Dreem3®

Quick Start Guide

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 the charger and adjustable straps

3

One side will have the straps and cable

The other side will have plugs and a power bank

Straps

Cable

Power bank

UK plug
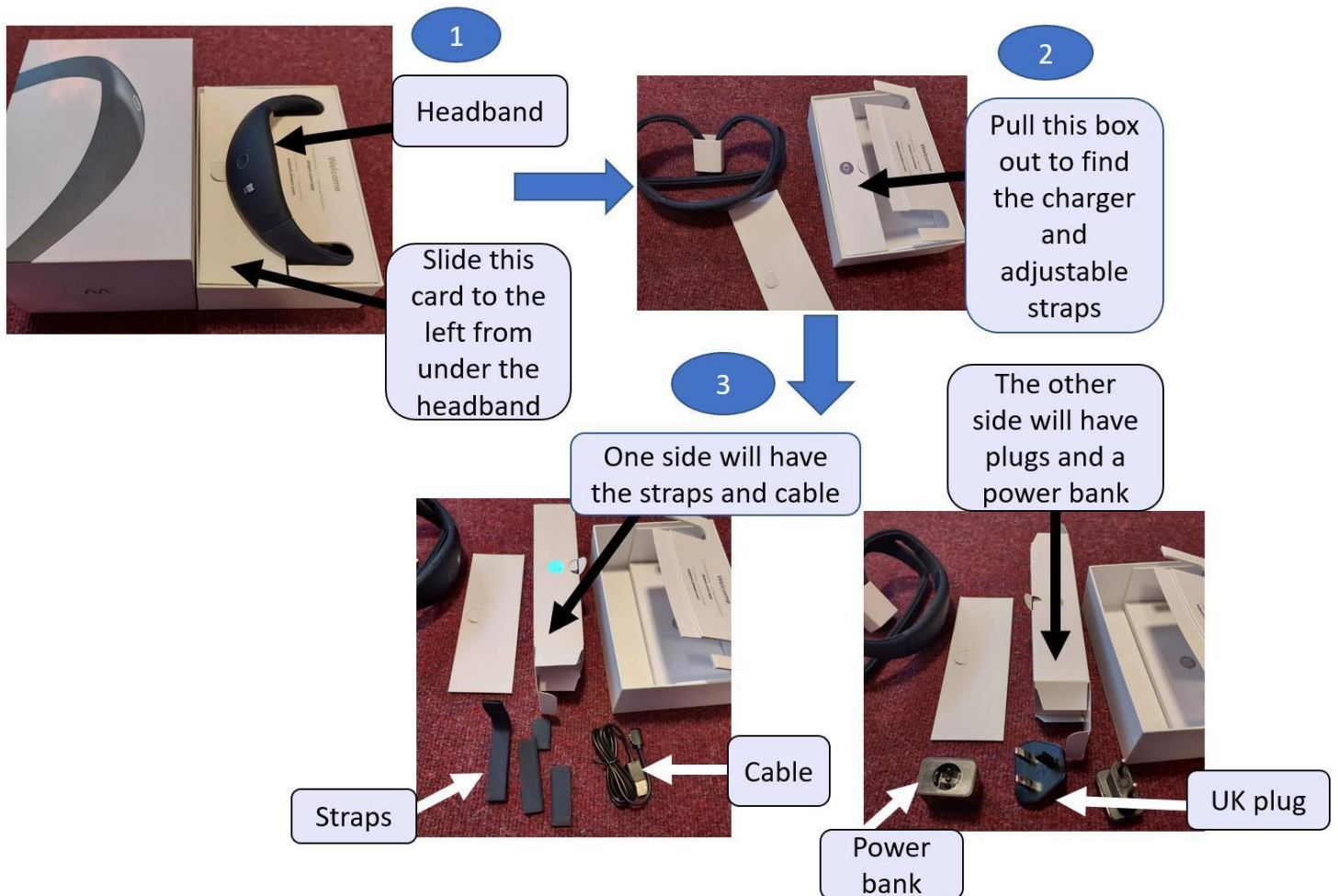
● *Make the charger*

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.

