Perfect Sleep Pad™

Your perfect sleep temperature

USER MANUAL

Please read this Perfect Sleep Pad™ manual carefully
before using your Perfect Sleep Pad™ products

www.perfectsleeppad.com

Table of Contents

Section	Page Number
A. Introduction	4
B. Before You Get Started	5
C. Contents	6
1. Using the Temperature Controller Panel	6
2. Using the Remote	7
3. Main Temperature Controller	8
D. Set-Up Instructions	9
1. Setting up your Perfect Sleep Pad™	9
2. Connecting the Tubing	9
3. Connecting the Power	10
4. Filling the Temperature Controller with Water	10
5. Turning the Temperature Controller On	10
6. Turning the Temperature Controller Off	11
7. Adjusting the Temperature	11
8. Setting the Timer	12
9. Auto Mode	12
E. Maintenance	13
F. Troubleshooting	14

A. Introduction

The Perfect Sleep Pad™ temperature control system is a revolutionary cooling and heating system that regulates the surface temperature of your mattress for a perfect night's sleep. Perfect Sleep Pad™ can be used 12 months out of the year and is designed to improve your sleep, season after season. The nearly undetectable silicone circulation tubes run conditioned water throughout the pad surface to maintain your ideal sleep temperature.

The Perfect Sleep Pad™ temperature control system allows adjustments to be made between a cool 55ºF (13ºC) and a very warm 114ºF (45.6ºC). The control unit heats or cools water to your set temperature and circulates it through the pad. It is quiet and uses only 160 Watts of power. Use Perfect Sleep Pad™ to set the temperature of your bed instead of heating or cooling your entire house while you sleep. Keeping your home thermostat at a more moderate temperature translates into real energy savings that allow your Perfect Sleep Pad™ product to pay for itself.

IMPORTANT NOTICE

The Perfect Sleep Pad™ Temperature Controller can be set to as low as 46ºF / 9ºC and as high as 118ºF / 48ºC. These extreme cold and hot temperatures are only to be used for a short period of time for therapeutic reasons. Example: Specialists advising you to use Perfect Sleep Pad™ for injuries for sports teams, etc. **Never ever use these extreme hot and cold temperatures for a long period of time**. We highly recommend you to find your Perfect Night Sleep Temperature between 55ºF to 95ºF / 13ºC to 35ºC for a great full nights sleep.

Main Technical Parameters

Rated Voltage	AC 110
Rated Frequency	50Hz - 60Hz
Temperature Control	55ºF (13ºC) - 114ºF (45.6ºC)
Rated Power	160 W - Full Powder
Power	80 W - Half Power

B. Before You Get Started

1. Keep the temperature controller away from areas that might become damp or wet, such as an open window. The temperature controller should be placed on a dry, firm floor, in a well ventilated area, free from surrounding fabric. Spacing of at least 24 inches (60 cm) should be left on all sides of the unit. The area above the temperature controller should remain free of obstacles as well.

2. Never turn the temperature controller on before the connection tube has been connected to the temperature controller.

3. The temperature controller must have water added before initial use. Refer to the “Set-Up” section of this manual for full instructions.

4. Avoid kinking of the hose between the temperature controller and the Perfect Sleep Pad™ product.

5. Be careful with sharp objects near the Perfect Sleep Pad™ product to avoid punctures of the circulation tubing.

6. Children must be under adult supervision when using the temperature controller.

7. The temperature controller is to be used on a standard AC power circuit of the proper voltage.

8. Turn OFF or unplug when not in use.

9. Overheating may result from using the Perfect Sleep Pad™ product in any manner other than as described in this manual.

10. Wrapping the power cord around the temperature controller may damage the cord. Please wrap the power cord loosely during storage.

11. If the temperature controller is not working properly, discontinue use immediately and contact the customer service number listed under Troubleshooting.

12. The temperature controller is programmed to turn off automatically after 12 hours of continual use. The unit can be turned on again manually or by remote control after the unit automatically turns off.

