# Rooting my Eight Sleep Pod 3

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8
EIGHT SLEEP
8

# Eight Sleep Problems

## Cloud Dependency

Autopilot depends on the cloud to do the calculations.

## No Local Access

No RJ45 jack, no way to control locally if the internet is down.

## Subscription Model

$199 (basic) or $399 (elite) per year to use Eight Sleep's application and autopilot.

# Eight Sleep Pod 3

This story starts on the night of October 19th, 2025, when a tired dad went to bed around midnight.

Suddenly at 2:11 AM on the morning of October 20th, **it all went wrong**.

# Eight Sleep Pod 3

Technical.ly
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How Amazon's most important cloud region became critical to daily online life, and why even a brief disruption can have global effects.

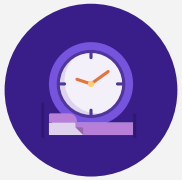
Written by **Katie Malone**
OCTOBER 20, 2025

# Whoa!

I woke up at 3:15 AM, as **cold as ice.** My Eight Sleep Pod was in cooling mode and just *didn't stop cooling*!!

I was now on the maximum level of cold and I could not turn it off.

amazon



## Hot

Reports of burns as “heating” autopilot went up to 100 degrees

## Cold

My autopilot was stuck on “cooling” mode and went down to 55 degrees

**This slide made me think of the classic song “Hot and Cold” by Katy Perry.**

# Eight Sleep's Response

Eight Sleep responded by releasing a feature enabling Bluetooth controls for their Pods shortly after the outage.

# Not Enough for Me, I need my ICP

## I

### Independence

No longer depend on the Eight Sleep infrastructure.

## C

### Customization

I wanted the capability to customize my level of service and security as I saw fit.

## P

### Peace

I wanted the peace of mind knowing my bed won't turn to an oven or a freezer at night if AWS has a bad day.

# Enter Free Sleep

README Contributing License

**Free Sleep — Local Control for 8 Sleep Pods**

https://github.com/throwaway31265/free-sleep/tree/main

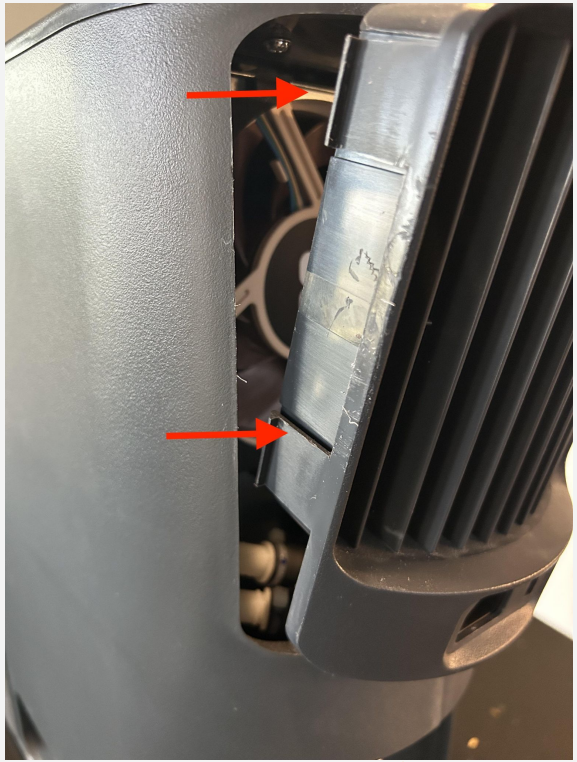
Rooting Eight Sleep for $70... much better that the $399 per year I was paying.

Walk-through seemed easy enough and it was reversible if something went wrong.

# Free Sleep Tools

1. $50 TC2070-IDC- 14 pin Plug-of-Nails programming ribbon cable
2. $13 FTDI FT232RL- FTDI USB to TTL Serial Adapter
3. $7 Dupont Wires- Breadboard Jumper Cables

