

Dreem 3S
Quick Start Manual

Access full instructions for use manual and step-by-step videos at: www.beacon.bio/manuals

Unboxing

Dreem 3S box contains:

- Dreem 3S (Model 3SCL1MD)
- Detachable components to be used in combination with the Dreem 3S:
 - Power Supply Unit (Ref: UES06WU-050100SPA)
 - Spacers (Ref: LV37I00011U for L, LV37I00021U for M, LV37I00031U for S, LV37I00041U for XS)
 - Travel bag (Ref: ZLIP22TB)
- Documentation: Quick Start Manual



General Information

Before using the Dreem 3S device



Scan this QR code or go to **beacon.bio/setup** for links to download the app from the Apple App store or Google Play.



Download on the App Store



GET IT ON Google Play

- You should have internet access
- Prepare your Wi-Fi password as you will need it when configuring the app

- You will be asked to log in to the app with dedicated credentials
- Credentials should have been provided to you. Make sure you have them when opening the app

Please read this entire Quick Start Manual and follow instructions for starting a home sleep study

Avoid putting creams or oils on your forehead and hair where the sensors are located before wearing the headband

Headband must be worn on a clean face and dry hair

Clean the headband using a damp, non-linting wipe or swab with tap water. Do not use cleaning agents directly on the headband or immerse it in water

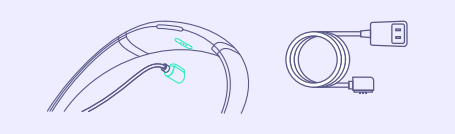
Step 1
Preparing Your Sleep Study

1. Charge your headband

Make sure you have enough battery to start a recording. A full charge should take up to 3:30 hours.

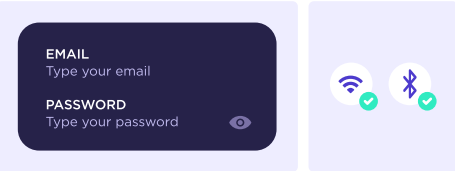
Follow this process every time:

- Plug the magnetic end of the cable into the headband.
- Plug the cable attached to the headband into an available wall outlet.
- Make sure the magnetic end of the cable doesn't unplug from headband



2. Open the app and log in with your credentials.

Your phone's Bluetooth, Wi-Fi must be turned on.



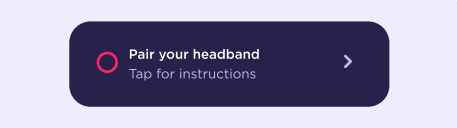
3. Turn on the headband

by pressing one time on the power button. Wait a few seconds. After a few seconds the LED will turn green or red depending on charge level. Your headband is powered on!

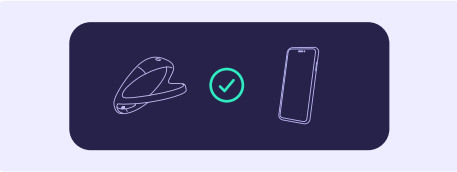
You can go to the next steps.

4. Follow the entire set-up tutorial

4A. Follow the pairing tutorial by clicking on "Pair your headband"

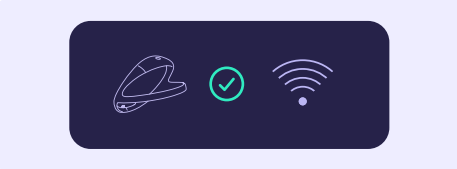


- Enable bluetooth. Click Next.
- Select Dreem. Click Next
- If the headband is not turned on, the tutorial will ask you to turn it on.
- Wait until the pairing is completed.
- You should see this screen:



4B. Enter your home Wi-Fi credentials by clicking on "Configure Wi-Fi."

- Click Configure Wi-Fi
- Click Configure Wi-Fi again
- Choose the Wi-Fi network available in your home
- Enter the Wi-Fi network password
- Wait a few seconds for the Wi-Fi to connect
- Once it's connected, you are done. You should see this screen.



