

# Withings Aura

## Sleep Assistant - Sleep Analyzer

Installation and Operating Instructions



# User Guide Copyright

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## Product Name

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The Connected Alarm Clock is the bedside device of the Withings Aura range. This device helps you fall asleep and wake up using light and sound.

The Sleep Sensor is an accessory of the Connected Alarm Clock that allows you to monitor your sleep.

The Total Sleep System is made of the Connected Alarm Clock and the Sleep Sensor.

## Safety Instructions

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By using your Withings Aura you expressly agree to the Withings Services Terms and Conditions available on our [website](#).

This product is not a medical device and should not be used to diagnose or treat any medical condition.

## Use and Storage

- Use the product at temperatures between 10°C and 35°C (50°F and 95°F).
- Product may be stored in a clean, dry location between 5°C and 40°C (41°F and 104°F) when it is not in use.
- Use the product at an altitude of 0 m to 2000 m (0 ft to 6560 ft).
- Do not place the product in direct sunlight for extended periods of time.
- The environmental sensors cannot be used to adjust the environmental parameters, in the room.
- This product is not a toy. Do not allow children to play with it.
- This device is designed for indoor use only.
- Only use the power supply included with the product.
- Only connect to a power outlet that is installed close to the device and that is easily accessible.
- Do not stretch or stress the power cord when it is connected to power.
- Do not cover your Connected Alarm Clock.

- Do not allow the device to come in contact with liquids.

## Personal Data

- Make sure you have read our privacy policy, which you can find on our [website](#).
- Make sure your Withings account password is secure enough to restrict access to your account. It should be at least eight-character long, have mixed case, and use a combination of alphanumeric and special characters.
- We recommend that you protect access to the Withings Health Mate app with an additional passcode and/or Touch ID. You can do so from the app by going to **Settings** in the app and activating **Touch ID and Passcode**.
- We recommend that you export your data on a regular basis to local storage on your home computer. You can do so from the Withings Health Mate [web interface](#) by clicking **Measurement table**, selecting the tab corresponding to the data you want to export and clicking **Download**.

Refer to “[Retrieving Your Data](#)” on page 57 to for more information about the data you can retrieve from your Withings Aura.

## Service and Maintenance

- If the Connected Alarm Clock falls, avoid looking directly at the LED source and immediately disconnect the power supply. Reconnect it to power after putting it back in place. If it fails to turn on or does not seem to be functioning properly, contact customer service at: <https://support.withings.com/hc/en-us/requests/new>.
- Do not attempt to repair or modify your Withings Aura yourself. Service and maintenance not described in this User Guide should be performed by professional technicians.
- If you have any issues, feel free to contact customer service at: <https://support.withings.com/hc/en-us/requests/new>.

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# Minimum Requirements

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## Internet Access

Access to the Internet is required to:

- Download the Withings Health Mate app,
- Set up your Withings Aura,
- Upgrade the firmware,
- Upload environmental data,
- Upload sleep data (when using the Sleep Sensor).

For more details, refer to [“Specifications” on page 64](#).

We recommend using the app on a device connected to the Internet to enjoy all features.

## Smartphone or Device

An iOS or Android device (with operational Bluetooth and Wi-Fi or 3G/4G) is required to:

- Set up your Withings Aura,
- Retrieve data from your Withings Aura,
- Access specific functions of your Withings Aura.

Bluetooth Low Energy (BLE) compatibility is required to install your Withings Aura.

For more details, refer to [“Specifications” on page 64](#).

## OS Version

To install and run the Withings Health Mate App, you need:

- iOS 8 or above on iOS devices,
- Version 4.3 or above on Android devices.

## Withings Health Mate App Version

We recommend that you use the latest available version of the Withings Health Mate app to have all the latest features available.

# Withings Aura Description

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## Overview

The Withings Aura Connected Alarm Clock was designed to help you fall asleep smoothly with a sunset simulation featuring melatonin-producing red lights, and wake up gradually via a sunrise simulation that uses melatonin-inhibiting blue lights. But advanced light sequences are just the beginning of the Connected Alarm Clock sleep/wake-up experience. We've partnered with Spotify so you can choose any Spotify playlist to wake up to. Don't have a Spotify premium account yet? Choose from over 20,000 web radio stations or any of our scientifically-validated sound programs that come pre-loaded with the device. You can even customize your alarm music and times for different days of the week. Feeling like you need a midday nap? The Connected Alarm Clock also has dedicated nap programs for those days when you crave a few extra Zzzs.

For a complete sleep tracking experience, simply add a Sleep Sensor to analyze your sleep quality and create what we call the Withings Aura Total Sleep System. The sensor allows you to track different sleep cycles, the amount of time spent in bed, and number of mid-night wake ups based on your heart rate, respiratory rate, and body movements. Best of all, the sensor enables the Smart Wake Up feature, which will activate your alarm at a time that is best for your sleep cycle.

The Withings Health Mate™ app automatically retrieves all data from your Sleep Sensor, and creates easy-to-read graphs on your phone. You will use the Withings Health Mate™ app when installing the Withings Aura and to start various sleep and wake-up programs. The Connected Alarm Clock's touch interface does, however, allow you to control some key features by hand such as adjusting brightness and volume, turning on the nightlight, and starting a sleep program.

Want to connect with other apps? No problem. We have over 100 partner apps so you can easily link your Withings Aura to the health data that matters to you.

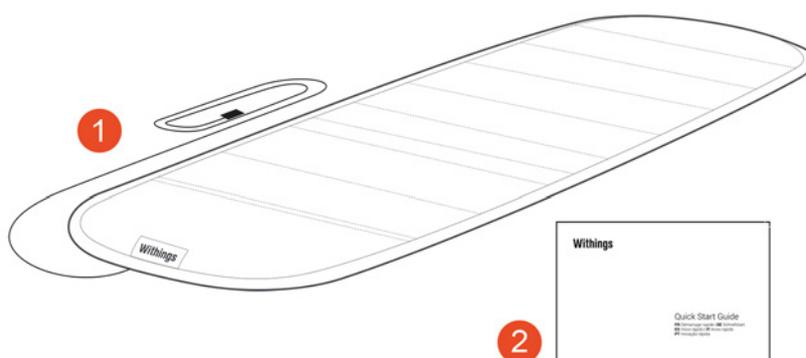
## Box Contents

### Withings Aura Connected Alarm Clock



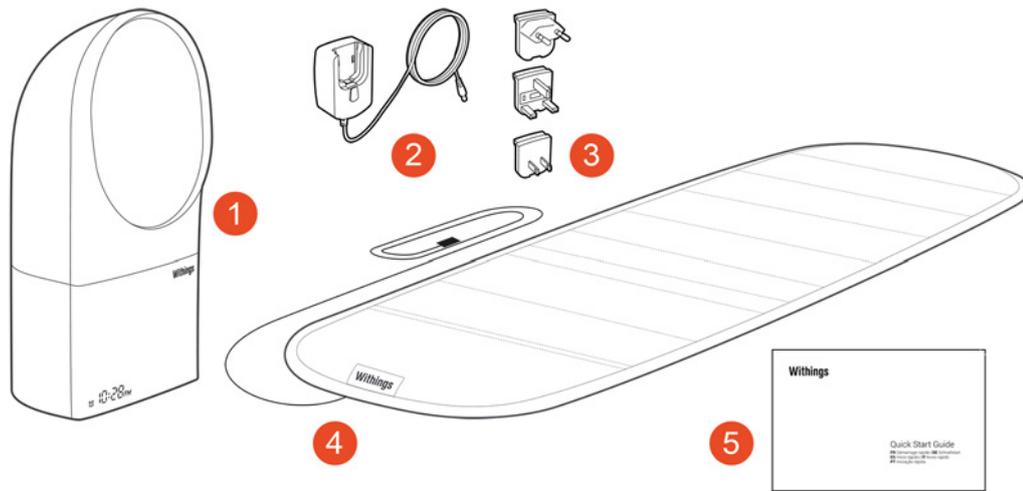
- (1) Connected Alarm Clock (2) AC power supply (3) Plug adapters  
(4) Quick start guide

### Withings Aura Sleep Sensor



- (1) Sleep Sensor (2) Quick start guide

## Withings Aura Total Sleep System



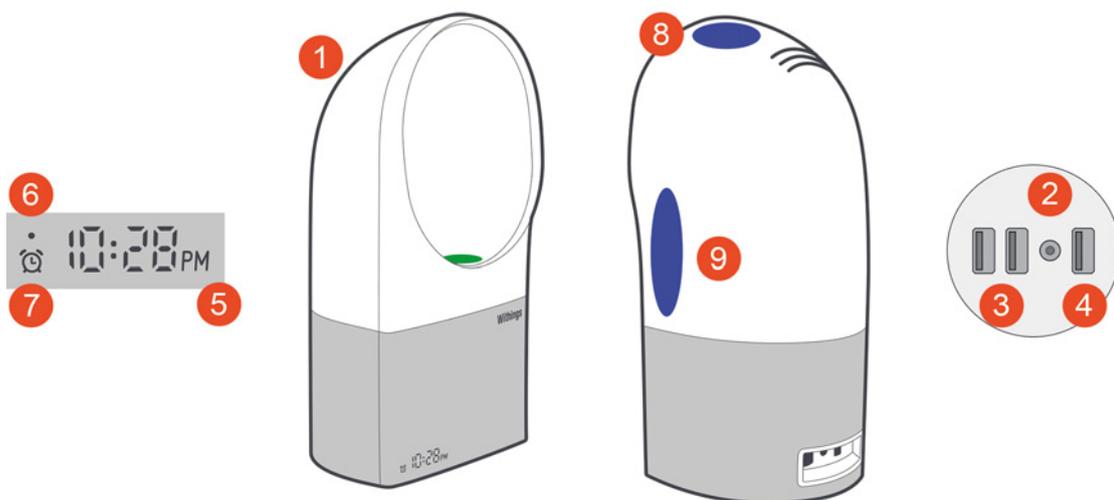
(1) Connected Alarm Clock  
(4) Sleep Sensor

