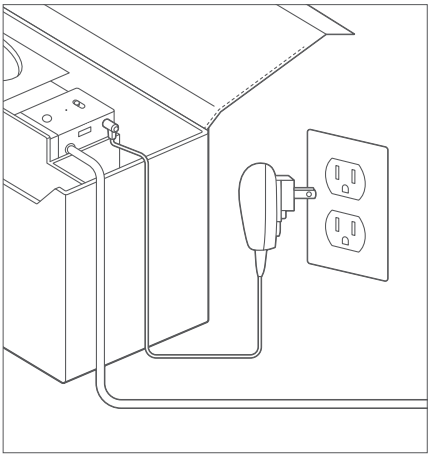
SETUP





1. CONNECT AIR TUBE

Connect the air tube from the Pillow Insert to the Base.

2. PLUG IN BASE

Plug the Base into a power source. Place the Portable Case under your bed.

The LED on Base flashes green when charging.

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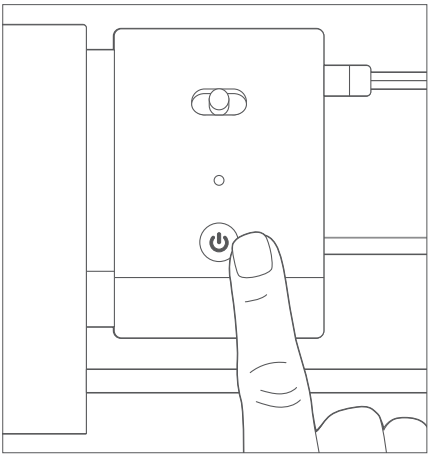

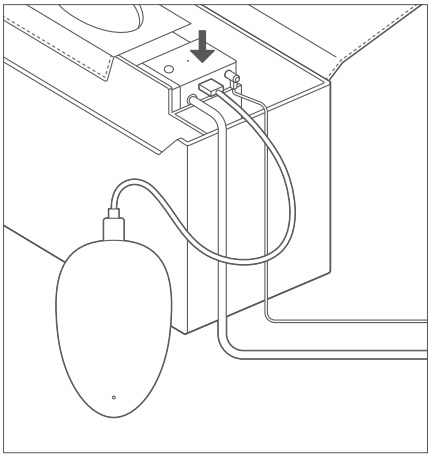

3. TURN BASE ON

Press power button ⏻ to turn on the Base.

4. CONNECT PEBBLE

Connect the Pebble to the Base with the USB cable. Keep the Pebble plugged into USB power for use overnight.

The LED on the bottom of the Pebble flashes green when charging.

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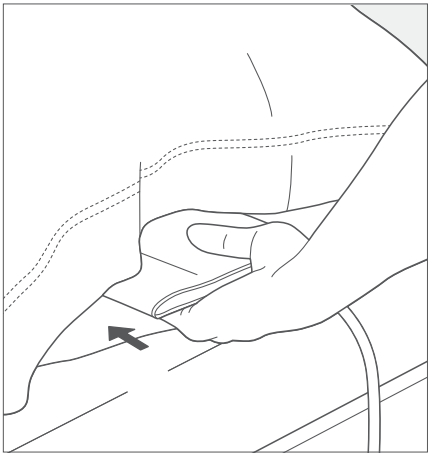

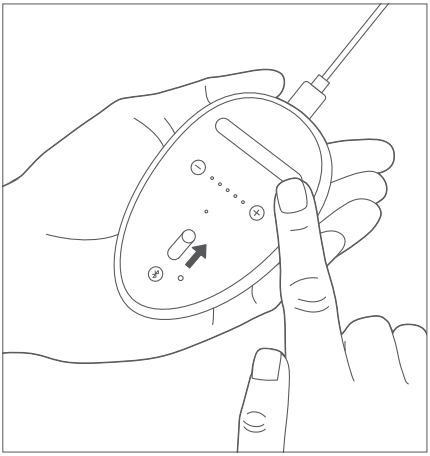

5. PLACE PILLOW INSERT

Slide the Pillow Insert into the Comfort Sleeve (page 2). Then place them inside your pillow case, under the pillow. Ensure the thinnest middle panel is facing up.

