

SleepCogni.

User Manual

MODEL

SC-Hub / SC-Handheld



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Important. Read this manual carefully before installing or using the product and retain it for future reference.

01 Safety Information

1.1 Read before use

- Read this user manual carefully; failure to do so may result in injury or damage.
- Keep the manual for future reference and pass it on if the product changes hands.
- Use the product only as described; misuse may invalidate the warranty and could violate CE and FCC regulations.

1.2 Disposal & Recycling

- **Product:** At end of life, dispose of the product in accordance with the WEEE Directive and local regulations. Take it to a designated collection facility.
- **Battery:** Do not dispose of the rechargeable battery in household waste. Return it to a battery collection point or an authorised service centre for safe disposal.
- **Packaging:** Recycle cardboard and paper packaging where facilities exist.



1.3 Warnings

- **Use only the supplied power adaptor.** Using a different adaptor may damage the product or create a safety risk.
- **Use only the battery provided with the Trigger.** This is a custom battery and is not the same as standard AAA batteries.
- **Only charge the Trigger using the dock in the Hub.** Do not attempt to charge it in any other way.
- **Wall plug safety:** Take care to position the power adaptor safely to avoid creating a trip hazard.
- **Electrical safety:** The Hub has no parts you can service yourself. Do not open the product casing.
- **Battery safety:** The battery inside the Trigger must not be exposed to extreme heat, short-circuited, or replaced with any other type.
- **Medical use:** SleepCogni is not a medical device and should not be used to diagnose or treat any medical condition. Speak to your doctor if you have concerns about your sleep.
- **Children and supervision:** This product is not a toy. It should only be used by children under 11 or vulnerable individuals under adult supervision.
- **Pacemakers:** If you have an implanted medical device, please consult your doctor before use.
- **Moisture:** The product is for indoor use only. Do not get it wet or place drinks near it.
- **Ventilation:** Place the Hub on a flat surface with space around it for ventilation. Do not cover the Hub with fabric or other materials while in use, as this can cause overheating and may damage the product.
- **Radio signals:** This product complies with safety standards for Wi-Fi and Bluetooth use in the home.
- **Damage to casing or diffuser:** If the Hub's outer case or diffuser is cracked, broken, or detached, switch the Hub off immediately and disconnect it from mains power. Do not use it again until repaired by an authorised service centre.
- **LED light caution:** Do not look directly into the LEDs. In normal use, the diffuser prevents direct view, but if damaged, avoid eye exposure.
- **Overheating:** If the Hub or Trigger becomes unusually hot to touch during use or charging, stop using the system and contact SleepCogni support.
- **Shock or tilt detection:** The Hub contains an automatic shut-off feature if knocked over or dropped. Do not attempt to bypass or disable this safety feature.

02 Product Description & Intended Use

SleepCogni is an interactive bedtime system consisting of:

- **Hub** – tabletop unit that charges the Trigger, connects to Wi-Fi and manages data synchronisation.
- **Trigger** – vibration-enabled device used in bed to deliver the Active-Feedback Programme.

The system is intended for home use by adults and children over the age of 6, helping them relax at bedtime through personalised vibration feedback.

*It is **not** intended for clinical or life-critical applications.*

Package contents

- 1 × Trigger
- 1 × Hub
- 1 × Power supply
- 1 × Quick-start guide
- 1 × User manual (this document)

Verify all items are present. If anything is missing or damaged, contact SleepCogni support before use.

03 Installation

3.1 Positioning the Hub

1. Place the Hub within 1 m of a mains socket and within range of your Wi-Fi router.
2. Ensure airflow around the unit is not obstructed.

3.2 Connecting to the internet

Follow the steps below after the Hub has been powered for at least three minutes:

1. Press and hold the reset button on the bottom of the Hub until you hear "Hub reset in progress" (~10 s). The Hub's LED will flash blue.
2. On your laptop or phone, open Wi-Fi settings and select the network **SleepCogni** (no password).
3. Open a web browser on the same device. The **SleepCogni Hub Wifi Setup** screen should appear. If it does not, type **10.0.0.1** into the address bar.
4. Follow the on-screen instructions to select your home Wi-Fi network and enter your home Wi-Fi password.
5. Close the browser and reconnect your laptop or phone to your home Wi-Fi.

LED colour	Meaning
 Green	Connected to Wi-Fi & internet
 Red	Connection failed – check password or internet
 Blue	Ready to connect / in setup mode

3.3 Changing the AC plug (UK + US)

Your power supply has an interchangeable AC plug, allowing you to swap between UK and US. To change the plug:

1. Unplug the power supply from the wall socket and disconnect it from the Hub.
2. Locate the release button on the back of the plug head.
3. Press and hold the release button while sliding the plug head upwards and away from the main body of the power supply.
4. Align the new plug head with the rails on the power supply.
5. Slide down firmly until it clicks into place.
6. Check that the plug head is securely locked before use.

Important:

- Use only plug heads supplied with the unit or recommended by SleepCogni.
- Ensure the plug is fully engaged before connecting to the mains.
- Do not attempt to modify the plug or force an incompatible type.

04 Operation

4.1 First use of the Trigger

1. With the Hub powered, dock the Trigger to turn it on.
2. A green light will flash for **30 seconds** to indicate charging, then turn off.
3. When fully charged, the light will show solid green briefly before turning off.
4. The battery lasts approximately 8 hours; return the Trigger to the Hub each morning or after each use.