C. Contents

Remote Control

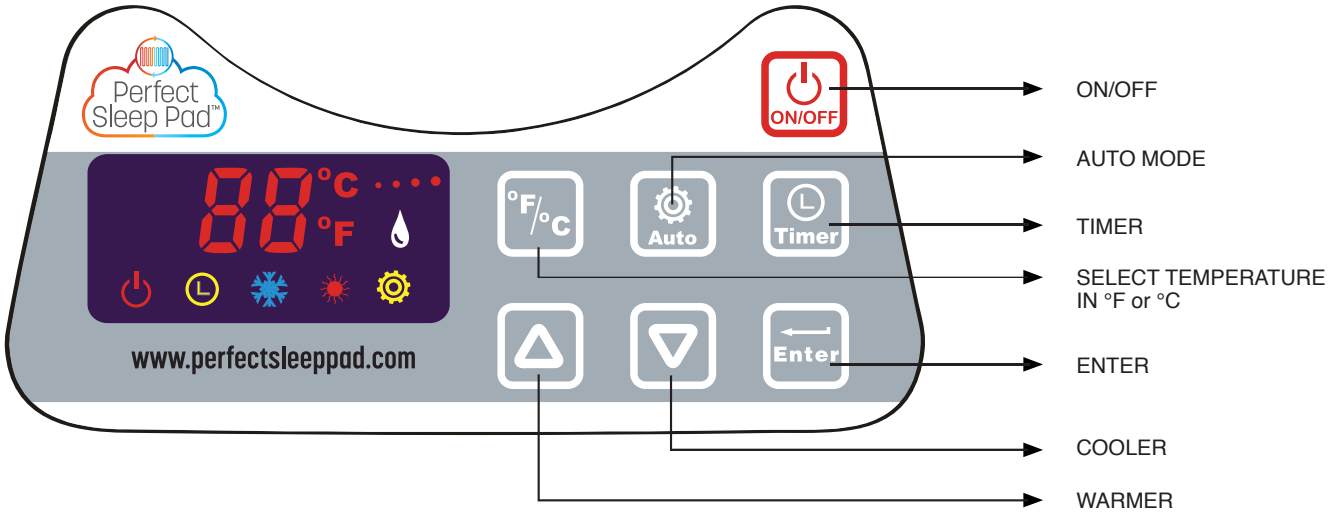
Temperature Controller

Mattress Pad

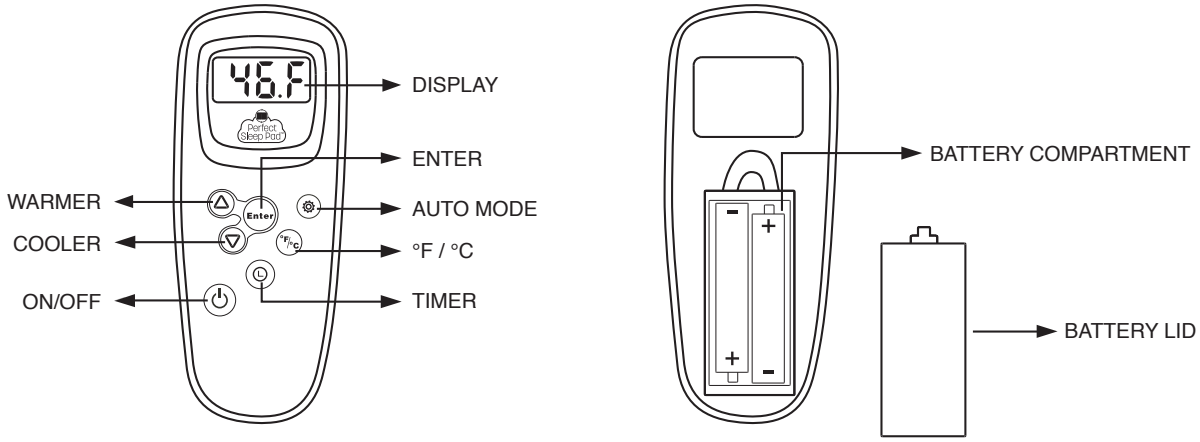
Drainage Key

7' Intermediate Tube

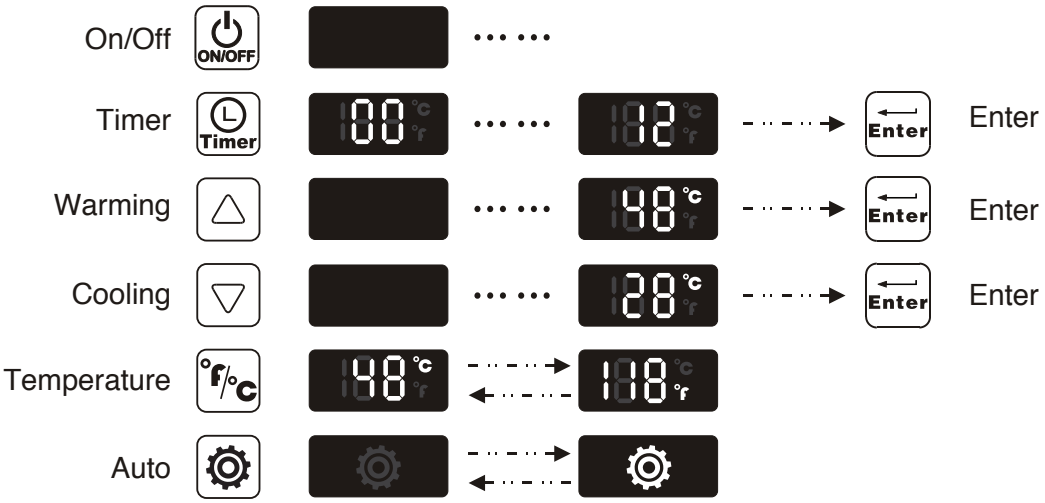
Using the Temperature Controller



Using the Remote Control



Control unit / Remote control operation



Paring Procedure

1. Unplug the control unit from the electric outlet;

2. Plug the control unit into the electric outlet press and hold "Down(or cool)" button until the digital hint appears on the screen.

3. At the same time press and hold both "Up" and "Down" button on the remote control, until the temperature value is displayed as well as" Heating" icon lights up on the screen of control unit;