6. TURN PEBBLE ON

Unlock the Pebble.
Press on/off button to turn the Pebble on.

- ✓ Solid white light on top and bottom of the Pebble: On and ready.
- ✓ Blinking green and white the bottom of the Pebble: On and charging.
- ✗ Blinking blue or red light: see page 21 -22 for troubleshooting.

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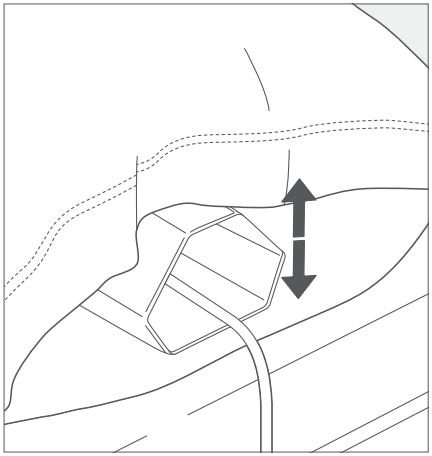

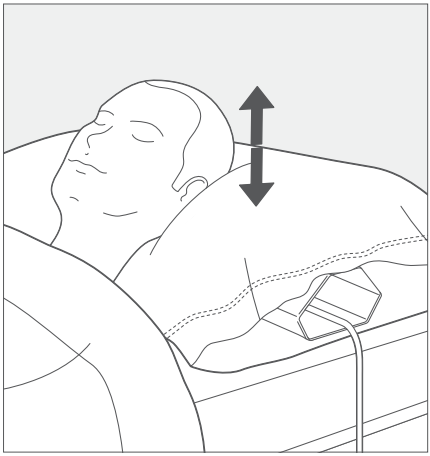

7. TEST BEFORE SLEEPING

Put your head on your pillow. Press the bluetooth button on the Pebble.

You should feel a gentle rise and fall (about 2 inches). Each rise and fall cycle takes 1 minute to complete.

Note:

You can not test Nora's snore detection by pretending to snore. Our algorithm is tuned to detect naturally occurring snores only.

SETUP IS COMPLETE!

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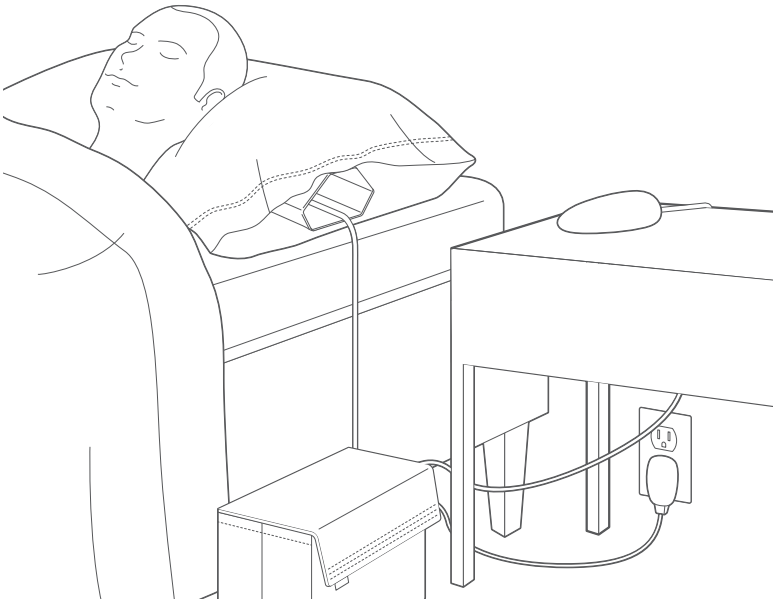
NIGHTLY ROUTINE

Keep the Base plugged in to the wall and on. Keep the Pebble plugged into the Base. Turn on the Pebble each night before falling asleep.

