



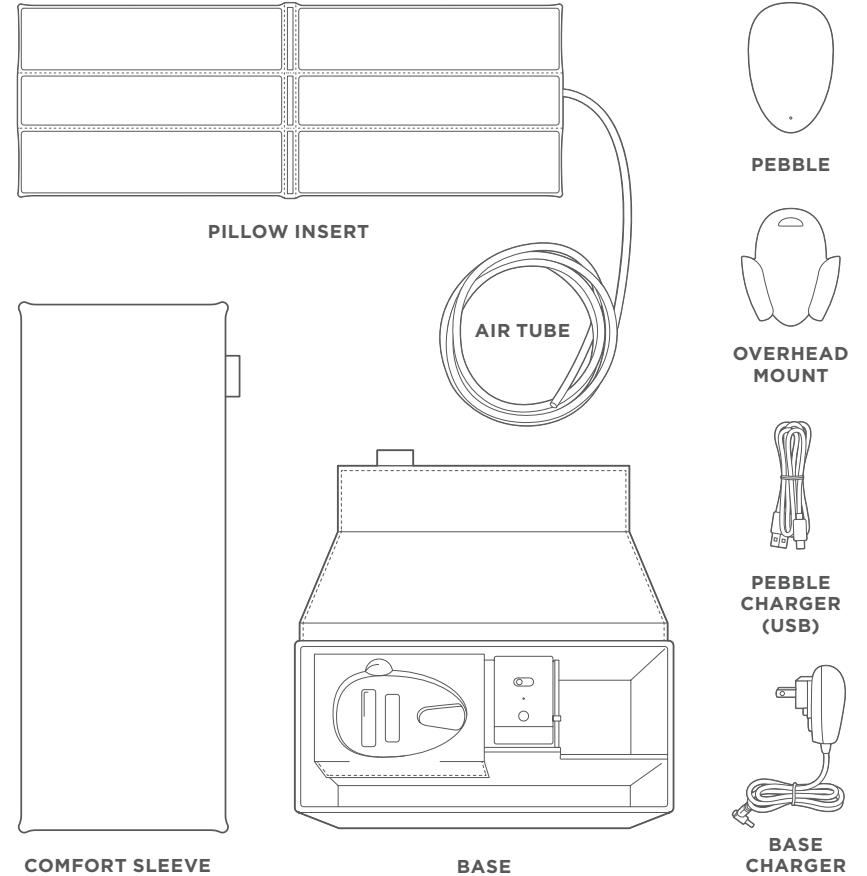
The Contact-free  
Snoring Solution.