Power bank

Mains adaptor

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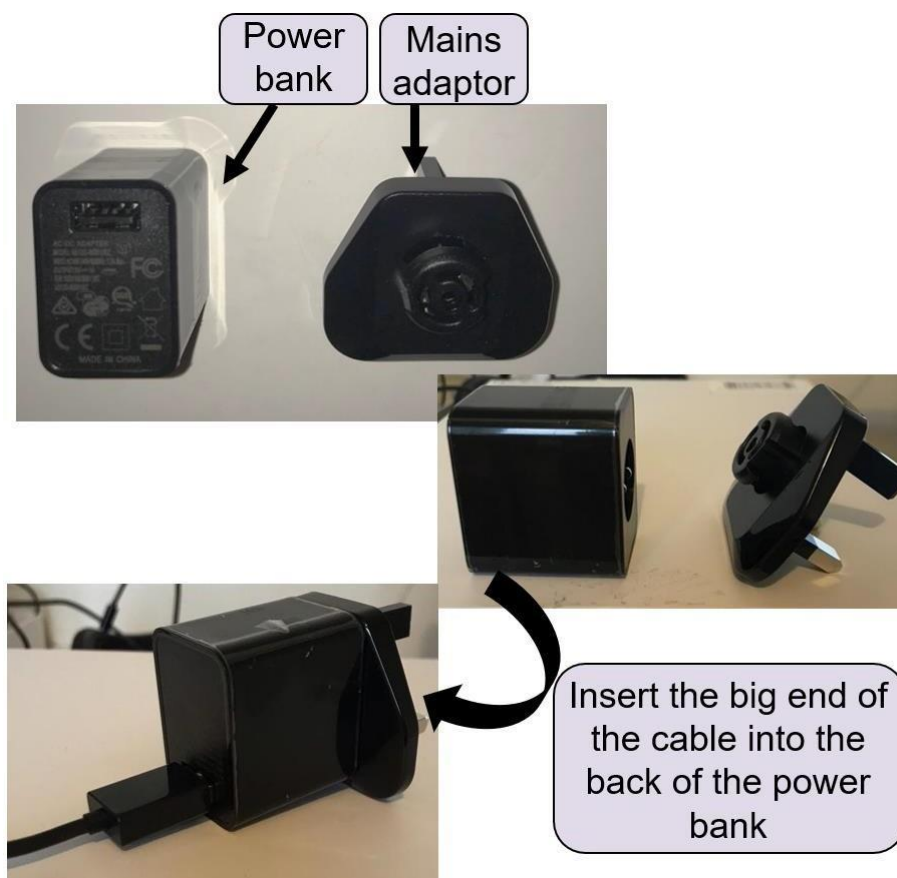
Attach the smaller end of the cable to the 3 gold dots on the back of the big band. The headband can now be plugged into a wall socket to charge. Charge your headband for around 1-hour before completing the rest of the set-up.

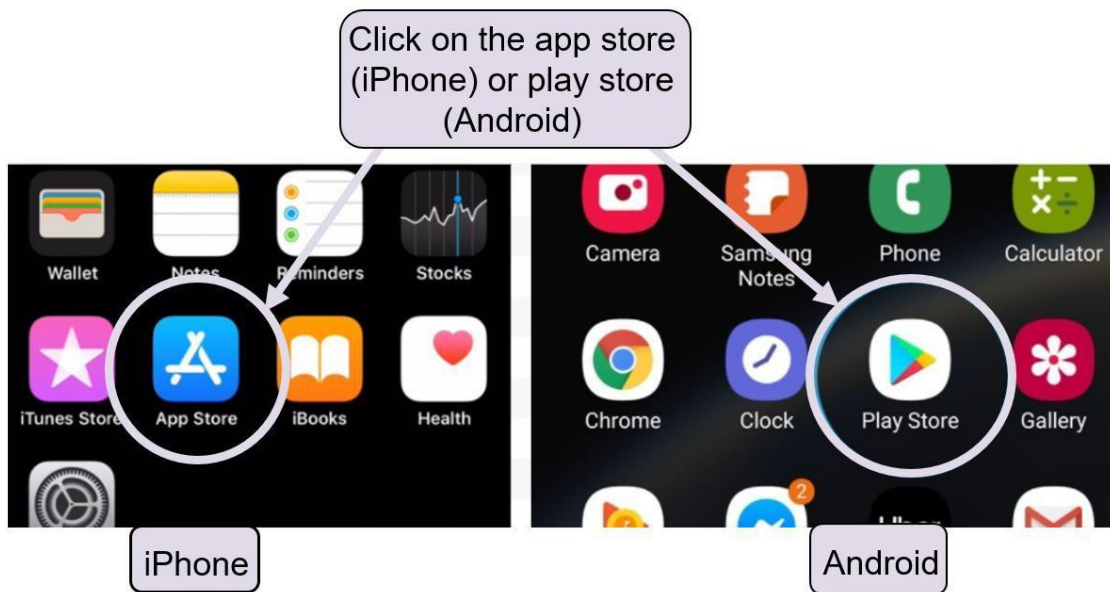Slide the white cardboard from the back of the headband

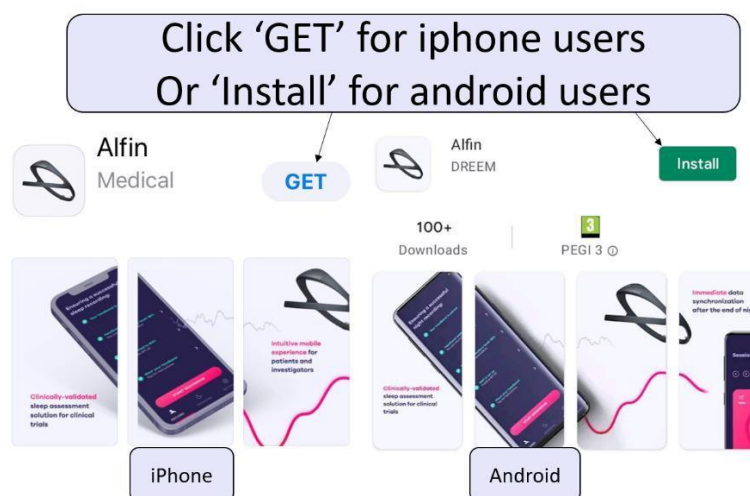Turn the big band over to reveal the 3 golden dots
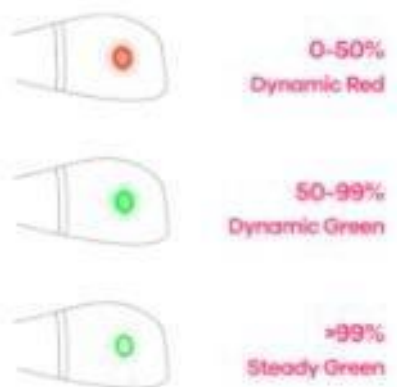
	0-50% Dynamic Red	The headband will take 3 hours to fully charge. Make sure the headband is showing steady green before starting a night.
	50-99% Dynamic Green	
	>99% Steady Green	

