



ACTIVEBREEZE[®]

USER MANUAL





ACTIVEBREEZE®

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Welcome to **personalized sleep temperature control.**

Tempur-Pedic® is committed to helping you improve your life through deep, restorative sleep – night after night. Science suggests regulating sleep temperature helps improve sleep quality. We know from research that over half the population struggles with sleeping hot. In response, we developed the most advanced sleep climate solution designed to maintain an optimal sleep temperature throughout the night to meet your and your partner's individual needs.



Meet your new TEMPUR-ActiveBreeze®

The TEMPUR-ActiveBreeze® smart bed features our patented dual-zone climate control system. Its ActiveAir Technology® allows you to tailor the level of cooling – from low to medium or high – on each side of the bed, and includes an active bed warming feature, making it perfect for couples with different sleep temperature needs.

The TEMPUR-ActiveBreeze® smart bed also includes the innovative ProSmart® Air Base, with automatic snore response*, Sleeptracker-AI® coaching and insights, a suite of relaxation programs, and a nearly infinite number of ergonomic positions to help you fall sleep more easily and stay asleep through the night.

*Bed raises once approximately 12 degrees in response to snoring. This may reduce snoring in otherwise healthy individuals who snore due to body positioning.

Getting started.

To make sure you enjoy all the features and benefits of your new TEMPUR-ActiveBreeze® smart bed, we've put together a few steps to follow before you enjoy your first night's sleep.

1. Register your TEMPUR-ActiveBreeze®

We believe in the quality of our products, and we build them to last for years. To protect you against defects, we include a limited warranty with most of our products.

Registering your new TEMPUR-ActiveBreeze® can help you keep record of your purchase should you need to file a warranty claim in the future.

We encourage you to keep proof-of-purchase documents in a safe place to support the warranty you received with your new product.

Here's how you can register your new TEMPUR-ActiveBreeze®

o Scan the QR code located on the back of your hangtag, attached to the zipper pull of the mattress cover. This QR code will take you directly to our product registration page.

OR

o Visit our registration site: <https://register.tempurpedic.com>

Register your mattress

o Click on the image of the mattress to select the product you will be registering.

o Fill out the About You section and the Mattress Details sections.

o The 11-digit serial number is located on the mattress law tag under the head of the mattress on the left or right side.

o Take and upload a picture of your receipt and mattress law tag.

Please note: Do not remove any law tags from your product.

o Submit your mattress for registration.

Register your ProSmart® Air Base

o Go back to the registration site: <https://register.tempurpedic.com>

o Click on the image of the bed bases to select the product type that you will be registering.

o Fill out the About You section and the Bed Base Details sections.

o The 24-digit serial number is located on the bed base law tag under the head of the bed base on the left or right side.

o Take and upload a picture of your receipt and bed base law tag.

Please note: Do not remove any law tags from your product.

o Submit your bed base product for registration.

2. Register and connect to the Sleeptracker-AI® app.

Learn more about your sleep – and improve your sleep – with nothing to wear or charge.

To enjoy the full benefits of your new TEMPUR-ActiveBreeze® with ProSmart® Air Base, you will need to download the Sleeptracker-AI® app. The app is available in iOS and Android and can be found on Google Play and the App Store.



Take your sleep to the next level with the Sleeptracker-AI® app.

Powered by Sleeptracker-AI®, the app provides daily information about the quality of your sleep, and personalized coaching and insights to help improve your sleep over time.

You will also be able to enjoy all the expanded functionality of your ProSmart® Air Base, including exclusive relaxation programs that help you fall asleep and expanded sleep temperature controls to truly personalize your experience – night after night.

Once you have downloaded and set up the app, you can choose to control your bed using either the easy-to-use remote or the Sleeptracker-AI® app from your smartphone.

The Sleeptracker-AI® app will guide you through the setup of your

TEMPUR-ActiveBreeze® smart bed and personal profile, including a sleep schedule.

Here are three simple ways to download the app:

1. Scan the QR code printed on one of these locations:

o The ProSmart® Air Base remote sleeve

o On the back of your ProSmart® Air Base remote

o You can also visit <http://www.sleeptracker.com/getapp/tempur>

2. Install the Tempur-Pedic® Sleeptracker-AI® from the App Store or Google Play.

Once you download the app, create an account, and then follow the app setup instructions and prompts to create your unique profile.



3. Order your TEMPUR-ActiveBreeze® mattress cover and TEMPUR-ProAir™ sheet set.*

The purchase of a TEMPUR-ActiveBreeze® smart bed includes a water-resistant mattress cover and set of TEMPUR-ProAir™ sheets for the optimal sleep environment. The water-resistant mattress cover is designed exclusively

for the TEMPUR-ActiveBreeze® smart bed, repelling liquids so that you can clean up spills without compromising on the benefits of your TEMPUR-ActiveBreeze®. Our TEMPUR-ProAir™ sheets are moisture-wicking and ventilated for maximum breathability, designed to fit your TEMPUR-ActiveBreeze®.