(2) AC power supply  
(5) Quick start guide

(3) Plug adapters

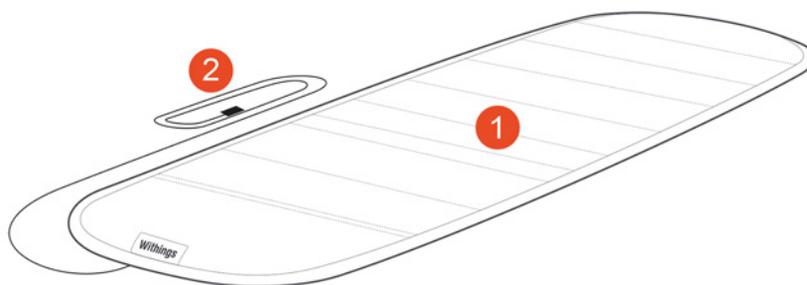
## Product Description

### Withings Aura Connected Alarm Clock



- |                           |                           |                            |
|---------------------------|---------------------------|----------------------------|
| (1) Connected Alarm Clock | (2) Power jack            | (3) Sensor USB ports       |
| (4) Extra USB port        | (5) Clock display         | (6) Start-up indicator     |
| (7) Alarm indicator       | (8) Touch interface (top) | (9) Touch interface (side) |

### Withings Aura Sleep Sensor



- |                  |               |
|------------------|---------------|
| (1) Sleep Sensor | (2) USB cable |
|------------------|---------------|

# Setting Up the Connected Alarm Clock

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## Installing the Withings Health Mate App

If the Withings Health Mate app is not already installed on your device, perform the following steps:

1. Type [go.withings.com](http://go.withings.com) in your device's web browser.
2. Tap **Download on the App Store** or **Get in on Google play**.
3. Tap **Get** (iOS) or **Install** (Android).  
The installation process starts.

## Plugging In Your Connected Alarm Clock

Before installing your Connected Alarm Clock, make sure that you read our recommendations in ["Use and Storage" on page 2](#).

1. Place your Withings Aura on a nightstand near your bed, so that your face is in the light halo of the product when you are asleep.  
It should be about one meter (39 inches) away from your head.
2. Select the correct plug adapter from the travel adapter plug set.
3. Locate the top side of the plug adapter (labeled "TOP" on the adapter).
4. Locate the top side of the AC power supply (labeled "TOP" on the power supply).
5. Insert the tab located on the top side of the plug adapter in the notch located on the top side of the AC power supply.
6. Push the plug adapter until you hear a click.  
Make sure the adapter is properly inserted. If not, pull the button to disengage it and try inserting it again.
7. Connect the power supply cable to your Connected Alarm Clock.
8. Plug the power supply cable to an outlet.  
A solid dot appears on the display of your Connected Alarm Clock. After a minute or so, the time is displayed (00:00 by default).

## Installing your Connected Alarm Clock with no existing account

If you don't already have a Withings account, you have to create one in order to set up

and use your Connected Alarm Clock. If you already have an account, refer to ["Installing your Connected Alarm Clock with an existing account" on page 17](#).

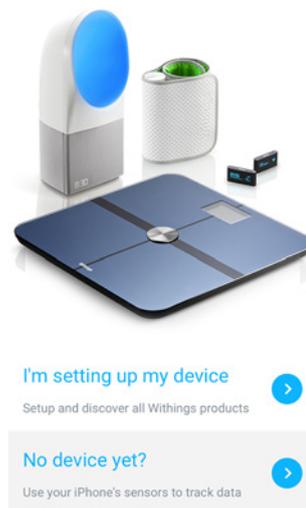
To install your Connected Alarm Clock, perform the following steps:

1. Open the Withings Health Mate app.

2. Tap **Join Withings**.



3. Tap **I'm setting up a device**.



4. Tap **Aura Connected Alarm Clock**.



5. Tap **Install now**.



6. Tap **Next**.



7. Tap the Connected Alarm Clock you want to install.

If your Connected Alarm Clock is not displayed in the list, go to the Bluetooth

settings

of your device and pair it from there. It should now appear in the Withings Health Mate app.

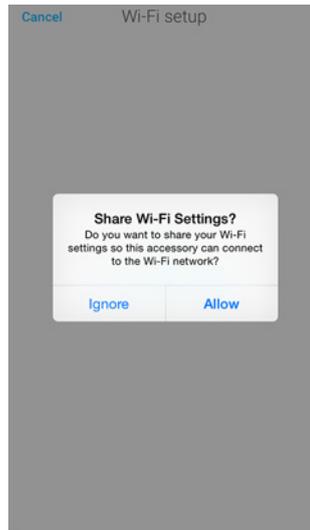
8. Tap **Pair** to pair your Connected Alarm Clock with your device.
9. Tap **Next**.



10. Enter your email address, password, and then confirm your password. Tap **Next**.
11. Enter your first name, surname (last name) and birthday. Tap **Next**.
12. Select your gender and enter your current height and weight. Tap **Create**.
13. Tap the Wi-Fi network you want to use or tap **Manual configuration**.
14. Enter the password of the Wi-Fi network.
15. Tap **Next**.
16. Tap **Quick setup** to use the same Wi-Fi network as your mobile device or **Setup another network** to use another one.



17. Tap **Allow**.



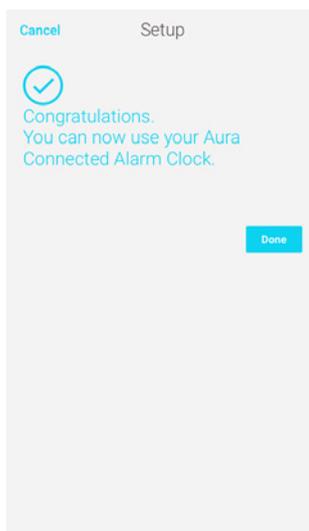
18. Tap **No, I don't have a sensor yet** if you're only installing the Connected Alarm Clock.



A tutorial on how to use your Connected Alarm Clock is displayed when the installation is complete.

19. Refer to [“Installing your Sleep Sensor” on page 44](#) if you also want to install a Sleep Sensor.

20. Tap **Done**.



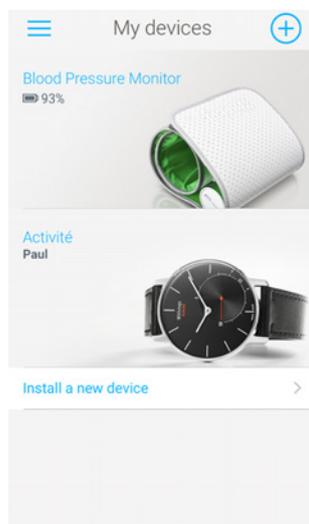
A tutorial on how to use your Connected Alarm Clock. is displayed.

## Installing your Connected Alarm Clock with an existing account

If you already have a Withings account, you can get started on the installation process.

To do so, perform the following steps:

1. Go to **My devices** in the Withings Health Mate app.
2. Tap **Install a new device**.
3. Tap **+**.



4. Tap **Aura Connected Alarm Clock**.



5. Tap **Install now**.



6. Tap **Next**.



7. Tap the Connected Alarm Clock you want to install.

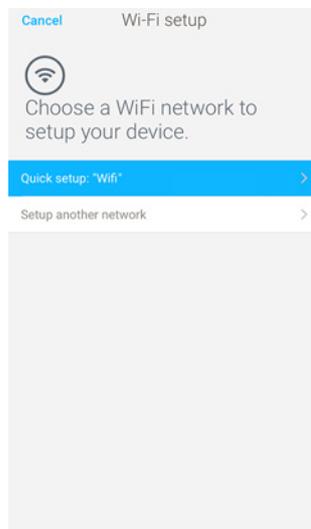
If your Connected Alarm Clock is not displayed in the list, go to the Bluetooth

settings of your device and pair it from there. It should now appear in the Withings Health Mate app.

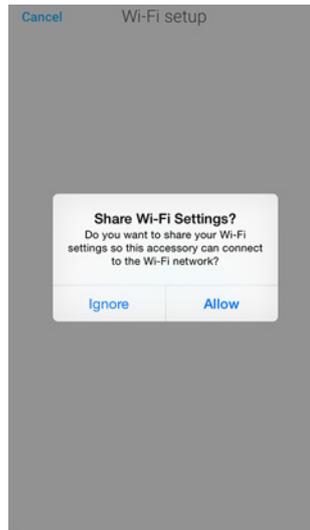
8. Tap **Pair** to pair your Connected Alarm Clock with your device.
9. Tap **Next**.



10. Tap the Wi-Fi network you want to use or tap **Manual configuration**.
11. Enter the password of the Wi-Fi network.
12. Tap **Next**.
13. Tap **Quick setup** to use the same Wi-Fi network as your mobile device or **Setup another network** to use another one.



14. Tap **Allow**.



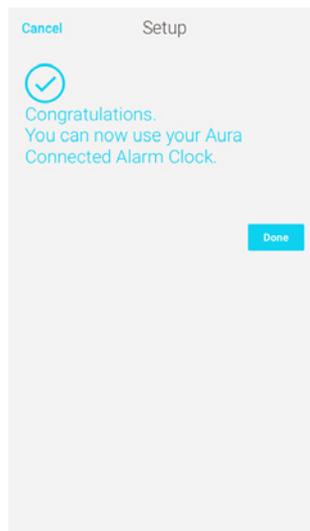
15. Tap **No, I don't have a sensor yet** if you're only installing the Connected Alarm Clock.



