# EMFIT™

QS

QUANTIFIED SLEEP

Quick guide

for model IP-9360 (Wi-Fi)

v1.6
25.10.2017

HEART CONTRACTIONS, BREATHING AND BODY MOVEMENT ANALYTICS IN SLEEP

Package contents

1. Electronic unit with attached bed sensor

2. Power supply

3. Plug adapter for European countries

4. Plug adapter for United Kingdom

5. Plug adapter for United States of America

6. Plug adapter for Australia

7. Main Manual

8. Quick Guide
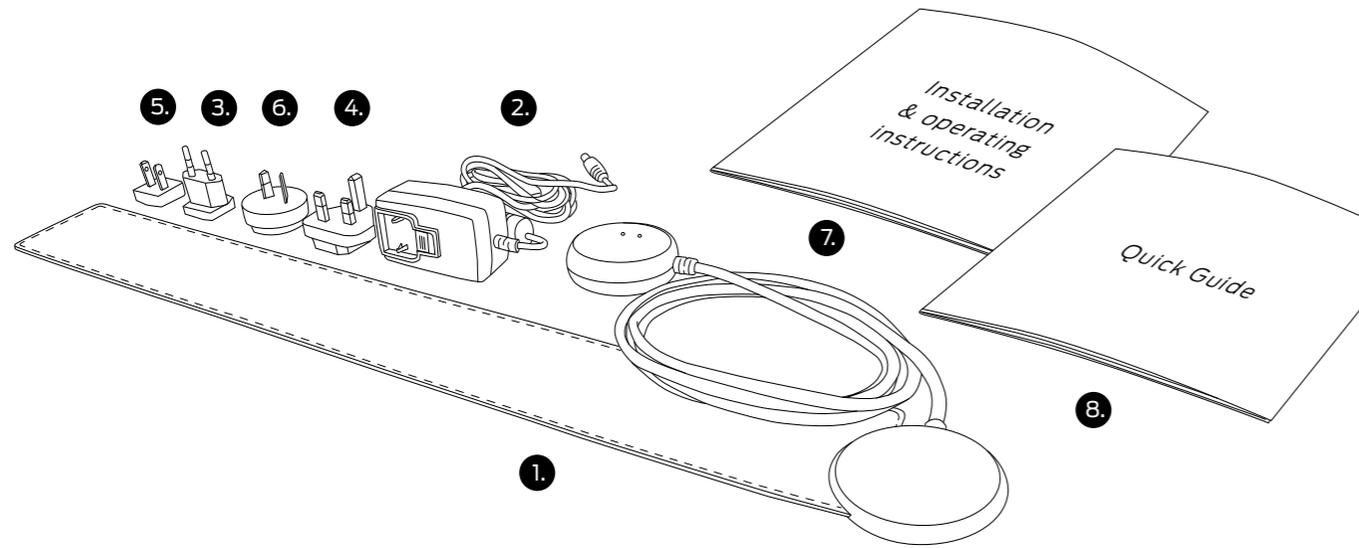
This Quick Guide contains information extracted from the instructions for use. Please read the "Installation & operating instructions" for the full instructions for use, including information on safety.
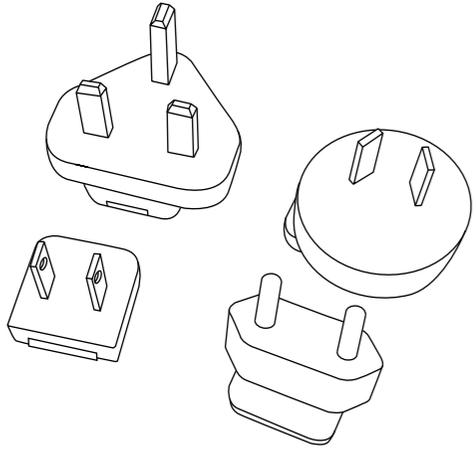
Overview

Please follow the steps of this guide for getting the device into use.