2. Finding the Dreem app

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

Click on the app store (iPhone) or play store (Android)

iPhone

Android

Search for 'Alfin' in the search bar at the top of the page and select 'GET' or 'Install'

Click 'GET' for iphone users
Or 'Install' for android users

Alfin
Medical

GET

Alfin
DREEM

Install

100+
Downloads

PEGI 3 ⓘ

iPhone

Android

3. Creating an Account

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

Alfin
Rythm

Click open

OPEN

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 continue

Continue

Click 'Log in'

Click 'Log in'

iPhone

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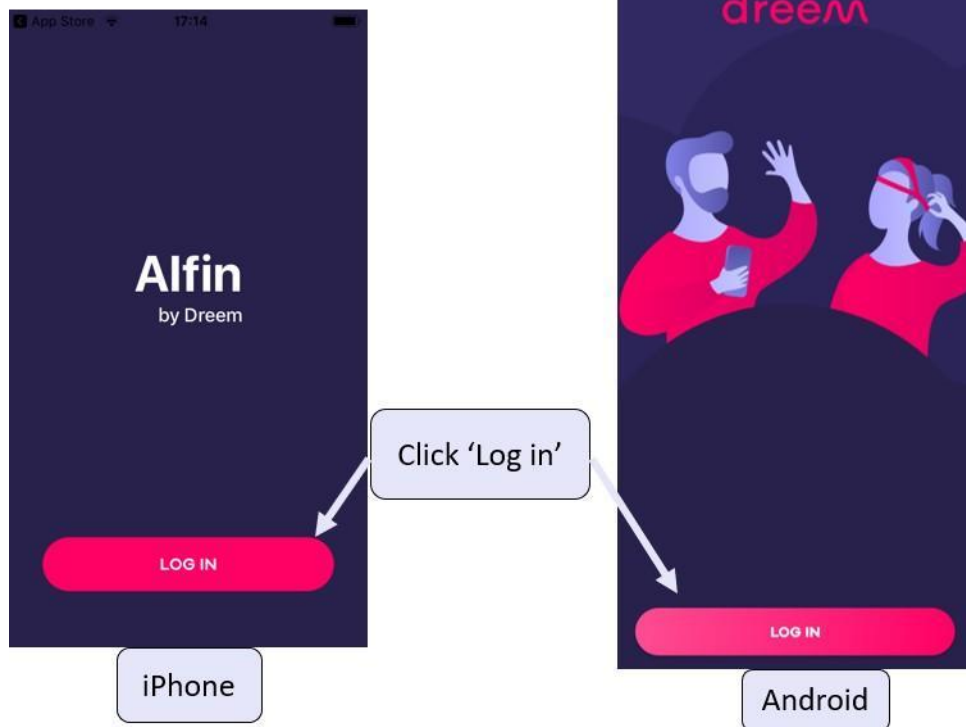
Enter your participant email address and password to log into your account