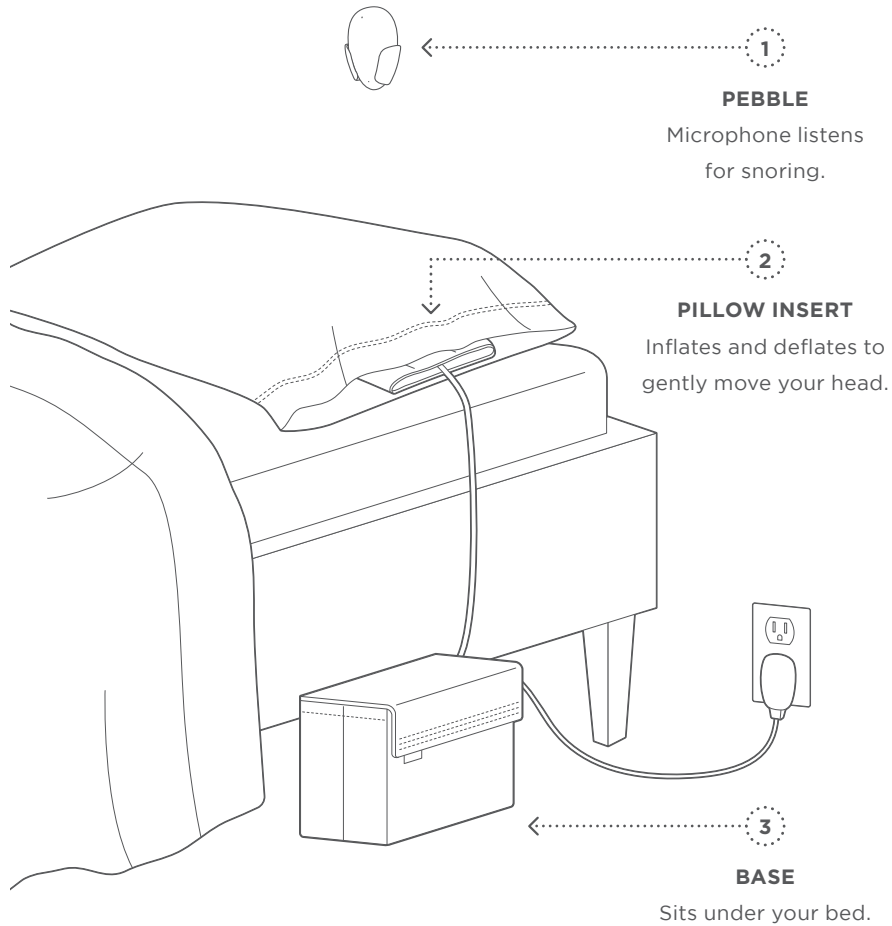
## IMPORTANT SAFETY INFORMATION

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

1. 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 disease.
2. **WARNING:** To avoid danger of suffocation, keep Smart Nora away from infants and children.
3. If your sleep habits and position put you at risk of entangling a cord or tube around your neck while sleeping, do not use Smart Nora.
4. Smart Nora is not a monitoring device and will not warn you of any sleeping problems.
5. Avoid placing the power cable and air tube where it could present a tripping hazard.
6. 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.
7. Do not disassemble the Pebble, Base, or power adapter. There are no repairs that you can safely perform.

## IN THE BOX





## WELCOME TO BETTER SLEEP

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

# 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.

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**



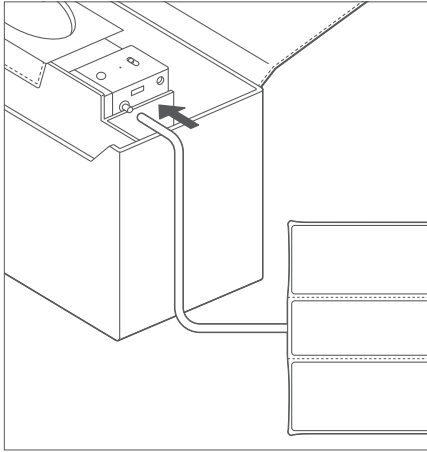
### TESTER'S SNORING VOLUME **WITH SMART NORA**



# SET UP

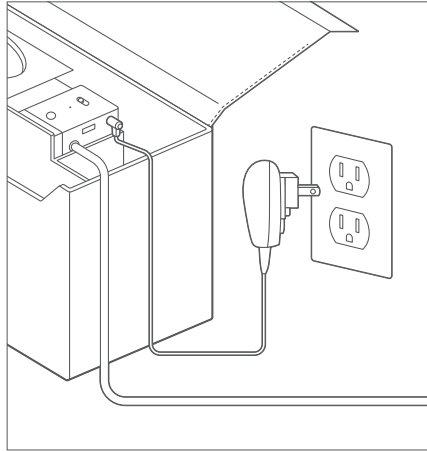


HAVE QUESTIONS? WE'RE HERE TO HELP.