⚠ To operate EMFIT QS needs to be connected to the Internet via Wi-Fi network.
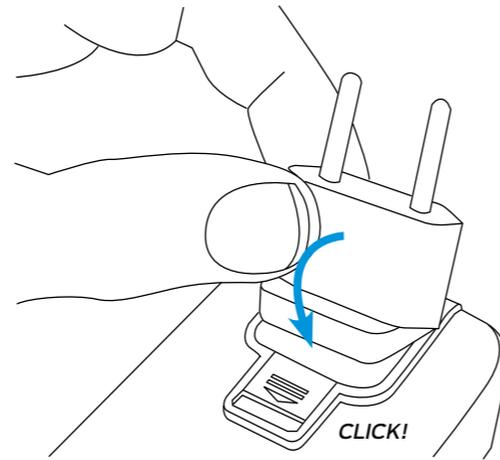

Sensor

Data signal

20 cm

EMFIT QS with Wi-Fi tranceiver
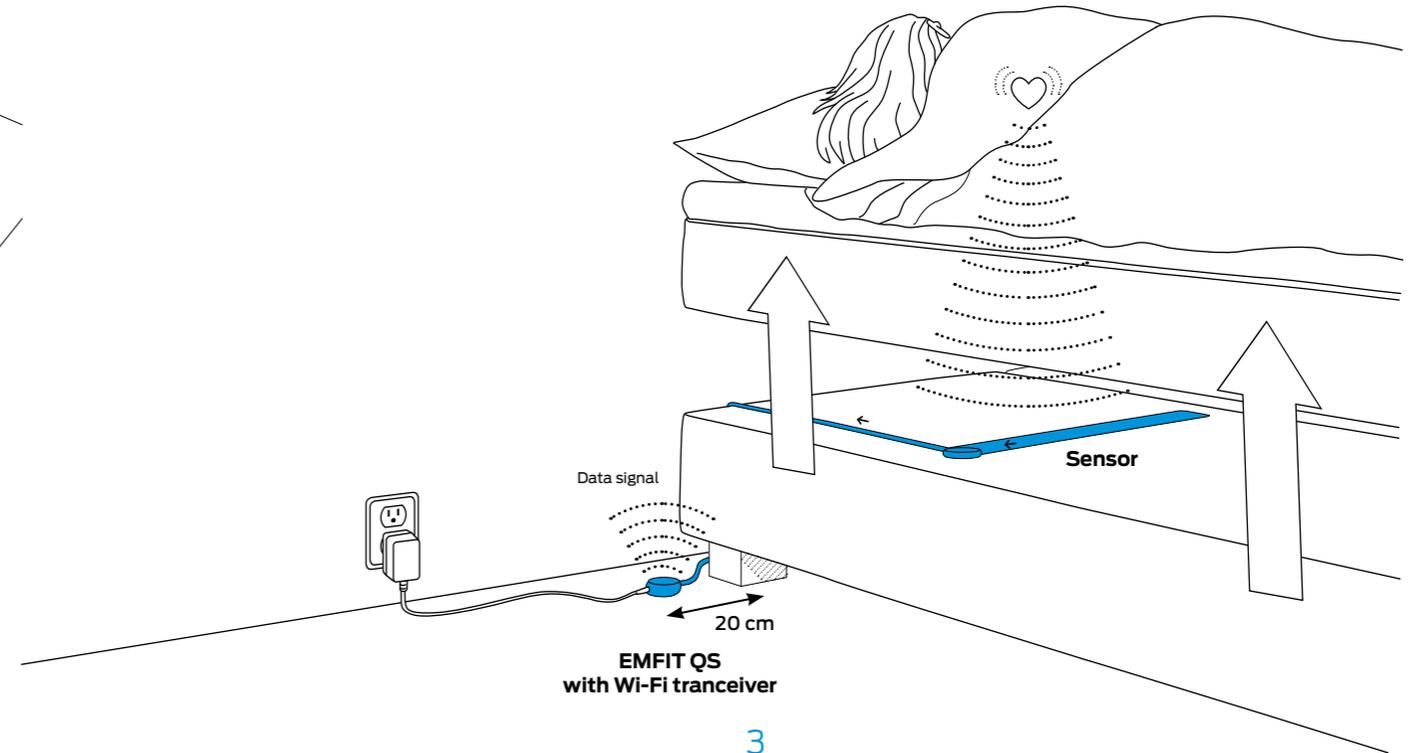
Connect to electrical outlet

**1** Select a suitable adapter from the four alternatives.

2 Connect the correct adapter to the power supply and ensure that it locks in its place.

CLICK!

