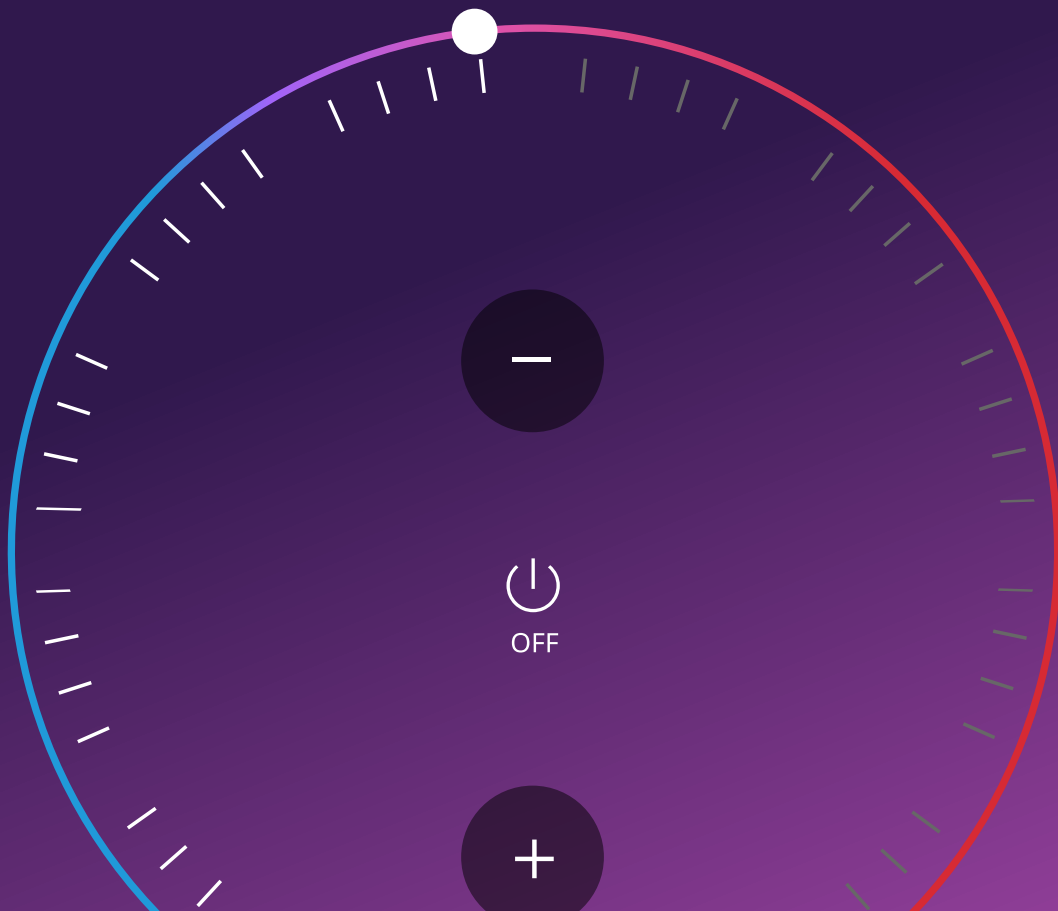




AI powered sleep solution

# Regul8

User Guide



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# 1 Getting Started

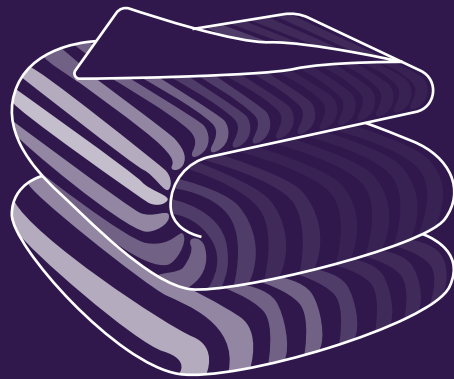
**Thank you for purchasing the Wakefit Zense Regul8.**

This unique product is designed with advanced technology and thus improves your sleep quality by enabling the option to control the temperature settings. This user manual is designed to provide you with all the required instructions related to installation, setup, usage and maintenance of the product for its optimal performance and longevity.