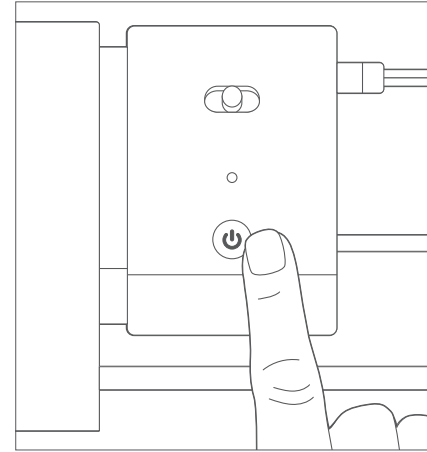
### 1. CONNECT AIR TUBE

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



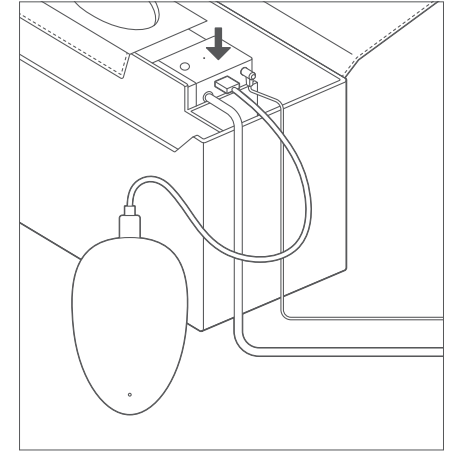
### 2. PLUG IN BASE

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



### 3. TURN BASE ON

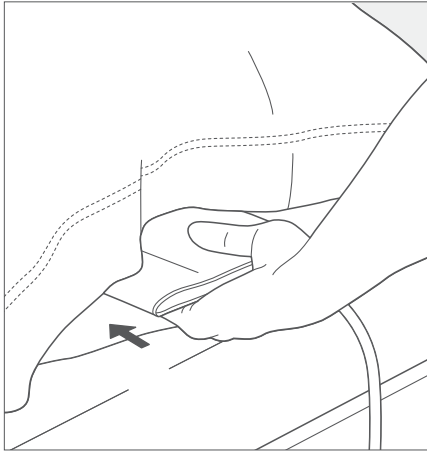
Press power button (⏻) to turn on the Base.



### 4. CONNECT PEBBLE

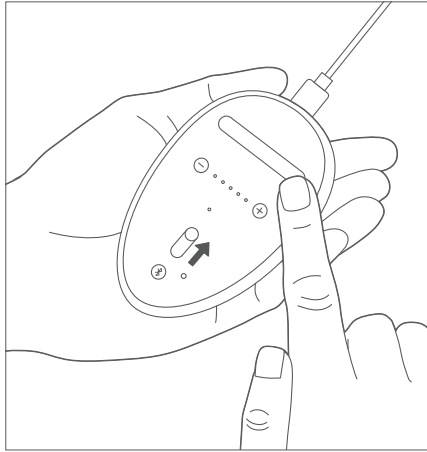
Connect the Pebble to the Base with the USB cable.

**NOTE:** The LED on the bottom of the Pebble flashes green when charging, and stops flashing when the battery is full. You can disconnect the Pebble when charging is complete.





### 5. PLACE PILLOW INSERT

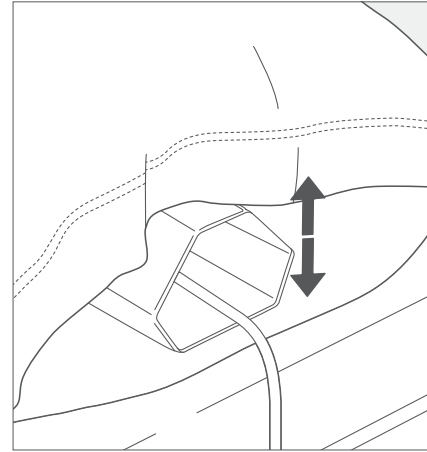
Slide the Pillow Insert inside your pillow case, under the pillow. Ensure the thinnest middle panel is facing up. For additional comfort, use the Comfort Sleeve provided.




### 6. TURN PEBBLE ON

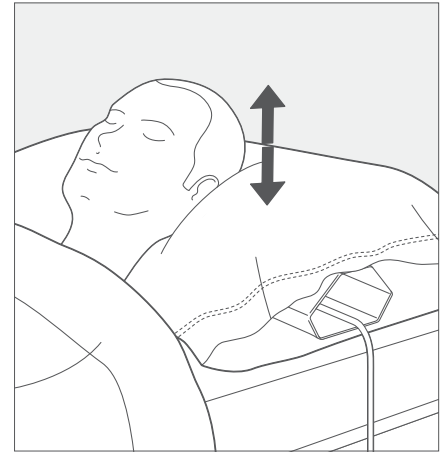
Unlock  the Pebble. Press on/off button  to turn the Pebble on. Solid white light will appear on top and bottom of the Pebble.