Log in

EMAIL

Enter your email

Enter your participant email address

PASSWORD

Enter password

Enter the password provided to you

Click 'NEXT' to move on

NEXT

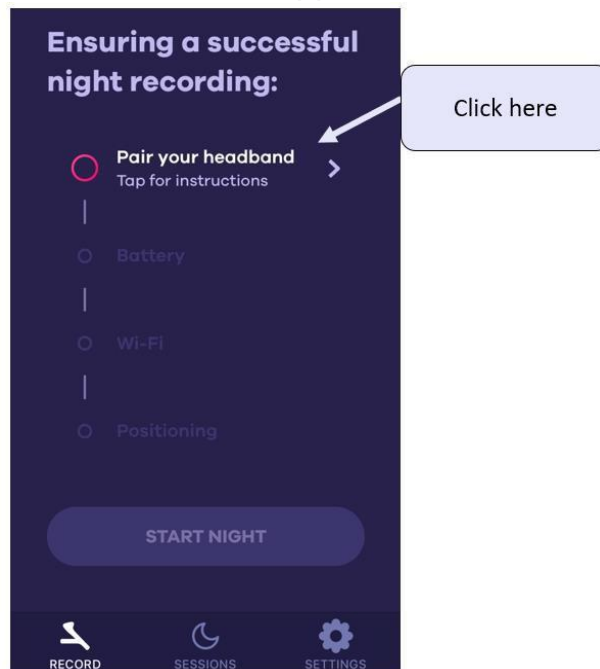Forgot your password?
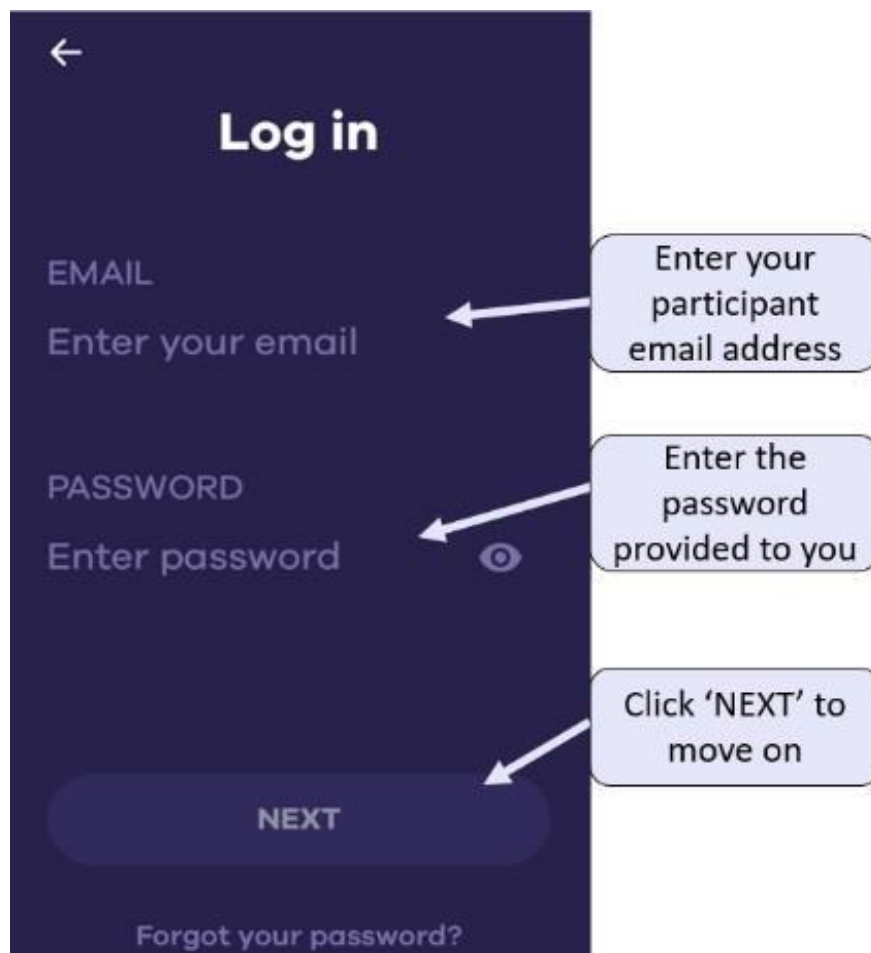
Allow Dreem to access your location.
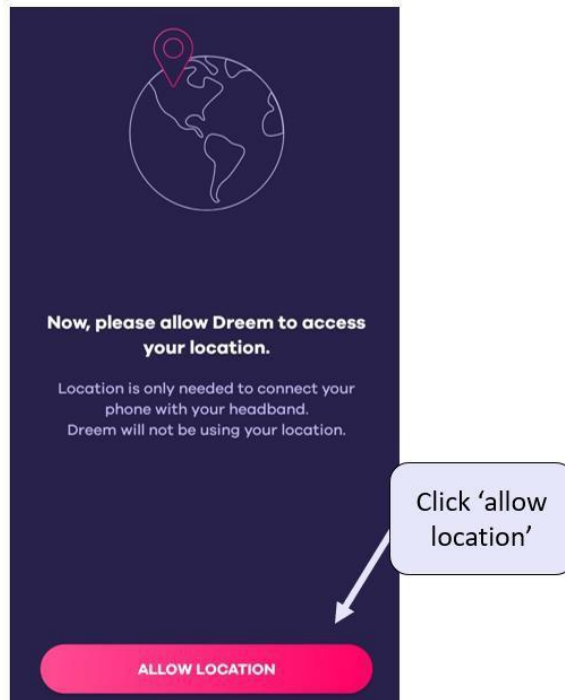
Follow the on-screen prompts to learn about different features of the app

