

Maximize Cooling During Hot Days: An Overview (ENG)

This is the proper procedure for nights when room temperatures reach 24°C or higher; while the Sleep Core performs optimally under 24°C, this guide helps maximize body cooling and sleep quality during warmer conditions.

- 1) Turn the device on 45 minutes before going to sleep using the turbo cold mode.
- 2) Make sure you cover the Pad completely with your duvet to trap the cold air inside the bed (this is key)
- 3) If possible and if the temperature outside is below room temperature, leave your window open to let the exhausted heat out of the room.
- 4) Leave plenty of open space around the Unit. It pulls heat from the bed and exhausts it outward, so it needs clear airflow to work efficiently.
- 5) Ensure there's no kinking in the tubings (this allows water to flow better)

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