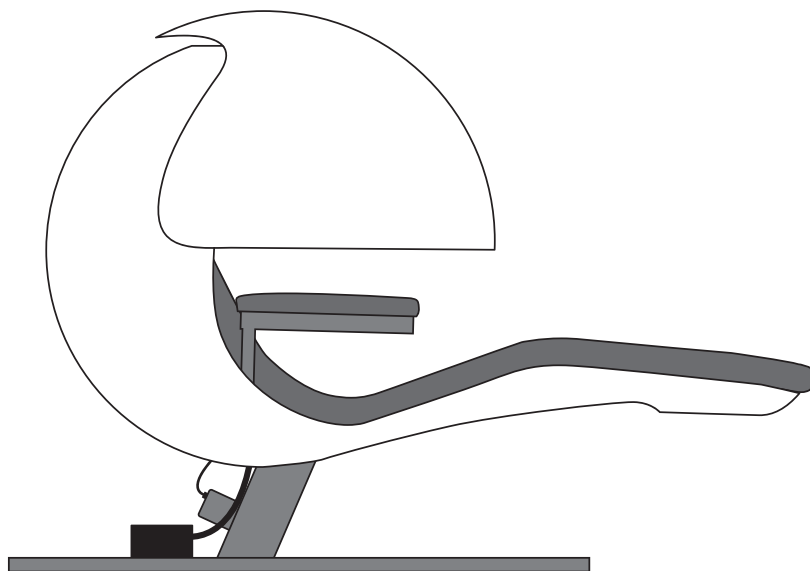


# **energypod<sup>®</sup>**

User Manual



by

**metronaps<sup>®</sup>**

Designed in New York, Made in America.

# EnergyPod® User Manual

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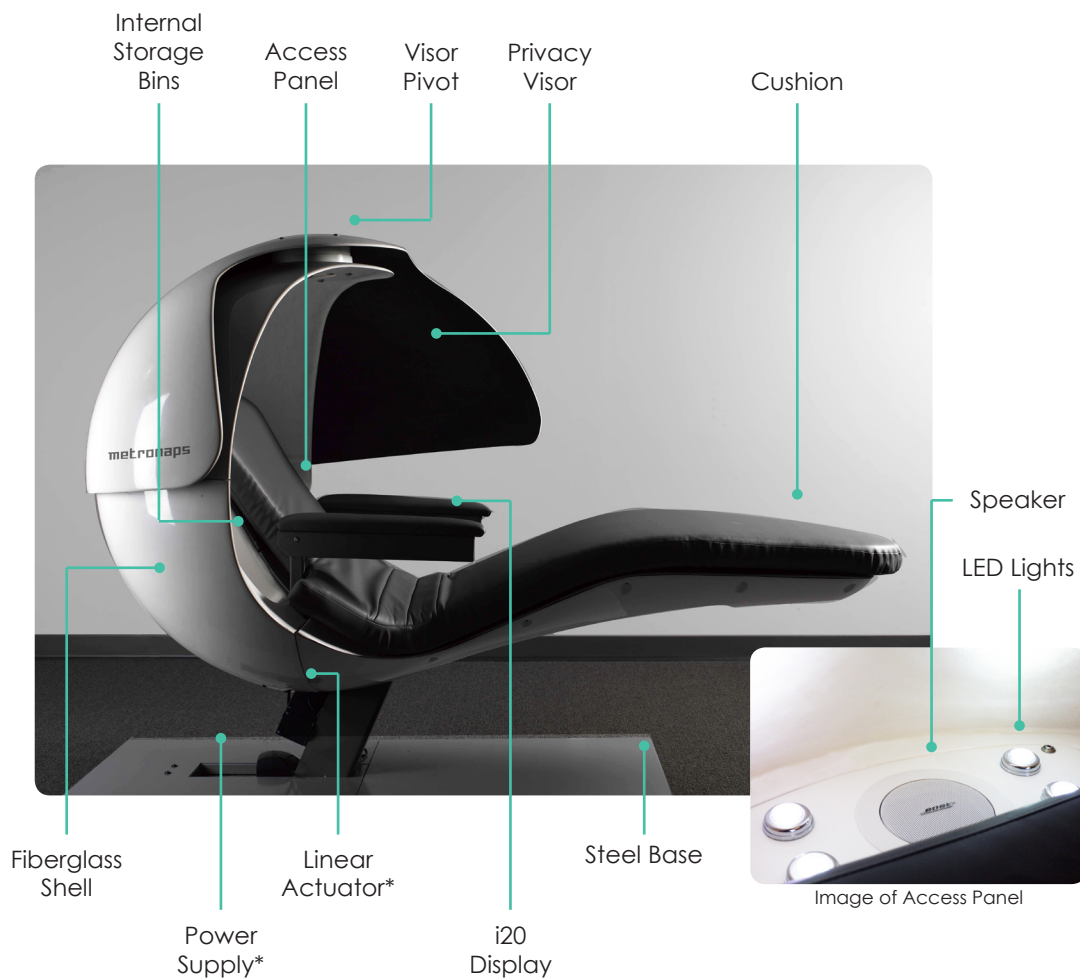
# Overview

Congratulations on your new EnergyPod®!