Follow the below steps to order your mattress cover and sheet set:

o Go to <https://www.tempurpedic.com/activebreeze-sleep-bundle/> and select the size of your mattress cover.

o Select the size and color of your TEMPUR-ProAir™ sheet set.

o At checkout, enter your personal information, shipping address, and the promo code listed below to complete your order at no additional cost.

PROMO CODE

*Included with the purchase of your TEMPUR-ActiveBreeze® Smart Bed.



Personalize your sleep temperature.

The TEMPUR-ActiveBreeze® smart bed features a dual-zone climate control system that allows each partner the ability to independently control and personalize their own sleep temperature on their side of the bed.

Personalized all-night cooling

All night, active cooling allows you to select both the level of cooling from low, medium, or high, and the cooling program, Temp-Curve or Constant Mode.

Temp-Curve Mode: The preset automated program, with low, medium, or high setting, will gradually decrease and increase airflow to mimic the body's natural temperature rhythm through the night.

Constant Mode: Set your cooling at one of three preset levels - low, medium, or high - for up to 10 hours of consistent, all-night cooling.

You can use the remote to select your preferred cooling level and program, or you can also use the Sleeptracker-AI® app to program your all-night cooling before bedtime, at bedtime, and in the morning as you wake up.

Bed warming

TEMPUR-ActiveBreeze® also includes an active bed warming feature that can be used on either one or both sides of the bed, for up to 60 minutes. You can select bed warming on your remote, or you can use the Sleeptracker-AI® app to pre-warm your bed before bedtime and in the morning, as you wake up.

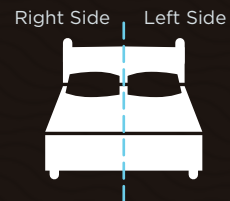
Warming can be used alternately with cooling, meaning you can pre-warm your mattress before bedtime, and then cool the bed throughout the night, and then warm the bed before waking up again.

With the easy-to-use ProSmart® Air remote and Sleeptracker-AI® app, each sleeper can personalize their individual side of the bed or sync the two sides to function together.

Sleep temperature control.

The remote allows you to select from three levels of cooling, two cooling programs and a 60-minute bed warming feature with a simple press of a button.

Below is a representation of the sides when you are lying on the bed.



Blue LED Lights

Blue LED lights indicate the fan level setting that is selected and active. The bottom blue LED indicates the low setting, the middle blue LED indicates the medium fan setting, and top blue LED indicates the high fan setting.

Blue Cooling Buttons

Select the cooling fan level setting and program for the right or left side of the bed independently, using the cooling buttons that correlate to your side of the mattress, or sync both sides together by pressing the middle blue button.

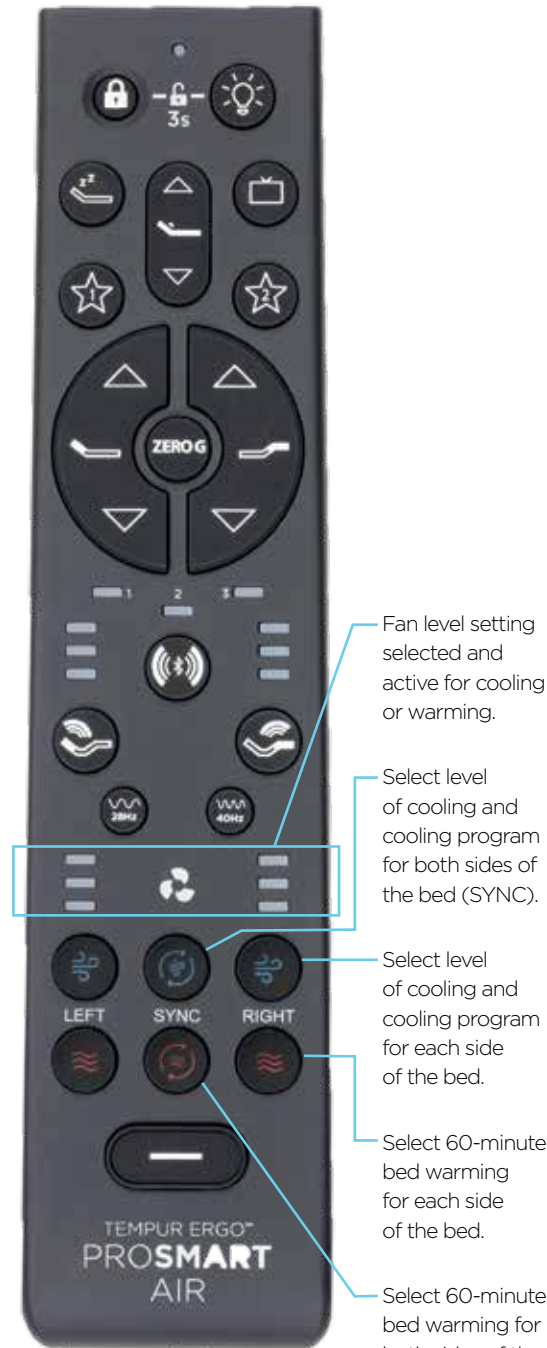


Red LED Lights

Red LED lights indicate the 60-minute bed warming setting is selected and active. When bed warming is selected, all three red LEDs are illuminated.