# My experience with Free Sleep - Teardown



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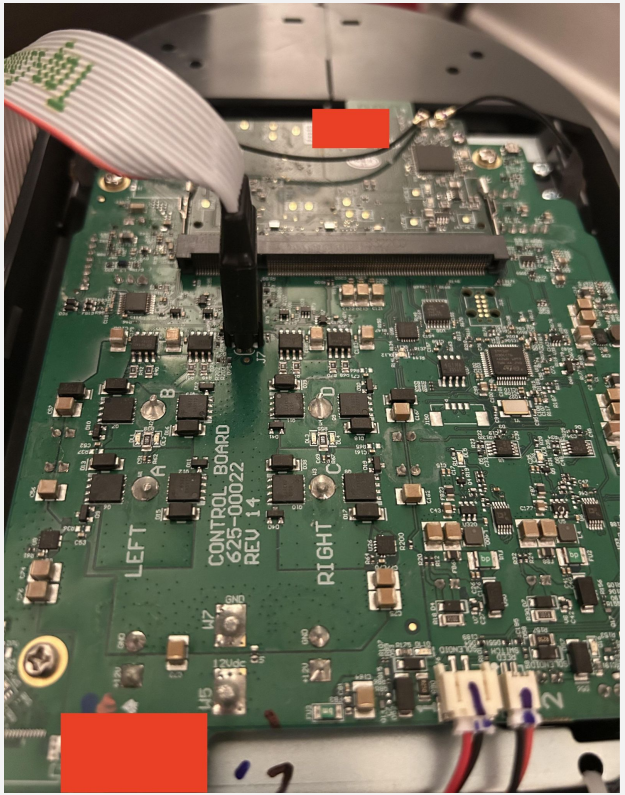


# My experience with Free Sleep - Serial

```
minicom -b 921600 -o -D /dev/tty.usbserial-B0010NHK
```

```
Welcome to minicom 2.9

OPTIONS:
Compiled on Sep 22 2023, 21:10:41.
Port /dev/tty.usbserial-B0010NHK, 12:34:09

Press Meta-Z for help on special keys
```

```
Welcome to minicom 2.9

OPTIONS:
Compiled on Sep 22 2023, 21:10:41.
Port /dev/tty.usbserial-B0010NHK, 12:25:01

Press Meta-Z for help on special keys

????????????????????????????????????????????????????????????????
<debug_uart>


U-Boot 2022.04 (Dec 23 2022 - 18:22:47 +0000)

CPU:   MediaTek MT8365
DRAM:  1 GiB
Core:  24 devices, 15 uclasses, devicetree: separate
WDT:   Started watchdog@10007000 with servicing (60s timeout)
MMC:   mmc@11230000: 0
Loading Environment from MMC... OK
In:    uart0@11002000
Out:   uart0@11002000
Err:   uart0@11002000
Net:   eth0: usb_ether
Hit any key to stop autoboot:  2
```

# My experience with Free Sleep - Serial

1. VERIFY your current_slot = a, if not, go back and firmware reset your pod

```
printenv current_slot
```

2. If you have current_slot=a

```
setenv bootargs "root=PARTLABEL=rootfs_a rootwait init=/bin/bash"
run bootcmd
```

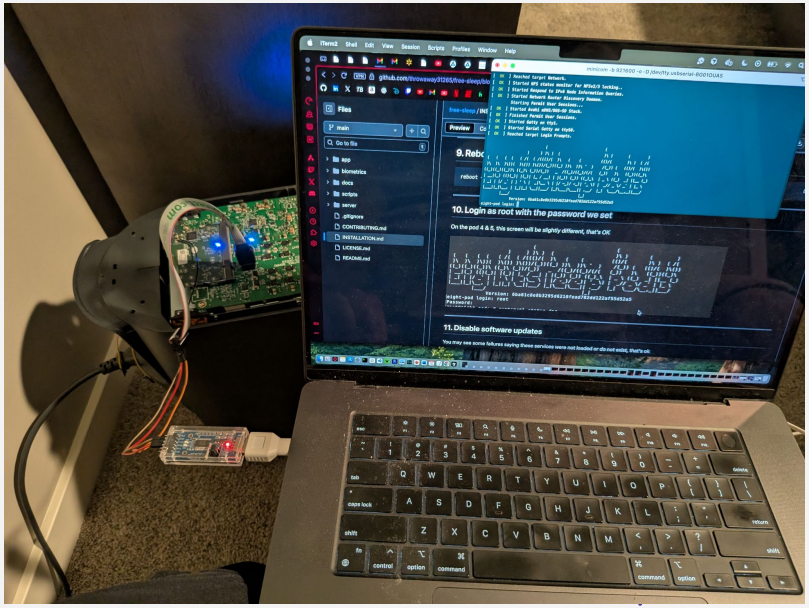
3. Mount the filesystem, then mount the file system in read write mode.

```
mount -t proc proc /proc
mount -t sysfs sysfs /sys
mount -t devtmpfs devtmpfs /dev
mount -t tmpfs tmpfs /run
mount -o remount,rw /
```

