

SleepCogni.

Quick Start Guide

Set up in about 10 minutes. Sleep better from tonight.



BEFORE YOU START

Welcome

SleepCogni helps your child wind down at bedtime. The **Trigger** gives gentle vibration cues, and the **Hub** sets a calm bedside environment with a reading lamp, a relaxing sunset light and soothing sleep music.



SleepCogni Hub

Bedside light, sound & sensors



SleepCogni Trigger

Handheld Active-Feedback™ device



Power adapter

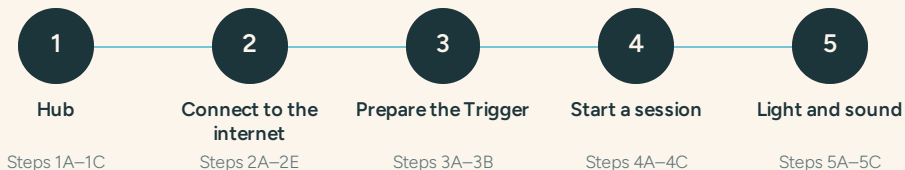
15 V $\Rightarrow$ 3 A — use only this one



This guide

Keep it for reference

SETUP AT A GLANCE



YOU'LL NEED

A smartphone, tablet
or computer

Your home Wi-Fi
name & password

A wall socket
near the bed

1A

Place the Hub

Put it on a bedside table within arm's reach of the bed, close to a wall socket, with the vents clear.



1B

Plug in and wait 3 minutes

Push the power adapter's round plug firmly into the socket at the back of the Hub's base and switch on at the wall. **Leave it switched on for 3 minutes** while the Hub starts up.

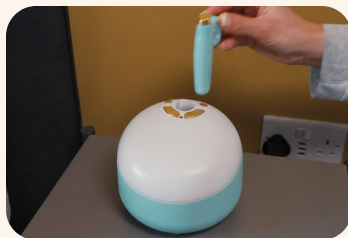


Slow red flashes are normal — within a minute of plugging in, the light may flash red slowly, up to five times. It just means the Hub isn't on the internet yet. No flashes? Just carry on with setup.

1C

Dock the Trigger

Place the Trigger into the charging dock on top of the Hub.



2A

Put the Hub into setup mode

Using the tool provided, lightly press the hidden key on the underside of the Hub. Keep it pressed in until you hear the Hub say “**Hub reset in progress**”, then release.



2B

Wait for a blue light

Wait for the Hub to show a blue light. This signifies that the Hub is in setup mode.



2C

Join the SleepCogni network

On your phone, iPad or other smart device, change your Wi-Fi network to **SleepCogni**. It should show in the list of available networks.

2D

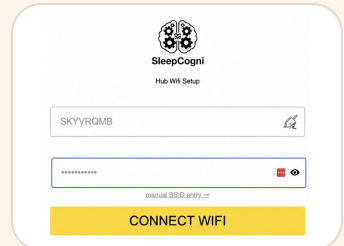
Open the Hub setup page

Open a browser on the same device. You should see the **SleepCogni Hub Wifi Setup** screen — if you do, carry on. If not, type **10.0.0.1** into the address bar.

2E

Connect to your home Wi-Fi

On the setup screen, open the **drop-down list** and select your home network. Then enter its password and tap **CONNECT WIFI**.



Connected? Within 1 minute the Hub shows a green light momentarily.



Still can't connect? The Hub shows up to 5 slow red flashes.

3A

Fit a spacer

Select a spacer that fits comfortably and isn't too tight, then clip it into the Trigger.



3B

Dock it to charge

Drop the Trigger into the charging dock on the Hub and leave it for **3 hours** to fully charge before first use.



THINGS TO BE AWARE OF

The green charging light

Every time the Trigger is put back in the dock, a green light shows its charging status.



Constant green — fully charged



Flashing green — charging

The light turns off after 30 seconds. This doesn't mean the Trigger has stopped charging — the light simply goes off so it won't disturb your session during the night.



Follow these steps before the start of every session — not just the first one.

4A

Lift the Trigger out

Remove the Trigger from the charging dock for a moment, then put it straight back in.



4B

Wait 30 seconds

Leave the Trigger in the dock for 30 seconds, until the **green charging light goes out**.



4C

Place it on your finger

Take the Trigger back out of the dock and place it on your finger. To activate the session, **press and hold the button until the Trigger vibrates**. This takes around 5 seconds.



Now just press the button to acknowledge every vibration you feel.

● Your session has now started.



5A

Reading lamp

A short press on the light button turns on the reading lamp. Press again to turn it off. Use the **+** and **-** buttons to change the brightness.



5B

Sunset

A long press on the light button starts the sunset feature — a calming, gradual sunset in the room to help you drift off. It turns off automatically when it finishes.



5C

Sleep music

Press the music button to play relaxing sleep music. It turns off automatically. Use the **+** and **-** buttons to change the volume.



WATCH AND FOLLOW ALONG

See how it's done

Scan the QR code to watch two short videos. Use them together with this Quick Start Guide.



VIDEO 1



How to set up

Hub, internet and Trigger setup, step by step.

VIDEO 2



How to use

Starting a session and responding to vibrations.

● Point your phone or iPad camera at the code to open the videos.

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