Red Warming Buttons

Select the 60-minute bed warming setting for the right or left side of the bed independently, using the red warming buttons that correlate to your side of the mattress, or sync both sides together with the middle red button.



Fan level setting selected and active for cooling or warming.

Select level of cooling and cooling program for both sides of the bed (SYNC).

Select level of cooling and cooling program for each side of the bed.

Select 60-minute bed warming for each side of the bed.

Select 60-minute bed warming for both sides of the bed (SYNC).

All-Night Cooling Control

Press the right, left, or middle blue cooling button to select the fan level setting and cooling program as described below:

Before making your cooling or warming selection, keep the below in mind:

- o If the remote is inactive for a period, press any button on the remote to activate first before selecting any other function.
- o Once the remote is active, if the TEMPUR-ActiveBreeze® fan is off, the first press of the blue cooling or red warming button will turn the fan on low.
- o Once the remote is active, if the TEMPUR-ActiveBreeze® fan is on, the first press of the blue cooling or red warming button will indicate the fan level setting. The second press of the blue cooling or red warming button will select level and program.
- o The remote is preset with the Temp-Curve mode as the default all-night cooling program.

How to select level of cooling on Temp-Curve mode:

If you prefer the preset automated

program that will gradually decrease and then increase airflow to mimic the body's natural temperature rhythm through the night, select Temp-Curve mode program.

Temp-Curve Mode: Low-Level Setting

Once the remote is active, press the blue cooling button once, then release to activate the low fan setting. *The first blue LED light will come on.*

Temp-Curve Mode: Medium-Level Setting

Once the remote is active, press the blue cooling button twice, then release to activate the medium fan setting. *The first two blue LED lights will come on.*

Temp-Curve Mode: High-Level Setting

Once the remote is active, press the blue cooling button three times, then release to activate the high fan setting. *All three blue LED lights will come on.*

If you prefer 10-hours of consistent, continuous all-night cooling, select the **Constant Mode** program.

How to select the level of cooling on Constant Mode:



Constant Mode: Low-Level Setting

Once the remote is active, press and release the blue cooling button once, then press again, holding the button for 3 seconds before releasing to activate the low level, Constant Mode program. *The first blue LED light will come on and flash after a 3-second hold.*

Constant Mode: Medium-Level Setting

Once the remote is active, press and release the blue cooling button twice, then press again, holding the button for 3 seconds before releasing to activate the medium level, Constant Mode program. *The first two blue LED lights will come on and flash after a 3-second hold.*

Constant Mode: High-Level Setting

Once the remote is active, press and release the blue cooling button three times, then press again, holding the button for 3 seconds before releasing to activate the high level, Constant Mode program. *All three blue LED lights will come on and flash after a 3-second hold.*

How to select 60-minute Bed Warming:



If you like getting into a warm bed, use the remote to select 60-minute bed warming.

Once the remote is active, press and release the right, left or middle red button to activate the 60-minute, one level bed warming.

Red LED lights will indicate if bed warming is active. All three red LED lights will come on if active.

If warming is off, the first press will turn the bed warming on for 60 minutes and all three red LED lights will come on.





Sleep temperature control.

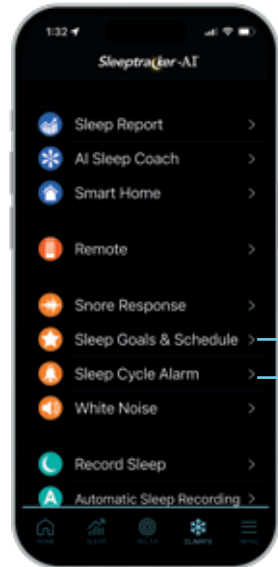
The Sleeptracker-AI® app offers all the same functionality as the remote control and includes advanced settings for even-more-personalized climate control.

Set up your own individual profile in the Sleeptracker-AI® app, so you and your partner can enjoy personalized functionality and sleep insights.

Create automated, custom programs that match your specific sleep schedule and sleep-climate needs. The app enables you to start your cooling or warming 60 minutes prior to bedtime, control all-night cooling and select bed warming 30 minutes prior to wake-up time.

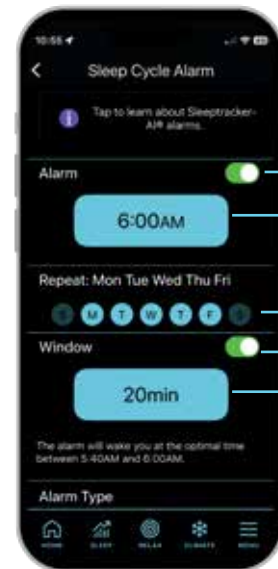


- 1 Begin with the Sleeptracker-AI® home screen:**
Select *Menu* to set your *Sleep Goals & Schedule*, and *Sleep Cycle Alarm*.