A tutorial on how to use your Connected Alarm Clock is displayed when the installation is complete.

16. Refer to [“Installing your Sleep Sensor”](#) on page 44 if you also want to install a Sleep Sensor.

17. Tap **Done**.

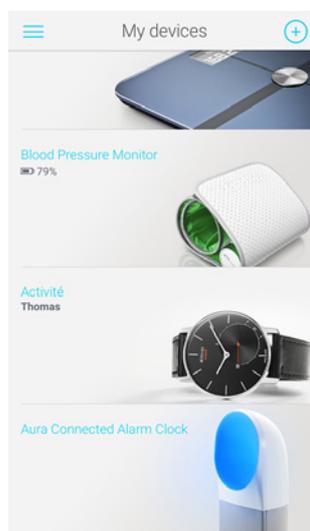


A tutorial on how to use your Connected Alarm Clock. is displayed.

## Adjusting the Brightness of the Display of the Connected Alarm Clock

If necessary, you can adjust the brightness of the clock display, or even deactivate it in the dark. To do so, perform the following steps:

1. Open the Withings Health Mate app.
2. Go to **My devices**.
3. Tap **Aura Connected Alarm Clock**.



4. Tap **Clock display in the dark** to deactivate the clock display, if necessary.



5. Use the brightness slider to decide how bright the clock display should be. This option is not available if you deactivate the clock display.

# Using the Connected Alarm Clock

## Using the Reading Light

Your Connected Alarm Clock offers a reading light feature.

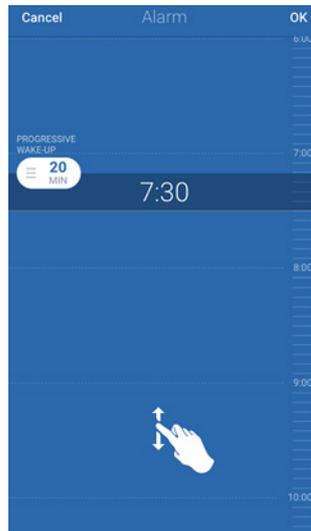
- You can turn on the light by gently tapping the top.
- You can turn off the light by gently tapping the top one more time.
- You can change the color and intensity of the light by swiping your hand up or down on the right side while the light is on.

## Setting an Alarm

### Adding a new Alarm from the Withings Health Mate app

You can add different alarms for different days of the week. To add an alarm, perform the following steps:

1. Open the Withings Health Mate app.
2. Go to **Devices**.
3. Look for your **Aura**.
4. Touch **Next alarm**.
5. Tap and slide the wake up time up or down to select the desired alarm time.



You can only select times in multiples of five minutes.

6. Tap and slide **Progressive Wake-Up** to decide when it should be triggered (optional).

You can set it to up to 20 minutes.

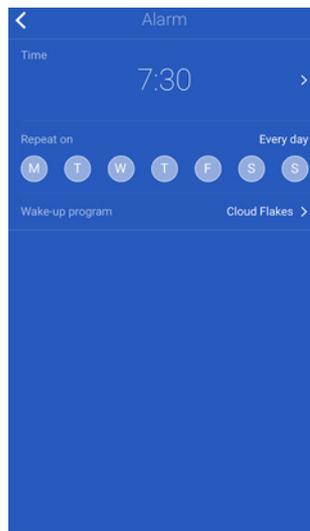
Refer to [“Progressive Wake-Up Feature” on page 29](#) for more information.

If you have a Sleep Sensor, the Progressive Wake-Up feature is replaced with the Smart Wake-Up feature.

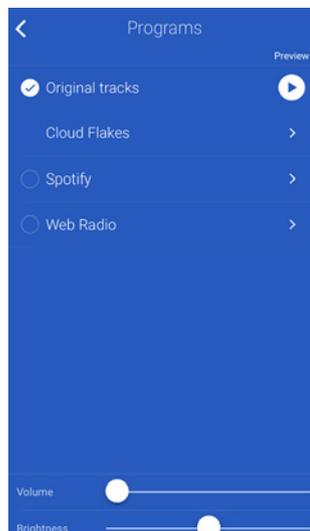
Refer to [“Smart Wake-Up Feature” on page 29](#) for more information.

7. Tap **Save**.

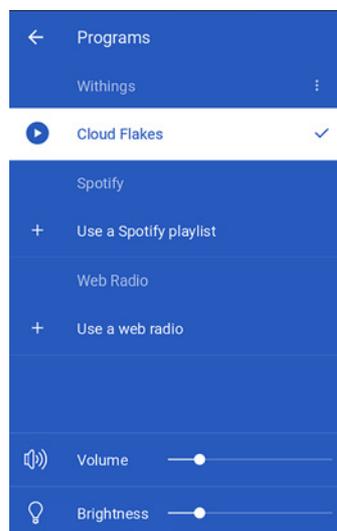
8. Tap **Repeat on** to select on which days the alarm should be triggered.



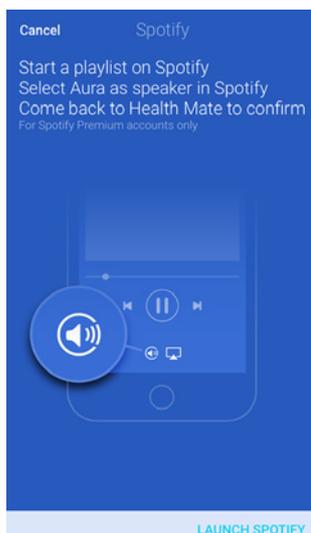
9. Tap the default program to select your program.
- a. To use a Spotify playlist (for Spotify Premium account owners):
    - Tap **Spotify**.



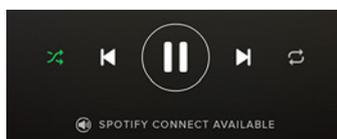
- Tap **Use a Spotify Playlist**.



- Tap **Launch Spotify**.



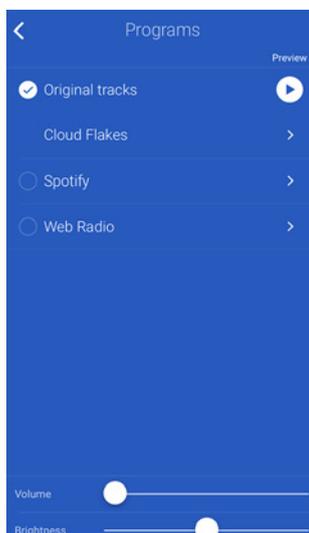
- Start playing the playlist you want.
- Tap the song currently playing.
- Tap **Spotify Connect Available** and select your Connected Alarm Clock.



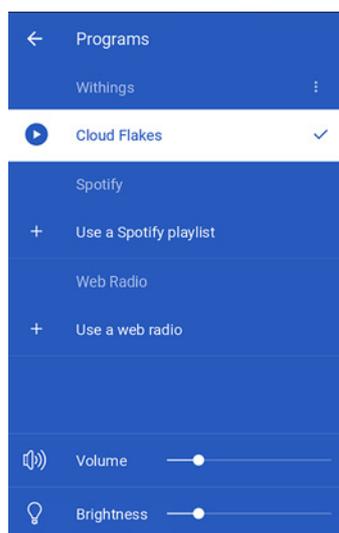
- Tap **OK**.
- Go back to the Withings Health Mate app.

b. To use a Web radio station:

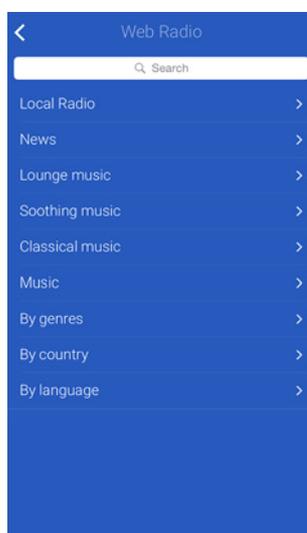
- Tap **Web radio**.



- Tap **Use a web radio**.



- Look for the radio station you want.



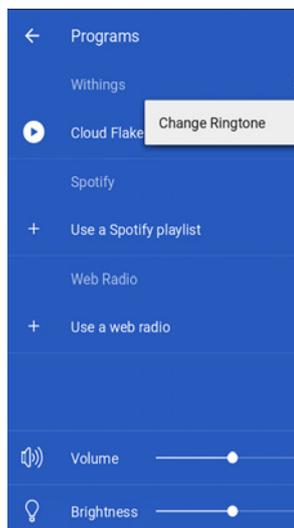
- Tap the radio station you want.

- Tap the back button.

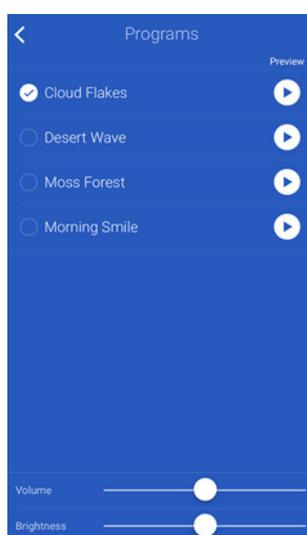
c. To use any of the other preset programs:

- Tap **Health Mate**.

- Tap **Change Ringtone**.



- Tap the program you want.



- Tap the back button.