4.2 Starting the Active-Feedback Programme

1. Ensure the Hub is connected and the Trigger is charged.
2. Pick up the Trigger and hold the button until it vibrates once.
3. The programme is now running; respond to each vibration by pressing the button.
4. The session ends automatically after 30 minutes or when the Trigger is returned to the Hub.

4.3 Bedside light

- **Sunset mode:** Press and hold the Light button for ~2 seconds. The lamp runs a 10-minute sunset sequence and then switches off automatically.
- **Safe-sleep light:** Press the Light button once to switch on a steady bedside light; press again to switch it off.
- **Brightness:** While the light is on, use "+" and "-" to raise or lower brightness. These keys adjust brightness only if the Light button was the most recent button pressed.

4.4 Speaker

- **Wind-down music:** Press the Music button once. A 20-minute audio track plays and then stops automatically.
- **Volume:** While music is playing, use "+" and "-" to change the volume. These keys adjust volume only if the Music button was the most recent button pressed.

Tip: The "+" and "-" keys always control whichever feature (light or music) you pressed last. Pressing Light hands brightness control back to the keys; pressing Music hands volume control back.

05 Daily Use

Task	Recommendation
Charging	Dock the Trigger every morning.
Ventilation	Keep Hub vents clear of dust.
Firmware	The Hub checks for updates automatically when connected to Wi-Fi.
Data sync	Sleep data synchronises to the SleepCogni cloud account linked to your email address each morning at 11:00am.

06 Care & Cleaning

- Unplug the Hub before cleaning.
- Wipe exterior surfaces with a soft cloth. Do **not** use solvents or abrasive cleaners.
- Do not immerse any part of the product in water.

07 Resets & Battery Replacement

7.1 Manual Hub restart

If the system is not responding:

1. Disconnect the power lead from the back of the Hub.
2. Wait 30 seconds.
3. Reconnect the power lead and allow the Hub to reboot (up to 3 minutes).

Note: turning the socket off at the wall will not shut the Hub down because it has a back-up battery.

7.2 Trigger reset

If the Trigger is still unresponsive after the Hub has restarted:

1. Remove the Trigger from the Hub and leave it undocked for 24 hours so the internal battery fully discharges. *Do not open the battery compartment.*
2. After 24 hours, place the Trigger back in the Hub cradle and allow it to recharge and reboot.

7.3 Trigger battery replacement

The rechargeable battery is designed to last for the product's service life. If replacement becomes necessary, contact SleepCogni support.

Do not attempt self-replacement.

08 Troubleshooting

Issue	Possible cause	Solution
Trigger does not vibrate	Battery depleted	Dock until green LED is solid.
Trigger unresponsive after charge	Firmware glitch	Leave the Trigger undocked for 24 h, then redock it to reset (see Sec 7.2).
Hub LED red	Wrong Wi-Fi password / no internet	Repeat setup (Sec 3.2).
Hub not visible in Wi-Fi list	Hub not in setup mode	Press & hold reset button until blue flash.
App shows no data	Hub offline	Check Hub LED is green; verify router connectivity.

Need help? If issues remain, email support@sleepcogni.com or search www.sleepcogni.com/support

09 Technical Data

Parameter	Value
Power supply model no.	EA1045SER-150
Hub power supply (input)	100–240 V AC, 1.5 A, 50–60 Hz
Hub power supply (output)	15.0 V, 3.0 A, 45.0 W
Hub battery	7.2 V, 2600 mAh (18.7 Wh) rechargeable Li-ion
Trigger battery	3.7 V, 350 mAh rechargeable Li-Mn
Radio	Wi-Fi 802.11 b/g/n 2.4 GHz
Storage & transport conditions	–10 °C to 50 °C
Transport	Avoid excessive vibration, impact, or exposure to moisture.
Operating temperature	0 °C to 40 °C
Ingress protection	IP X (indoor use only)
Dimensions Hub (H × Ø)	125 × 155 mm
Weight Hub	706 g
Dimensions Trigger (W × H × D)	50 × 100 × 20 mm
Weight Trigger	46 g

10 Guarantee & Service

Manufacturer

Braintrain2020 Limited, Kroto Innovation Centre, North Campus, University of Sheffield, 318 Broad Lane, Sheffield, S3 7HQ
www.sleepcogni.com

11 Regulatory Compliance



11.1 WEEE Directive (2012/19/EU) & UK WEEE Regulations

This product is marked with the symbol of a crossed-out wheeled bin. This indicates that, at the end of its life, it must be disposed of separately from household waste, in accordance with local regulations and the WEEE Directive. Please take it to a designated collection facility for recycling and recovery.



11.2 Battery Recycling

The Trigger contains a rechargeable lithium battery. Do not dispose of the battery in household waste. Return it to a battery collection point or authorised service centre for safe disposal, in compliance with local and national regulations.



11.3 RoHS Compliance

This product complies with the Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment Regulations 2012 (UK) and Directive 2011/65/EU (RoHS) as amended.



11.4 CE Marking

This product meets the essential requirements of all applicable UK directives. The CE marks are affixed to demonstrate conformity.

A copy of the UK Declaration of Conformity is available at: www.sleepcogni.com/DoC



11.5 FCC Compliance Statement

This device complies 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.

Changes or modifications not expressly approved by the manufacturer could void the user's authority to operate this equipment.