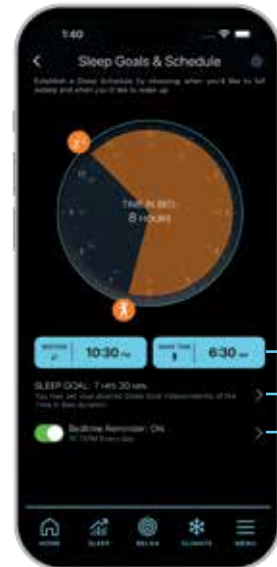
- 2** Select *Sleep Goals & Schedule*.
- 2** Select *Sleep Cycle Alarm*.

Sleep Cycle Alarm



- 3** Toggle on to activate Smart alarm.
- Set wake-up time.
- Select days for Smart alarm.
- Toggle on to activate Smart alarm wake-up window.
- Select wake-up window 10-90 minutes in 10 minute increments.

Sleep Goals & Schedule



- 3** Set *Bedtime* and *Wake Time*.
- Select to adjust Sleep Goal.
- Select to turn *Bedtime Reminder* notification on.



- 1 Begin with the Sleeptracker-AI® home screen:**
Select *Climate* to personalize your sleep climate.

Sleep Climate Program and fan level settings:



- 2** Toggle on to select pre-cooling or pre-warming program 60 minutes before scheduled bedtime.
- Toggle on to select all-night cooling program and fan level setting during sleep.
- Cooling program options: *Temp-Curve*, *Constant Mode*. Fan level settings: *low*, *medium*, *high*.
- Toggle on to select 30-minute bed warming before scheduled wake-up time.

Personalize your sleep climate selections and automatically synchronize your personal sleep schedule bedtime and wake-up times.



- 3** Select to adjust your sleep schedule: *Bedtime*, *Wake Time*.
- Select **Temp-Curve Mode**. The preset automated program will gradually decrease and then increase airflow to mimic the body's natural temperature rhythm throughout the night.
- Select **Constant Mode** for 10 hours of consistent, all-night cooling.

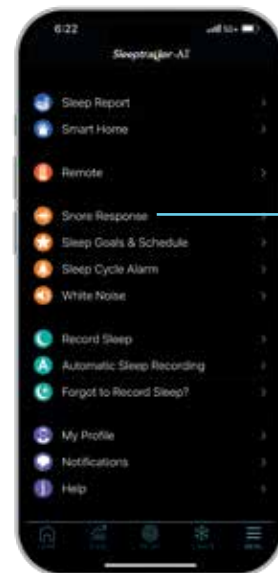
The Smart alarm will wake you up at the optimal time in your lightest sleep phase within this time window selected.

The TEMPUR-Ergo® ProSmart® Air Base features Snore Response™, which automatically senses snoring and raises your head to a position which may help reduce it.*

Smart, auto snore response:



- 1** Begin with the Sleeptracker-AI® home screen:
Select *Menu* to activate smart, auto snore response.



- 2** Select *Snore Response* to activate anti-snore position.



- 3** Toggle on to activate snore response position.
Toggle on to activate auto snore vibration response.



*Bed raises once approximately 12 degrees in response to snoring. This may reduce snoring in otherwise healthy individuals who snore due to body positioning.

Relax and unwind.

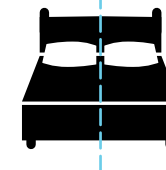
Alleviate stress and ease muscle tension with our groundbreaking massage technology, using sound waves to transmit vibrations from the base through the mattress, promoting relaxation.

The TEMPUR-Ergo® ProSmart® Air Base includes our exclusive Wind Down® programs, SoundScape™ mode, and Wave Form™ massage to calm your mind and body and help you fall asleep more easily.

Using the remote, you can relax and unwind with the Wave Form™ massage or SoundScape™ mode experience.



Right Side | Left Side



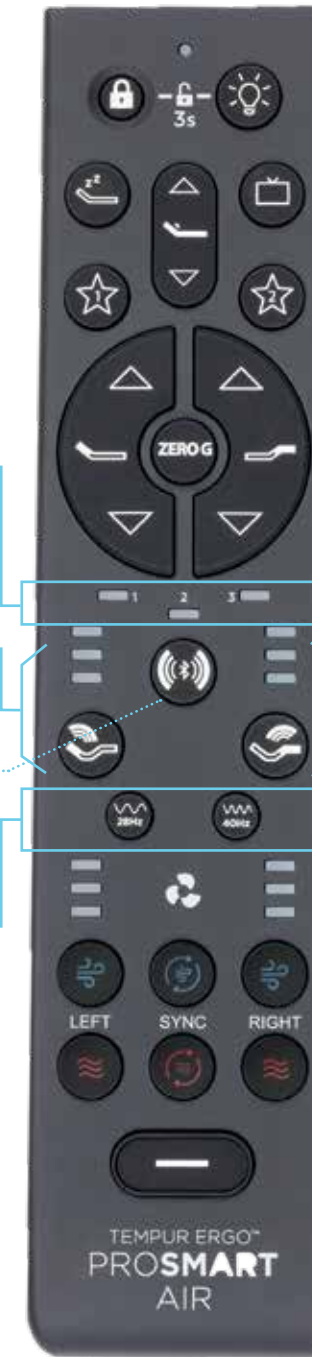
Wave Form™ massage/
SoundScape™ Wave
Pattern selection

Head zone/ Foot zone
massage intensity

Wave Form™ massage/
SoundScape™ mode

Wave Form™ massage
frequency selection

Foot zone
massage
intensity



Wave Form™ Massage Mode

A unique massage experience using sound waves to transmit vibrations from the base throughout the mattress to help promote relaxation by easing muscle tension.