This step is crucial to allow data upload

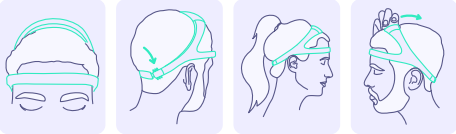
4C. Learn how to wear the headband. Follow the instructions on how to wear the headband by clicking on "Learn how to wear your headband".

1. Position the headband on your head by following the tutorial.

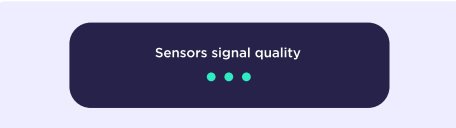
a. Out on the headband: make sure the sensors are in good contact with your forehead and the back of your scalp.

b. Ideal fit: nice and snug but comfortable. The headband should not budge while it is on your head.

c. Tips: Tie up hair (if applicable), put on headband, brush away any hairs that get caught in the device and give a gentle nudge to the sensors on the back part of your head.

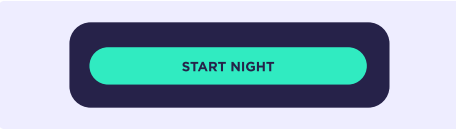


2. Undergo the signal quality check - it is the final step to ensure the headband is well positioned.



a. Wait until the 3 dots are green.

5. When all the checkmarks are green: You can now start recording by clicking on the "Start night" button and go to sleep.



- You should hear a voice telling you that the night recording has started.
- A screen will notify you that the recording has started.
- It will also show you how to stop the recording at the end of your sleep study, by pressing the power button for 3 seconds.
- You must now force-quit the app: swipe up the screen from the bottom, hold, then let go. Swipe up on the app.

Summary

- Download the app and login
- Pair
- Configure Wi-Fi
- Start night

Please read the remaining instructions before starting your night.

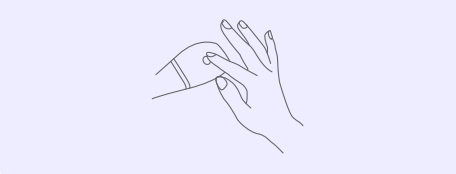
Maintain a regular sleep schedule (i.e. bedtime and wake time)

Step 2

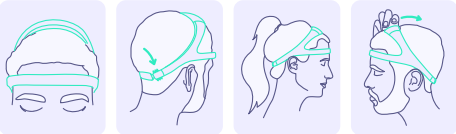
Every Night, Five Minutes Before Bedtime

Make sure that you have undergone all the actions of "Step 1 - Preparing your sleep study"

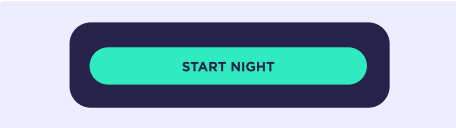
Turn on the headband by pressing the power button. The LED will turn green or red depending on its charge level. Wait until automatic pairing with the app.



Position the headband on your head. The power button should be on top of your head, the elastic on the back and the front sensors in the middle of your forehead.



Verify that check marks are green. Review the tutorial and check your signal quality. Start your night. You will hear a voice confirmation. Close your app.



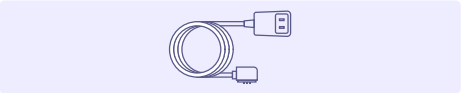
Step 3

Every Morning, At Wake Time

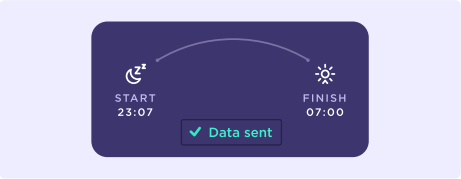
1. Press the power button for 3 seconds to stop the study recording. The button LED will turn blue and blink several times then turn off.