4. Press"ON/OFF "button to restart the control unit;

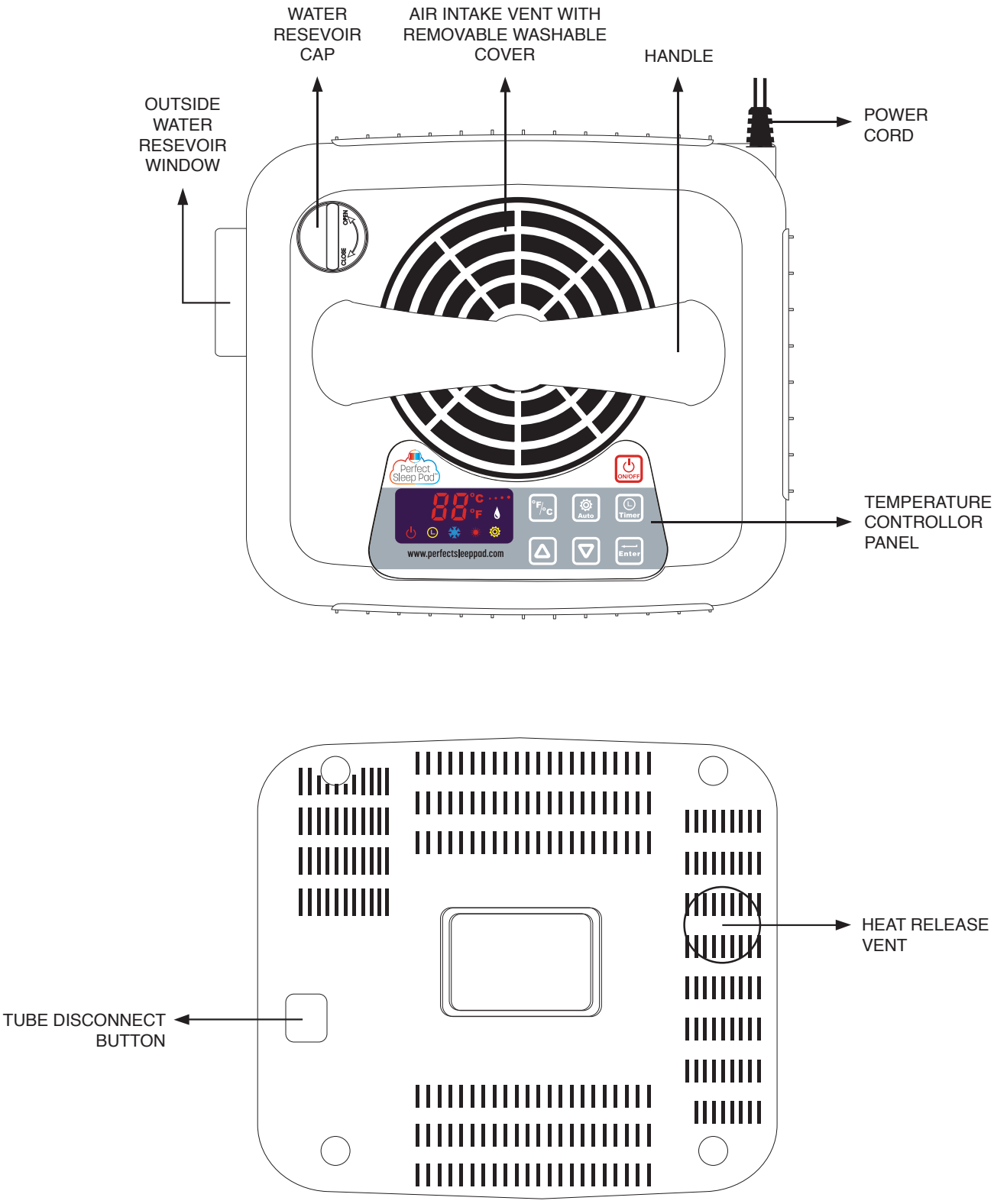
5. Each remote control can only be paired with one control unit; If you want to use it for another control unit, you have to finish the pairing operation the same way as above

DISPLAY REFERENCE								
					BLINK	°F/°C		
LOW WATER	POWER	TIMER	WARMING	COOLING	ENTER	SCALE	AUTO MODE	ENERGY USE

Control unit / remote control function

	Turn on the control unit and set the temperature according to the environment temperature and personal preference, press △ button to bring up the temperature, press ▽ to bring down the temperature. Press once to bring up or down by 1 degree. When you reach your desired temperature, press Enter button.
°f/°c	Press °f/°c button to change between Fahrenheit and Celsius. You do not need to press enter.
	In hot summers, no matter how cold user sets the control unit, as long as you press button, the control unit will go back to above 31ºC from its cooling state. In cold winters, no matter how warm user sets the control unit, as long as you press button, the control unit will go back to under 36ºC from its warming state.
Timer	**Start Timer** - With the control unit off, press Timer button to activate. Press a second time to set the number of hours user desires. Then press Enter to confirm. The control unit will sound a beep when it receives the signal. The control unit will power on automatically at user set time. If user wants to cancel, set the number to 00, and press Enter to confirm. **Run Timer** - When control unit is on, press Timer button to activate. Press a second time to set the number of hours user desires. Then press Enter to confirm. The control unit will sound a beep when it receives the signal. The control unit will power off automatically at user set time. If user wants to cancel, set the number to 00, and press Enter to confrom.
ON/OFF	Press ON/OFF button to control the power on or off. **Note:** Please disconnect power if controller is not in use for a long period of time.