3 Connect the power supply to electrical outlet (110 - 230V AC) and connect the power cord to Emfit QS.

Green and red lights start to flash alternately and device makes beep sounds.
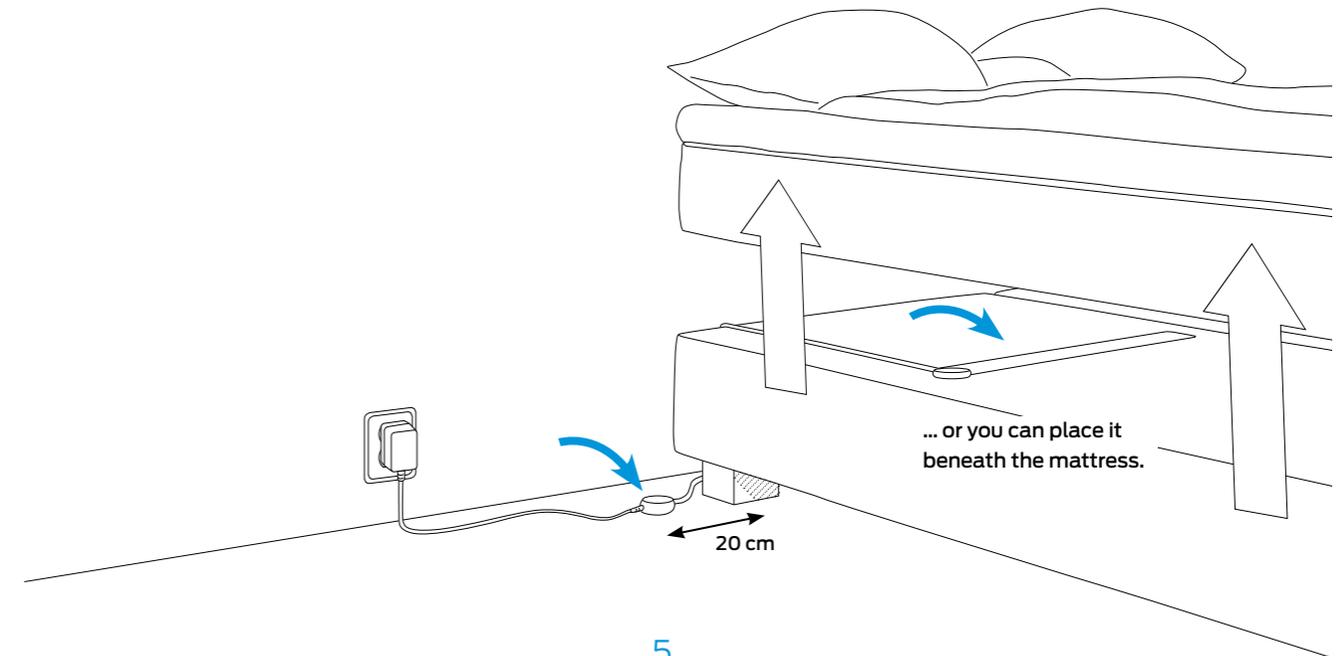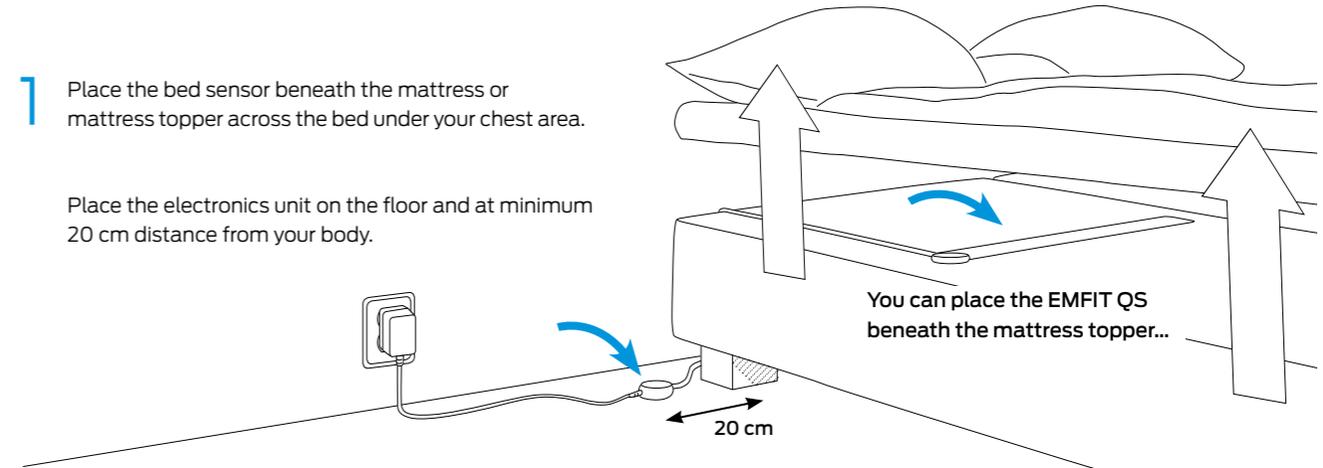
Red

