

lark / lark pro user manual

lark is a dual band and mobile app system that helps you get more out of your sleep. It automatically tracks your sleep and coaches you on how to improve your sleep. Both lark and lark pro also wakes you silently without disturbing the person sleeping next to you.

What's in the box



- 1 soft wristband
- 2 sleep sensor
- 3 LARK UP app

- 4 Personal Sleep Coach (lark pro only)
- 5 wristband and iPhone charging dock
- 6 power cord

Getting Started

Just got a lark and not sure what to do?

Charge

Start by making sure your wristband is charged. To charge your lark band:

- 1 Remove the sleep sensor from the package and insert it into the pocket of the lark band.
- 2 Plug the lark wristband into the charging dock.
- 3 Connect the power cord to the charging dock and plug it into a wall outlet. (Charging may take a couple of hours.)
- 4 When lark is fully charged, the light on the sleep sensor will turn green.



User Tip: Mini USB on charging dock is for use with the lark wristband only.

Charge the lark wristband only with the supplied charging dock and power cord.

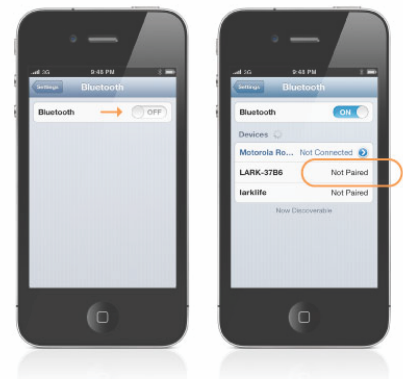
Connect

lark and lark pro work with iPhone, iPad and iPod touch. To connect your lark to your mobile device:

- 1 Unplug lark from the charging dock. The LED light will be blinking orange.
- 2 Open the Settings app on your phone and then click on Bluetooth.
- 3 Turn ON Bluetooth and lark will show up under your list of devices detected.
Select “lark” to pair and connect.

User Tip: If phone does not pair with lark, initiate the pairing process again by plugging lark into the charging dock for ten

seconds, unplugging it, and trying the steps above again. If at any point you want to unpair lark from your mobile device, simply go back to the Bluetooth menu, select “lark,” and click “Forget this Device”.



Download

The free LARK UP app is required to use the lark or lark pro systems. To download the LARK UP app:

- 1 Open the App Store app on your device
- 2 Search for “LARK UP”.
- 3 Download the free app by tapping on the button that says “Free.” You will be prompted to enter your Apple ID and Password.
- 4 Once installed, launch LARK UP to begin.

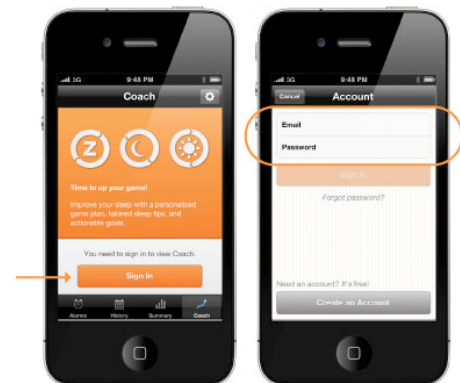
User Tip: The LARK UP app runs on iOS 4.3 and above. You can update your iOS for free simply through iTunes.



Setup an account

In order to use lark or lark pro to track your sleep, you need to create an account with lark. To set up an account:

- 1 Launch the LARK UP app.
- 2 Go to the “Coach” tab.
- 3 Click on the “Sign In” button and select “Create an Account.”
- 4 Complete all the fields and press “Create.”
- 5 Confirm your account by activating the link sent to your email account.



User Tip: You can sign up for an account on your computer at <https://my.lark.com>

next →

Activate the Sleep Coach (lark pro users)

After you have signed up for an account, begin your sleep training by activating your 7-Day Sleep Assessment, one free sleep assessment is included for all lark users, while lark pro users get as many 7-Day assessments as they want over the course of a calendar year. This assessment establishes a baseline to help you benchmark and determine your Sleep Type. To start a 7-Day assessment:

- 1 Go to the Coach tab in the LARK UP app
- 2 Click on “learn more about PRO”
- 3 Tap on “7-Day Assessment” and click on “Try Now”
- 4 Your 7-Day Sleep Assessment is then activated.
- 5 lark pro users: to activate your lark pro sleep coach, go to <https://my.lark.com>
- 6 Sign in using the email and password you created in the app
- 7 Click “Activate PRO” on the top right hand side of the navigation bar
- 8 Enter the subscription code from your lark pro box (or in an email if you purchased the Sleep Coach pro upgrade online) and press “Go”
- 9 Your account will then unlock the pro features and you can gain access to unlimited 7-Day Sleep Assessments.