The EnergyPod is an innovative and elegant solution to a modern problem: where to take a brief nap while at work. Based on years of research, the world's first chair designed specifically for napping combines stylish design with ergonomic functionality to create the ideal energy enhancing environment.

This manual will help you to get started and learn more about the EnergyPod's functions, as well as maintenance and warranty.

## Getting Started

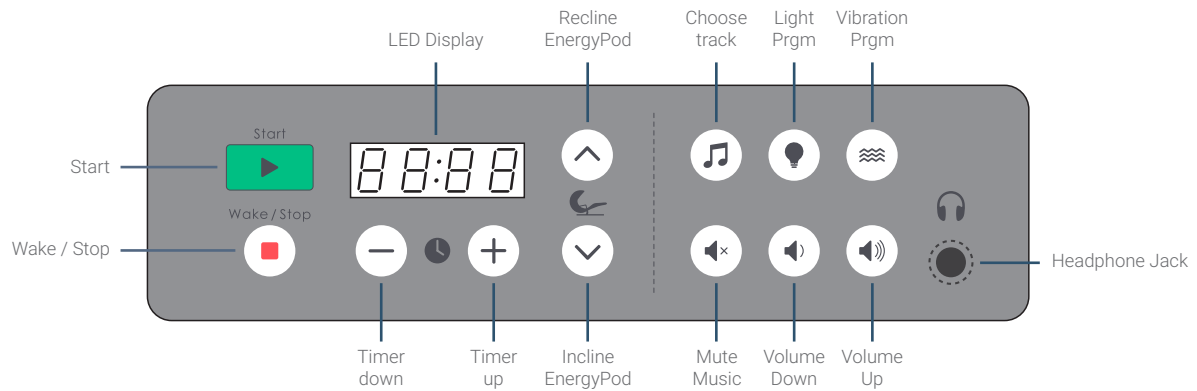


\* Model dependant

**metronaps**

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# Interface Console



- Start: Starts a programmed 20 minute nap
- Wake / Stop: 1 click goes to wake part / 2 clicks ends the session
- LED display: shows current or remaining nap time
- Time Up: increase nap duration
- Time Down: decrease nap duration
- Recline/Incline: adjust chair position
- Music Program: select music program
- Light Program: select light program
- Vibration Program: select vibration program
- Volume Up: increases volume of music
- Volume Down: decreases volume of music
- Mute Music: Mutes the music
- Headphone Jack: plug in headphones (3.5 mm jack)

# Safety Instructions

## At delivery



### Inspect for damage

Immediately upon delivery, inspect your EnergyPod for damage. Contact us immediately if any damage is found.

## At installation



### Heavy parts

Be aware that parts of the EnergyPod are heavy, and require two people to carry or move.



### Moving the EnergyPod

We recommend four (4) people to move the EnergyPod once assembled. Always unplug the EnergyPod prior to attempting to move it. Never lift the EnergyPod by any of its fiberglass components. Lift only by the metal base and arms.



### Cable placement

Make sure to properly secure the power cable to avoid tripping.



### Surface

The EnergyPod should be installed on a flat and even surface. We recommend a padded or carpeted surface for best results.

## During every day use



### Magnets

Magnetic objects can cause various types of damage to the EnergyPod's electronics. Keep magnets and magnetic objects away from the EnergyPod.



### Humidity

Do not expose the EnergyPod to moisture or extreme humidity. Corrosion and damage to the electronics can occur. Do not use the EnergyPod outside.



### Maximum load capacity

The maximum load capacity is 350 lbs (150 kg). Do not sit, stand on, or put significant weight on the foot end of the EnergyPod.



### Risk of electrical shock

Do not open the power supply or the electronics access panel unless instructed by your MetroNaps representative. Always unplug the power supply before attempting any maintenance actions.

## For maintenance



### Cleaning

Do not use abrasive cleaning fluids on your EnergyPod. Only use the recommended cleaning products. See Maintenance & Care section.



### Maintenance

Only your MetroNaps representative should conduct service or repairs on your EnergyPod. If you disassemble and/or attempt to repair the EnergyPod by yourself, you will void the warranty.