Green

EMFIT

Power cord

Sensor cord

Power cord
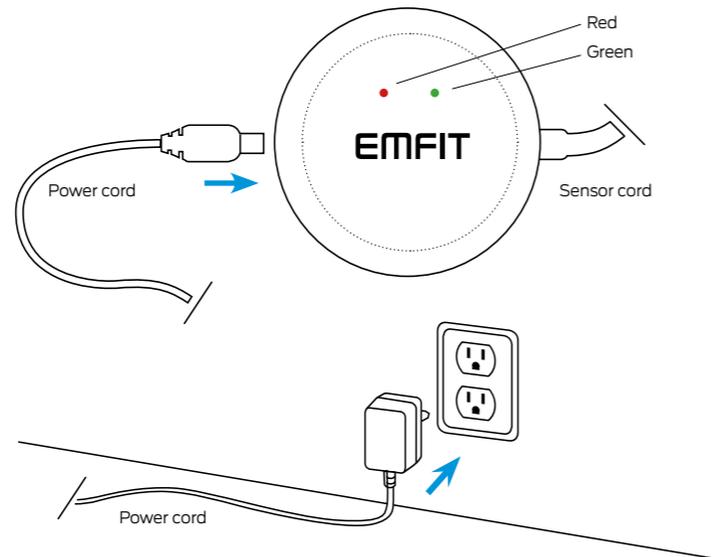
Install the sensor in your bed

1 Place the bed sensor beneath the mattress or mattress topper across the bed under your chest area.

Place the electronics unit on the floor and at minimum 20 cm distance from your body.
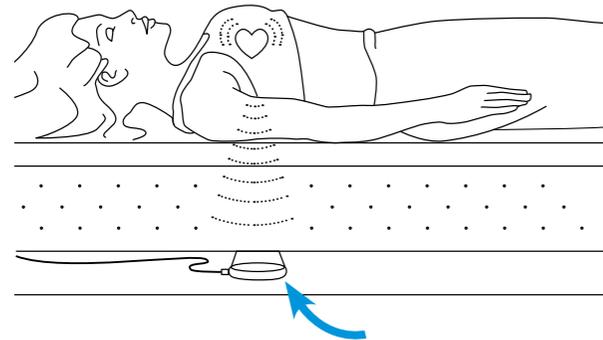
You can place the EMFIT QS beneath the mattress topper...

20 cm

... or you can place it beneath the mattress.

20 cm

The device works most reliably when the sensor is located directly below your heart.