10. Adjust the volume with the **Volume** slider.

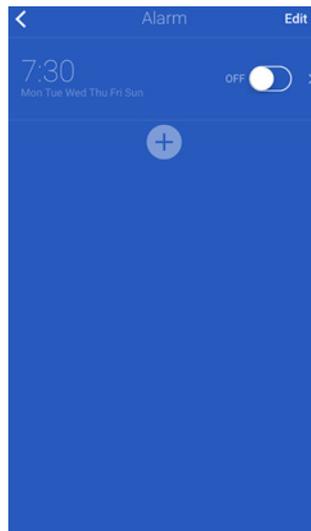
When the program is playing, you can adjust the volume of the program by swiping your hand up or down on the right side of the Connected Alarm Clock.

11. Adjust the brightness of the light with the **Brightness** slider.

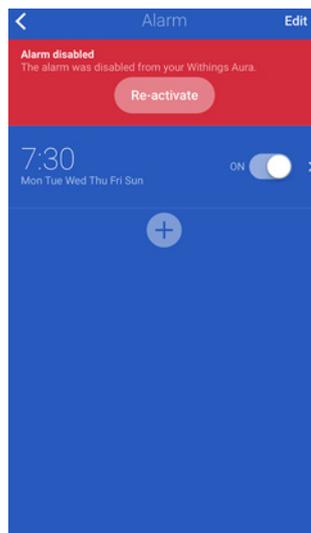
12. Tap the back button.

## Enabling the Alarm from the Withings Health Mate

If your alarm is set but not enabled, you can enable it by tapping the Withings Aura widget and tapping the slider of your alarm.



If all alarms have been disabled from the Connected Alarm Clock, tap **Reactivate** from the Withings Aura widget.



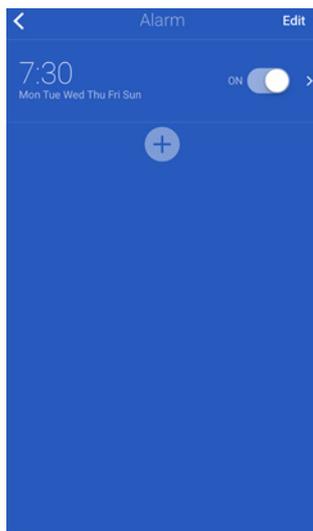
## Enabling the Alarm from the Connected Alarm Clock

Once you have set up your alarm from the Withings Health Mate app, you can easily enable it from the Connected Alarm Clock if it has been deactivated from there. To do so, touch and hold the right side of your Connected Alarm Clock for two to three seconds. The word "ON" is displayed on your Connected Alarm Clock and you retrieve the same alarm setup as before the alarm deactivation. For example, if two alarms were deactivated in the Withings Health Mate app and one was activated, you'll go back to this setup.

**Alarms that have been disabled from the Withings Health Mate app can only be reactivated from the app.**

## Disabling the Alarm from the Withings Health Mate

You can disable your alarm by tapping the Withings Aura widget and tapping the slider of your alarm. Tap **OK**.



## Disabling the Alarm from the Connected Alarm Clock

You can disable all alarms from the Connected Alarm Clock by touching the right side of your Connected Alarm Clock for two to three seconds. The word "OFF" is displayed on your Connected Alarm Clock.

## Progressive Wake-Up Feature

The Progressive Wake-Up feature allows you to wake up progressively by playing the wake-up music and radiating the wake-up light gradually, up to 20 minutes before your wake-up time. This makes waking up easier and more pleasant.

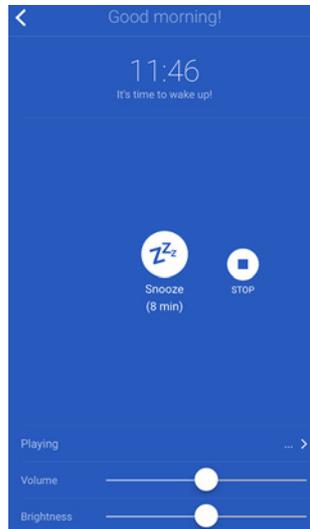
## Smart Wake-Up Feature

The Smart Wake-Up feature only works if you have a Sleep Sensor. It helps bring you from a deeper sleep stage to a light sleep stage to make for a smoother wake-up experience. Based on the smart wake-up time you set up, your Connected Alarm Clock will start playing the program selected using progressive light and sound. To enjoy this feature, you have to select a smart wake-up time of 20 minutes to an hour. If you set it to less than 20 minutes, it will act as the Progressive Wake-Up feature.

## Snoozing the Alarm

### Snoozing the alarm from the app

You can easily snooze the alarm from the app by opening the Withings Health Mate app and tapping **Snooze**. The alarm will be delayed by 8 minutes.



### Snoozing the alarm from the Connected Alarm Clock

You can snooze the alarm directly from the Connected Alarm Clock. To do so, tap the top of your Connected Alarm Clock once during a program. The alarm will be delayed by eight minutes.

## Starting a Sleep Program

Sleep programs help you fall asleep with the help of a red light and the music program you choose.

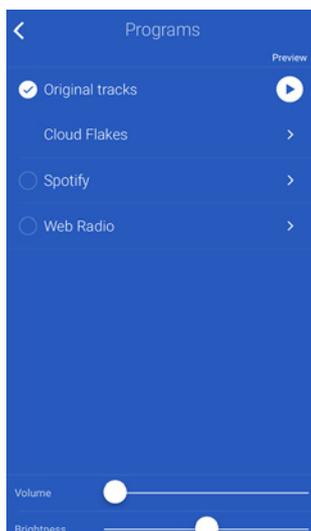
### Running a sleep program from the app

You can set up and run a sleep program from the Withings Health Mate app.

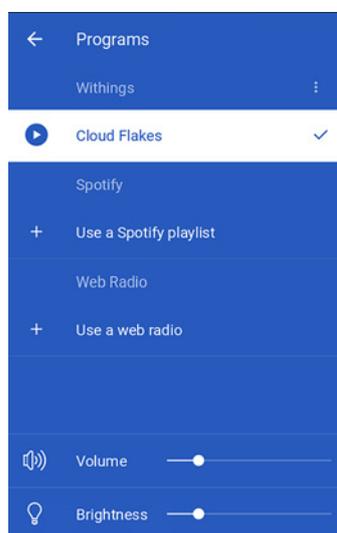
To do so, perform the following steps:

1. Open the Withings Health Mate app.
2. Go to **Devices**.
3. Look for your **Aura**.
4. Tap **Start a sleep program**.
5. Tap **Playing** to select your program.
  - a. To use a Spotify playlist (for Spotify Premium account owners):

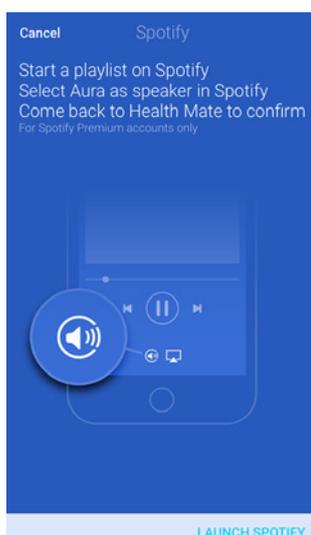
- Tap **Spotify**.



- Tap **Use a Spotify Playlist**.

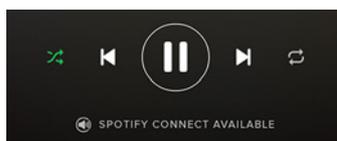


- Tap **Launch Spotify**.



- Start playing the playlist you want.
- Tap the song currently playing.

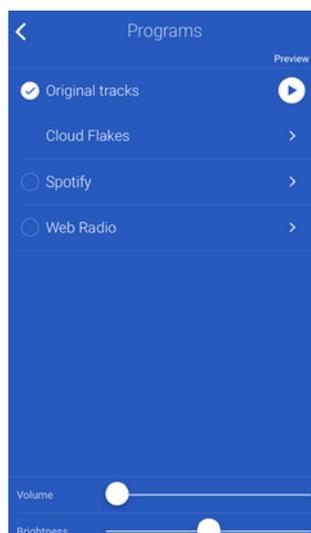
- Tap **Spotify Connect Available** and select your Connected Alarm Clock.



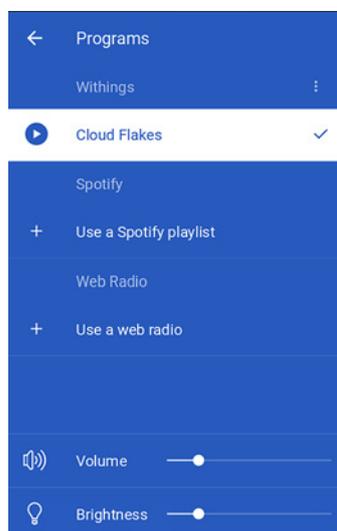
- Tap **OK**.
- Go back to the Withings Health Mate app.

b. To use a Web radio station:

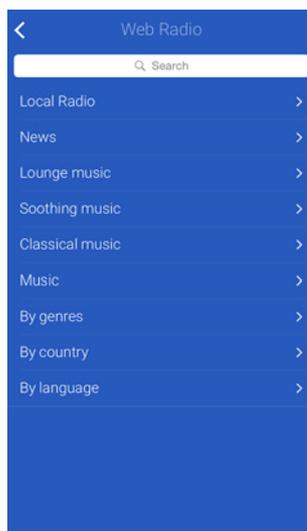
- Tap **Web radio**.



- Tap **Use a web radio**.