SoundScape™ Mode

An immersive experience that allows you to both hear and feel sound through the mattress. By connecting your smartphone or other devices that use Bluetooth® wireless technology, including your TV, you can choose sounds or even songs to help you relax for sleep. This mode is available to use with any ergonomic base position for the ultimate calming experience.

The Sleeptracker-AI® app includes all the remote functionality, as well as a unique-to-app feature, the Wind Down® program.

Wind Down® Program

Designed to help relax your mind and body for sleep, Wind Down® is a preset program option that cycles through different base positions (starting in the Zero Gravity position) and soothing massage types (including the use of sound waves), so you can calmly and comfortably drift off to sleep.

Wind Down® program is available in two session lengths: Short (10 minutes) and Long (20 minutes).

**Wave Form™ Massage/
SoundScape™ Mode and Wave
Pattern Selection**



You can select Wave Form™ massage or SoundScape™ mode with this button.

Press and hold the button for 3 seconds to switch from Wave Form™ massage mode to SoundScape™ mode or vice versa. During mode switch, the 3 LED lights will flash followed by a verbal cue from the soundbar of “Sound Mode” for SoundScape™ mode and “Massage Mode” for Wave Form™ massage.

You can also use this button to select the massage pattern in massage mode and the bass level in SoundScape™ Mode.



Default mode is massage mode.

Once you have selected Wave Form™ massage mode, press this button to cycle through and select wave pattern 1, 2 or 3.

If you have selected SoundScape™ mode, press this button to cycle through and select bass level output 1, 2, 3 – which corresponds to low, medium, high.

Head Zone Massage



In Wave Form™ massage or SoundScape™ mode, use this button to select the massage intensity at the head zone.

When in Wave Form™ massage mode:

Select from 3 intensity levels for Wave Form™ massage: low, medium, high.

When in SoundScape™ mode:

Adjust the bass level output when in SoundScape™ mode: low, medium, high.

Foot Zone Massage



In Wave Form™ massage or SoundScape™ mode, use this button to select the massage intensity at the foot zone.

When in Wave Form™ massage mode: Select from 3 intensity levels for Wave Form™ massage: low, medium, high.

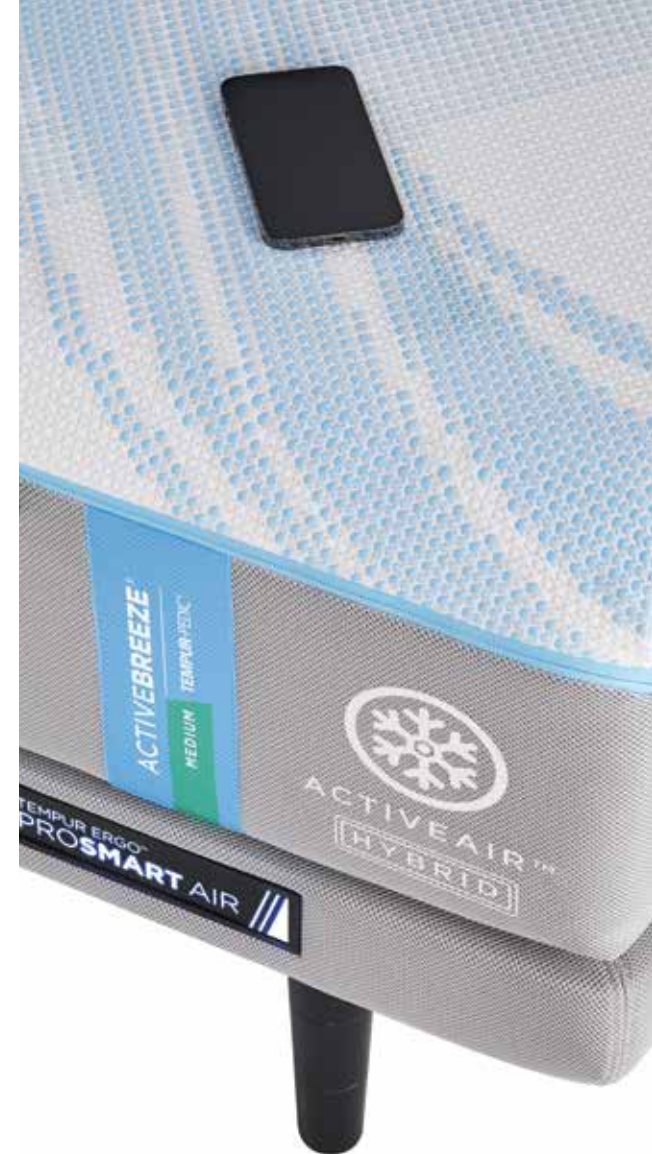
When in SoundScape™ mode:

Adjust the bass level output when in SoundScape™ mode: low, medium, high.