Start the night with 30-minute delay to allow yourself to fall asleep before Nora listens for sounds of snoring.

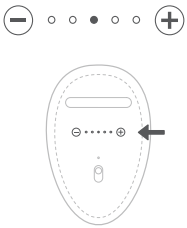
- Press and hold the large ON/OFF Button on pebble for 3 second to initiate 30-minute delayed start (indicated with a blinking white light on the top LED).



FIRST FEW NIGHTS

In the first few nights you can adjust the settings based on your comfort level and your bedroom environment.

SNORE DETECTION



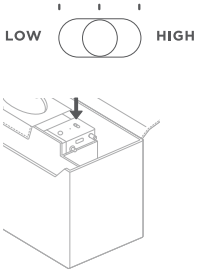
Start with the middle setting.

You can adjust the sensitivity setting to detect your snoring more or less often. In a noisy bedroom you can decrease the sensitivity.

DETECT LESS OFTEN

DETECT MORE OFTEN

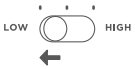
PILLOW HEIGHT



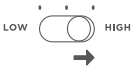
Start with the middle height.

According to your comfort, adjust the height setting to increase or decrease the movement of the pillow. It's best to get used to Medium or High setting.

MOVE PILLOW LESS



MOVE PILLOW MORE



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FIRST 2 WEEKS:
WHAT TO EXPECT

To experience best results, use Smart Nora for at least **two weeks.** The majority of users experience a reduction in their snoring after seven consecutive nights of using Smart Nora.

Few nights of getting used to a new device is well worth the months and years of peaceful sleep you will have afterwards.

How do you know if Smart Nora is working for you?

Ask the non-snoring partner about their quality of sleep.
As you would expect once the snoring is reduced, the partner will experience less interruptions to their sleep and will feel more refreshed and rested in the mornings.
As the snorer gets accustomed to the motion of Nora, they will also start getting much better sleep since they are not getting nudged overnight to stop snoring.

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FOR SNORER

Nights 1–3
You may feel Smart Nora's slow movement a few times during the night.

To fall asleep easily, start the night with Delayed Start mode so you have 30 minutes to fall asleep before Smart Nora starts working. (See page 16)

Nights 4+
Your body will adjust to the movements, and over time you will notice Smart Nora less and less.

Nights 10+
Smart Nora will fade into the background and you might notice it occasionally.

FOR PARTNER

Nights 1–3
As your partner becomes accustomed to using Smart Nora, you will notice a reduction in intensity and frequency of their snoring. If your bedroom is extremely quiet, you might notice the faint sound of the pump. But this will soon fade into the background.

Nights 4+
Your partner will be used to Smart Nora and you can both enjoy improved quality of sleep.

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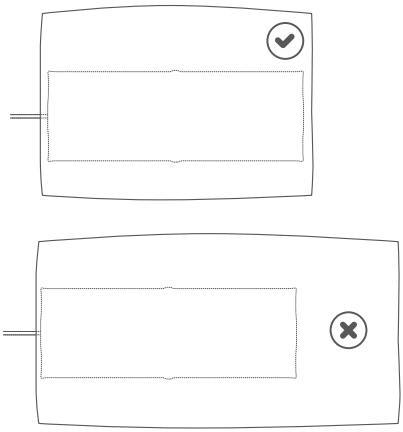
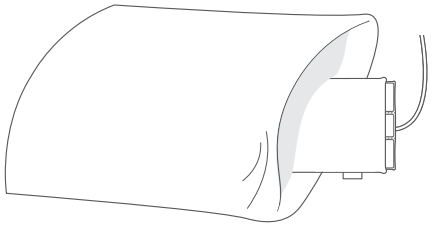
OPTIMAL EXPERIENCE





USE A QUEEN-SIZE PILLOW

Use a queen-size pillow (20x30in - 50x75cm) to ensure the Pillow Insert is almost edge-to-edge under your pillow.

