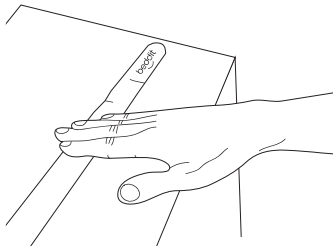# Quick guide

beddit

① ## Straighten the sensor

Due to the packaging of the sensor, it may have some wrinkles. After opening the package, prepare the sensor for use by smoothing out wrinkles on the sensor. Place the sensor on a hard surface and pat the wrinkles flat with your fingers. Getting just the largest wrinkles out is enough for correct operation.
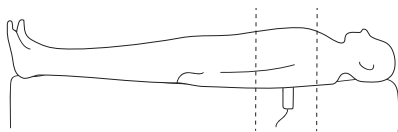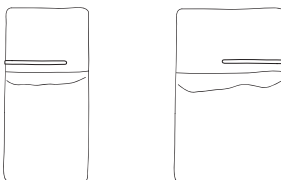
② ## Install the sensor to your bed

Place the Beddit sensor on your mattress. The sensor film has an adhesive tape on one side. Remove the liner and attach the sensor like a sticker to your mattress or mattress cover under the bed sheets. Plug the sensor into the low voltage USB power adapter provided in this package.
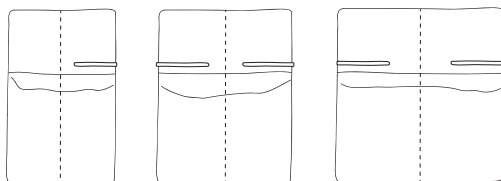
③ ## Sensor in bed

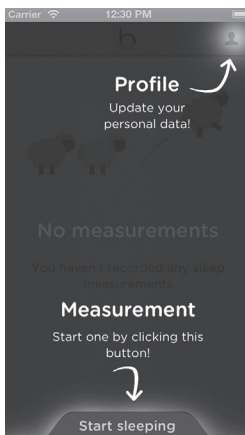Place the sensor to be under your chest.

If you sleep alone in the bed, place the sensor so that the sensor strip extends fully (about 26 in, 65 cm) on the mattress.

If you sleep alone in a wide bed, place the sensor to cover the area where you normally sleep.

If two people sleep in the bed, place the sensor so that there is a 6-inch gap (15 cm) between the midline of the bed and the sensor's end. With over 63-inch wide beds (160 cm), the gap may be wider.

④ ## Download the app

Carrier 📶 12:30 PM

Profile
Update your personal data!

No measurements
You haven't recorded any sleep measurements.

Measurement
Start one by clicking this button!

Start sleeping

Download the Beddit app for your device from App Store or Google Play.

Launch the application and follow on-screen instructions.