**NOTE:** If you see a blinking blue or red light, see page 22 for troubleshooting.




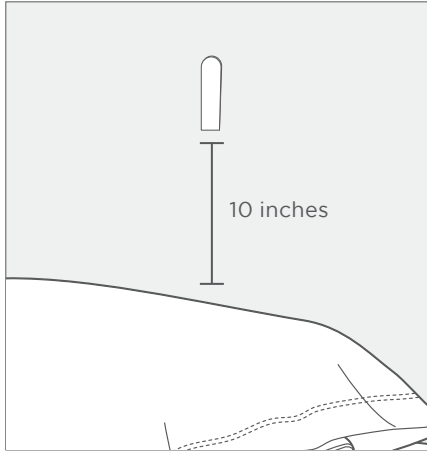
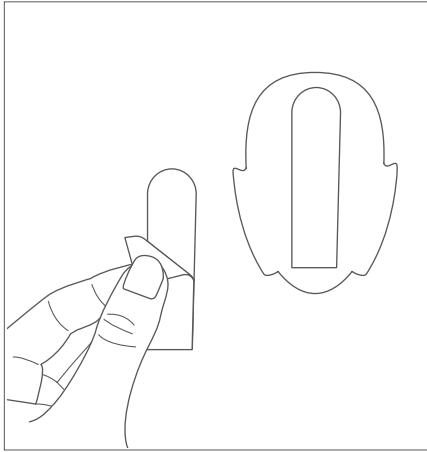
### 7. PILLOW INSERT INFLATES

As you speak or handle the Pebble, the pump might activate. If not, press the Bluetooth button  on the Pebble to test the inflation of the Pillow Insert.



### 8. TEST BEFORE FIRST NIGHT

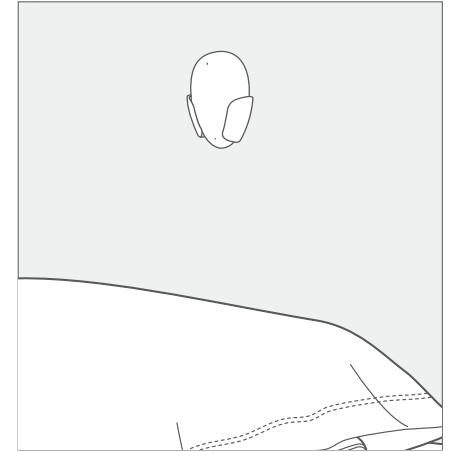
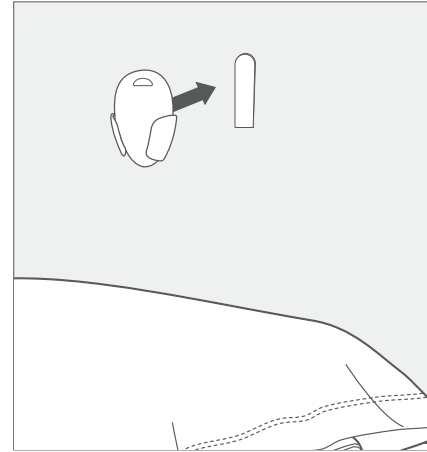
Put your head on your pillow. Press Bluetooth button . You should feel a gentle rise and fall (about 2 inches). Each rise and fall cycle takes 1 minute to complete.



### 9. INSTALL THE MOUNT

Separate velcro strips from the back of the mount. Remove the liner off the adhesive strip.

Install it about 25 cm (10 inches) above your head, on the wall or the headboard. Press onto the velcro strip firmly for 30 seconds.