## 1.1 What's Included in your Package?

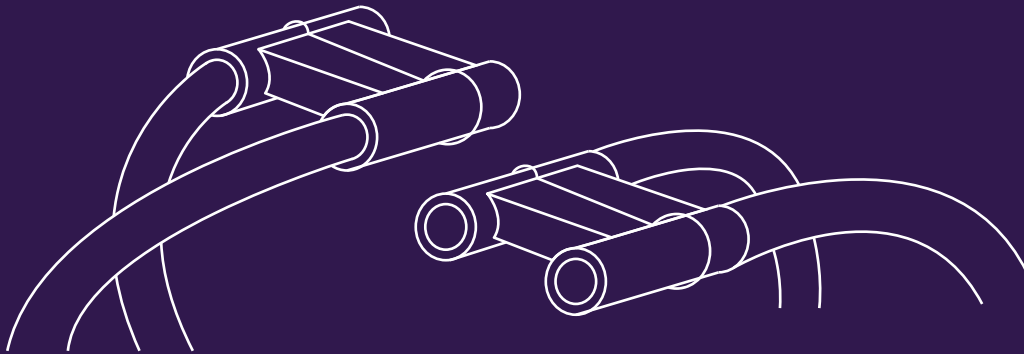
Upon unboxing, you will see,

Zense Regul8 Cover



Zense Regul8 Console

Two sets of hoses (one connected to the console, and the other connected to the cover)

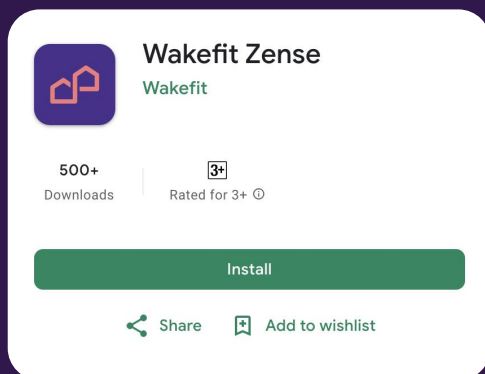


## 1.2 Installing the App

The Wakefit Zense mobile application must be installed for easy control of the Regul8 Mattress Temperature Controller.

Search “Wakefit Zense” on

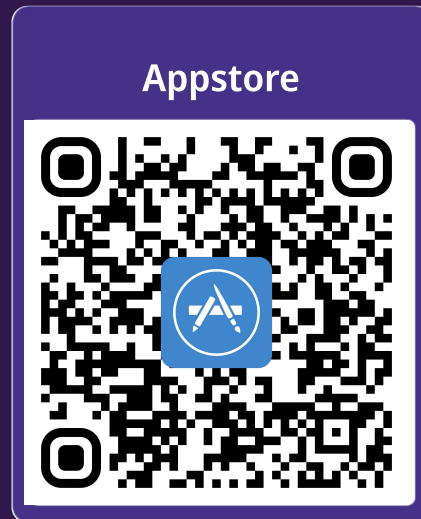
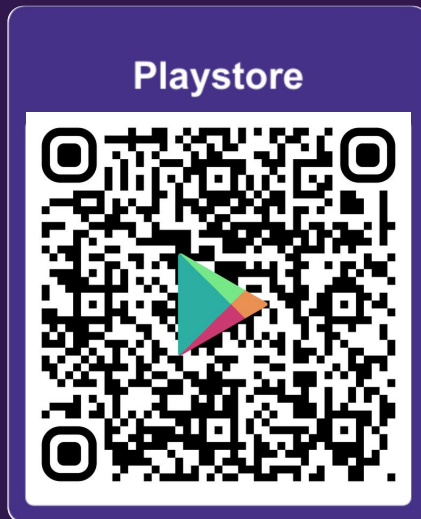
- App Store on iPhone
- Google Play on Android phone



Click to Download



Download and install the mobile app.  
Alternatively, scan the following QR code:



### 1.3 Safety precautions

- Keep the Regul8 console. dry and away from water sources.
- Do not block the air vents of the Regul8 console.
- Let there be sufficient space around the Regul8 console.
- Check the level of water in the Regul8 console every three weeks and top up if required.
- Never let the children operate the Regul8 console.
- Before connecting the Regul8 console, ensure that the power cord is not damaged. A damaged power cord must be replaced by qualified service personnel only.
- Children should be supervised to ensure that they do not play with the Regul8 console.
- Please read the Safety instruction Manual thoroughly before using the product

## 2 Installation Instructions

After removing the Wakefit Zense Regul8 Cover from the packaging, perform the following steps:

- (a) Place the cover on your mattress, ensuring it is correctly aligned with the corners.

