1. Unboxing and charging

Contents of the Dreem box

1. Headband
   - Slide this card to the left from under the headband

2. Pull this box out to find:
   - Charger
   - Adjustable straps

3. One side will have:
   - Straps
   - Cable
   - Power bank
   - UK plug

The other side will have:
- Plugs and a power bank
- **Make the charger**

Take the triangle shaped plug socket mains adapter in right hand and power box in left hand. Turn triangle charger 90° towards you and push into power box then turn it back up 90° until it sticks into position.

- Insert the big end of the cable into the back of the power bank.
Attach the smaller end of the cable to the 3 gold dots on the back of the big band. The headband can now be plugged into a wall socket to charge. Charge your headband for around 1-hour before completing the rest of the set-up.
2. Finding the Dreem app

Go to the App store on your smartphone. On android this will be called the play store.

Search for ‘Alfin’ in the search bar at the top of the page and select ‘GET’ or ‘Install’
3. Creating an Account

Once it has downloaded, open the app and click on ‘Log in’

iPhone users will see this message. Please click continue.

Warning: Alfin is an app designed to accompany the use of the Dreem headband in clinical trials only, as part of Dreem's work with the research community. If you're not a subject in a clinical trial, you're in the wrong place!
Click ‘Log in’

Enter your participant email address and password to log into your account

Enter your participant email address

Enter the password provided to you

Click ‘NEXT’ to move on
Allow Dreem to access your location.

Follow the on-screen prompts to learn about different features of the app.
4. Pairing Dreem to the app

Click on the first subheading for a guide to pairing your headband to the app.

Go to your phone settings and turn on Bluetooth.
Follow the on-screen prompts to connect the headband to your phone.
You will see this message when the devices are pairing.

Congrats, your headband is paired with your phone!

Pairing is needed to launch a night recording.

Now that your phone knows your headband, future pairing will be made automatically.

DONE
5. Setting up Wi-Fi connection

Follow the on-screen prompts to set up the Wi-Fi.
Select your home WiFi and enter your password to connect.
6. Wearing your Dreem headband

Follow the on-screen advice to position your headband correctly.
Back electrodes

Push the electrodes through your hair so they come into contact with your scalp. This is essential to good signal quality.

NEXT

Long hair

If you have long hair, we recommend lifting it up to ensure better contact between the back electrodes and your scalp.

NEXT

Top arch

Finally, gently pull the top arch back so that it sits in place comfortably.

NEXT

To make sure your headband is properly positioned, let's look at the signal picked up by our sensors.

CHECK MY SIGNAL
7. Dreem Sleep Sessions

You can start a night by using the app or by pressing the power button on the headband 3 times.
You will hear ‘night started’ through the headband.
Please keep the headband on throughout the night - even if you wake up during the night.
In the morning, to end a night session, hold down the power button on the headband for 3 seconds.
You will hear ‘night ended’ through the headband.
Always charge your headband after each night session and pair it to your phone.

Sleep recording star...
good night!

After that, keep your headband plugged and pair it with your phone.

This way, your night data will properly be processed and sent to your app.

Sleep recording star...
good night!

 Quitting the app or turning off your phone won't affect the recording.

Our headband will continue to record automatically, so don't worry about it!