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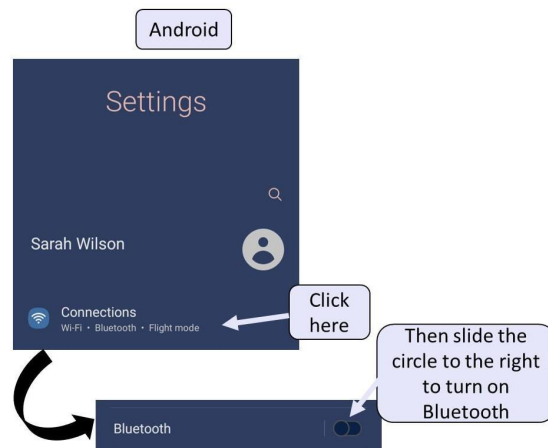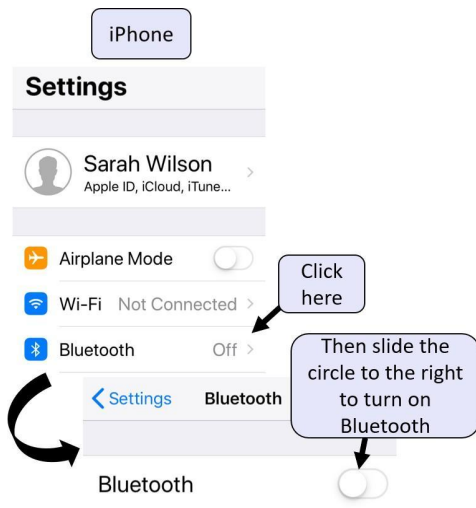
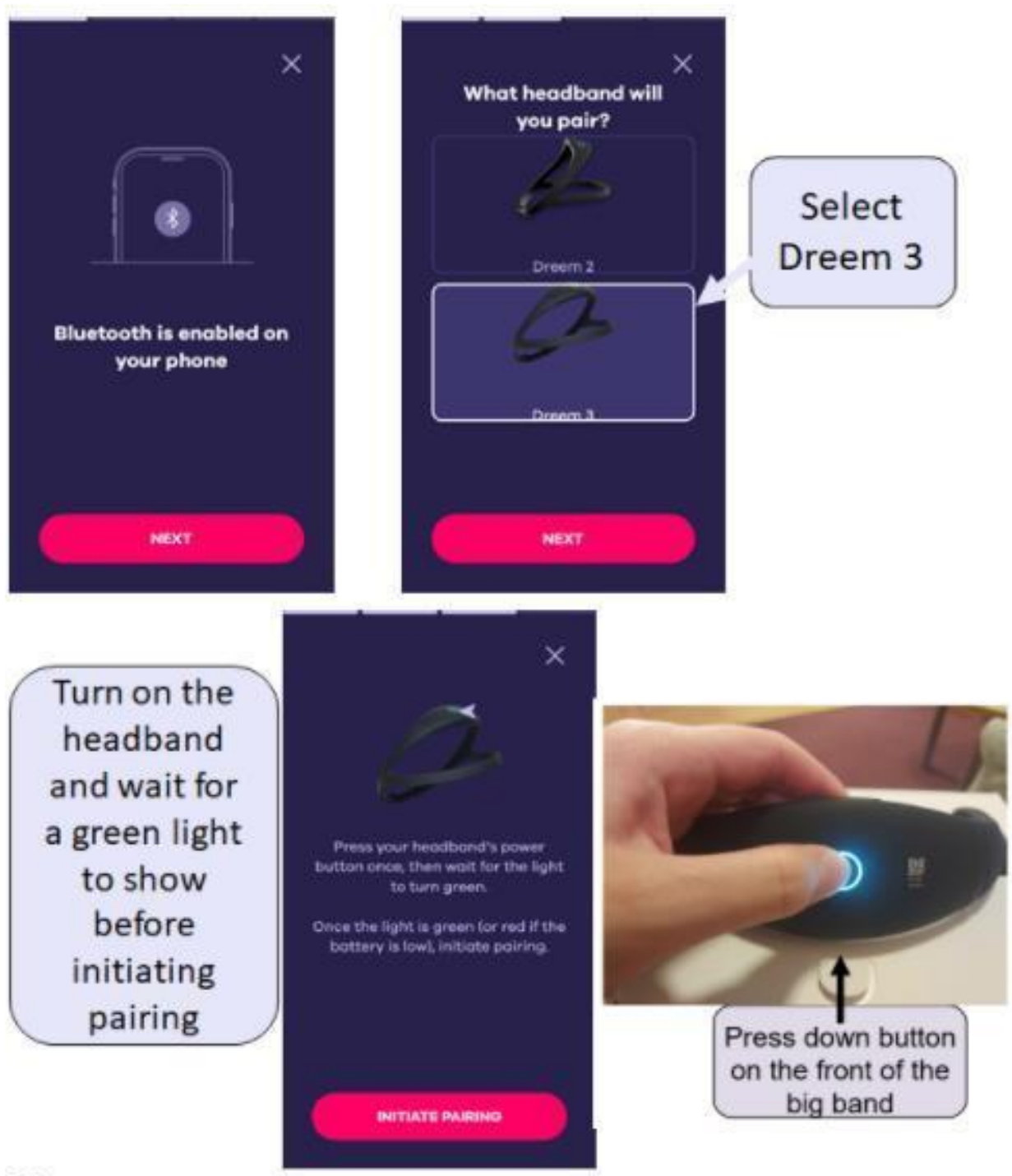Click on the first subheading for a guide to pairing your headband to the app.

Ensuring a successful night recording:

○ **Pair your headband**
Tap for instructions ›

Click here

○ Battery

○ Wi-Fi

○ Positioning

START NIGHT

RECORD   SESSIONS   SETTINGS

Go to your phone settings and turn on Bluetooth.

iPhone

Settings

Sarah Wilson ›
Apple ID, iCloud, iTune...

✈ Airplane Mode

📶 Wi-Fi   Not Connected ›

❊ Bluetooth   Off ›

Click here

‹ Settings   **Bluetooth**

Then slide the circle to the right to turn on Bluetooth

Bluetooth

Android

Settings

🔍

Sarah Wilson   👤

📶 Connections
Wi-Fi · Bluetooth · Flight mode

Click here

Then slide the circle to the right to turn on Bluetooth

Bluetooth

Follow the on-screen prompts to connect the headband to your phone.

