

Smart Sleep Maps: An Overview (ENG)

Smart Sleep Maps are designed to optimize your rest by automatically and gradually adjusting the temperature throughout the night. They follow a pre-set temperature curve over an eight-hour period, beginning at a chosen baseline temperature.

Activation

1. Press the Function Button until the display shows the Cold Smart Sleep Maps symbol or the Hot Smart Sleep Maps symbol and the display will initially show the number 0.

Baseline Temperatures

The '0' setting corresponds to the following baseline temperatures:

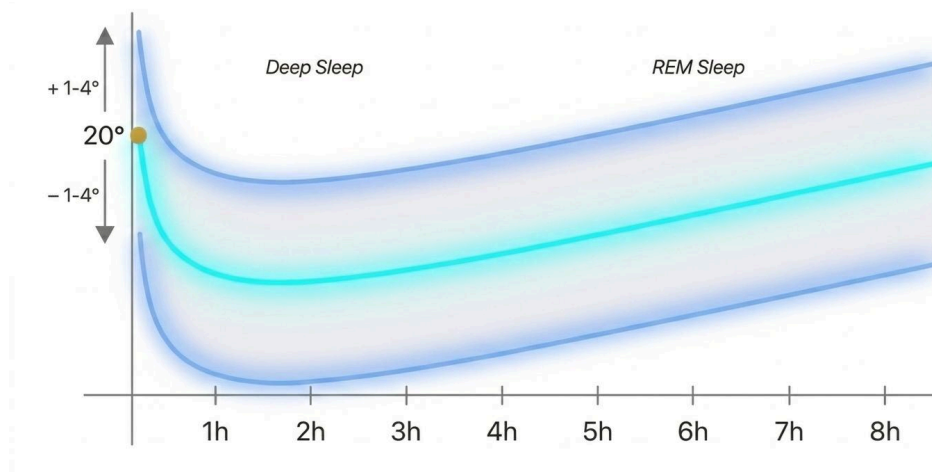
- Cold Maps: 20°C
- Hot Maps: 34°C

During the initial phase of the night, the system will automatically decrease the temperature by approx 4°C, followed by a gradual return to the baseline temperature over the course of the **eight-hour** duration.

Setting a Custom Temperature

You can adjust the starting temperature by setting a value relative to the baseline.

- *Example:* To start at 16°C, select Cold Smart Sleep Maps and set the value to -4 (20°C - 4 = 16°C).



- Adjust the starting temperature for your Smart Sleep Map by utilizing the plus (+) and minus (-) buttons.

Optimizing Performance

For the best experience, we recommend:

- Turning on Sleep Maps **45 minutes before bedtime**.
- Ensuring the bed is covered with a **duvet** to help maintain the desired temperature.

Dual-Zone Model Operation

If you own the dual-zone model, you can independently control the temperature for both sides of the bed.

1. Use the Zone Selection Button to switch between the left and right sides.
2. Once a zone is selected, use the plus (+) and minus (-) buttons to independently lower or raise the temperature for that zone.