

Three simple exercises to reconcile with your smart fridge

1. Restore a proper link with your home

🕒 An hour

These activities aim to help the smart home recognize you as its primary user.



- 1 - Walk in every room of the house at least twice
- 2 - Stay seated for 30 minutes in your favorite room
- 3 - Repeat your activation phrase at regular intervals

2. Let it to get to know your food habits

🕒 Two hours

These activities will support the smart fridge in its adaptation to your preferences.



1. Prepare small portions of ten different meals
2. The smart home will automatically detect your habits, dietary requirements and skills when you cook
3. Either eat your meals or dispose of them, the smart house will analyse your choices and preferences

3. Help it to keep monitoring your health

🕒 An hour

These activities will foster health monitoring provided by your smart house.



- 1...Right after eating, go for a nap. Your smart fridge will connect to the health sensors embedded in your smart bed in order to analyse the impact of different foods on your digestion according to your sleep pattern...The information provided will be used to adapt your diet accordingly.....

⚠️ What to do in case of trouble:

1. Deactivate smart appliances with your domestic emergency switch.
2. Your Smart Object Therapist will be instantly warned and will contact you within the next 15 minutes to check upon you. In case of injury, please contact the emergency services (999).