Placing the EMFIT QS in double bed

If you sleep with a partner in a double bed, place the sensor on to your side of the bed as far as possible from your partner. Make sure the sensor is still under your chest area.

You can bend the sensor over the corner of your mattress. It will help to prevent sensing your partner's heart rate, especially when you leave the bed earlier than he/she.
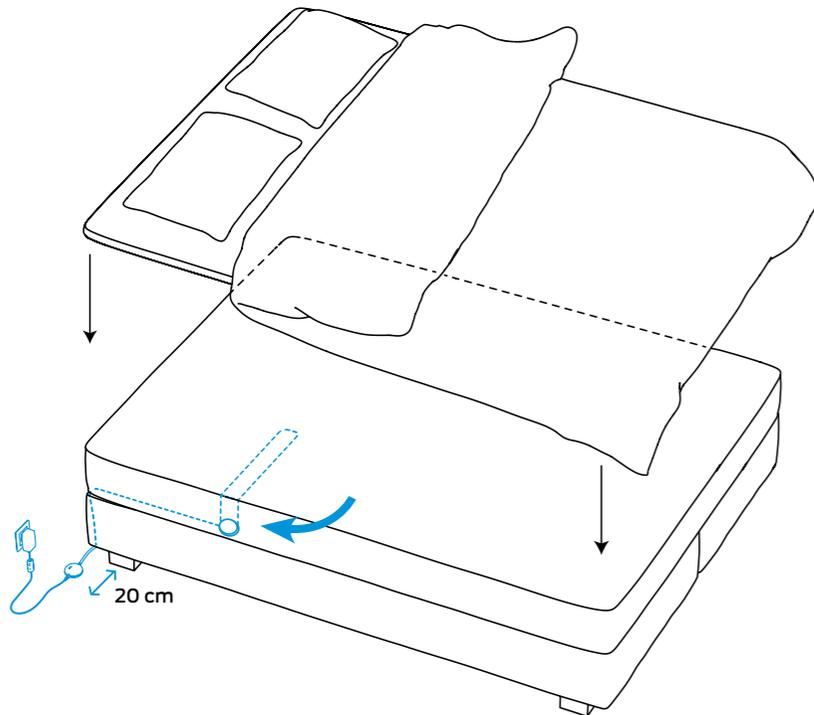
20 cm

Notice these before attempting to connect to Wi-Fi

⚠ If your router has a WPS button (Wireless Protected Setup) see the Main Manual page 13.
⚠ The 5 GHz Wi-Fi is not supported.
⚠ Wi-Fi channels 12 , 13 and 14 are not supported. This concerns European customers especially.

⊘ Emfit QS supports 2.4 GHz Wi-Fi.
⊘ Wi-Fi channels 1 - 11 are supported.

If you do not know is your home Wi-Fi compatible, go to Main Manual; chapter 13 or just try your luck. ☺

Note: To use your phone/tablet as hotspot to provide Wi-Fi for EMFIT QS, you need once some other computing device to enable this setup.

To operate, EMFIT QS needs:

Home Wi-Fi with Internet access
Your Wi-Fi network password

or

Mobile device as Wi-Fi hotspot
Your hotspot Wi-Fi network password
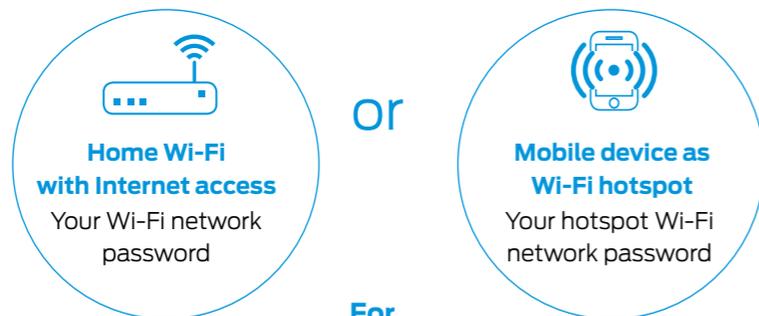
For Wi-Fi set up you need (only once):