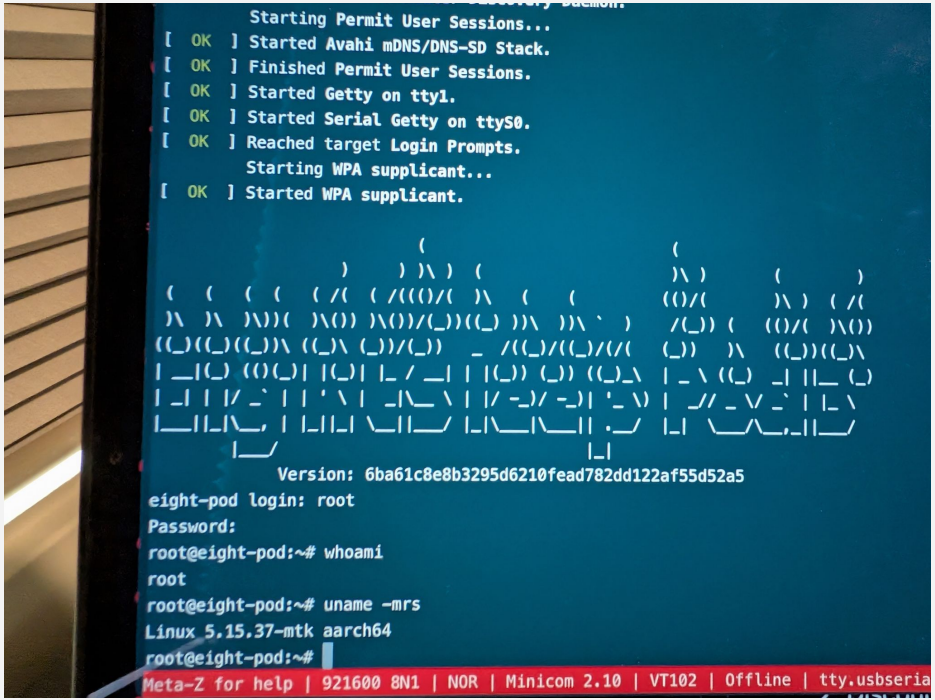
# My experience with Free Sleep - Serial

4. Update passwords for root & rewt then sync and reboot

```
passwd root
passwd rewt
sync
reboot -f
```

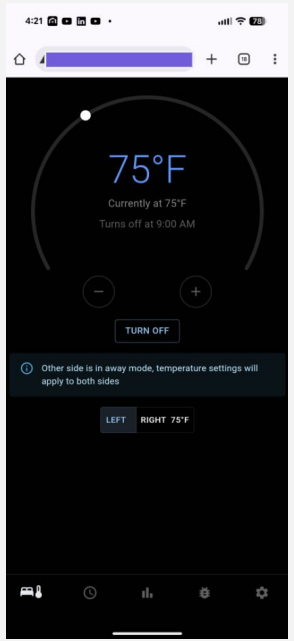


# My experience with Free Sleep - Serial




**Free Sleep also walks you through...**

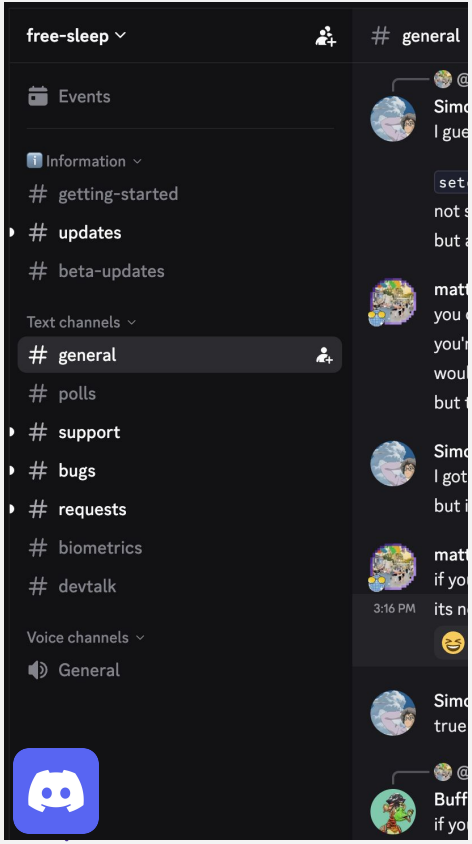
- Disabling Software Updates
- Setting up Internet Access to grab the Free Sleep node application.
- Installing Free Sleep node application



# My experience with Free Sleep - Serial

## Additional Modifications

- Enabling firewall rules to block access to the internet from the linux device.
- Adding ssh config.
- Enabling biometrics.
- Pass through to control via phone application away from home.



# Thanks

## Do you have any questions?

Blog post to follow at https://adamschaal.com

clevernyyyy /in/adamschaal

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