My Bed Tried to Freeze Me at 3:00am

And How I Rooted It



adam **schaal** · clevernyyyy@ · 09.24.2026

GrrCON

Adam Schaal



@clevernyyyy

/in/adamschaal

Serial Side-Project Starter

Amateur homelabber, passionate about self-hosting and occasional blogger at adamschaal.com.

Distinguished Engineer, Pixee AI

Focused on using generative AI and automation to change how application security is practiced at scale.

GrrCON


8
EIGHT SLEEP
8

Eight Sleep Benefits



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 WiFi 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
REPORTED BY HUMANS SINCE 2009

OUR ECOSYSTEMS ECOSYSTEMS MAP STARTUPS OUR SERVICES SUBSCRIBE

ENTREPRENEURSHIP & BUSINESS DC NATIONAL

What is US-East-1? Why AWS Northern Virginia server issues took down half the internet

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.

I C P

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.

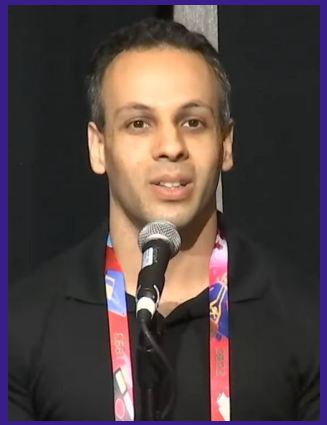
P

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.

Lets Go Break Something





Louis Rossmann
DEF CON 30

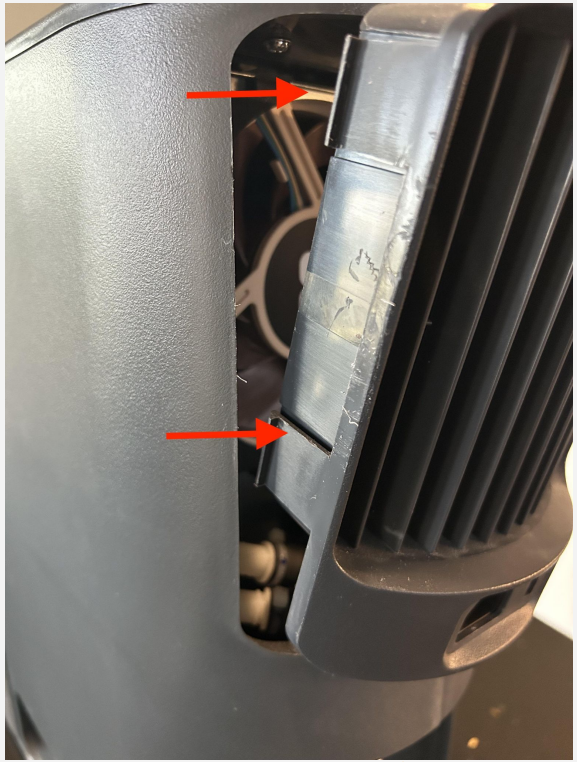
Right to Repair







Pod Teardown





Pod Teardown





Noctua computer fans?

Pod Teardown





ai: insert "success kid" meme





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 straightforward 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