Computing device
(computer or tablet or smartphone with browser)
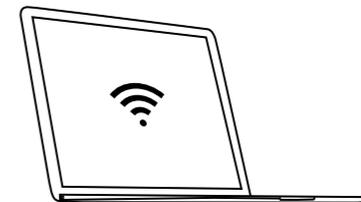
⚠ **Note! As per experience in May 2017, using Windows 10 for Wi-Fi setup process is difficult or impossible.**
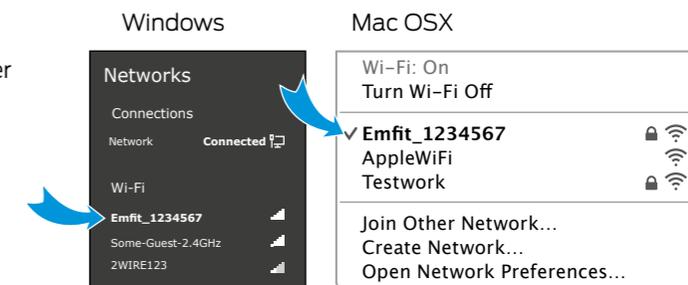
Connect to Wi-Fi

Steps:

1 With your computing device search for wireless networks.

2 Connect your computing device to the network: **Emfit_xxxxxx** (where xxxxxx is the serial number of your device).
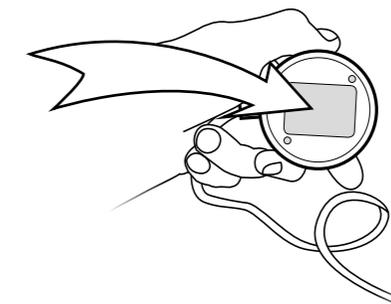
⚠ **Ignore possible "No internet connection".**

Windows

Networks
Connections
Network   Connected 🖥
Wi-Fi
Emfit_1234567
Some-Guest-2.4GHz
2WIRE123

Mac OSX

Wi-Fi: On
Turn Wi-Fi Off
✓ **Emfit_1234567**   🔒 📶
AppleWiFi   📶
Testwork   🔒 📶
Join Other Network…
Create Network…
Open Network Preferences…

3 Fill in the requested password (PW: XXX-XXXX-XXX).

Emfit Ltd, Finland | Product: Emfit QS | Model: IP-9360
SN: XXXXXX
PIN: XXXXX
PW: **XXX-XXXX-XXX**
http://192.168.1.3

⚠ **Note! The password must be filled in with the hyphens.**
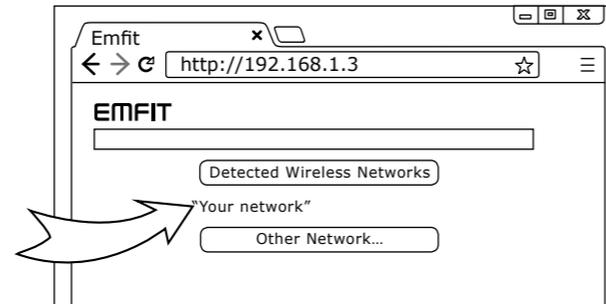
Connect to Wi-Fi ...continued

4 Open your computing devices' browser (Mozilla, Safari, Chrome, Internet Explorer etc.).

Type in address/url bar:
http://192.168.1.3 and hit enter.

[!] **If you cannot access above IP-address, check that your computing device did not disable itself from EMFIT QS and is perhaps again connected to your own Wi-Fi. Problem may also arise with desktop computer when also LAN/ethernet cable is connected. To solve possible problem, simply remove LAN/ethernet cable temporarily.**

```
                         ×
    ← → C   http://192.168.1.3        ☆   ≡
```