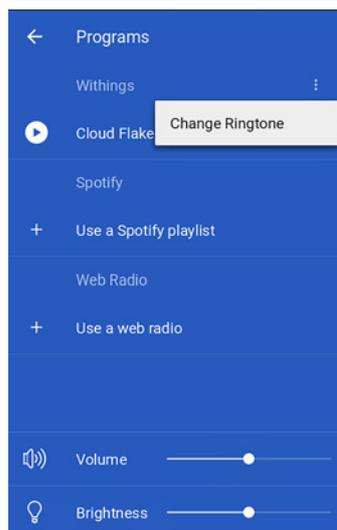
- Look for the radio station you want.



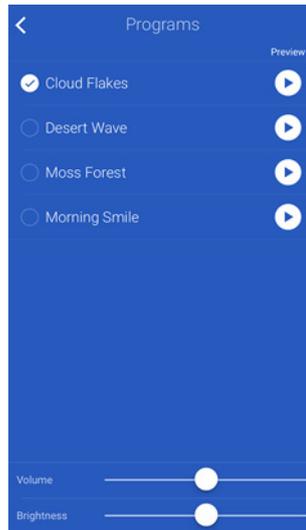
- Tap the radio station you want.
- Tap the back button.

c. To use any of the other preset programs:

- Tap **Health Mate..**
- Tap **Change Ringtone.**



- Tap the program you want.



- Tap the back button.

6. Adjust the volume with the **Volume** slider.  
When the program is playing, you can adjust the volume of the program by swiping your hand up or down on the right side of the Connected Alarm Clock.
7. Adjust the brightness of the light with the **Brightness** slider.
8. Tap the back button.

### Running a sleep program from the Connected Alarm Clock

Once you have set up your preferred sleep program in the Withings Health Mate app, you can easily run it directly from the Connected Alarm Clock. To do so, touch and hold the top of your Connected Alarm Clock for two to three seconds. The latest sleep program you used starts running.

You can adjust the volume of the program by swiping your hand up or down on the right side of the Connected Alarm Clock.

## Starting a Nap Program

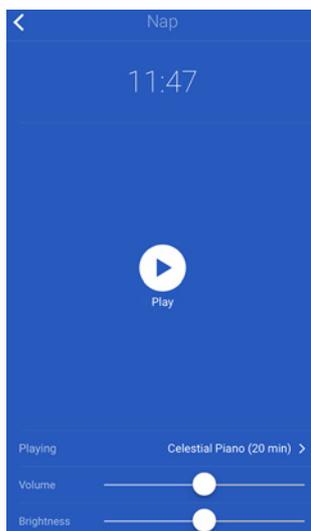
Nap programs are preset to 20 minutes, as research indicates that this is the optimal amount of time to rest without making it difficult to wake up and go on with your day.

You can run a nap program from the Withings Health Mate app.

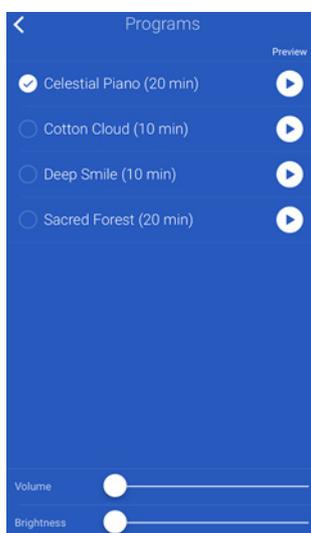
To do so, perform the following steps:

1. Open the Withings Health Mate app.
2. Go to **Devices**.
3. Look for your **Aura**.
4. Tap **Start a nap program**.

5. Tap **Playing** to select your program.



6. Tap the program you want.



7. Adjust the volume with the **Volume** slider.

When the program is playing, you can adjust the volume of the program by swiping your hand up or down on the right side of the Connected Alarm Clock.

8. Adjust the brightness of the light with the **Brightness** slider.

9. Tap the back button.

## Stopping a Sleep Program

### Stopping a sleep program from the app

You can easily stop a sleep program from the app by opening the Withings Health Mate app and tapping **STOP**.

### Stopping a sleep program from the Connected Alarm Clock

You can stop the sleep program directly from the Connected Alarm Clock. To do so, double-tap the top of your Connected Alarm Clock.

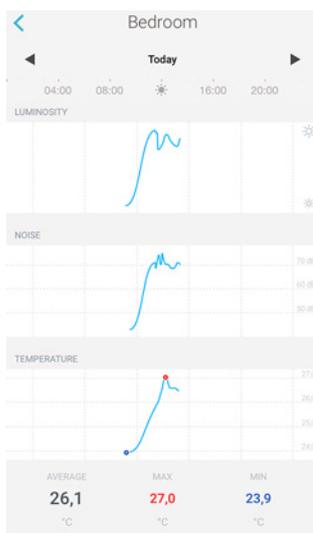
# Tracking the Luminosity of Your Room

## Overview

Once you've set up your Connected Alarm Clock, it automatically starts tracking the luminosity level of your room without requiring any action on your part.

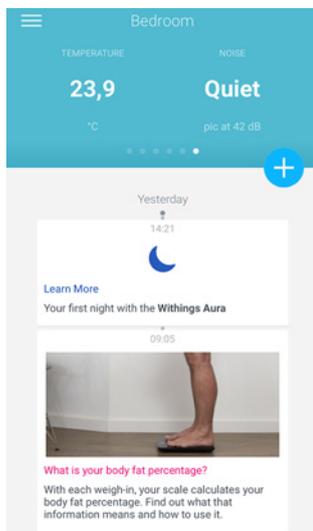
## Retrieving the luminosity data of your room

You can retrieve the luminosity data of your room from the **Bedroom** widget. It is displayed in a graph that is updated every three hours with the latest data.



To view the luminosity data of your room, perform the following steps:

1. Open the Withings Health Mate app.
2. Swipe the top part of the **Timeline** right or left until the **Bedroom** widget is displayed.
3. Tap the **Bedroom** widget.



Luminosity data from your night is also displayed below your sleep data.



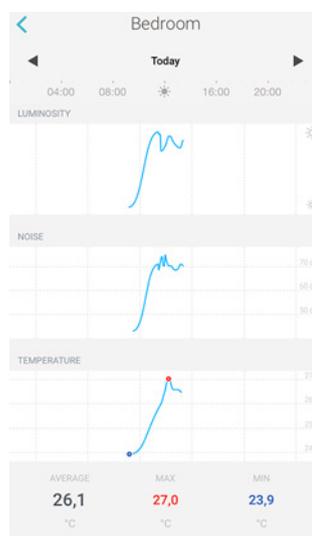
## Tracking the Noise of Your Room

### Overview

Once you've set up your Connected Alarm Clock, it automatically starts tracking the noise level of your room without requiring any action on your part.

### Retrieving the noise data of your room

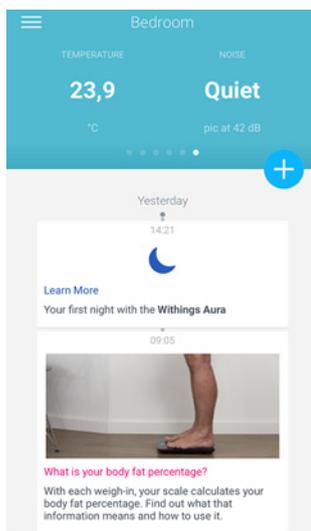
You can retrieve the noise data of your room from the **Bedroom** widget. It is displayed in a graph that is updated every three hours with the latest data.



To view the noise data of your room, perform the following steps:

1. Open the Withings Health Mate app.
2. Swipe the top part of the **Timeline** right or left until the **Bedroom** widget is displayed.

3. Tap the **Bedroom** widget.



Noise data from your night is also displayed below your sleep data.



## Disabling Noise Tracking in Your Room

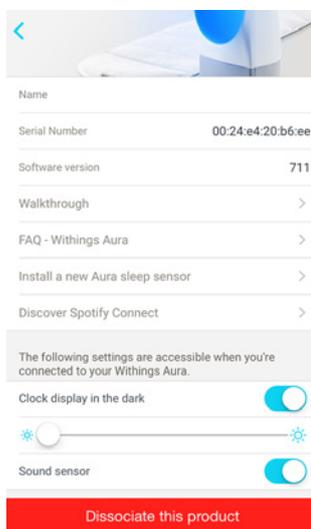
You can disable noise tracking in your room if you wish to. To do so, perform the following steps:

1. Open the Withings Health Mate app.
2. Go to **My devices**.

### 3. Tap **Aura Connected Alarm Clock**.



### 4. Tap **Sound sensor** to deactivate noise tracking.



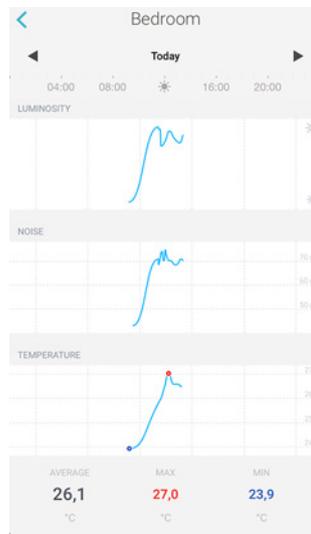
## Tracking the Temperature of Your Room

### Overview

Once you've set up your Connected Alarm Clock, it automatically starts tracking the temperature of your room without requiring any action on your part.

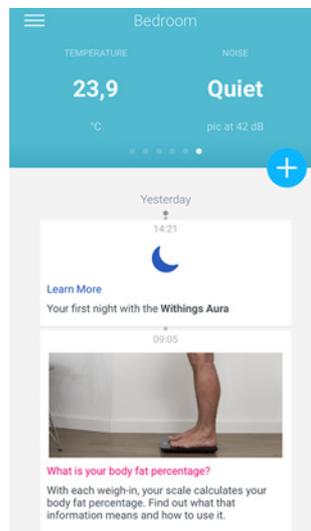
## Retrieving the temperature of your room

You can retrieve the temperature of your room from the **Bedroom** widget. It is displayed in a graph that is updated every three hours with the latest data. You can also see the average temperature, the maximum temperature and the minimum temperature for the day.