Temperature Controller



D. Set-Up Instructions

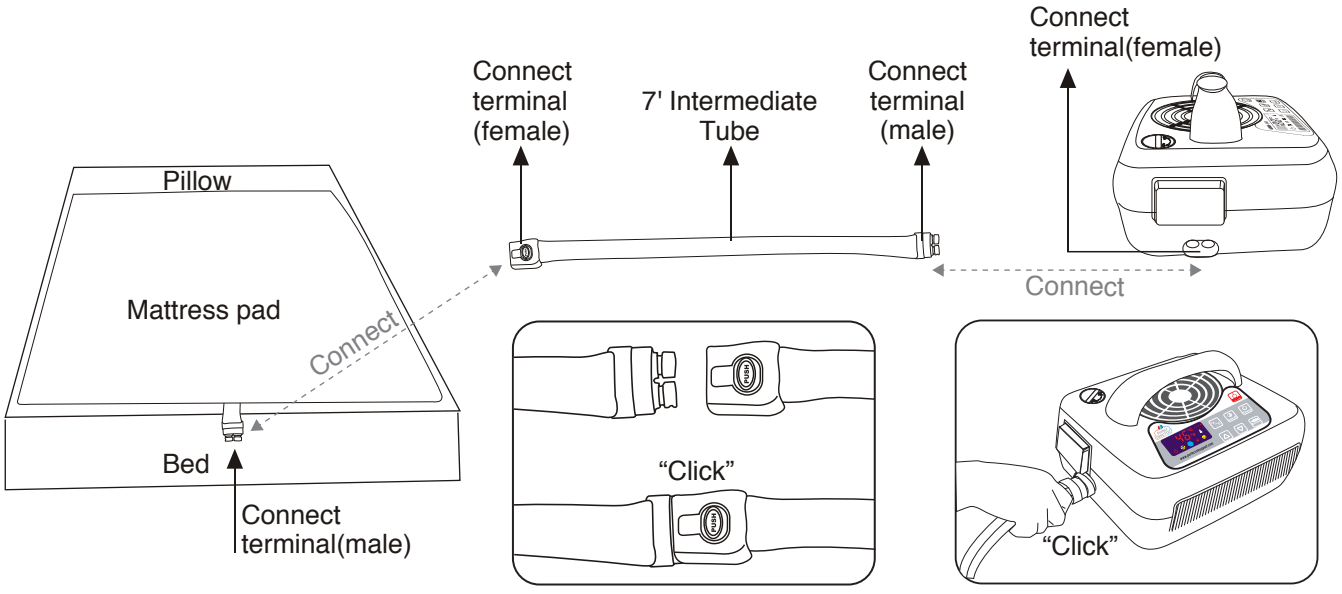
1. Setting Up Your Perfect Sleep Pad™ Product

• Perfect Sleep Pad™
a. Completely unfold the Perfect Sleep Pad™ and place flat on top of your mattress. The control unit may be positioned at the head or foot of the bed.
b. Position the elastic straps underneath the mattress to keep the Perfect Sleep Pad™ in place.
c. Make your bed as usual. The Perfect Sleep Pad™ is intended to be directly under your fitted sheet. A blanket or comforter should be placed over the body when the Perfect Sleep Pad™ is in use to provide the needed insulation to keep the bedding surface cool or warm so it can perform as designed.

2. Connecting the Tubing

Place your Perfect Sleep Pad™ temperature controller flat on the floor near your bed. Remember that spacing of at least 24 inches (60cm) should be left on all sides of the unit. Connect the 7' Intermediate tubing from your Perfect Sleep Pad™ product to the temperature controller as shown below. You must hear a “click” sound to ensure proper connection. Then connect intermediate tube to pad tube.

Note: If you need to disconnect the tubing, press the tube disconnect button on the bottom of the control unit. Please note that a few drops of water may result when disconnecting the tubing.