# Usage Instructions



## The i20® Technology

i20 technology is the firmware that powers MetroNaps devices. It has been developed around a scientifically proven principle: a 20 minute nap is beneficial for wellbeing and productivity.

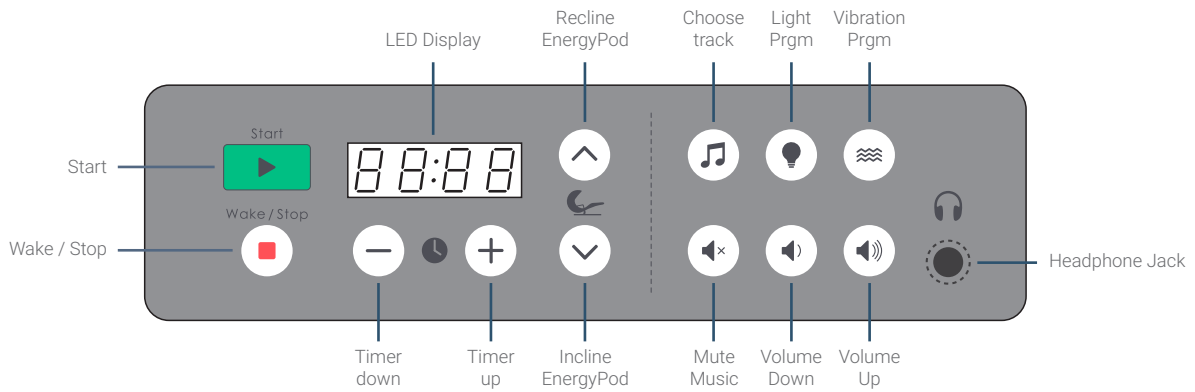
The i20 system optimizes a rest session by combining various stimuli to the senses unique to each of the three key phases of a short sleep experience: 1) hypnologic (inducing) 2) rest (maintaining) and 3) hypnopompic (waking).

A crucial feature of the i20 technology is the Green Start Button, which allows the user to activate all the key features of the EnergyPod: automatic recline, music, relaxation lighting and soothing vibration all commence together.

The i20 concept also reinforces the recommended napping time of 20 minutes. While longer naps are fine, they are not necessarily more beneficial, so the i20 button reminds individuals to keep naps brief.

# How to use the EnergyPod

The EnergyPod is easy to use. Follow the instructions described and visualized below:



Press the **Green Start Button** for a programmed 20 minute nap. Or, to create your own:



Adjust the time by using the – (decrease) and + (increase) button.



Adjust the recline by using the up and down arrows.



Select the music program by pushing the note button.  
P01 = Relax, P02 = Guided, P03 = Off.



Adjust the music volume by using the volume buttons.



For usage with headphones: Plug in any set of headphones with a 3.5 mm jack. The built-in speaker will turn off.



Select the light program by pushing the light bulb button.  
P01 = 3 min. Relax, P02 = On, P03 = Off.



Select the vibration program by pushing the vibration button.  
P01 = 3 min. Relax, P02 = On, P03 = Off.

Revive to a combination of vibration, light and music. The EnergyPod will return independently to its original position.



# Maintenance & Care

## Cleaning the EnergyPod

### Fiberglass & Steel

The EnergyPod should be wiped off for dust with a dry cloth at least once per week. In the event the EnergyPod sustains any superficial scratches on the fiberglass, use the MetroNaps EnergyPod sponge to remove. Simply wet the sponge with water and rub the scratch until gone.

### Cushion

The cushion should be cleaned with a MetroNaps Cleaning Wipe. Abrasive cleaners should NOT be used as this may lead to discoloration of the cushion.

In the event the cushion is stained, for example by ink, use a mixture of rubbing alcohol diluted 1:1 with water. Apply with a cotton swab on the underside of the cushion to make sure significant discoloration does not occur. You should see the stain transfer onto the cotton. Wipe clean with a MetroNaps Cleaning Wipe.

## Maintenance visits

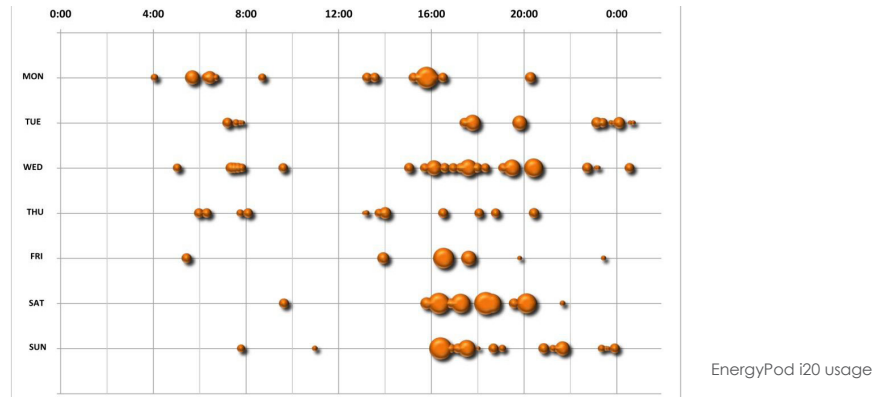
We recommend you arrange for a professional service of your EnergyPod(s) at least every six to twelve months. A visit from a MetroNaps technician will keep your EnergyPod looking its best and fully functional for years to come.