Bluetooth is enabled on your phone

NEXT

What headband will you pair?

Dreem 2

Dreem 3

Select Dreem 3

NEXT

Turn on the headband and wait for a green light to show before initiating pairing

Press your headband's power button once, then wait for the light to turn green.

Once the light is green (or red if the battery is low), initiate pairing.

INITIATE PAIRING

Press down button on the front of the big band

You will see this message when the devices are pairing.

Scanning...

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
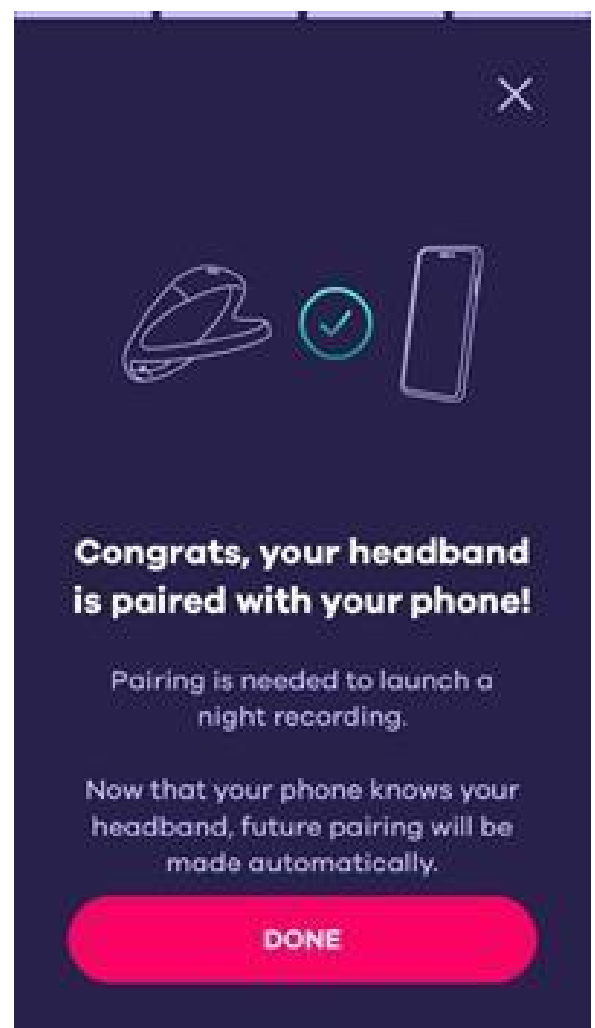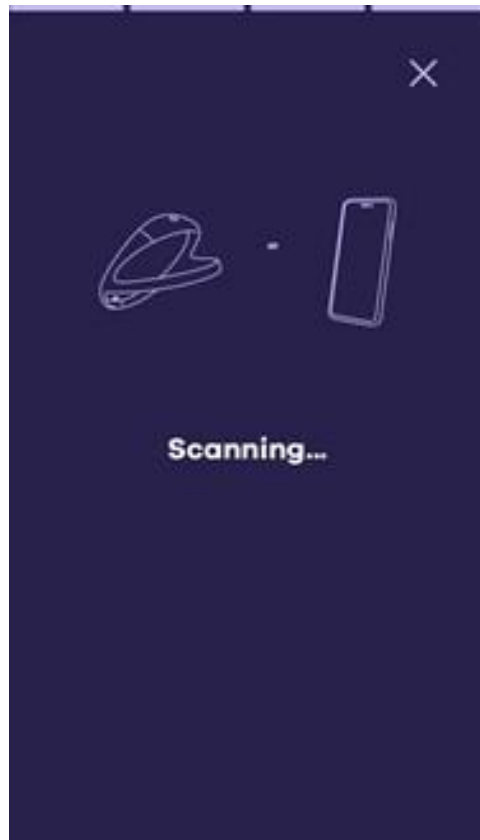
5. Setting up Wi-Fi connection

Follow the on-screen prompts to set up the Wi-Fi

Ensuring a successful night recording:

✅ **Your headband is paired**

✅ **Headband battery level: 80%**
You can record 22hr35 ›

◯ **Configure Wi-Fi**
Tap for instructions ›

◯ **Learn to wear your headband**
Tap for instructions ›

START NIGHT

RECORD   SESSIONS   SETTINGS

Select configure Wi-Fi

×

Optional Wi-Fi Configur...

In order for Dreem to collect your night data, an internet connection is required.

Setting up your Wi-Fi is not mandatory to launch a night recording, yet it is highly recommended that you configure it before your recording.