Wave Form™ Massage Frequency



When in Wave Form™ massage mode, use these buttons to select a low or high massage experience.



Sleeptracker-AI®
app guide.

The Sleeptracker-AI® app offers all the same functionality as the remote control and includes advanced settings for even more relaxation experiences.

o **Wave Form™ Massage Mode**

Access Wave Form™ massage mode in the Sleeptracker-AI® app within the *Relax* section, found in the bottom taskbar. There, you can select your massage frequency and duration, and your base position.

o **SoundScape™ Mode**

SoundScape™ mode allows you to both hear and feel sound through your bed. Start by pairing your smartphone or other Bluetooth® compatible devices to your TEMPUR-ActiveBreeze®. Once complete, using the *Relax* section within the Sleeptracker-AI® app, you can toggle SoundScape™ mode on, and play the audio of your choice through the bed, via the smart device. For ultimate relaxation, we recommend

the specially curated Tempur-Pedic® playlist on Spotify®.

o **Wind Down® Programs**

Wind Down® programs are designed to help relax your mind and body for sleep. The two preset program options cycle through different base positions and soothing massage types. Using the *Relax* section of the Sleeptracker-AI® app, you can review and select the program of your choice, and your smart bed will automatically adjust the position and massage for the duration of your experience.

o **Individual Profiles**

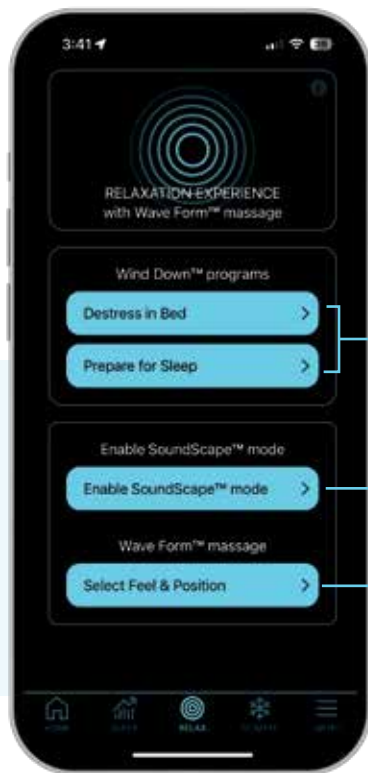
Setting up individual profiles allows you and your partner to receive personalized functionality and advanced sleep insights.

o **Custom Programs**

Using the Sleeptracker-AI® app allows you to create custom “set it and forget it” programs that match your specific sleep schedule and sleep climate needs.

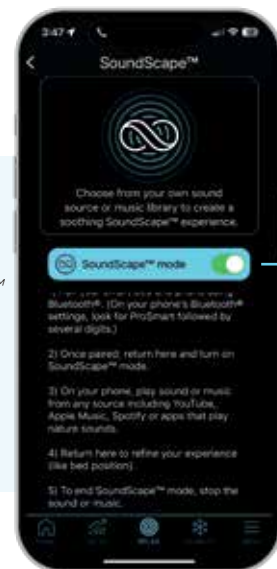


Begin with the Sleeptracker-AI® home screen: Select *Relax* to personalize your sleep climate.



Under "Wind Down® Programs," select *Destress in Bed* or *Prepare for Sleep*.

Wind Down® Programs

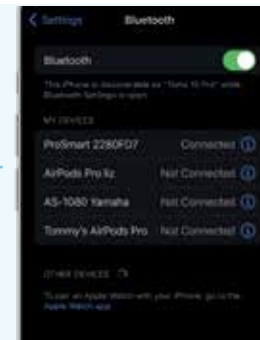


SoundScape™ Mode

Tap *Enable SoundScape™ mode*.

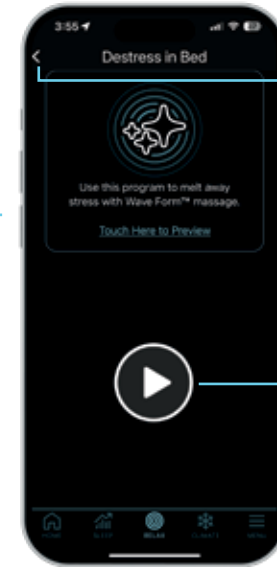
Once connected, tap *SoundScape™ mode* and toggle from "off" to "on."

From the device you've selected, you can play any audio from any source, including the Tempur-Pedic® Playlist on Spotify®.



Once the audio is selected, return to the Sleeptracker-AI® app to refine your experience, like bed position, which is accessed by selecting *Remote* in the task bar.

Continue in SoundScape™ mode, or end the experience by stopping the audio, and toggling *SoundScape™ mode* to "off."