**Hint:** The hose connected to the cover should be on the head side

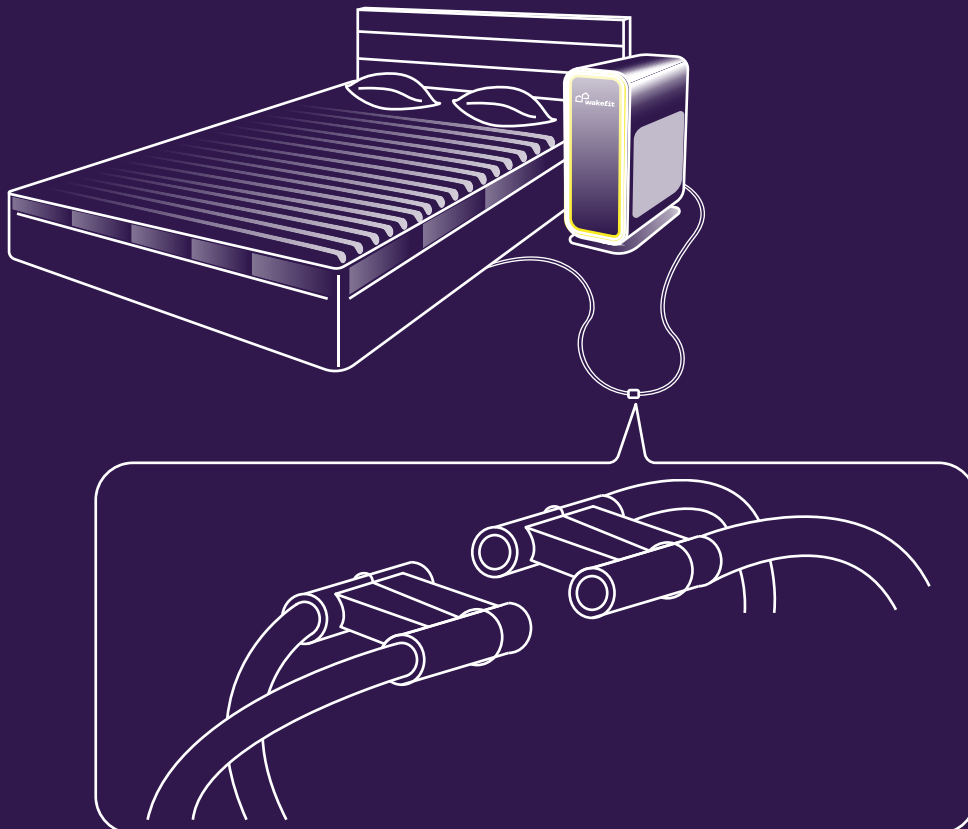


Make sure the Zense Regul8 cover is well-fitted on the bed with no wrinkles.

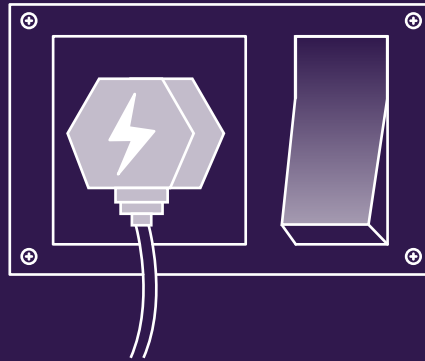
(b) Place the Zense Regul8 console next to your bed.



(c) Connect the Regul8 console to the Regul8 Cover with the provided hoses. Left to left, right to right. Listen for that 'click' sound.



(4) Plug the Console into a power outlet.