To view the temperature of your room, perform the following steps:

1. Open the Withings Health Mate app.
2. Swipe the top part of the **Timeline** right or left until the **Bedroom** widget is displayed.
3. Tap the **Bedroom** widget.



The temperature of your room while you're sleeping is also displayed below your sleep data.



## Using Spotify Connect

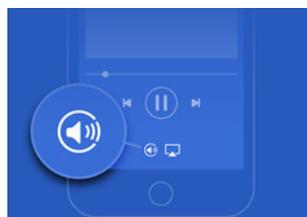
Spotify Connect allows you to play your music directly on your Connected Alarm Clock.

Before trying to use the Spotify Connect feature, keep in mind that:

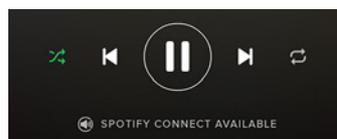
- You need a Spotify Premium account.
- Your Connected Alarm Clock and your Spotify account must use the same Wi-Fi network.
- Your Spotify account cannot be in Offline mode.
- You can only play playlists on your Connected Alarm Clock. If you want to play an album, you have to add the album to a playlist before.

To use Spotify Connect, perform the following steps:

1. Start playing the playlist you want.
2. Tap the song currently playing.
3. Tap the speaker icon and select your Connected Alarm Clock.



4. Tap **Spotify Connect Available** and select your Connected Alarm Clock.



## Charging a Device

You can use your Connected Alarm Clock to connect and charge your devices. Make sure you only use the USB port on the far right. The other two are dedicated for Sleep Sensors.

# Setting Up the Sleep Sensor

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## Overview

Provided that you already have a Connected Alarm Clock, up to two Sleep Sensors can be installed. They allow you to benefit from additional features, such as sleep tracking, resting heart rate monitoring, and Smart Wake-Up. Refer to [“Smart Wake-Up Feature” on page 29](#) for more information.

**You absolutely need a Connected Alarm Clock to be able to set up a Sleep Sensor.**

There are three scenarios possible when installing a Sleep Sensor:

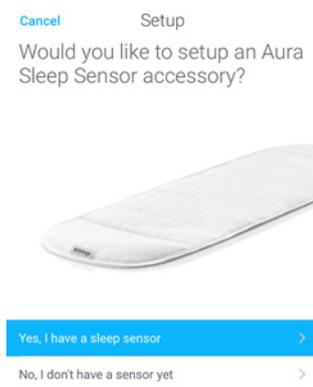
- You want to install it at the same time as you install your Connected Alarm Clock,
- You want to install it later on
- You want to install a second sensor, on a separate account

## Installing your Sleep Sensor

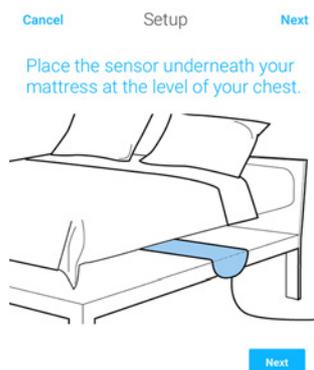
### Installing your Sleep Sensor at the same time as your Connected Alarm Clock

After performing the steps described in [“Installing your Connected Alarm Clock with no existing account” on page 12](#) or [“Installing your Connected Alarm Clock with an existing account” on page 17](#), perform the following steps:

1. Tap **Yes, I have a sleep sensor**.



2. Place the sensor under your mattress at the level of your chest.



You also have the option of placing the sensor between the mattress and the mattress topper or mattress pad.

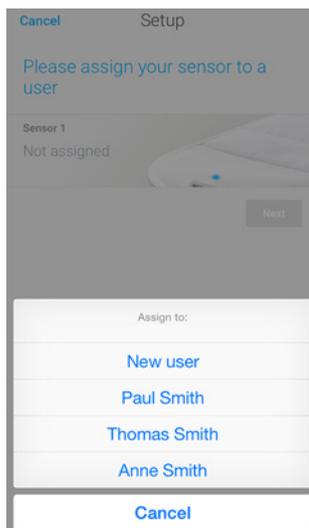
Make sure you completely unroll the sensor, and that the Withings label is facing up.

If you sleep alone in a double bed, make sure you place the sensor in the middle of the bed.

3. Tap **Next**.
4. Connect the sensor to one of the two USB ports to the left of the power connection on the back of the Connected Alarm Clock.

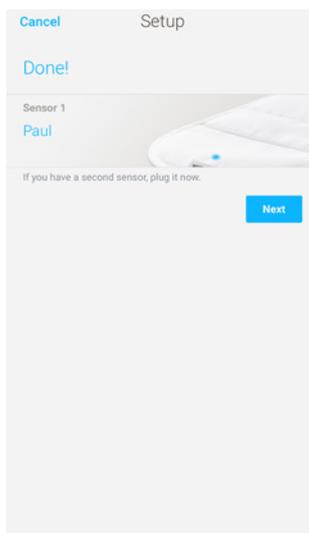


5. Tap the sensor in the Withings Health Mate app and tap the user you want to assign.

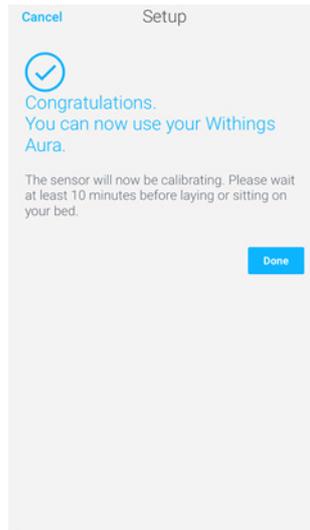


This step is only necessary if you have several users on your Withings account.

6. If you want to install a second sensor, repeat steps 2 to 5.  
If you want to install the second sensor on another account, refer to [“Installing your Sleep Sensor on a separate account”](#) on page 51.
7. Tap **Next**.



8. Tap **Done**.

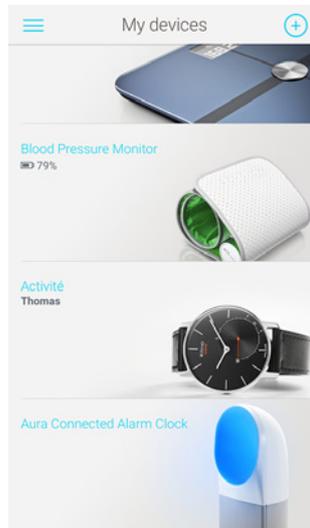


The calibration of your sensor starts. This step can last up to 10 minutes during which a LED is lit up and a buzzing sound can be heard. Do not sit on the bed while the LED is on. It will automatically switch off when you can start using the sensor.

### Installing your Sleep Sensor later on

You can also install your Sleep Sensor at a later stage, for example if you don't purchase it at the same time as your Connected Alarm Clock. To do so, perform the following steps:

1. Go to **My devices**.
2. Tap **Aura Connected Alarm Clock**.



3. Tap **Install a new Aura sleep sensor.**



4. Tap **Install now.**



5. Tap **Next.**



6. Place the sensor under your mattress at the level of your chest.



You also have the option of placing the sensor between the mattress and the mattress topper or mattress pad.

Make sure you completely unroll the sensor, and that the Withings label is facing up.

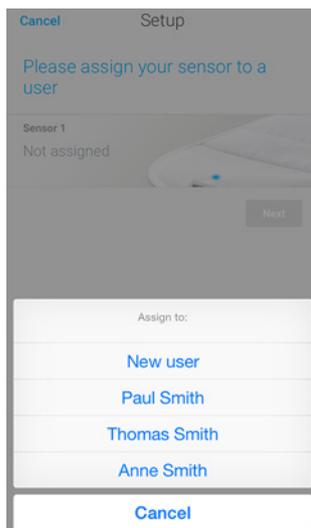
If you sleep alone in a double bed, make sure you place the sensor in the middle of the bed.

7. Tap **Next**.

8. Connect the sensor to one of the two USB ports to the left of the power connection on the back of the Connected Alarm Clock.



9. Tap the sensor in the Withings Health Mate app and tap the user you want to assign.

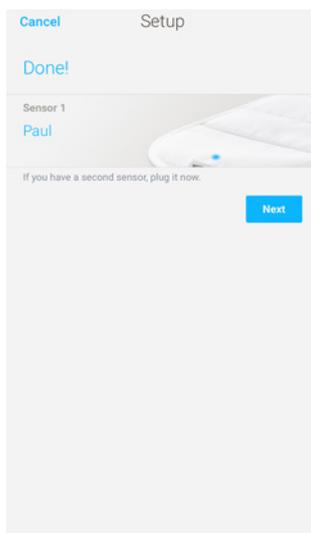


This step is only necessary if you have several users on your Withings account.

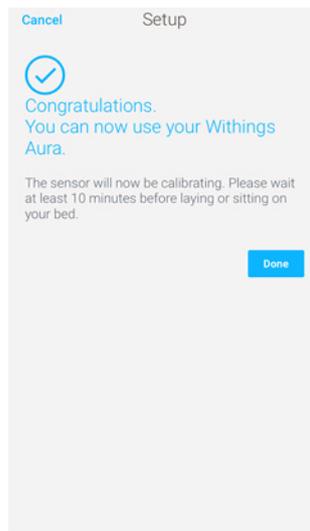
10. If you want to install a second sensor, repeat steps 5 to 8.