USE THE COMFORT SLEEVE

This will make the Pillow Insert soft on all sides so you can comfortably put your hand under the pillow if you prefer that.

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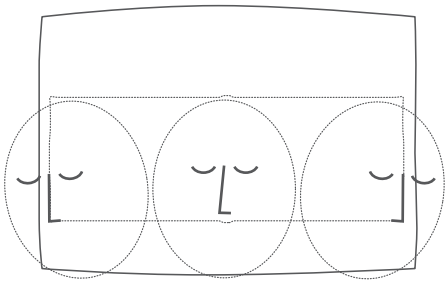
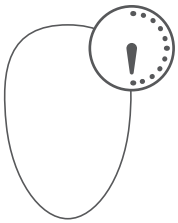


MAKE SURE YOUR HEAD IS MOVED BY THE INFLATION

You can place your head anywhere on the pillow as long as the Pillow Insert moves your head when it rises and falls.



START THE NIGHT WITH 30 MINUTE DELAY

To fall asleep easily start the night with delayed start so you fall asleep before Nora

- To start the delay, **hold the on/off button for 3 second.** White light on the Pebble will pulsate for 30 minutes. Smart Nora will start working automatically after 30 minutes.
  To end the delay, **press the on/off button.**

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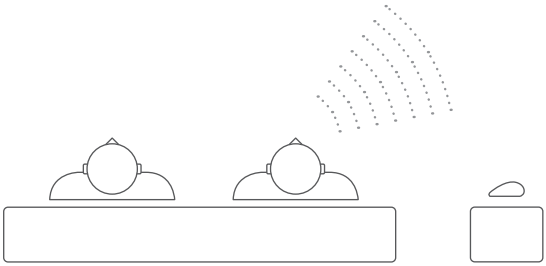
PEBBLE PLACEMENT

MOST ACCURATE



3 feet (1 meter) or less

✓ **FOR ACCURATE DETECTION**

Place the Pebble close to the snorer, not the partner.

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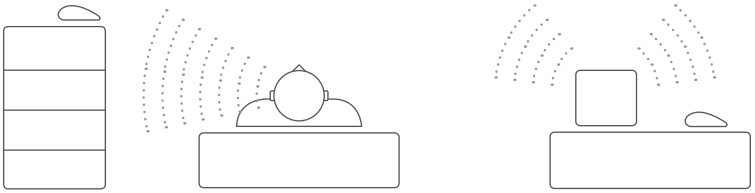
WRONG SETUP



- ✕ Do not place the Pebble more than 3 feet away.
- ✕ Keep it at the same level as your head.
- ✕ Do not place the Pebble on an unstable or vibrating surface.
- ✕ Do not place the Pebble close to sources of noise such as a fan, AC vents, white noise machine, or radio. If you have such a device in your bedroom, put the Pebble on the side of the snorer, and keep the noisy device on the opposite side of the bed.

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PEBBLE & BASE LIGHTS

SOLID WHITE: ON, READY

Both Pebble and Base are on and paired.

PULSING WHITE: 30 MIN DELAY

Pebble is in delayed start mode and will start listening for snoring in 30 minutes.

FLASHING RED: LOW BATTERY

Pebble and/or Base are low on battery. Plug in the Base to power. Connect the Pebble to the Base using the USB cable. Keep both plugged in for overnight use.

Pebble Battery lasts for 1 night.
Base battery lasts for 1 night.

FLASHING GREEN: CHARGING

Pebble and Base are charging and ready to use. The light will stop flashing once the battery is fully charged.

FLASHING WHITE AND GREEN: ON AND CHARGING

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SUPPORT.SMARTNORA.COM

For additional support.

FLASHING BLUE: BLUETOOTH ISSUE

To pair the Pebble and Base:

1. Connect Pebble and Base with USB cable.

2. Turn the Base ON.

3. Unlock the Pebble (Keep the Pebble off, all LED lights should be off)

4. On the Pebble **press and hold the Bluetooth Button for 3 seconds**. Purple light will flash.

When the purple light stops flashing, turn the Pebble ON, the LED should show a solid white light. Nora is now ready.