## 2.1 Adding Distilled Water

The Zense Regul8 operates with a water-based system that requires periodic filling. Perform the following steps to fill the distilled water in the hub:

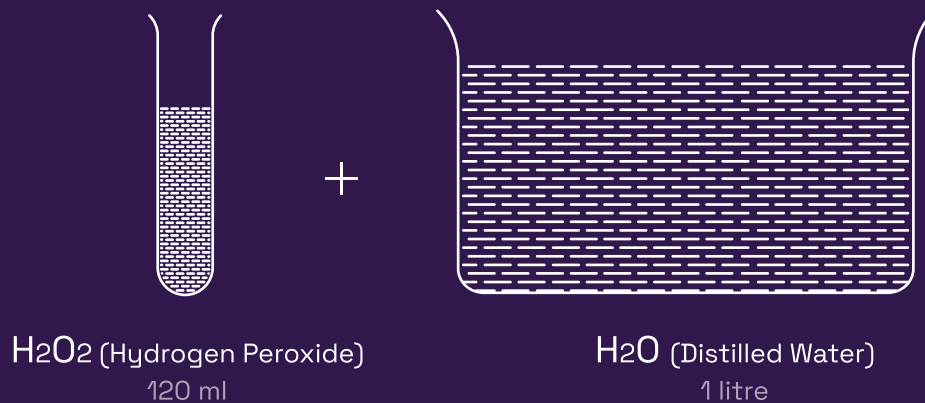
- (a) Locate the water tank on the front of Regul8 console.
- (b) Fill the distilled water in the tank up to the indicated level.



It is crucial to use distilled water to prevent mineral buildup inside the system.



- (c) Mix 120ml of 6% liquid hydrogen peroxide per 1 litre of distilled water or dissolve hydrogen peroxide tablets according to the manufacturer's instructions for equivalent concentration.



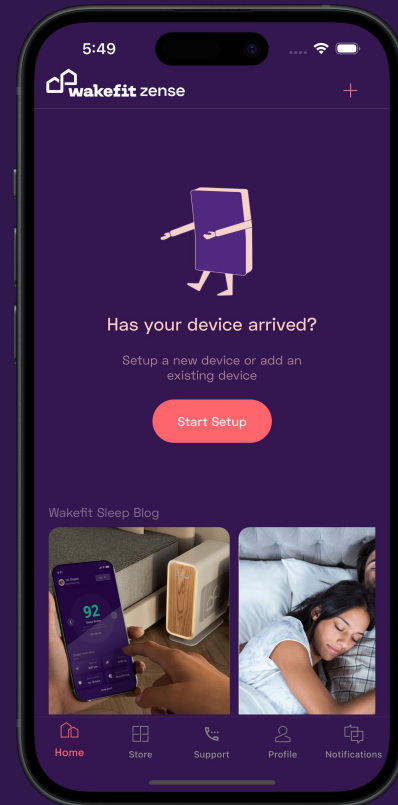
Hydrogen peroxide keeps the water clean and inhibits mold and bacteria growth.

Check the distilled water level regularly and refill if required to ensure optimal performance.

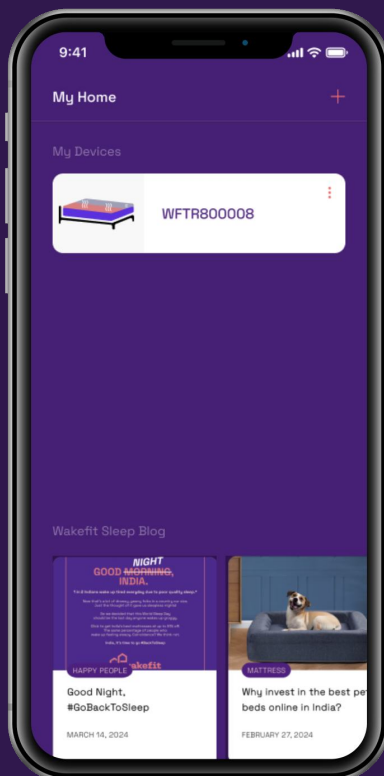
## 2.2 Connecting the Wakefit Zense Regul8 console to the App

After downloading the mobile app on your smartphone, follow these instructions to pair your Zense Regul8.

(a) Press the Start Setup button.