If you want to install the second sensor on another account, refer to [“Installing your Sleep Sensor on a separate account”](#) on page 51.

11. Tap **Next**.



12. Tap **Done**.



The calibration of your sensor starts. This step can last up to 10 minutes during which a LED is lit up and a buzzing sound can be heard. Do not sit on the bed while the LED is on. It will automatically switch off when you can start using the sensor.

### **Installing your Sleep Sensor on a separate account**

If you have two Sleep Sensors, you can either install both of them on the same Withings account, or install them on separate accounts. To install the second sensor on another account, perform the following steps:

1. Log in to the Withings Health Mate app as the user of the second sensor.
2. Install your Connected Alarm Clock on this account.  
Refer to [“Installing your Connected Alarm Clock with no existing account” on page 12](#) or [“Installing your Connected Alarm Clock with an existing account” on page 17](#) for more information.
3. Install your Sleep Sensor.  
Refer to [“Installing your Sleep Sensor at the same time as your Connected Alarm Clock” on page 44](#) for more information.

# Using the Sleep Sensor

## Tracking Your Sleep

### Overview

Once you've set up your Sleep Sensor, it lets you track your sleep without requiring any action on your part. All you have to do is lay in bed: it will do the rest on its own.

If you want to stop tracking your sleep at any point, refer to [“Deactivating sleep tracking” on page 53](#).

### Retrieving your sleep data

You can retrieve the sleep data collected by your Sleep Sensor in your **Timeline** or on your **Dashboard** in the Withings Health Mate app.



(1) Breakdown of your night:

- Time spent awake (orange)
- Duration of REM sleep (light blue)
- Duration of light sleep cycle (medium blue)
- Duration of deep sleep cycle (dark blue)

(2) Time spent lying in bed

(3) Total time spent sleeping

(4) Percentage of the sleep goal (of 8 hours)

(5) Resting heart rate

(6) Time it took for you to fall asleep

(6) Number of wake-ups

The Withings Health Mate app keeps your entire history, allowing you to easily track how your sleep data evolves over time.

## Deactivating sleep tracking

If you ever want to stop tracking your sleep for any reason, you can deactivate sleep tracking directly from your Connected Alarm Clock. To do so, triple-tap the right side of your Connected Alarm Clock. The word “OFF” appears on the clock display.

### Deactivating sleep tracking will also deactivate resting heart rate and noise tracking.

You can reactivate sleep tracking the exact same way. When you do, the word “ON” appears on the clock display.

## Tracking Your Resting Heart Rate

### Overview

**This product is not a medical device and should not be used to diagnose, treat, cure, or prevent any medical conditions.**

Once you’ve set up your Sleep Sensor, it lets you track your resting heart rate without requiring any action on your part. All you have to do is lay in bed: it will do the rest on its own.

If you want to stop tracking your resting heart rate at any point, refer to [“Deactivating sleep tracking” on page 53](#).

### Retrieving your resting heart rate measurements

You can retrieve your resting heart rate measurements through your sleep data in your **Timeline** or on your **Dashboard** in the Withings Health Mate app.

The mean value of your resting heart rate is displayed at the bottom of your sleep graph.

Your resting heart rate graph is displayed below the details of your night.



# Linking Your Withings Aura With Third Party Apps

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## Linking Your Withings Aura With Your Spotify Account

If you have a Spotify Premium account, you can use your playlists to wake-up and fall asleep. To do so, simply open Spotify and select your playlist while in the program setting screen: no extra step is needed.

Refer to [“Setting an Alarm” on page 23](#) and [“Starting a Sleep Program” on page 30](#) for more information.

Note that you can only use Spotify on your Connected Alarm Clock if you're not in Offline mode on Spotify, and if both your Connected Alarm Clock and your Spotify account use the same Wi-Fi network.

You can also use Spotify Connect to play your music on your Connected Alarm Clock anytime you want. Refer to [“Using Spotify Connect” on page 42](#) for more information.

## Linking Your Withings Aura With Web Radio Stations

You can use your favorite web radio to wake-up and fall asleep. To do so, simply select it while in the program setting screen: no extra step is needed.

Refer to [“Setting an Alarm” on page 23](#) and [“Starting a Sleep Program” on page 30](#) for more information.

## Linking Your Withings Aura With a Nest Thermostat

If you have a Sleep Sensor and a Nest Thermostat, you can link the two so that your Nest Thermostat automatically adjusts the temperature based on whether you're in bed or not. If your Sleep Sensor detects your presence in bed, your Nest Thermostat automatically changes the temperature to 18°C - 20°C (64°F - 68°F) as it is the optimal temperature range when you're sleeping. The previous thermostat settings are then restored once you get out of bed at the end of your night.

**Both heating and cooling systems are used to adjust the temperature. It is not possible for the Sleep Sensor or the Nest Thermostat to use only one or the other.**

To do so, perform the following steps:

1. Open the Withings Health Mate app.
2. Tap **Profile**.
3. Go to **Partner apps**.

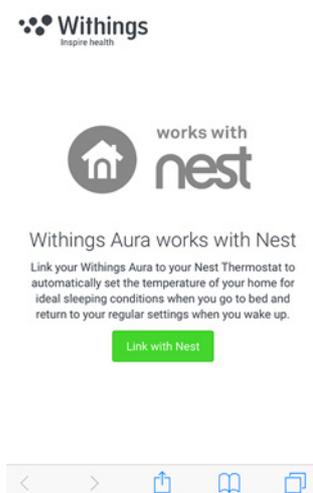
4. Tap **Nest**.



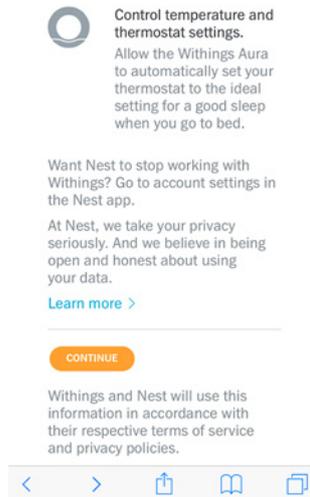
5. Tap **Connect**.



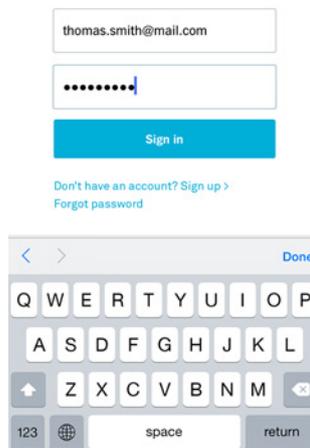
6. Tap **Link with Nest**.



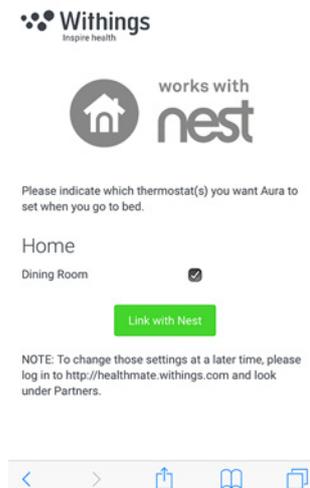
7. Tap **Continue**.



8. Log in to your Nest account.



9. Select the Nest Thermostat you want to link to your Withings Aura and tap **Link with Nest**.



You can unlink your Nest Thermostat and your Withings Aura anytime you want from your Profile.

# Retrieving Your Data

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**Your Withings Aura has an internal memory of 10 days (the current day and the nine previous days). In case of Wi-Fi issue, your data from the days when the Wi-Fi was not working will be retrieved automatically.**

## Retrieving Your Connected Alarm Clock Data

Your Connected Alarm Clock collects the following data:

- Luminosity level
- Noise level
- Temperature

It is automatically sent to the Withings Health Mate app every 3 hours, unless there's an issue with your Wi-Fi network.

## Retrieving Your Sleep Sensor Data

Your Sleep Sensor collects the following data:

- Sleep data
- Resting heart rate

It is automatically sent to the Withings Health Mate app shortly after you leave your bed. In some cases, it can take a few hours, depending on the quality of your Wi-Fi signal.

# Dissociating Your Withings Aura

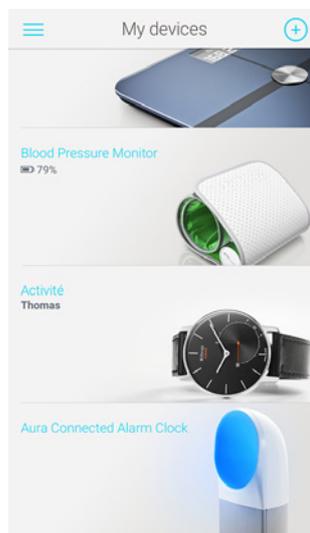
**All data that wasn't synced before dissociating your Withings Aura will be lost permanently.**

Dissociating your Withings Aura allows you to remove it from your account. Once it is no longer linked to your account, it can be installed on another account or on the profile of another user of your account.

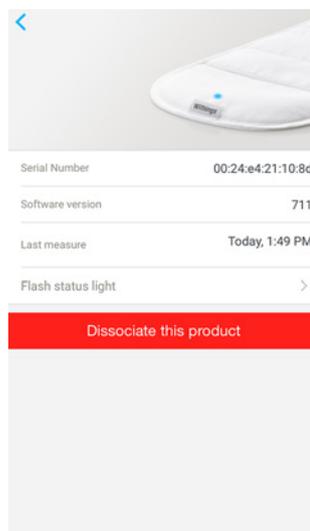
**Dissociating your Withings Aura will not remove any of your data that was synced from the Withings Health Mate app.**

To dissociate your Withings Aura, perform the following steps:

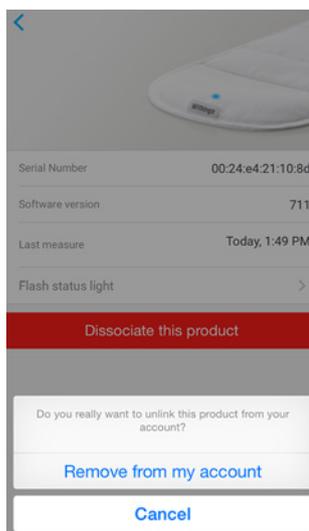
1. Open the Withings Health Mate app.
2. Go to **My devices**.
3. Tap **Aura Sleep Sensor**.