CONFIGURE WI-FI

Configure later

Select configure Wi-Fi

Select your home WiFi and enter your password to connect.
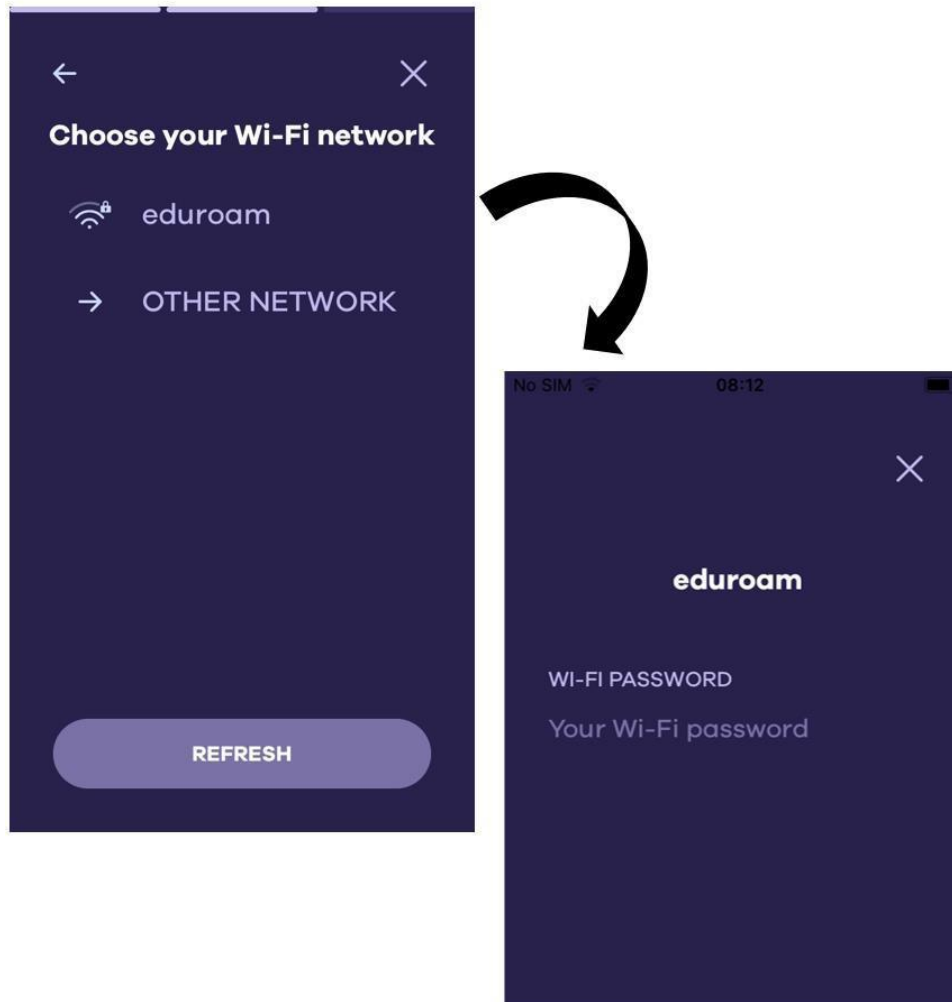
6. Wearing your Dreem headband

Ensuring a successful night recording:

✓ **Your headband is paired**

✓ **Headband battery level: 76%**
You can record 21hr28

✓ **Wi-Fi is set up**
Galaxy A42 5G5BCF

○ **Learn to wear your headband**
Tap for instructions

> Click here

START NIGHT

RECORD   SESSIONS   SETTINGS
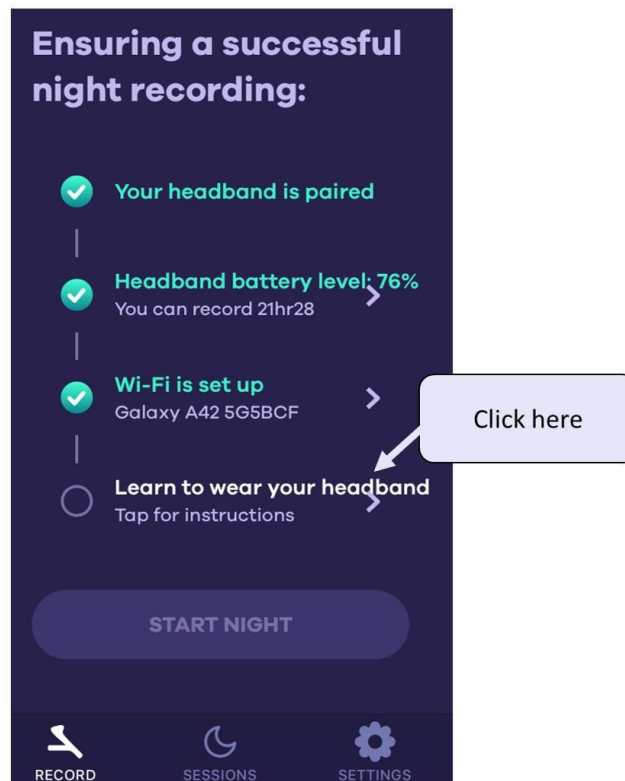
Follow the on-screen advice to position your headband correctly.

Let's see how to position your headband to ensure a good reading of your brain activity throughout the night

LET'S START

Adjusters

Select the adjuster that's the best fit for your head (S,M,L). If you can feel the headband moving around or falling off, select the size below.

NEXT

Front electrodes

Make sure that the electrodes on the front band are in contact with your skin. Check that none of your hair is caught between the headband and your forehead.