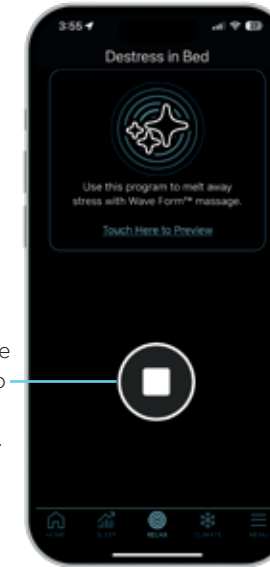


Tap the back arrow to continue.

Once you select the program of your choice, tap the start button.



Wait for the program to end, or press *Stop*.

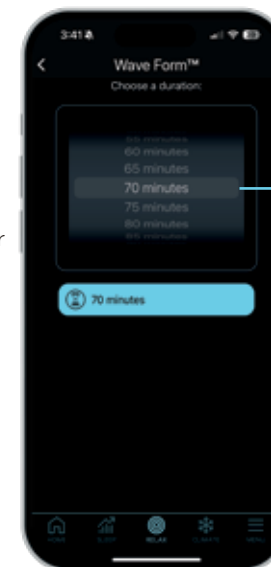


WaveForm™ Massage

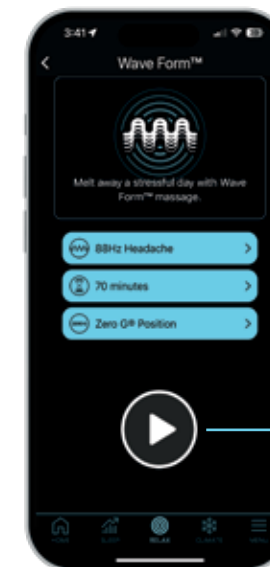
Under WaveForm™ message, tap *Select & Feel Position*.



Tap to select your massage frequency.



Choose the duration of time.

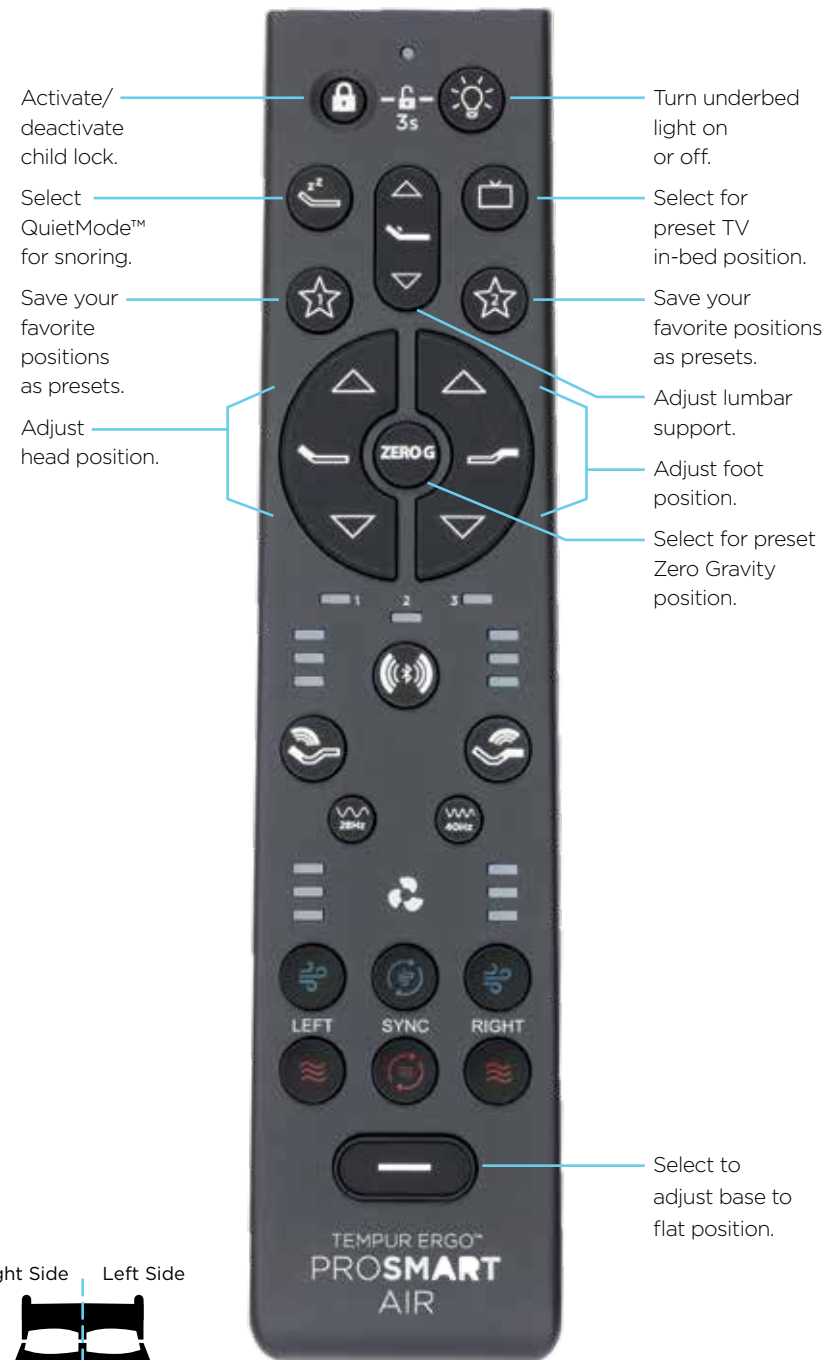
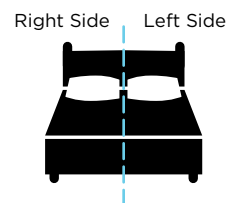


Tap the *Bed Position* button to change position or select a preset.


