



# Sleep Monitor Mat User Manual



Model: USM101  
Version 1.0  
12<sup>th</sup> August 2022

# Table of Contents

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Overview .....	3
Box Contents .....	3
Product Description.....	4
Set Up and Use.....	4
Working Status Indication .....	5
Product Specification .....	5
Cleaning and Maintenance .....	6
Storage .....	6
Safety.....	6
Service .....	6
Warranty.....	6
Regulatory Statements .....	7

## Overview

Tellihealth Model USM101 is world's first cellular-enabled sleep monitor mat with the unique advantage of smart and instructive design.

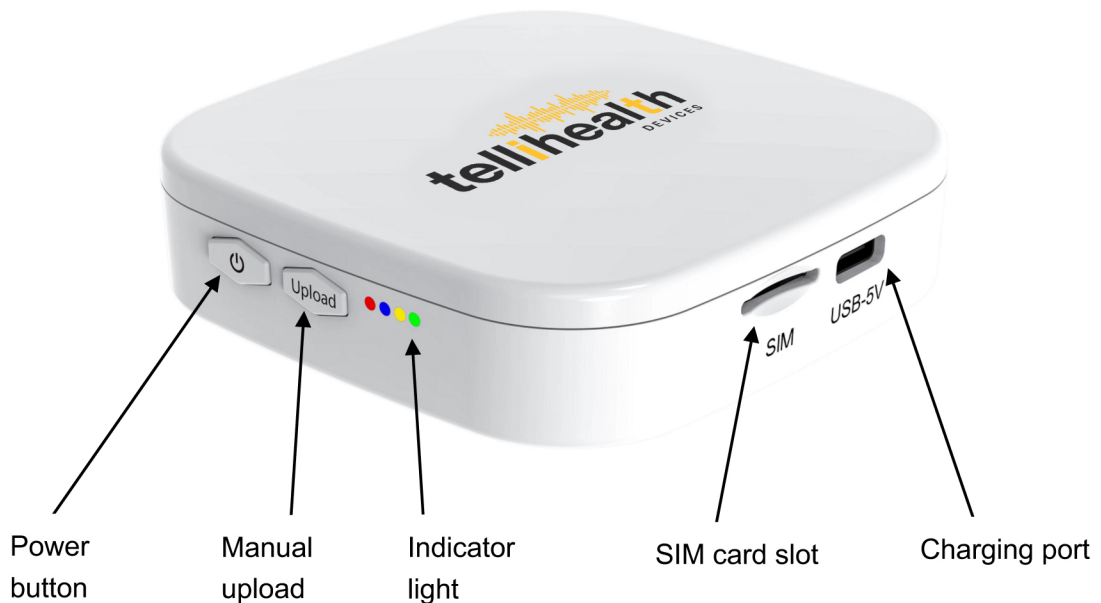
The Tellihealth sleep monitor mat provides a better way to monitor your sleep condition, such as when you lie down and get up, sleep time, sleep cycles (deep, light, and REM), heart rate, respiratory rate, and how often you turn over. The data is automatically transmitted directly to your existing electronic health record and is available to your provider immediately, promising a closely monitored health service.

## Box Contents




- 1) Sleep mat
- 2) Sleep monitor with tube
- 3) USB cable

## Product Description




## Set Up and Use

- 1) Short press the  button. The sleep mat will inflate and stop automatically when it is full.
- 2) The device will automatically check the SIM card status and sync up with the time. The blue indicator light will flash as it does this.
- 3) Place the sleep mat under your bed sheet. Make sure it is within 3cm of your body for proper monitoring (no thick layers between you and the mat). Position the mat beneath your torso.
- 4) The sleep mat will automatically start monitoring at 20:00 every night, transmitting data at 00:00, 04:00, and 08:00 every morning.

**\*Transmit data manually if needed** (at least 1 hour of monitoring required)

Press the “Upload” button to transmit data. Keep in mind that the sleep mat will automatically start monitoring at 20:00.

**\*Switch off the sleep mat**

Press and hold the  button for several seconds until the red light flashes for 3 seconds. The sleep mat will switch off.

## Working Status Indication

Indicator Light	Status
Blue light flashes	SIM card check and time sync
Red light flashes for 3 seconds	Power off
Blue light always on	Uploading
Green light flashes for 5 seconds	Upload successful
Red and green light flash for 5 seconds together	Upload failed
Red and yellow light flash for 5 seconds together	No SIM card
Yellow light flashes for 5 seconds	Low battery
Green light flashing while device is off	Battery charging

## Production Specification

- User: Single use
- Mat size: 800mm length \* 90mm width \* 2mm thickness
- Device size: 74mm length \* 74 mm width \* 18mm height
- Mat weight: 203g
- Device weight: 86.7g
- Length of tube: 4 feet (120cm)
- Minimum body weight: 30Kg
- Maximum body weight: 225Kg
- Memory: 30 days of data
- Battery capacity: Lithium 1000mAh
- USB port: Type C
- Respiratory rate range: 10–55/min
- Pulse rate range: 40–199 pulse/min
- Body movement: 0–999 times
- REM time: 0–720 minutes
- Light sleep: 0–720 minutes
- Deep sleep: 0–720 minutes

## Cleaning and Maintenance

Clean the cover of the sleep mat with a damp towel. Wait to use the mat again until the cover is completely dry.

## Storage

- Use the product at temperatures between 14°F and 122°F (-10°C and 50°C).
- Store the product in a clean, dry location between -4°F and 95°F (-20°C and 35°C) when not in use.
- Switch off the sleep mat if you do not plan to use it for an extended period of time.
- The mat is only meant to track your sleep by placing it on your mattress under your sheet. Any other use is prohibited.

## Safety

- Do not allow your sleep mat to come in contact with liquids. If it gets wet, make sure you let it dry before using it.
- Do not leave your sleep mat exposed to dust or sunlight for too long as it might damage the product.

## Service

- Do not attempt to repair or modify your sleep mat on your own.
- If you have any issues, feel free to contact our Customer Service at [support@tellihealth.com](mailto:support@tellihealth.com).

## Warranty

Tellihealth warrants the sleep monitor mat against defects in materials and workmanship when used normally in accordance with Tellihealth's published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser ("Warranty Period"). Tellihealth's published guidelines include but are not limited to information contained in technical specifications, safety instructions, or quick start guide. Tellihealth does not warrant that the operation of the sleep mat will be uninterrupted or error-free. Tellihealth is not responsible for damage arising from failure to follow instructions relating to the sleep mat's use.

## Regulatory Statements

Federal Communications Commission (FCC) Statement

FCC ID: XXXXXXXXXXXXX

This device complies with Part 15 of the FCC Rules. 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 must not be co-located or operated in conjunction with any other antenna or transmitter.

This device has not been evaluated by the FDA, so it is only a sleep condition reference for the doctor and user.