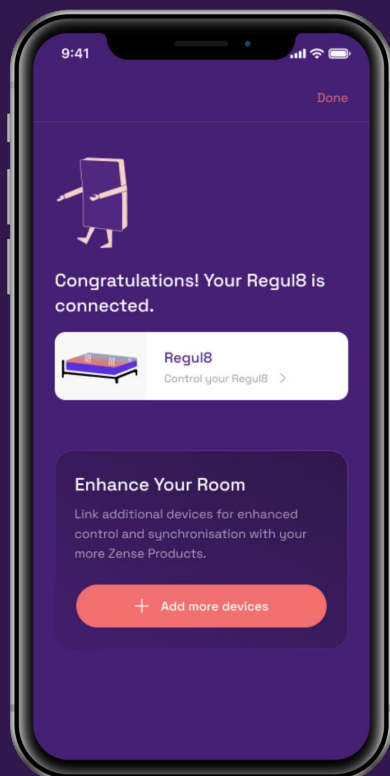
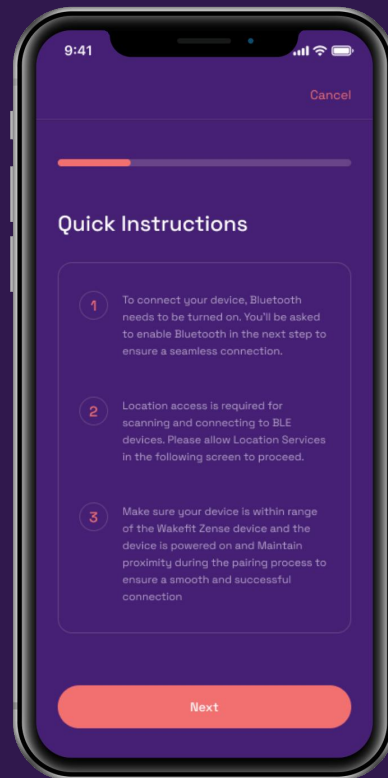


(b) Select your device from the advertisement list. The device will be listed as (WFTRCxxxxx), where "xxxxx" is your personalized device number.



- (c) Follow the on screen instructions to pair the Zense Regul8 with your app using bluetooth.

The app is connected



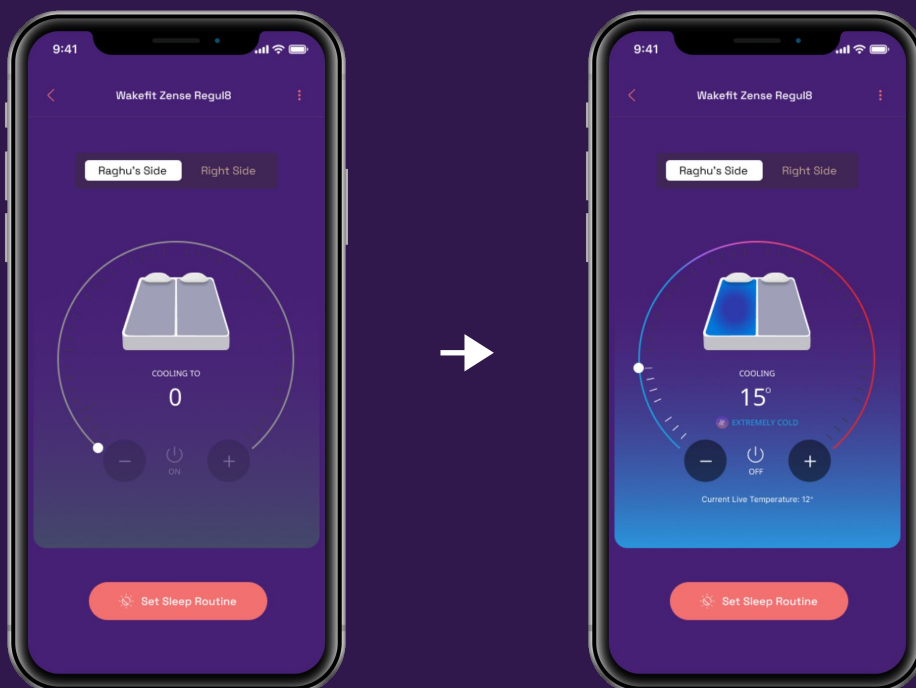
- (d) Select Zense Regul8. Set the desired temperature on the app by using the on-screen controls. Alternatively, use the presets provided in the app.

## 3 Operating the Zense Regul8 Hub

You can control the Wakefit Zense Regul8 by using the mobile app.