3. Connecting the Power

Plug the power cord into an outlet.
Note: This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit in a polarized outlet only one way. If the plug does not fit in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

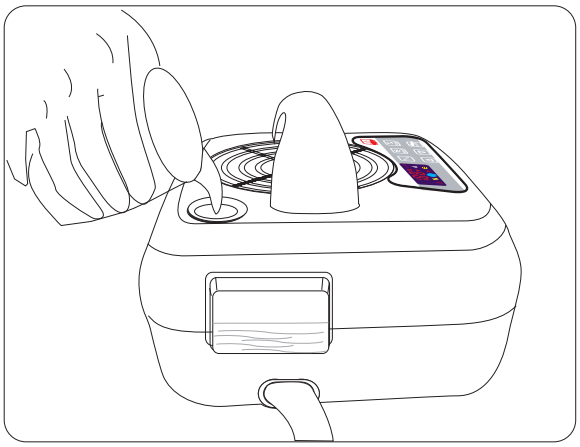
4. Filling the Temperature Controller with Water

You will need to fill the reservoir with water before the first use. The water reservoir is located on the top left corner of the temperature controller. Unscrew and remove the cap and add water until the reservoir is full (approximately 8oz / 236ml). Use clean water. **Distilled water is recommended**. Turn the control unit on by pressing the ON/OFF button.

The temperature controller will beep and the pump will begin to run. The water will begin to circulate through the tubing in your Perfect Sleep Pad™ product. Continue to slowly fill the reservoir until the water level reaches the top of the water reservoir window (approximately 16oz / 473ml). Replace the cap and screw on tightly.

Notes:

- Do not immerse the temp. controller in water to fill.
- Be careful not to spill water on the controller.
- Refill the water reservoir when the water level gets low or the Low Water light comes on. The unit will not operate when the water level in the reservoir is too low or empty.
- Use clean water. **Distilled water is recommended**.
- Use the water reservoir window located on the side of the unit to monitor the water level.



6. Turning the Control Unit OFF

Press the ON/OFF button on the temperature controller or remote, the controller will beep and the pump and fan will stop running. The pump and/or fan may continue to run for a short time once the unit has been turned off. If the unit is not be used for a long time, unplug from the wall.

7. Adjusting the Temperature

The temperature controller must be turned on to adjust the temperature. The controller heats or cools water to your set point between 55ºF and 114ºF (13ºC and 45.6ºC).

In some cases the maximum and minimum temperatures will not be reached due to many factors including: ambient air temperature, humidity, insulation and heat load on top of the Perfect Sleep Pad™ product.

Condensation may occur on the tubing based on the above conditions. Please see the troubleshooting guide for information on how to solve this issue.

To Cool:
• Press the COOLER button to select your desired temperature.
• Press the ENTER button to set the desired temperature on the unit.

Note: For cold setting start temperature at 75ºF / 24ºC then press enter button. Lay on mattress with no clothes on, and use a good comforter to trap the cool air. You should try this temperature for 5 minutes and if it feels not cool enough, you can adjust the temperature either on the control unit or the remote control. We would suggest changing the temperature two degrees at a time so you can feel the difference. Eventually you will find the ideal temperature for your body. (Not to hot or not to cold Thermo Neutral).

To Warm:
• Press the WARMER button to select your desired temperature.
• Press the ENTER button to set the desired temperature on the unit.

The temperature controller will beep to confirm that the setting was accepted.The temperature adjustment steps can be completed with either the remote control or on the temperature controller display panel.

Note: For warm setting start temperature at 90ºF / 32ºC then press the enter button. Lay on mattress with no clothes on, and use a good comforter to trap the warm air. You should try this temperature for 5 minutes and if it feels not warm enough adjust the up arrow by two degrees at a time then press enter. Eventually you will find the ideal temperature for your body.

8. Setting the Timer

The timer will program the unit to turn on or off within 1 to 12 hours of setting. When the TIMER button is pressed it defaults to 00 hours. Continue to press the button to set the time interval. For example, if it is 8:00 pm and you want the unit to turn on at 10:00 pm, set the timer at 2 hours. Likewise, if the time is 10:00 pm and you want the unit to turn off at 2:00 am, set the timer at 4 hours.

Set the unit to turn ON at designated time:
- Ensure that the control unit is off.
- Press the TIMER button, keep pressing the TIMER button until the desired number of hours to turn on is reached.
- Press the ENTER button. The indicator light above the TIMER button will remain on.
- The control unit will begin warming/cooling in the number of hours selected.