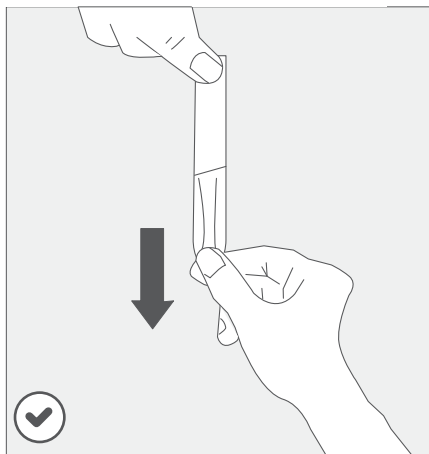


### 10. PLACE THE PEBBLE

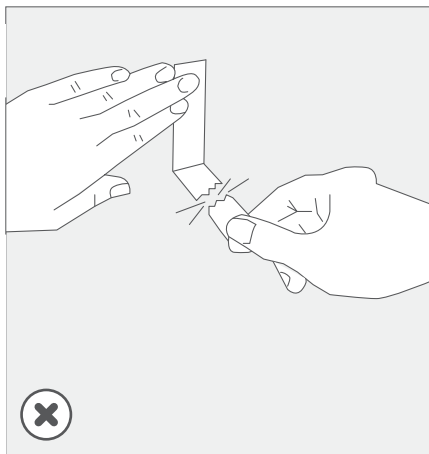
Attach mount onto the velcro strip until they click.

Place the Pebble inside of the mount. This will help Smart Nora detect early signals of snoring regardless of the direction of your head.

## HOW TO REMOVE THE MOUNT



Remove the mount off the velcro. Grip the non-velcro part of the strip and slowly stretch it straight down. Keep stretching until the strip is released.



Never pull the strips towards you or peel from the wall. Always pull straight down.

**NOTE:** The adhesive strip makes it easy to apply and remove the mount without leaving behind any marks or sticky residue.

## DAILY ROUTINE

You can leave the Base plugged in and on. Turn on the Pebble each night before bed. Start the night with 30-minute Delay. (See page 17)

### YOUR FIRST NIGHT

Set the sensitivity setting on the Pebble and the pillow height setting on the Base on medium.



### FIRST FEW DAYS

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

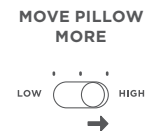
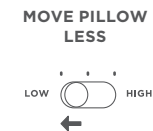
#### SNORE DETECTION

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



#### PILLOW 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.





## FIRST 2 WEEKS: WHAT TO EXPECT

To experience best results, it is recommended to 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.

### What our customers say:

*“She never hears me snoring anymore, a first in 20 years of marriage!”*

—Michael, New York

*“He sleeps so soundly and quietly now. Really amazing change.”*

—Rebecca, New Hampshire

### FOR SNORER

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#### 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 17)

#### Nights 4-7

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

#### Nights 7+

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

### FOR PARTNER

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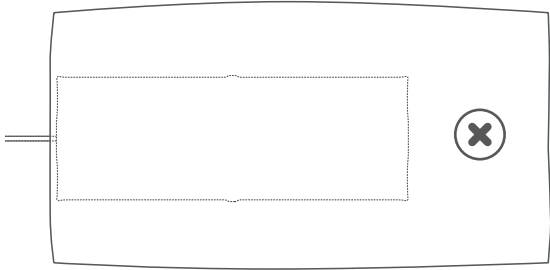
#### Nights 1-3

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 3+

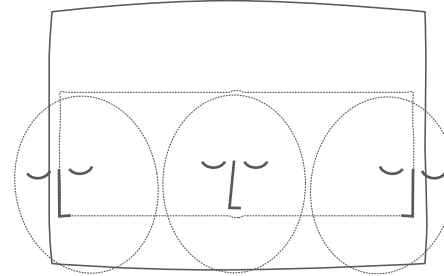
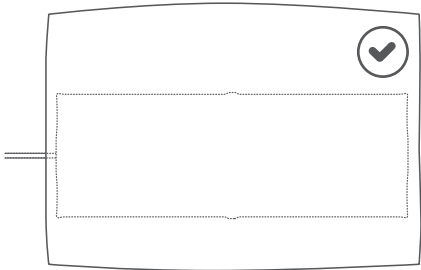
Your partner will be used to Smart Nora and you can both enjoy improved quality of sleep.