2. Crucial Step: Plug your headband using the provided magnet charging cable. This part is EXTREMELY IMPORTANT so that your provider can see your data. Please be sure to plug in the headband each morning as close to the modem as possible, and be sure it doesn't unplug.



3. Verify data upload. A few minutes after the headband has been charging, and if the Wi-Fi has been correctly configured, you can access your recordings information on the “Sessions” section of the app.



LED Behavior

On/off and pairing status:

- No light means the headband is off or recording a sleep study.
- A turning light indicates it is attempting to pair with a smartphone.
- A fixed light show that the headband has successfully paired

Charging status:

- When the indicator light has a step increase pattern, the headband is currently charging.
- When the light turns solid, the headband is fully charged and ready to use.

Battery Level



Dynamic Red
0-50%



Dynamic Green
50-99%



Steady Green
>99%

Labels

	Type BF Applied Part
	Temperature Limitation
	Fragile, handle with care
	Consult Instructions for Use
	Do not throw in trash. Requires a distinct disposal process.
	Caution, Consult Accompanying Documents
	Protect from heat and radioactive sources.
	Pressure limitation
	Humidity limitation
	Caution: Federal law restricts this device to sale by or on the order of a licensed healthcare practitioner
	Degree of protection against ingress of water and particulate matter
	The device is protected against insertion of fingers and vertically dripping water shall have no harmful effect when the device is tilted at an angle up to 15° from its normal position

	Date and Place of Manufacture (Taiwan)
	Manufacturer
	Unique device identifier
	Catalog Number
	Serial Number

Conditions of use and storage

The device must be used and stored in dry, enclosed premises at room temperature. Do not expose the device to water or projections of water. Any storage or use outside these conditions may result in malfunction or premature wear of the device.

Storage and transport Conditions:

- Temperature: +4°F to +140°F, -20°C to +60°C
- Relative Humidity: 95% Maximum

Environmental Operating Condition:

- Temperature: +59°F to +95°F, +15°C to +35°C
- Relative Humidity: 15% to 90%
- Pressure: from 1060 hPa to 700 hPa

Important notes

- Do not use the device outside the environmental conditions specified in this user manual.
- The exposure of temperature outside the operation limit mentioned in this manual might affect the quality of the data measured by the Dreem 3S. If the device has been exposed to hot or cold temperature, allow the Dreem 3S to adjust to room temperature before using it.
- Gently remove any visible residues from the Dreem 3S and from the electrodes on upper arch; presence of dust or lint on the electrodes might affect the quality of the data measured by the Dreem 3S. Keep the medical system and its accessories far from children and pets, to avoid unintentional damage or swallowing.
- Do not use detergents or cleaning gels, to avoid any damage to the surface of the device.

- Do not clean the device during use or during charging activities.
- The product shall not be placed on an individual's body locations different from the one mentioned in the instruction for use.
- The Dreem 3S shall not be placed on open wounds, sores or rashes, or over swollen, red, infected or inflamed areas of the skin. If any skin irritation occurs while wearing the device, user must stop using the device immediately.
- No attachments and/or accessories which are not approved by Dreem should be used with the Dreem 3S, to avoid negative influence on electromagnetic compatibility.
- Carefully read and follow all instructions prior to starting to use the device. Do not, during use of the device or under any other circumstances, modify or attempt to modify or alter the Dreem 3S and any other accessories provided along with the device (the power supply unit. Any modification of the Dreem 3S by the user is forbidden and might be dangerous.

Contact assistance

If you are unable to resolve any device-related issue with this Instructions For Use, or require any assistance in setting up, using or maintaining your device, or you want to report any unexpected operation or events related to the device, contact **Dreem Customer Support**:



www.beacon.bio



support@beacon.bio

To download the full instructions for use manual and access step-by-step videos, please visit:



www.beacon.bio/setup



BEACON BIOSIGNALS



Manufacturer
Beacon Biosignals
Boston, MA, USA

D3S-LBL-103 REV C: Dreem 3S QSM