NEXT

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.
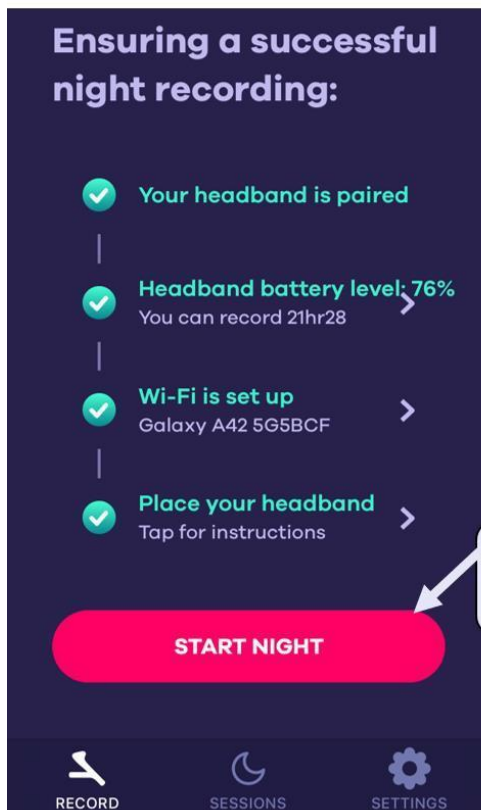
CHECK MY SIGNAL

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.
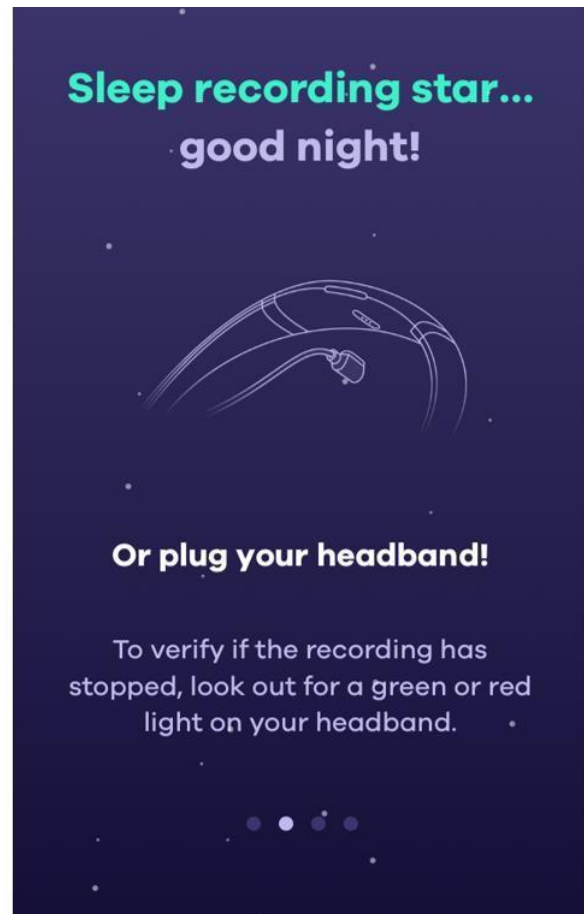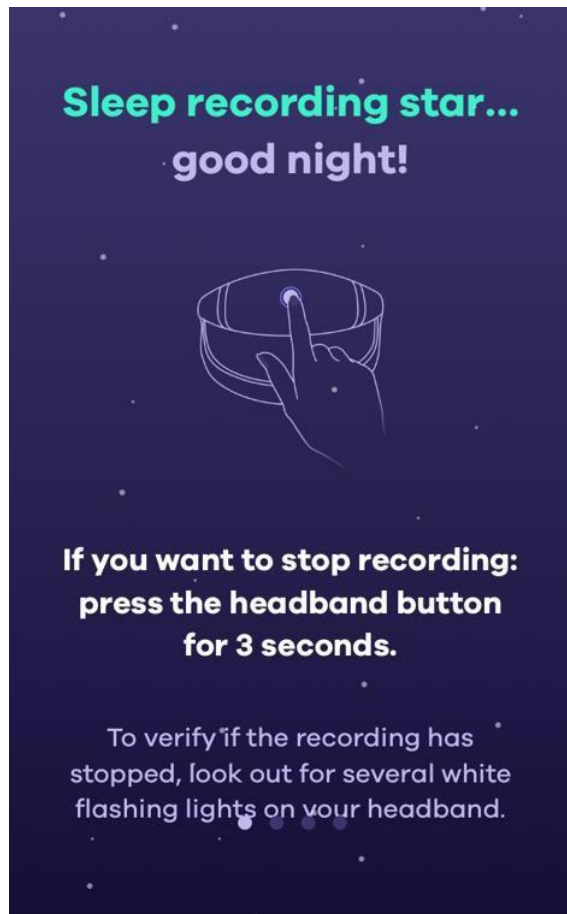

Click 'start night'

Triple press the power button

Please keep the headband on throughout the night - even if you wake up during the night.
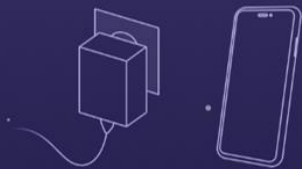
In the morning, to end a night session, hold down the power button on the headband for 3 seconds.

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!