Contact: [support@metronaps.com](mailto:support@metronaps.com) for further information.

## Data tracking & usage reports

MetroNaps i20 technology offers the ability to receive detailed usage reports for each EnergyPod installation, showing day of week, time of day and for how long the unit has been used during a certain time period. The report can be used for the optimization of the installation.

Generating i20 reports requires the downloading of data from the EnergyPod by a MetroNaps technician. The data is then processed through our i20 system. We will send you the processed report as a PDF file, which looks similar to the report below.



## Troubleshooting

### Electronics

In the event that the EnergyPod's electronics appear to malfunction, first check the electrical power connections. To check, start by unplugging all power cables. Leave the unit unplugged for one minute, then reapply power. This resets the device (similar to rebooting a computer).

If problems persist, test each function to identify which one(s) do not work (for example recline, time set, etc.). Then contact your MetroNaps representative for support.

### Privacy visor

The tension of the privacy visor needs to be checked from time to time. Adjust the tension with a 4.0 mm hex allen wrench/key. Sit in the EnergyPod and look up. Locate the four bolts in the nylon pivot mechanism that are visible from inside the EnergyPod. Note: These are NOT the four bolts which secure the pivot mechanism to the fiberglass which are also visible.

The visor pivot bolts should have some tension, but not be tightened all the way. If tightened all the way this locks the privacy visor in place. If loosened all the way, this will cause the privacy visor to rotate freely. The privacy visor should rotate easily with a pull of the hand, but not swing too loosely. All four bolts should have approximately the same tension to facilitate even rotation of the privacy visor.

# Warranty

## Warranty coverage

All parts defective in material and workmanship are covered by this Limited Warranty. Product failures that have resulted from improper or unreasonable use or maintenance, accident, acts of God, fire, theft, excess moisture, lightning, power surges, or unauthorized tampering, alteration, repair or modification are not covered.

## Limitations of warranty

WHERE PERMITTED, THE PROVISIONS OF THIS LIMITED WARRANTY ARE IN LIEU OF ANY OTHER WRITTEN WARRANTY, WHETHER EXPRESS OR IMPLIED, WRITTEN OR ORAL, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. Notwithstanding the above, where applicable, if you qualify as a “consumer” under the Magnuson-Moss Warranty Act, then you may be entitled to any implied warranties allowed by law for the period of the express Limited Warranty as set forth below. Some states do not allow limitations on how long an implied Limited Warranty lasts, so the above limitation may not apply to you.

## Term of warranty

The MetroNaps® EnergyPod® Limited Warranty is valid for one (1) year (or two (2) years if you are located within the European Community). The purchase date is defined as the date of delivery and/or installation. If you would like to extend your warranty coverage, please contact your MetroNaps service representative.

## General terms

We will, at our sole option, repair or replace any defective parts within a reasonable period of time and free of charge. We will not pay shipping or transportation charges for returning any products or parts from you to us.

## To obtain limited warranty service

You must contact your MetroNaps representative for a service authorization number.

Our service representative will work with you to assess the failure, troubleshoot the product and determine the appropriate action to be taken.

If instructed to return a part to MetroNaps, you will be provided return and shipping instructions which will include but may not be limited to properly packing the part for shipping. Cartons not bearing a return authorization number will be refused.

If a service visit is required to solve the issue, you will be provided a choice of scheduled visit times. Upon visiting your facility, if the MetroNaps service representative determines that the failure is not due to a defect in material and/or workmanship, you will be charged at our standard service visit rates plus the cost of any parts or repairs that you elect for us to complete.

## Exclusive remedy

This Limited Warranty is NOT transferable. THE MAXIMUM LIABILITY OF METRONAPS SHALL NOT EXCEED THE ACTUAL PURCHASE PRICE PAID BY YOU FOR THE PRODUCT. IN NO EVENT SHALL METRONAPS BE LIABLE FOR SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT DAMAGES. Some places do not allow limitations on the exclusion or limitation of relief, special, incidental, consequential or indirect damages, or the limitation of liability to specified amounts, so the above limitations or exclusions may not apply to you.