

# YOU WILL SPEND THE NIGHT IN A VERY SPECIAL BED ....

FreshBed provides an allergy-friendly sleeping climate. The unique combination of ventilation and individual temperature control maintain humidity in bed lower, taking away chances of dust mites, pollen and other culprits. A silent unit in the bed base sucks air from the room and filters it with a HEPA filter. The purified air is then brought through the mattress to the body imperceptibly. You can set the fan speed and temperature according to your preferences. A thermostat constantly monitors the air and keeps it at the right temperature. This allows the body temperature to remain constant during sleep, resulting in a better and deeper sleep.

Restless nights in bed, as a result of being too hot or too cold or due to an allergic reaction, are now a thing of the past.



1. Menu	function (menu)

- 2. Lower ◀
- 3. Raise 🕨
- 4. SET / programming key (enter)

We advise you, if you change the settings, to stay within the comfort zone. These are the black outlined rectangles of respectively "Ventilation" and "Temperature".

# Changing the temperature

If you feel that the bed may be warmer or cooler, you can increase or decrease the temperature of the air, staying within the comfort zone. A minimal change in temperature can have a major impact on the quality of your sleep.

You change the temperature as follows;



# Step 1:

Press any button on the remote control and the display lights up. The display shows the settings related to the temperature and ventilation in default mode;

Step 2:

Press "Menu" one time and the display will show "Set Temperature";

Now you can lower the temperature settings by pressing button 2 ( $\triangleleft$ ) or raise the temperature by pressing button 3 ( $\triangleright$ ). Each time you press the button the temperature will raise or lower with one step, which is shown in the bar.

### Step 3:

If you have lowered or raised the temperature, you have to press the "enter" button to store the new setting. By pressing enter one time, the remote display shows "stored".



#### Step 4:

To go back to the main menu, you can press the menu button to browse through the menu, until you are back at the beginning. Or you can wait until the display light turns off. As you will notice in both situations the FreshBed system stops working during browsing the menu or changing the settings. When you are back at the beginning or when the display light turns off, the system automatically turns on. It needs a few seconds to start up, which you will see at the two bars in the start of the menu.

# Changing the ventilation

If you have the feeling it is moist in bed due to perspiration, we advise you to raise the ventilation level. If you feel uncomfortable by the feeling of air slipping under your duvet along the skin of your head and neck, you can lower the ventilation level. We advise you to stay within the comfort zone.

A minimal change in ventilation can have a major impact on the quality of your sleep. The optimal position for ventilation in the middle or slightly off-centre to the left.

You change the ventilation level as follows:



# Step 1:

Press any button on the remote control and the display lights up. The display shows the settings related to the temperature and ventilation in default mode;

## Step 2:

Press "Menu" twice and the display will show "Set Ventilation";

Now you can lower the ventilation settings by pressing button 2 ( $\blacktriangleleft$ ) or raise the ventilation settings by pressing button 3 ( $\triangleright$ ). Each time you press the button the ventilation will raise or lower with one step, which is shown in the bar.

### Step 3:

If you have lowered or raised the ventilation level, you have to press the "enter" button to store the new setting. By pressing enter one time, the remote display shows "stored". **Step 4:** 

To go back to the main menu, you can press the menu button to browse through the menu, until you are back at the beginning. Or you can wait until the display light turns off. As you will notice in both situations the FreshBed system stops working during browsing the menu or changing the settings. When you are back at the beginning or when the display light turns off, the system automatically turns on. It needs a few seconds to start up, which you will see at the two bars in the start of the menu.