5 Select your own Wi-Fi network from the list and type its password.

```
  Emfit              ×
    ← → C   http://192.168.1.3        ☆   ≡

    EMFIT
    [                              ]
            [ Detected Wireless Networks ]
        "Your network"
            [     Other Network...      ]
```
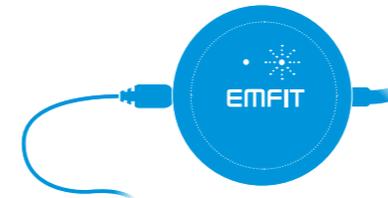
6 Press enter and EMFIT QS will now try to connect to your Wi-Fi network. Connecting can take up to few minutes. You hear short "beep" sounds and see the red led flashing.
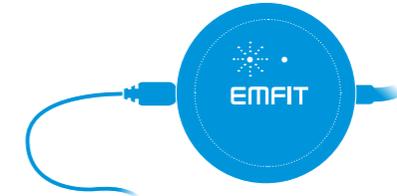
Red light starts flashing.

Successful connection type 1
Device will emit high tone sounds. In about 1-3 minutes red light will stop flashing and green light will start flashing.

Green light will start flashing.

:) **You are done! Your device is now connected and ready to track your sleep.**

Successful connection type 2
Device will emit high tone sounds. However red light will not stop flashing. It flashes one or two or three times between pauses.

Only red light remain flashing.

:(**Sorry, you are not done yet! Please see chapter Troubleshooting page 36 in the Main Manual. This occurs usually in a corporate Wi-Fi network.**

Connect to Wi-Fi ...continued

Unsuccessful connection

Red and green lights flash alternately again. This means device has returned to AP mode. This is common, you may have to try even 10-15 times, so please be patient. This is common issue in Wi-Fi networks.

Please start again from step 1. Check that your computing device has automatically returned connection to your home Wi-Fi. You need to search again for available Wi-Fi networks and reconnect to EMFIT QS.

With your next attempt(s) you probably can skip step 3 as your laptop/tablet/smartphone remembers the EMFIT QS password.
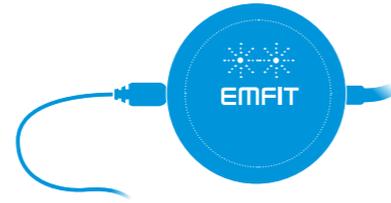
Red and green lights are flashing alternately. Device is again at AP mode.

[!] *Please don't get confused if your browser says "http://192.168.1.3 is not replying." It is because your computer probably switched automatically to your home Wi-Fi and there is no device in that address in Internet.*

[!] *Check however again that you write your own home Wi-Fi network password correctly. Also, if after few attempts still no success, check that your router is not 5 GHz version only or operating at channels 12-13. For troubleshooting, see Main Manual page 37.*

[!] *You may also get reply from some other than EMFIT QS device. For example if you have IP camera.*
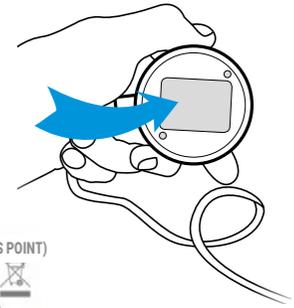
Register your device

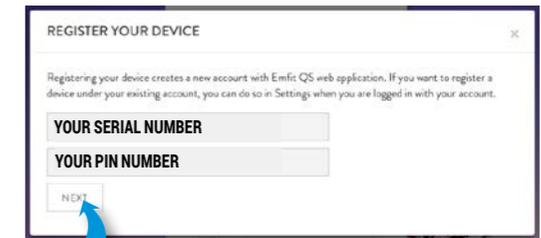After successful Wi-Fi connection, it is time to register your device.

1 Go to **https://qs.emfit.com** and click "Register your device".
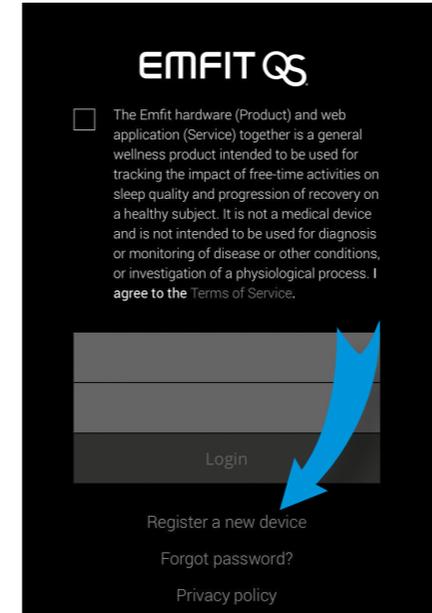
2 Locate your serial and PIN numbers on the back of the device.