# OPTIMAL EXPERIENCE



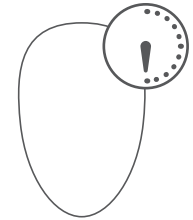
## USE A QUEEN-SIZE PILLOW

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



## SLEEP IN ANY POSITION

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



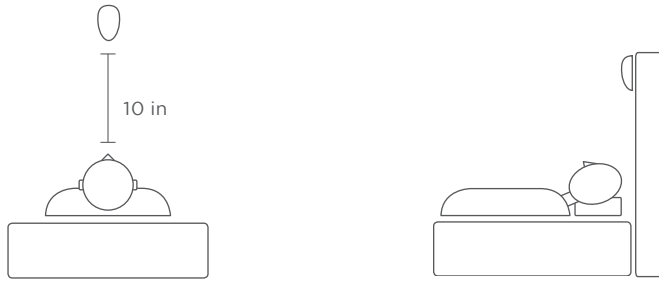
## SET A 30 MINUTE DELAY

To fall asleep easily, start the night with Delayed Start.

- To start the delay, **hold the on/off button for 1 second**. White light on the Pebble will glow for 30 minutes. Smart Nora will start working automatically after 30 minutes.
- To end the delay, **press the on/off button**.

# PEBBLE PLACEMENT

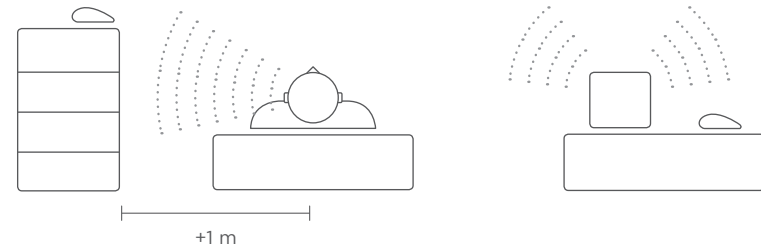
## ✓ MOST ACCURATE



### FOR ACCURATE DETECTION

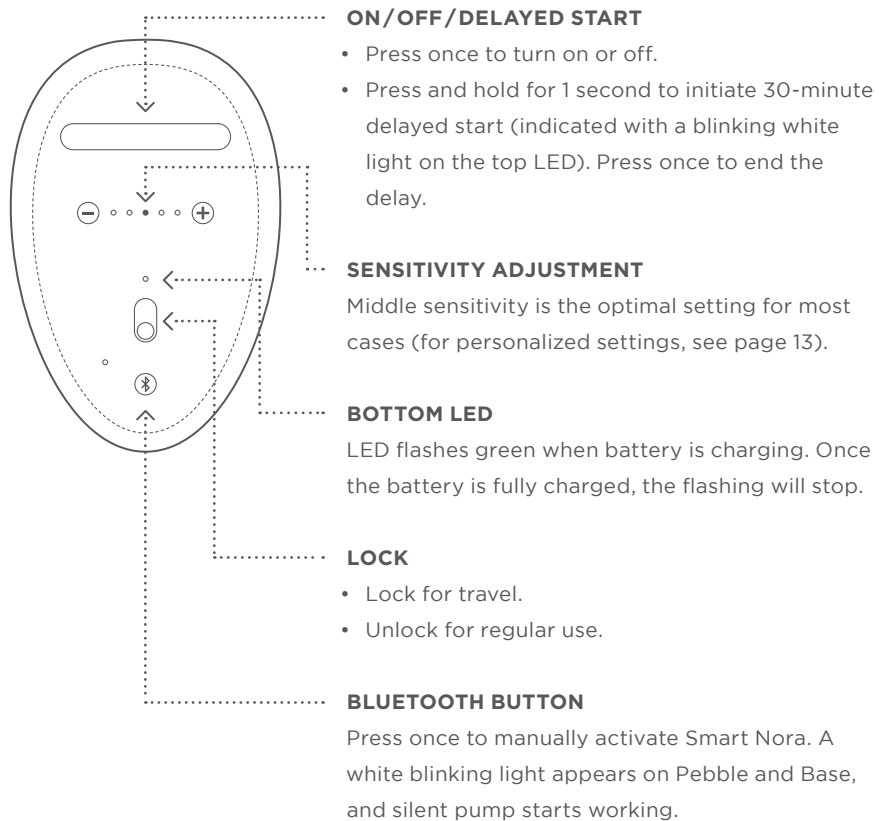
- Install the mount about 10 inches above your head on the wall or your headboard.
- Place the pebble inside it. This will help Smart Nora detect early signals of snoring regardless of the direction of your head.