User Tip: Fill in your Pro le section and answer the Natural Rhythms Survey so your Sleep Coach can provide you with more accurate sleep data, a better training experience and more personalized recommendations.

You can start, end and access your 7-Day all from your LARK UP app.

next →

Set your alarm

lark and lark pro use a soft, comfortable wristband for night time that tracks how well you sleep and wakes you up silently with a vibrating alarm. To track sleep and set the silent alarm clock:

- 1 Make sure your wristband is connected with your mobile device through Bluetooth.
- 2 After you have successfully connected your lark with your phone, the lark sleep sensor will be blinking green. This indicates that you are ready to set your lark alarm.
- 3 Launch the LARK UP app and a quick guide will walk you through the process of setting your alarm.
- 4 Be sure to switch the alarm button to "ON" to activate alarm.
- 5 Once the alarm is set, wear lark on the wrist of your non-dominant hand for the best tracking. (If you write with your right hand then wear it on your left hand).
- 6 If you are also using lark or lark pro to track your sleep, lark will start recording your sleep patterns once you turn on your alarm. For more accurate data, keep lark docked until you are ready for sleep.



User tip: You can set your alarm while lark is on the charging dock or off the dock and flashing green. If you need to change your alarm when lark is no longer connected to Bluetooth, turn off your alarm in the app and plug in your lark into the charging dock to regain connection.

Wear

Wear lark each night to experience the greatest benefit.

- 1 Slide your hand through the loop of your lark band.
- 2 Fasten the band with its velcro padding to a point where it hugs your wrist gently and comfortably.
- 3 Make sure your phone is within 15 feet of your lark.



4 If for some reason your phone runs out of battery, your lark will still vibrate to wake you. To turn off the vibration, plug your lark into the charging dock. If your lark runs out of battery, you will be awoken by lark's Peace of Mind audio backup alarm on your phone as long as the volume on your device is on.

User Tip: Wrapping the band too loosely around your wrist reduces the effectiveness of the lark vibration technology. It's also important to keep your mobile device on and charged through the night while wearing your lark. Connect the USB charging cable that comes with your phone to the USB port on the back of the charging dock. Place your phone in the device cradle to transform it into a night-time clock.

Turn Off Alarm

In the morning, deactivating your lark is easy. When your lark vibrates:

- 1 Hit “snooze” or the “slide-to-stop” bar that will be showing on your mobile device to stop the alarm.
- 2 If you are signed into your lark account and your Bluetooth connection is On, your sleep data and feedback from your Personal Sleep Coach will be immediately displayed on your phone screen once your alarm is turned off.
- 3 If your 7-Day Sleep Assessment has been activated, at the end of the 7th night you will receive an email notifying you that your sleep report, which includes your Sleep Type and an action plan, is ready to be viewed.

User Tip: You may also stop the vibration by plugging your lark into the charging dock. To ensure lark's dynamic vibration to be effective in waking you up, charge your lark everyday.



Safety Information

lark products can (as is possible with any electronic product) fail without warning. For this reason, lark can not recommend, condone or warrant any application of our products that could cause harm or injury, in any manner, to any person, equipment, or facility upon such failure of the product. For your safety and to protect the equipment from damage in the event of failure, it is important to follow all directions and suggestions related to the products, including (without limitation) only using the power cord that comes with the original packaging and unit. Product is not waterproof and is not intended to be used near water.

Federal Communications Commission (FCC) Statement

Contains Transmitter Module FCC ID:T9J-RN42

Model 10001

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Industry Canada (IC) Statement

Contains transmitter module IC:6514A-RN42

Model 10001

This device complies with Industry licence-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device."

Ce dispositif est conforme à la norme de l'industrie RSS exempts de licence (s). Son fonctionnement est soumis aux deux conditions suivantes:

- (1) cet appareil ne peut pas provoquer d'interférences et
- (2) cet appareil doit accepter toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif.

Déclaration de conformité pour la République Française

Par la présente, Lark Corporation déclare que l'appareil Lark Pro est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive 1999/5/CE. En tant que tel, il peut être vendu dans l'ensemble de la communauté Européenne.

©2012 lark technologies. All rights reserved. lark is a trademark of lark technologies, inc. The Bluetooth® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by lark technologies, inc. is under license. Other trademarks and trade names are those of their respective owners. iTunes Store is a trademark of Apple Inc., registered in the U.S. and other countries.