Set Unit to turn OFF at designated time:
- Ensure control unit is ON.
- Press the TIMER button, keep pressing the TIMER button until the desired number of hours to turn off is reached.
- Press the ENTER button. The indicator light above the TIMER button will remain on.
- The control unit will stop warming/cooling in the number of hours selected.

Note: The timer can be set with the remote or on the unit itself.

9. Auto Mode

The Automatic Mode changes your sleep temperature one hour after setting the program, enabling you to fall asleep at one temperature but awake at another.

To fall asleep at a cooler temperature and wake at a warmer temperature:
- Set the unit to any temperature less than 88ºF.
- Press the AUTO button.
- After one hour, the unit will automatically warm to a consistent 88ºF.

To fall asleep at a warmer temperature and wake at a cooler temperature:
- Set the unit to any temperature more than 95ºF
- Press the AUTO button.
- After one hour, the unit will automatically lower the temperature to a consistent 95ºF.

Note: If the unit's temperature is set between 88ºF and 95ºF, pressing the AUTO button will maintain the set temperature with no change.

E. Maintenance

Water Maintenance

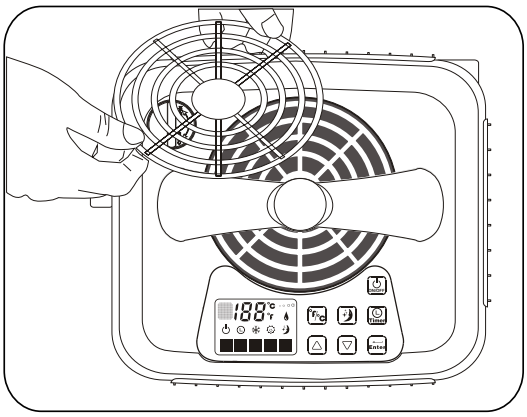
• Add 1oz. (30cc) of hydrogen peroxide once per month or if you notice any sediment buildup in the water reservoir.

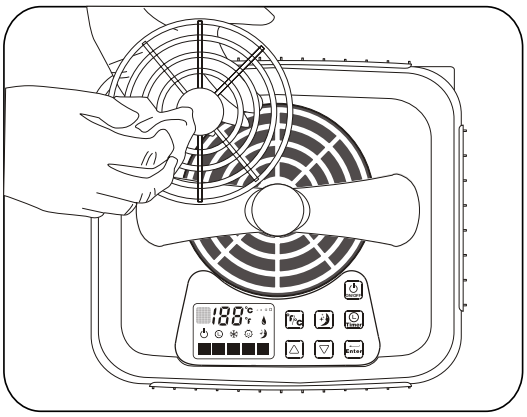
Disconnect the Tubing

• If you need to disconnect the tubing from the temperature controller, press the tube disconnect button on the bottom of the temperature controller.

Monthly Cleaning of Temperature Controller and Dust Filter

• With the temperature controller turned off and unplugged, use a clean damp cloth to clean the outside of the controller and remote control. Use only mild soap if necessary.
• Never submerge or get water inside the controller.
• Over time the fan dust filter may get covered with dust, which can affect the performance of your Perfect Sleep Pad™. To remove the fan filter, turn counterclockwise to take off and turn clockwise to reinstall. Run it under water, wait until it is dry, and put it back in place.





Every three months - Deep Cleaning

• Empty all water from the temperature controller(s).
• Fill controller(s) with 1/2 cup (4 oz / 118 ml) of hydrogen peroxide.
• Completely fill controller(s) with distilled water.
• Run controller(s) on “HI” setting with CAP OFF for 6-8 hours.
• Place controller(s) higher than pad to ensure water does not spill out of the top of the controller(s).
• After heating cycle dump water / hydrogen peroxide mixture, refill with distilled water. If cleaning has not been performed before or has been longer than 3 months, repeating this process may further improve performance.
• Once this cleaning process is complete, run system as normal, including the normal hydrogen peroxide additive.