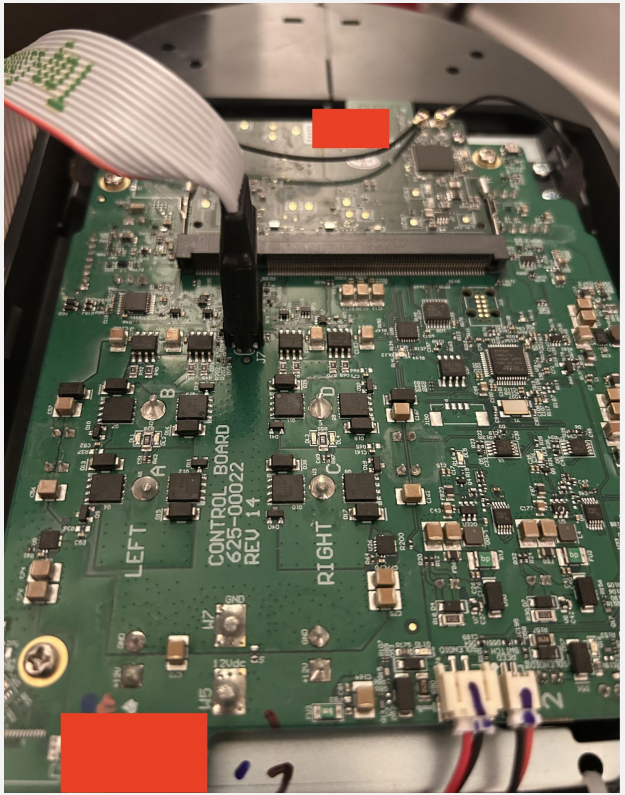






My experience with Free Sleep - Teardown





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
```

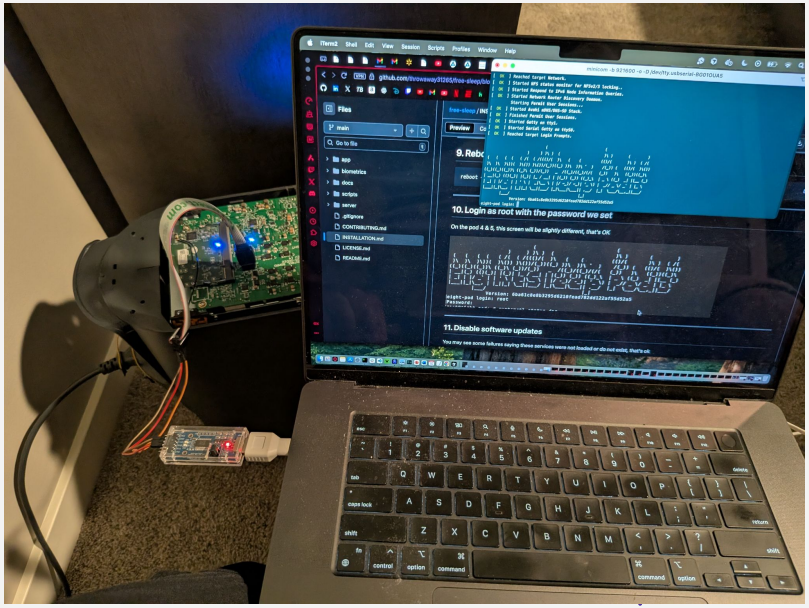
3. Mount the filesystem, then mount the file system in read write mode.

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

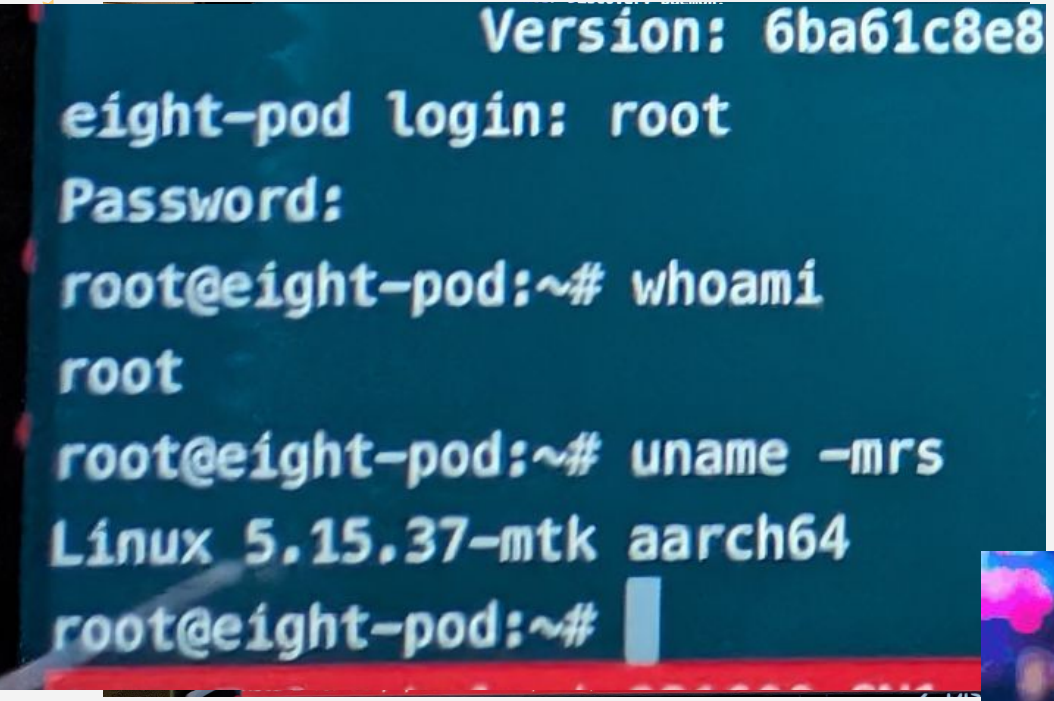
My experience with Free Sleep - Serial

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

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

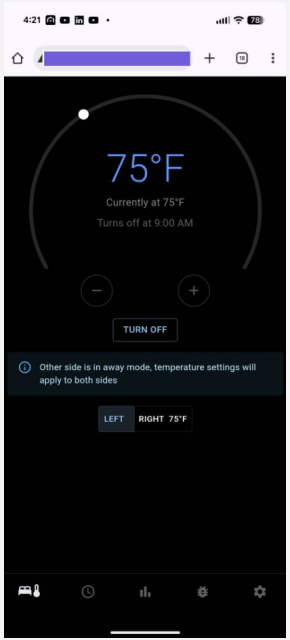


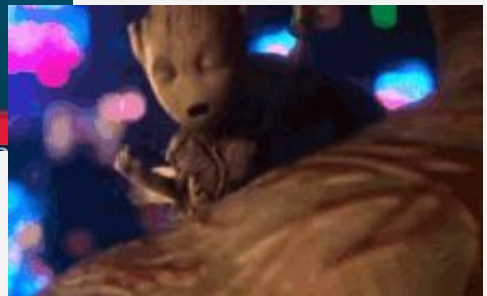
My experience with Free Sleep - Serial



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





I am gROOT... zzzzz

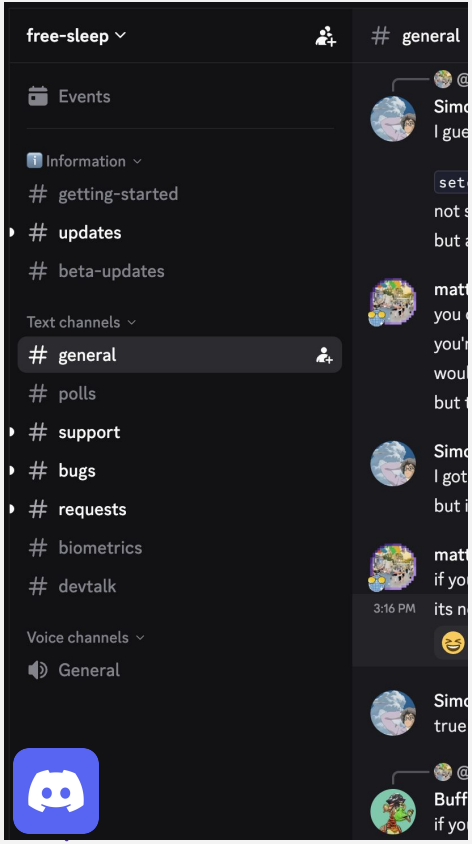
My experience with Free Sleep - Serial

Additional Modifications

- Enabling firewall rules to block access to the internet from the linux device.
- Adding ssh config.

YES, I can SSH into my Bed

- Enabling biometrics.
- Pass through to control via phone application away from home.



In Summary



Don’t be afraid to break things

Breaking things and putting them back together helps you learn.



Gain a Deep Understanding

Learning how your equipment operates helps keep your environment safe, private, and under your control.



Threaten Your Appliances

Nothing is sacred, do not be afraid to put your dishwasher in its place.

You're Next...





Thanks



Would you like to connect?

@clevernyyyy

@appsec.bsky.social

/in/adamschaal

/clevernyyyy

clevernyyyy

adamschaal.com

CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, infographics & images by **Freepik**