



WRIST CONTROL for Vallox

Fresh air at home, right on your wrist.

A Wear OS app for Vallox heat recovery ventilation. See how fresh the air is, switch modes in two taps, and let the app tune the unit to the way your home breathes.



See your air

CO2, humidity and temperatures at a glance, coloured green, yellow or red.

Smart modes

Every mode you pick on the watch sets its own fan speed and CO2 limit, and Optimize tunes Automatic to your home.

Know the cost

A weekly summary of air quality and fan electricity, and why it changed.

WHY IT PAYS OFF

The same fresh air, with less fan.

	Vallox unit on its own	With Wrist Control
Modes	Away and Automatic share one fan speed, so one of them is always a compromise.	Each mode sets its own fan speed and CO2 limit the moment you switch.
Tuning	Set by hand once, the same for every home and every season.	Optimize fits Automatic to your home's last 7 days, shows a forecast and can undo.
Your week	Current values and charts to read yourself.	Fresh-air share, fan electricity and why it changed, in one glance.

One home, one week, six ways to run the unit

CO2 shows how stale the air is: fresh up to 800 ppm ●, stuffy to 1200 ●, poor above ●. Fan power grows roughly with the cube of speed, so 70 % uses about 60 % more electricity than 60 %.

	Fan electricity 60 % all day = 100	Morning CO2 typical, ppm	Busy hours CO2, ppm
Fan at 70 % all day	159	648	785
Fan at 60 % all day how this home ran	100	686	846
Optimize: Clean air	224	616	721
Optimize: Balance	95	676	773
Optimize: Quiet	24	810	916
Automatic, basic settings Away 30 %, limit 800	18	862	967

40 % less

fan electricity than running at 70 % all day, with about the same air. That is Optimize Balance.

Fresher busy hours

than 60 % all day: 773 instead of 846 ppm, while using 5 % less electricity.

76 % less

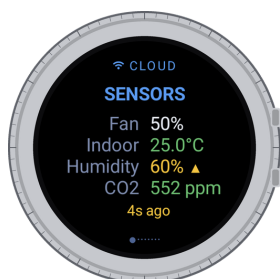
fan electricity with Quiet, and a quieter home. Mornings rise to about 810 ppm.

Estimates from one home's 7-day history, made with the same model Optimize uses. Fan electricity only, relative to running at 60 % all day. Heating energy is not included: less air also means less heat to recover in winter. "Busy hours" are the stuffiest 10 % of the time.

THE APP

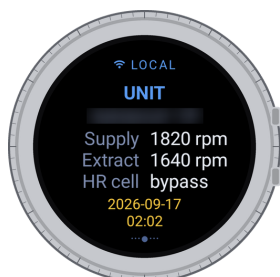
Everything about your air, one swipe apart.

Swipe left and right between pages. Tap a page to act on it.



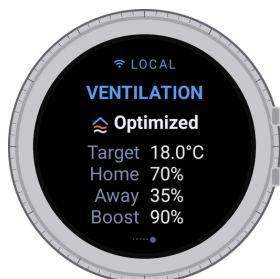
Sensors

How the air in your home is right now: fan speed, temperature, humidity and CO2, coloured by comfort. Tap to see the comfort scales.



Unit

Your unit's name, the speed of both fans, whether the heat exchanger is recovering heat or bypassed to cool, and the unit's own clock.



Ventilation

The mode the unit runs now and the fan speed of each mode. Tap to switch modes.



Settings

Where the numbers come from, how often they refresh, which alerts are on and which pages are shown.



Temperatures

The four air streams: extract air from the rooms, supply air to them, outdoor air coming in and exhaust air going out.



Filters

When the filters were changed and when the next change is due. After fitting new ones, tap Changed twice: the date is saved in the unit.



Mode

Pick a mode here, not on the unit's panel: the watch also sets the values that belong to it. The running mode spins.



On your watch face

Indoor, outdoor or supply air temperature, CO2, humidity, fan speed or days to the filter change on your watch face, updated without opening the app.

Home and away

At home the watch talks to the unit over Wi-Fi. Away, it uses the Vallox cloud and your MyVallox account.

Alerts that don't nag

One notice when indoor air leaves the comfort range, with the same scale as in the app. One when filters are due. No repeats.

Your pages

Hold a page to reorder or hide pages. Keep only what you look at. Ventilation and Settings always stay.

Sign in from the phone

No typing on the watch: the phone app sends your MyVallox login to the watch. English, Suomi, Lietuvių, Polski.

SMART MODES · THE HEART OF THE APP

Switch modes on the watch, and every mode runs the way it should.