## ✗ WRONG

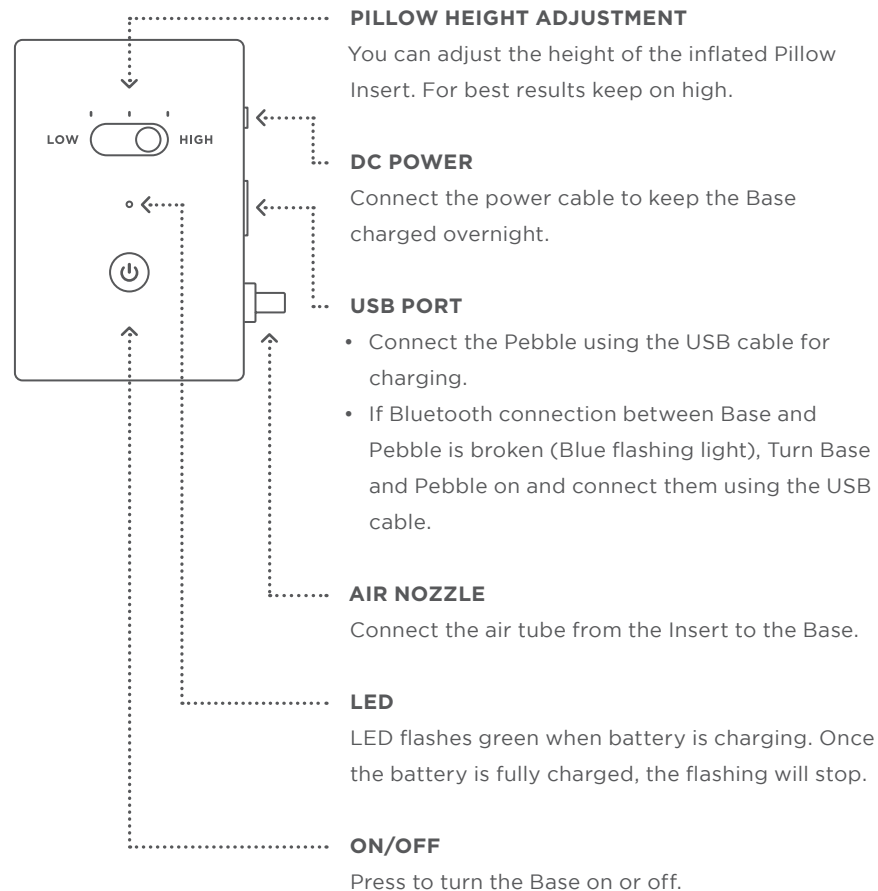


- Do not place the Pebble further than 1 meter away. If you must place on side table, keep at the same level as your head.
- Do not place the Pebble on a large table, glass surface or vibrating surface.
- Do not place the Pebble close to sources of noise such as a fan, white noise machine, or radio.

## PEBBLE—FEATURES



## BASE—FEATURES



## PEBBLE & BASE LIGHTS



### SOLID WHITE

Both Pebble and Base are on and ready.



### GLOWING WHITE

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



### FLASHING BLUE

Pebble and Base Bluetooth connection is broken. Make sure the Base and the Pebble are not connected with the USB cable; then, turn them both OFF. On the back of the Pebble, using the lock switch, “lock” the Pebble. Then, turn ON the Base first and connect USB Cable to the Pebble. Unlock the Pebble and turn it ON. Both the Base and the Pebble should now have a solid white light. If this does not solve your issue, please proceed to reset the Base and Pebble.



### FLASHING RED

Pebble and/or Base are low on battery. Plug in the Base to power. Connect the Pebble to the Base using the USB cable. Charge both for at least 3 hours.



### FLASHING GREEN

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

To make sure this charging light does not interrupt your sleep, the green flashing light does not appear on top of the Pebble.

## 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.

1. Frequent excessive daytime sleepiness.
2. Periods of not breathing, as observed by bed-partners.
3. Awaking short of breath, choking or gagging.
4. History of heart disease.
5. 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.

#### FCC 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.

**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.



[WWW.SMARTNORA.COM](http://WWW.SMARTNORA.COM)