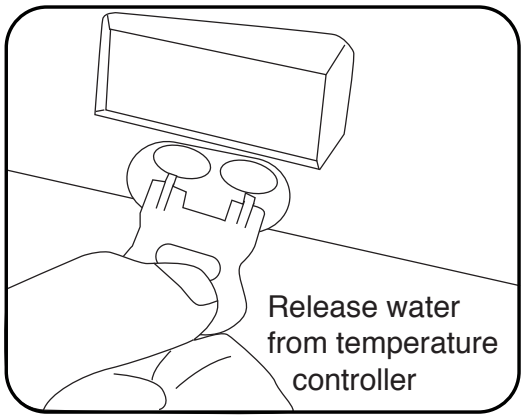
Cleaning the Perfect Sleep Pad™

If you purchased a Perfect Sleep Pad™ and wish to clean it:

• Disconnect the Perfect Sleep Pad™ connection tube(s) from the temperature controller(s) by depressing the button on the bottom of the controller(s).
• Release intermediate tube by pressing button.
• Remove the Perfect Sleep Pad™ from mattress.
• The Perfect Sleep Pad™ may be washed by hand with mild soap and water or in a front load washer, or in top load if the tube is tied securely to prevent it from wrapping around the agitator.
• Hang dry or tumble dry on low heat.
• Do not iron.
• Before reconnecting the pad to your temperature controller, inspect the connection tubes and ensure the two o-rings (one ring on each side) are securely in place.

How to remove water from the Perfect Sleep Pad™

If the temperature controller will not be in use for an extended period, use the water release key to purge the water. The pad must be inverted with tubes hanging down to allow for maximum draining. Use the plastic key to press into the end of the hose to release the water.



Storing the Temperature Controller

• Disconnect the connection tubing from the temperature controller.
• Drain any remaining water from the unit by removing the water reservoir cap. Gently tilt the control unit so the water drains through the reservoir opening. Replace the cap.
• Wrapping the power cord around the control unit may damage the cord. Please wrap the power cord loosely during storage.
• Remove the batteries from the remote control.
• Store the temperature controller and remote control in a clean, dry place.

F. Troubleshooting

Use this guide to address problems with your Perfect Sleep Pad™ Product. If the issue still occurs, please contact customer service at www.perfectsleeppad.com or 1.800.304.1497

Issue	Possible Reason	Solution
Does not turn on	No power	Check to see if the outlet has power. If the electrical cord is damaged, unplug immediately and call customer service.
	Disconnected from power source	Reconnect the power cord to power source
	Reservoir is out of water	Add water by following the Set-Up Instructions in this manual
	Remote is not working	Replace the batteries
	Remotes are switched (dual zone)	Compare the frequency ID on the remotes with the controller serial ID suffix to determine which remote operates each controller.
	Water on controller panel	Ensure control panel is dry and free of water
Poor cooling/ warming effect	Reservoir is low on water	Add water by following the Set-Up Instructions in this manual
	Temperature is not set	Adjust the temperature and press Enter to set.
	Tubing is kinked	Make sure the Perfect Sleep Pad™ Product is flat on the bed and there are no kinks in the tubing.
	No covering over the Perfect Sleep Pad™ Product	Use a covering like a blanket or comforter to help insulate the Perfect Sleep Pad™ Product from the outside air.
Condensation	20ºF (10ºC) difference in air temperature and the controller temperature setting	Adjust the controller setting up 2º - 5º until there is no longer a condensation build-up.
Error code displayed on control unit display panel	Unit is equipped with several automatic shut-off functions to protect the system; an error code indicates this situation has occured. (E1, E2, E3, E4)	Turn off and unplug unit. Wait 15 minutes, turn unit on, reset preferred sleep temperature settings. If issues persists, note error code, unplug controller and call customer service.

USA
2501 Broadway St., Unit 2
Buffalo, NY 14227

Canada
5787 Steeles Avenue West
Toronto, ON M9L 2W3

USA & Canada Toll Free Customer Service
1.888.535.7446

www.perfectsleeppad.com