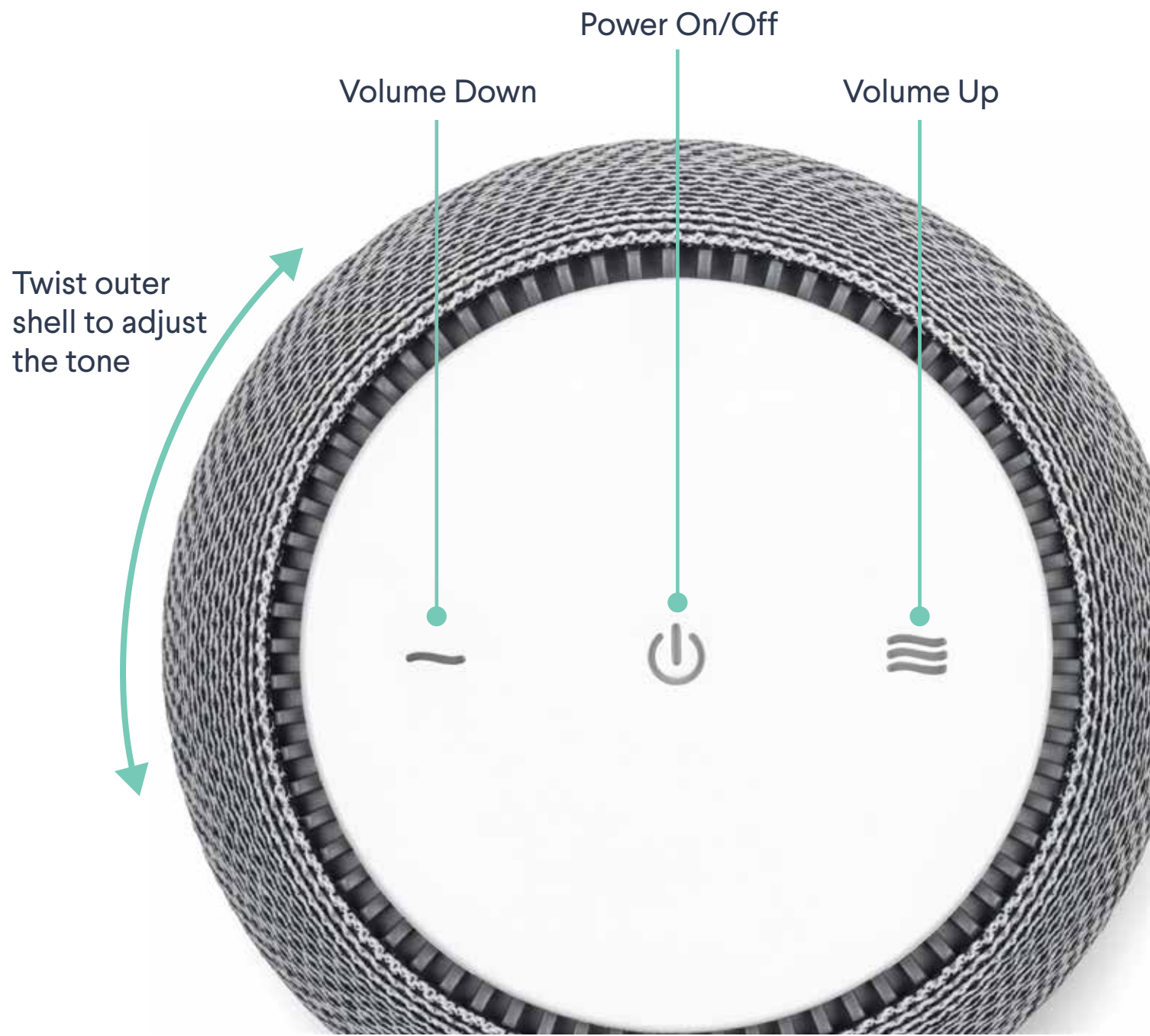


# Let's get sleepy

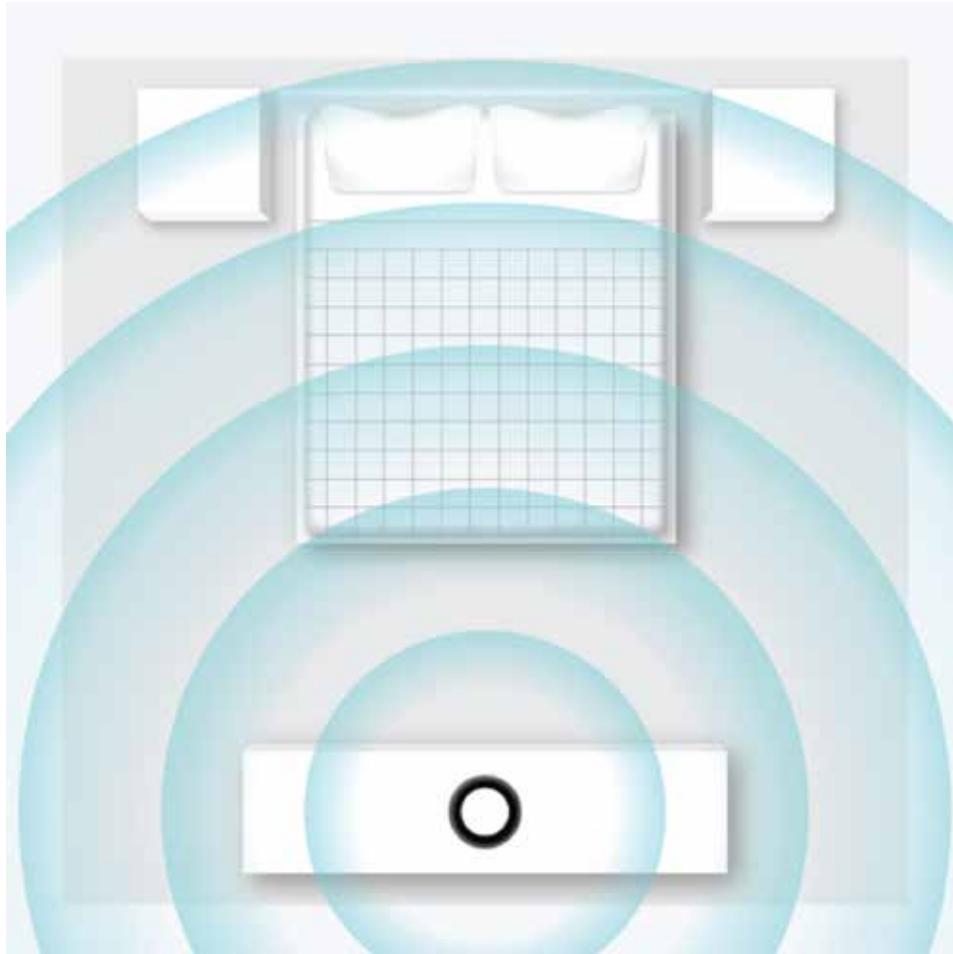


**SNOOZ Original  
User Guide**

# Meet SNOOZ



# Room Placement



SNOOZ can be placed on your bedside table or dresser or even the floor.

For best results, position it between you and the noise (e.g., a window or noisy roommates); placing it near a wall across the room helps fill the room with sound.

# SNOOZ App

## Download the free app

Search “SNOOZ” in the Apple App Store or Google Play store. The official app may appear as “SNOOZ: Sound. Sleep.”



## Control Remotely

You can:

- Turn your device on and off
- Adjust the volume
- Adjust the button light settings
- Switch between multiple devices

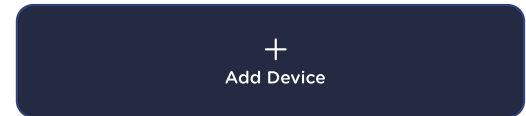


## Connect your device

Open the SNOOZ app. Make sure the Bluetooth on your phone is turned on.

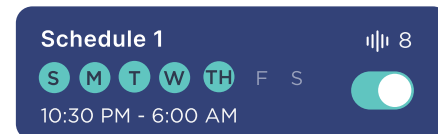
Press and hold SNOOZ's power button for 5 seconds until lights flash.

You can add multiple devices to the same app.



## Set up your schedule.

Program SNOOZ to automatically turn on and off at your preferred bedtime and waking time. You can also set it to fade in or out when it turns on/off.



# Calibration

## **TO RUN SETUP SEQUENCE:**

1. Place SNOOZ in a quiet room.
2. With the unit plugged in, open the SNOOZ app.
3. Tap the icon at the top right of the screen.
4. Tap “Calibrate” at the bottom right of the screen.
5. If prompted, allow access to the microphone.
6. Follow the on-screen prompts.
7. SNOOZ will run through a series of tests to calibrate the app.

After running the setup sequence, tap “Finish” and the app is ready to display the approximate volume.

## **TO USE THE SNOOZ APP’S NURSERY CALIBRATION FEATURE:**

1. Place your smartphone in the location where your child will be sleeping and place SNOOZ where it will be used in the room.
2. Tap the icon at the top right of the screen.
3. The app will display the approximate volume in decibels.
4. Adjust the volume of your SNOOZ until it falls within an acceptable range.

# Sound Volume Advisory

When determining if any sound level is safe, both intensity and exposure time must be considered. Sleeping environments are no exception, especially since such a large part of the day is spent in them.

While most sound machines are likely used safely, there are a number of variables that can affect this determination (sound level setting, distance from the user, ambient noise, noise levels exposed to during other parts of the day, age, etc.). Furthermore, product testing has shown that many sound machines on the market are capable of generating sound levels for a sleeping environment that is unsafe for hearing. (1)

Consequently, SNOOZ incorporates an optional app-based nursery calibration feature that can be used to evaluate the sound levels in a bedroom. The calibration feature was created in particular for use in nurseries, since safe hearing thresholds are lower for young children than for adults.