4. Tap **Dissociate this product**.



5. Tap **Remove from my account**.



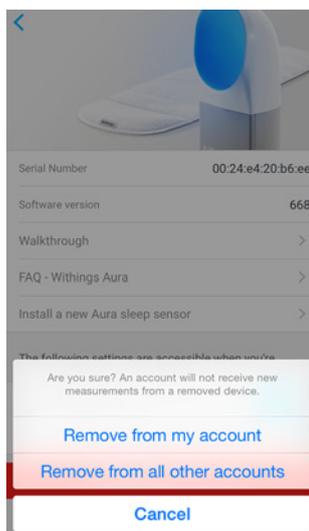
6. Tap **Aura Connected Alarm Clock**.



7. Tap **Dissociate this product**.



8. Tap **Remove from my account**.



9. Perform a factory reset of your Withings Aura. Refer to [“Performing a Factory Reset of Your Withings Aura”](#) on page 61 for more information.

# Performing a Factory Reset of Your Withings Aura

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**All data that wasn't synced before factory resetting your Withings Aura will be lost permanently.**

Factory resetting your Withings Aura allows you to delete all of the data stored on it. Factory resetting completes the dissociation process.

**Factory resetting your Withings Aura will not remove any of your data from the Withings Health Mate app.**

1. Keep your hand on the right side of your Connected Alarm Clock for three seconds.  
The display starts blinking.
2. Tap the top of your Connected Alarm Clock ten times before the display stops blinking.  
The Connected Alarm Clock changes color and reboots.  
Do not remove the power supply until your Connected Alarm Clock has rebooted.
3. Go to the Bluetooth settings of your device and “forget” your Connected Alarm Clock from the list of Bluetooth devices.

At this time, you can start the installation process for the Withings Aura. Refer to [“Installing your Connected Alarm Clock with no existing account” on page 12](#) or [“Installing your Connected Alarm Clock with an existing account” on page 17](#) for more information.

# Cleaning and Maintenance

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## Cleaning Your Sleep Sensor

You can wash the cover of the Sleep Sensor when necessary. To do so, perform the following steps:

1. Carefully remove the sensor assembly from the cloth cover.
2. Wash the cover in a washing machine.  
Washing temperature must not exceed 30°C (86°F).

## Deflating Your Sleep Sensor

If you stop using your Sleep Sensor, you should make sure to deflate it before putting it away. To do so, perform the following steps:

1. Unplug the sensor.  
Your Connected Alarm Clock has to remain plugged in for the rest of this procedure.
2. Roll the sensor tightly towards the Withings logo.
3. Reconnect the sensor to the Connected Alarm Clock while making sure you hold it firmly so that it stays in place.
4. Press the sensor down as the air vacuum starts.  
You should be able to hear the air escape.
5. Unplug the sensor when the green LED flashes.

## Updating the Firmware

We regularly offer new firmware so that you can benefit from the latest features we add to our products. When new firmware is available, it is automatically installed without any prompt from the Withings Health Mate app.

**Note:** You can check which firmware versions your Withings Aura is currently using in **My devices > Aura Connected Alarm Clock** and **My devices > Aura Sleep Sensor**.

# Technology Description

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## Light and Sound Programs

The system uses scientifically-validated light and sound programs that act on the release of melatonin, the natural sleep-inducing hormone. They facilitate the transition to sleep and make for an energizing wake-up experience.

For your falling-asleep experience, the light spectrum changes and fades out progressively. Meanwhile, the sound intensity slowly decreases for a twenty-minute period and then stops altogether.

The progressive and smart wake-up sequences gradually start with sound and light spectrum changes. It can last for 0 to 20 minutes (if you don't have a Sleep Sensor) or 20 to 60 minutes (if you have a Sleep Sensor). Light and sound sequences are replayed in a loop.

## Sleep Data

The Sleep Sensor contains various sensors that can detect your movements, your breathing, and your heart rate. This information is then analyzed to track how long it takes you to fall asleep and how many times you wake up during the night. It also tracks the different phases of your sleep.

## Resting Heart Rate

The Sleep Sensor continuously checks your heart rate while you're sleeping, allowing you to get a proper idea of your average resting heart rate.

## Luminosity Level

The Connected Alarm Clock contains a light level sensor that allows you to track the variations in luminosity throughout the day or while you're sleeping.

## Noise Level

The Connected Alarm Clock contains a sound level sensor that allows you to track the variations in sound throughout the day or while you're sleeping.

## Temperature of the Room

The Connected Alarm Clock contains a temperature sensor that allows you to track the variations in temperature throughout the day or while you're sleeping.

# Specifications

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## Withings Aura Connected Alarm Clock

- Friendly and elegant design
- Touch interface
- High-power multi-color LED technology
- High-quality audio speaker
- Paint-free white casing
- Fabric audio speaker cover
- Dimensions: 288 x 128 x 135 mm (11.3 x 5 x 5.3 in.)

## Withings Aura Sleep Sensor

- To be placed under the mattress
- Washable cloth cover
- 4 meter (13.1 ft) USB cable with fabric finish
- Monitors sleep of one person (also works in a bed with two persons)

## Display

- Smart time display (smoothly disappears during sleep time)
- Intensity adapts to user settings and ambient light levels

## Connectivity

- Wi-Fi 802.11 b/g/n (2,4 GHz only)
- Bluetooth / Bluetooth Low Energy (Bluetooth Smart Ready)
- Three USB ports: two ports for connecting up to two Withings Aura Sleep Sensor, one port for mobile device charger function

## Sensors

- Sleep monitoring sensor
- Environmental sensors (light, luminosity, and temperature)
- Resting heart rate sensor

## Metrics

- Sleep data (with a Sleep Sensor only)
- Resting heart rate (with a Sleep Sensor only)
- Luminosity data
- Noise data
- Temperature data

## Features

- Sleep, Nap, and Wake-Up programs
- Multiple alarms
- Reading light

## Compatible Devices

- iPhone 4s or above
- iPod Touch 5th and 6th Gen
- Bluetooth Low Energy compatible Android device  
(refer to [www.withings.com/compatibility](http://www.withings.com/compatibility))

## Compatible OS

- iOS 8.0 (or above)
- Android 4.3 (or above)

# Document Release Overview

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Release date		Modifications
April 2015	v1.0	First release
August 2015	v2.0	<ul style="list-style-type: none"><li>• Rework of the user guide</li><li>• New installation process</li><li>• Addition of new features: Spotify, web radio, multiple alarms and Bedroom widget</li></ul>

**The screenshots in this manual are used for explanatory purposes. Your actual screens may differ from the screenshots in this manual.**

# Warranty

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## Withings One (1) Year Limited Warranty - Withings Aura

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

### **The warranty does not extend to:**

- Any damage to the device resulting from abnormal or abusive use, negligence or lack of care, or accidental damage (such as dents).
- Indirect damages of any kind.

# Regulatory Statements

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## Federal Communications Commission (FCC) Statements

These instructions apply to equipment models FCC ID: XNAWSD01 and FCC ID: XNAWSM01

### Federal Communications Commission (FCC) Statement

15.21 - You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

CAUTION: This equipment may not be modified, altered, or changed in any way without signed written permission from Withings Inc. Unauthorized modification may void the equipments authorization from the FCC and will void the Withings Inc warranty.

15.105(b) - The equipments have been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. These equipments generate, use and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If these equipments do cause harmful interference to radio or television reception, which can be determined by turning the equipments off and on, the user is encouraged to try to correct the interference by one or more of the following measures: • Reorient or relocate the receiving antenna. / • Increase the separation between the equipments and receiver. / • Connect the equipments into an outlet on a circuit different from that to which the receiver is connected. / • Consult the dealer or an experienced radio/TV technician for help.

The device Withings Aura Smart Sleep Sensor (FCC ID XNAWSM01) complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: 1) this device may not cause harmful interference and 2) this device must accept any interference received, including interference that may cause undesired operation of the device.

The device Withings Aura Bedside Device (Smart Sleep Dock - FCC ID XNAWSD01) complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: 1) this device may not cause harmful interference and 2) this device must accept any interference received, including interference that may cause undesired operation of the device.

FCC RF Radiation Exposure Statement: These equipments comply 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 operating in conjunction with any other antenna or transmitter.

The device model FCC ID XNAWSD01 must be installed to provide a separation distance of at least 20cm from all persons.

These equipments comply with the R&TTE Directive.

A copy of the EU Declaration of Conformity is available online at <https://www.withings.com/fr/en/compliance>.

- These appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliances in a safe way and understand the hazards involved
- Children shall not play with the appliances
- Cleaning and user maintenance shall not be made by children without supervision

These devices comply with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) these devices may not cause interference, and (2) these devices must accept any interference, including interference that may cause undesired operation of the devices. Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication. This device complies with Industry Canada RF radiation exposure limits set forth for general population (uncontrolled exposure).

The device model FCC ID XNAWSD01 must be installed to provide a separation distance of at least 20cm from all persons and must not be collocated or operating in conjunction with any other antenna or transmitter.