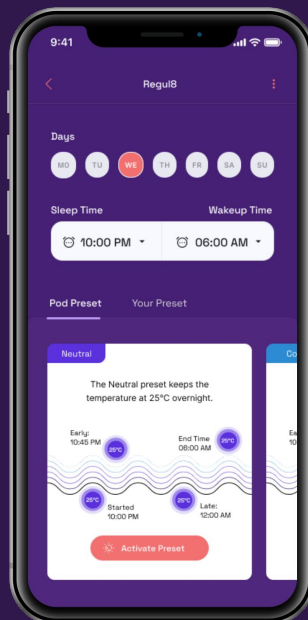
### 3.1 Manual control

- (a) Adjust the temperature of the Zense Regul8 Mattress Temperature Controller using the on-screen controls to the preferred setting for both the sides.
- (b) For manual adjustment, click the power button to turn ON/OFF and set the temperature.



## 3.2 Presets

- (a) Use the inbuilt presets in the Zense app to schedule specific temperatures for different times of the night. This enhances your sleeping experience. We have the following Presets : Cool , Warm, Ice, Fire, Neutral
- (b) Set the smart alarm to gently wake you by gradually adjusting the temperature.



## 3.3 User Presets

- (a) Customize your own settings by clicking on **“Your Preset”** to create a personalized preset according to your preferences.

## 4 Maintenance

**Before cleaning, switch the unit off and pull out the plug.**

### 4.1 Regular maintenance

- (a) Ensure the hoses are securely connected and free of kinks.
- (b) Check the Zense Regul8 Console for dust and clear vents regularly.
- (b) Use a soft cloth for cleaning. Never use metal pads, chemical, abrasive material or stiff brush to clean the unit.

### 4.2 Monthly System Flush and Cleaning with Hydrogen Peroxide

To ensure that your Zense Regul8 operates efficiently and remains free of mold and bacterial growth, system flush followed by the addition of fresh water mixed with hydrogen peroxide is recommended once every 2 months.

#### 4.2.1 Draining the System

- (a) Turn off the system and disconnect it from the power source.
- (b) Locate the drain valve on the backside of Zense Regul8 Console.
- (c) Drain all the water out from the reservoir tank through the drain hole. This helps remove any sediment and prevent any accumulation inside the system.

### **4.2.2 Refilling**

After the system has been fully drained, refill the water tank with distilled water. Perform the following steps for refilling:

(a) Add hydrogen peroxide to the distilled water to maintain cleanliness and prevent microbial growth.

(a) For liquid hydrogen peroxide (6% solution), add approximately 120 ml per litre of water.

(a) For hydrogen peroxide tablets, dissolve the tablets according to the manufacturer's instructions. Make sure that the concentration is equivalent to the liquid hydrogen peroxide 6% solution.

### **4.2.2 Running the system**

(a) Reconnect the system to the power source and turn it on.

(b) Allow the system to run for about 10-15 minutes with the hydrogen peroxide solution. This ensures that the mixture circulates throughout the system by reaching all the internal components.

### **4.2.2 Ready for use**

After circulating the hydrogen peroxide solution, the system is ready for use. There is no need to drain the solution again unless it is time for the next maintenance cycle.

Hydrogen peroxide naturally breaks down into water and oxygen, leaving no harmful residues behind.

## 5 Cleaning

- (a) Disconnect the hub from the power supply and detach the hoses.
- (b) Clean the Wakefit Zense Regul8 Mattress Temperature Controller with a wet cloth and allow it to dry.

The Regul8 Cover is NOT machine washable.



Do not wash



Do not Bleach



Do not tumble dry



Do not iron



Do not dry clean



Do not puncture

## 6 Troubleshooting

Problem	Solutions
Not heating/cooling	Ensure the hoses are connected and there are no kinks.
App not connecting	Check your Wi-Fi/Bluetooth connection and restart the app.
No power	Check the power cord and outlet.



## 7 Warranty Details

- (a) The Wakefit Zense Regul8 Mattress Temperature Controller comes with a one-year warranty covering defects in materials and workmanship.
- (b) The unit must be installed and operated strictly as per specifications given in the installation manual provided along with this product.
- (c) The warranty does not cover damage due to alterations, unauthorized repairs, tampering with any part, failure to follow operating instructions, misuse or negligence in use.
- (d) The warranty shall be void in cases where the recommended periodic maintenance is not done.
- (e) The warranty shall be void if the equipment is damaged due to abnormalities in the power supply.
- (f) The warranty shall be void if any damage occurs due to improper use and not adhering to the Safety instruction manual.

For support, contact the Wakefit customer care service team through the app or on the website.

<https://www.wakefit.co/>