Nevertheless, the SNOOZ app's nursery calibration feature can be used to calibrate the volume of a sleeping environment for people of all ages.

For reference on what may be considered a safe level of sound, two recommendations on exposure to noise over time include the following:

- Noise recommendations for hospital nurseries suggest a limit of 50dBA. (2),(3)
- The U.S. EPA recommends an exposure limit of 70 dBA over a 24 hour period to prevent hearing loss. (4)

1 Hugh, S. C., N. E. Wolter, E. J. Propst, K. A. Gordon, S. L. Cushing, and B. C. Papsin. "Infant Sleep Machines and Hazardous Sound Pressure Levels." *Pediatrics* 133.4 (2014): 677-81. Web.

2 Philbin, M. Kathleen, Alex Robertson, and James W. Hall. "Recommended Permissible Noise Criteria for Occupied, Newly Constructed or Renovated Hospital Nurseries." *Journal of Perinatology* 19.8 (1999): 559-63. Print.

3 Graven, Stanley N. "Sound and the Developing Infant in the NICU: Conclusions and Recommendations for Care." *Journal of Perinatology* (2000): S88-93. Print.

4 Hammer, Monica S., Tracy K. Swinburn, and Richard L. Neitzel. "Environmental Noise Pollution in the United

States: Developing an Effective Public Health Response." *Environmental Health Perspectives* 122.2 (2014): 115-19. Print.

# Warnings and Precautions

Please read and adhere to all safety and operating instructions before use.

Please keep this instruction booklet for future use.

1. Do not allow SNOOZ to be covered (by a blanket, for example). SNOOZ uses a real fan with air flowing in from the top and out from the sides. SNOOZ is designed to run cool, but covering it could cause SNOOZ to overheat and seriously damage the unit and the surrounding area.
2. Operating voltage must be between 100-240V.
3. Do not use if power cord or power adapter is damaged. If either the cord or power adapter are damaged, the unit must be replaced by the manufacturer.
4. SNOOZ's power cord should be routed to avoid being walked on or pinched by items placed on or against them.
5. Do not overload outlets or extension cords as this can result in a risk of fire or electric shock. Overloaded AC outlets, extension cords, frayed power cords, damaged or cracked wire insulation, and broken plugs are dangerous. They may result in a shock or fire hazard.
6. Do not connect the plug into an extension cord, receptacle, or other outlet unless the plug can be fully inserted with no part of the blades exposed.
7. Unplug the AC power adapter from the wall when the unit is unused for long periods of time or when moving the unit.
8. To avoid electrocution, never use this device near water: for example near a bathtub, washbowl, kitchen sink, or laundry tub, in a wet basement, or near a swimming pool.
9. Do not reach for the SNOOZ if it has fallen into water. Unplug it immediately at the wall outlet, and if possible, drain water before retrieving SNOOZ .
10. To prevent fire or shock hazard, do not expose this device to rain or moisture. The device must not be exposed to dripping or splashing. Be careful not to spill liquids onto the device. If liquid does spill on device, allow unit to dry to fully dry before operating.
11. DO NOT open SNOOZ. It contains no user-serviceable parts.
12. Do not attempt to modify the unit yourself beyond what is described in the operating instructions. SNOOZ, INC. is not responsible for any interference or damage caused by unauthorized modifications to this equipment.
13. Do not apply excessive force when using SNOOZ's control surface.
14. This product is designed for indoor use only.

## **FCC STATEMENT**

Contains Transmitter Module

FCC ID: QOQBGM113



This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- This device may not cause harmful interference, and
- This device must accept any interference received, including interference that may cause undesirable operation. Any changes or modifications not expressly approved by Silicon Labs could void the user's authority to operate the equipment.

## **FCC RF RADIATION EXPOSURE STATEMENT:**

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter meets both portable and mobile limits as demonstrated in the RF

Exposure Analysis. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter except in accordance with FCC multi-transmitter product procedures. As long as the condition above is met, further transmitter testing will not be required. However, the OEM integrator is still responsible for testing their end-product for any additional compliance requirements required with this module installed (for example, digital device emissions, PC peripheral requirements, etc.).

## **ONE YEAR LIMITED WARRANTY**

SNOOZ, INC. warrants this product to be free from defects in materials and workmanship for 1 year from the original date of purchase, provided That the product is used in a home environment. No payment will be issued. This limited warranty does not cover failures due to abuse, accidental damage, or when repairs have been made or attempted by anyone other than SNOOZ, INC. No liability on this warranty shall be incurred in the respect to damage or loss occurring during transit to or from the purchaser. This warranty is personal to the original purchaser and is nontransferable.

Email: [warranty@getsnooz.com](mailto:warranty@getsnooz.com)

This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

## **SUPPORT**

If you find that your SNOOZ is not working properly, that you need help getting set up, or otherwise have any questions about your SNOOZ White Noise Machine, please contact our support team via email at: [cs@getsnooz.com](mailto:cs@getsnooz.com)

# Sweet Dreams.

If you aren't completely satisfied, we'd love to make it right.

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