3 Insert serial number and PIN number of your device.

Click "next".

Register your device   ...continued

Add QS icon to your phone/tablet homescreen

4 Fill/choose the details.

REGISTER YOUR DEVICE

Please fill your account details:

NAME YOUR DEVICE. FOR EXAMPLE "MY EMFIT QS"

YOUR EMAIL ADRESS. IMPORTANT! YOU MUST PROVIDE EMAIL FOR ACCESS AND VERIFICATION, AND IF YOU FORGET YOUR PASSWORD

RETYPE YOUR EMAIL ADRESS

CREATE A PASSWORD TO YOUR ACCOUNT

RETYPE YOUR PASSWORD

Optional field 1

Optional field 2

Language — CHOOSE YOUR LANGUAGE

Time Format — CHOOSE YOUR TIME FORMAT

Date Format — CHOOSE YOUR DATE FORMAT

Time Zone — CHOOSE YOUR CONTINENT

CHOOSE YOUR TIME ZONE

REGISTER   Click "register".

5 This will open.

REGISTER YOUR DEVICE   ✕

Thank you!

One more step... You should receive an account verification email soon. Please check your inbox and click the link to verify your email.

CLOSE

Click "close".

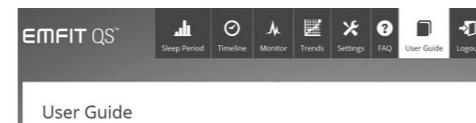## 6 Go and check your email for our verification email. Open it and click the link in it.

(If you do not receive the confirmation message within a few minutes of signing up, please check your Spam folder just in case the confirmation email got delivered there instead of your inbox.)

Hi,

An account has been registered with Emfit QS   application with this email. If you didn't initiate this action, you don't need to take a   urther action.

Verify your account by clicking this link

7 You will be directed to the Emfit QS web application.

EMFIT QS | Sleep Period | Timeline | Monitor | Trends | Settings | FAQ | User Guide | Logout

User Guide

iOS devices

1) Open up Safari and go to **https://qs.emfit.com**

2) At the bottom of the screen you'll see a square icon with an arrow. Tap this icon and you'll have a few options. Choose **"Add to Home Screen".**

Add to Home Screen

3) You'll be asked to write a name for the homescreen icon. Write EMFIT QS and save it. Now it will show up on your homescreen and you can access directly to your EMFIT QS data.

Android devices

1)Launch Chrome for Android and open the website **https://qs.emfit.com**

2) Tap the menu button and tap **"Add to homescreen"**. You'll be asked to write a name for the homescreen icon. Write EMFIT QS and save it. Chrome will add it to your home screen.

3) The icon will appear on your home screen and you can drag it around and place it wherever you like. Chrome for Android loads the website as a "web app" when you tap the icon, so it will get its own entry in the app switcher and won't have any browser interface getting in the way.

Release date	Revisio
23.2.2017	v1.0
4.5.2017	v.1.1
1.6.2017	v.1.2
10.8.2017	v.1.3
11.9.2017	v.1.4
4.10.2017	v1.5
25.10.2017	v1.6

www.emfitqs.com

EMFIT™

EUROPEAN UNION

Emfit Ltd
Konttisentie 8 B
40800 Vaajakoski, FINLAND
Phone: +358 20 778 0870
qs@emfit.com

USA

Emfit, Corp.
P.O. Box 342394
Austin, TX 78734
United States
Phone: (512) 266-6950
qs@emfit.com

CHINA

Emfit Technology Co., Ltd.
#2004 Dingsheng-Guangchang 1st bldg.,
Jinhui-Road, Danshui,
Huiyang, Huizhou-City, Guangdong,
CHINA (516211)
qs@emfit.com