Tap the *Play* button to start your Wave Form™ message.

Adjust ergonomic position.

The TEMPUR-Ergo® ProSmart® Air Base includes enhanced lumbar support and a nearly infinite number of ergonomic positions - including Zero Gravity.




Child Lock

 A safety feature that allows you to lock the position of the base. To activate Child Lock, press and hold the Child Lock button for 3 seconds. Red LED light indicates Child Lock is activated.





To deactivate Child Lock, press the Child Lock and underbed light buttons simultaneously and hold for three seconds.


QuietMode™

 Helps relieve snoring for you or your partner with the push of a button, gently tilting the mattress position to help reduce snoring. Press the preset QuietMode™ button to raise the head of the bed slightly to help open airways and reduce snoring.


Favorite Positions

  Using the head and foot position buttons, adjust the base to your preferred position and then hold the star button for 3 seconds to save. This action will save your two favorite positions for readily available use.

TV Position


 Press the TV button to adjust the head and foot position to the preset TV position for a comfortable watching experience in bed.

Underbed Light

 Navigate your bedroom at night - without tripping or disturbing your partner - with LED underbed lighting that is easily activated with your wireless remote. Press the light to turn the underbed light on/off.


Note: If you would like to turn off the ProSmart® Air light badge at the front of your base, press the underbed light button and hold for 3 seconds.

Lumbar Support


 If you would like some extra support for your lower back (lumbar area), whether you're sitting up or lying flat, the lumbar feature can raise up to a full 6 inches.

Press the “up” arrow button to raise the lumbar support to your preferred position. Press the “down” arrow button to lower the lumbar support to your preferred position.


Head Position

 Press the “up” arrow button to raise the head to your preferred position. Press the “down” arrow button to lower the head to your preferred position.


Flat Position

 Press the flat button once to return the base to a flat position.

Foot Position

 Press the “up” arrow button to raise the foot to your preferred position. Press the “down” arrow button to lower the foot to your preferred position.

Zero G

 With the tap of a button, take the pressure off your back while you sleep - elevating your head and feet to closely simulate weightlessness. Press the ZERO G button to adjust the position to Zero Gravity, raising your legs to relieve pressure on your lower back.

Adjust ergonomic position.

The TEMPUR-Ergo® ProSmart® Air Base includes enhanced lumbar support and a nearly infinite number of ergonomic positions – including Zero Gravity.

Begin with the Sleeptracker-AI® home screen:

Tap the remote icon to pull up your navigation screen.



Navigation screen:

Select QuietMode™ for snoring.

Save your favorite positions as presets.

Adjust head position.

Turn underbed light on or off.

Select for preset Zero Gravity position.

Select for preset TV in-bed position.

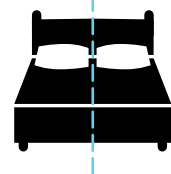
Save your favorite positions as presets.

Adjust lumbar support.

Adjust foot position.

Select to adjust base to flat position.

Right Side Left Side



QuietMode™



Helps relieve snoring for you or your partner by gently tilting the mattress position to help reduce snoring. Tap the preset QuietMode™ icon to raise the head of the bed slightly to help open airways and reduce snoring.

Underbed Light



Navigate your bedroom at night – without tripping or disturbing your partner – with LED underbed lighting that is easily activated with your phone. Tap the light to turn the underbed light on/off.

Favorite Positions



Using the head and foot position icons, adjust the base to your preferred position and then hold either star icon for 3 seconds to save. This action will save your two favorite positions for readily available use.

Tap the TV icon to adjust the head and foot position to the preset TV position for a comfortable watching experience in bed.



Zero G



Take the pressure off your back while you sleep – elevating your head and feet to closely simulate weightlessness. Tap the ZERO G icon to adjust the position to Zero Gravity, raising your legs to relieve pressure on your lower back.

Head Position



Tap the “up” arrow icon to raise the head to your preferred position. Tap the “down” arrow icon to lower the head to your preferred position.

Lumbar Support



If you would like some extra support for your lower back (lumbar area), whether you’re sitting up or lying flat, the lumbar feature can raise up to a full 6 inches.

Tap the “up” arrow icon to raise the lumbar support to your preferred position. Tap the “down” arrow icon to lower the lumbar support to your preferred position.

Foot Position



Tap the “up” arrow icon to raise the foot to your preferred position. Press the “down” arrow icon to lower the foot to your preferred position.

Flat Position



Tap the flat icon once to return the base to a flat position.



For a list of frequently asked questions, please visit www.tempurpedic.com/activebreeze-faq