If the purple light keeps flashing for more than 10 seconds, make sure there is proper connection with USB cable on Pebble and Base. Make sure the Base is ON and you see the solid white light.

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FCC STATEMENT

This device couples with part 15 of the FCC Rules. 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.

WARNING: Changes or modification not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocation the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

EU—DECLARATION OF CONFORMITY

Hereby, Smart Nora Inc., declares that

Smart Nora snoring solution (Model: 001NORA)

meets the essential requirements and other relevant provisions of Directive 2014/53/EU. A copy of the signed and dated Declaration of Conformity is available on request.

Countries RED Approval Complied

All EU countries, Switzerland (CH) and Norway (N)

INDUSTRY CANADA

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

DISPOSAL INFORMATION FOR USERS

Pursuant to and in accordance with Article 14 of the Directive 2012/19/EU of the European Parliament on waste electrical and electronic equipment (WEEE), and pursuant to and in 2006/66/EC of the European Parliament on batteries and accumulators and waste batteries.

The barred symbol of the rubbish bin shown on the equipment indicates that, at the end of its useful life, the product must be collected separately from other waste. Any products that have reached the end of their useful life must be given to waste disposal centres specializing in separate collection of waste electrical and electronic equipment, or given back to the dealer when purchasing a new WEEE, pursuant to and in accordance with Article 14 as implemented in the country. The adequate separate collection for the subsequent start-up of the equipment sent to be recycled, treated and disposal of in an environmentally compatible way contributes to preventing possible negative effects on the environment and health and optimizes the recycling and reuse of components making up the apparatus. Abusive disposal of the product by the user involves application of the administrative sanctions according to the laws in force.

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DISCLAIMER

NON-MEDICAL DEVICE

Smart Nora is intended to rely on the detection of sounds consistent with snoring to slowly move the user's pillow as an aid in reducing snoring. The device is indicated for those whose periodic snoring causes their partners to wake up. The device is not indicated for diagnosis or treatment of sleep apnea or any other condition or disorder.

WARNINGS

Potential indicators of sleep disorder/ disease: Should any of the following symptoms or conditions co-exist with your snoring/sleeping difficulties, you should see your physician for an evaluation of obstructive sleep apnea.

- Frequent excessive daytime sleepiness.
- Periods of not breathing, as observed by bed-partners.
- Awaking short of breath, choking or gagging.
- History of heart disease.
- Substantially overweight.

CONTRAINDICATIONS

Smart Nora is not for use by infants or children.

Smart Nora is not for continued use if ineffective.

Smart Nora should not be used if it causes pain or other discomfort.

WARRANTY

Smart Nora Inc. offers a one-year manufacturer's warranty. Warranty does not apply to damage caused by accident, abuse, misuse, flood, fire, earthquake, other external causes or use with improper power supply.

MAINTENANCE

The Pillow Insert and the felt bag cannot be washed or dry-cleaned. The Base and the Pebble contain electronics; to avoid damage, do not expose any of the parts to liquids, including water and cleaning products. The Pillow Insert may be cleaned using a damp cloth.

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ISED compliance statement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

(1) L'appareil ne doit pas produire de brouillage;

(2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Radiation Exposure statement

This equipment complies with FCC/IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux radiations FCC/IC CNR-102 établies pour un environnement non contrôlé.

Caution

– replacement of a battery with an incorrect type that can defeat a safeguard;
– disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
– leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas;
– a battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

CAN ICES-3(B)/NMB-3(B)

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SLEEP JOURNAL

SNORER

PARTNER

Good morning! :-)
How did you sleep last night?

NIGHT 1

NIGHT 1

NIGHT 2

NIGHT 2

NIGHT 3

NIGHT 3

NIGHT 4

NIGHT 4

NIGHT 5

NIGHT 5

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