Your Vallox keeps **one fan speed for both Away and Automatic**, and one CO2 limit (the point where it starts adding air) for every mode. The unit's panel switches only the mode, so the unit keeps whatever values were set last. The watch switches the mode **and** sets that mode's own values, in the same tap.

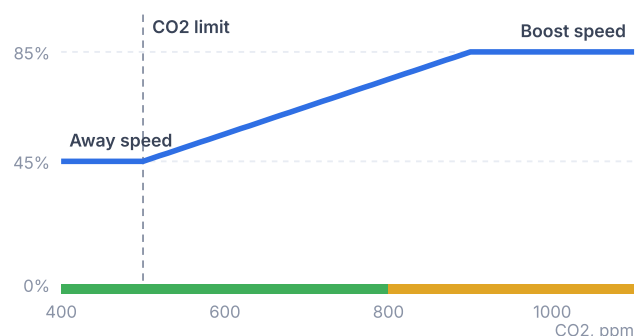
SAME TAP	ON THE UNIT'S PANEL	ON THE WATCH
You leave home tap Away	Away keeps the speed tuned for Automatic, 45 %: about 3.4 times the fan electricity for an empty house.	Away runs at 30 %, the right speed for an empty house.
You come back tap Automatic / Optimized	Automatic starts from the Away speed of 30 %: mornings reach about 862 ppm , stuffy.	Optimized returns to your Optimize settings: mornings about 676 ppm.

Mode	Use it when	The watch also sets	Lasts
At home	People are home and you want a steady fan	CO2 limit 800 ppm	Until you switch
Away	The house is empty	Fan 30 %, CO2 limit 800 ppm	Until you switch
Optimized first in the list	You want the fan to follow the air	Your Optimize settings (fan at rest 45 %, limit 600 ppm before you optimize). Slows to 30 % when nobody is home, to 35 % when winter air is dry; offers a Boost when humidity jumps	Until you switch
Boost	Cooking, sauna, guests	Nothing	60 min, then back to the previous mode
Custom	Fireplace or special use	Nothing	Its timer, then back
Auto last in the list	You want the Vallox factory behaviour	Factory values: fan 30 %, CO2 limit 800 ppm	Until you switch

How Automatic decides

Two settings decide it. The **Away speed** is the lowest speed the fan runs at. The **CO2 limit** is the point where the unit starts adding air: above it, about 1 % of fan speed for every 10 ppm, up to the Boost speed.

A lower limit or a higher Away speed means fresher air and more fan. Finding the right pair for your home is what Optimize does.



Example: Away speed 45 %, CO2 limit 500 ppm, Boost 85 %.

OPTIMIZED · AUTOMATION

Optimized adjusts itself while you live.

While **Optimized** is on, the app checks three rules after every reading. It never drives the fans directly: two rules only change the **fan at rest** (the Away speed Automatic starts from), and the unit's own CO2 control keeps working between readings. The third rule only offers a Boost. The numbers were checked against a year of real history (2025-09-15 - 2026-09-14, 47,789 records every 10 min).

Rule	When	What happens	Ends when	In a year of history
Nobody home	CO2 at most 460 ppm for 90 min without a break, no humidity jumps	Fan at rest 45 → 30 %	CO2 rises 80 ppm above its lowest value, or humidity jumps	89 times, about 1.7 a week, median 1.7 h
Dry air	Below +5 °C outdoors, indoor humidity under 38 % in two readings in a row, CO2 at least 100 ppm under the limit	Fan at rest → 35 %	Humidity rises above 43 %	6 times in a winter, about 67 h in total
Boost offer	Humidity up 8 % within about 30 min	Notification "Shower?" or "Cooking?" - tap to Boost	At most once an hour	About 220 a year, 4 a week

Why the fan at rest, not the mode

"Nobody home" does not switch to Away. It only lowers the speed Automatic starts from. When people come back, nobody has to wait for the watch: the unit sees CO2 rising and adds air by itself, and at the next reading the app restores the Optimized value. The same holds for "Dry air".

Shower or cooking

Told apart roughly: if the extract air gets at least 1 °C warmer together with the humidity, it says "Cooking?", otherwise "Shower?". Hence the question mark.

Boost and Custom

While a temporary mode runs, the automation changes nothing and waits until the unit is back in Optimized.

Week schedule

If the unit's week schedule is on, it would switch the mode at set times and quietly end Optimized. The first time you pick Optimized, the app asks once: pause the schedule while Optimized is on? With Pause the schedule is switched off - its events are kept - and switched back on when you choose another lasting mode. The app restores only what it paused itself. Under Optimized a line says "Schedule paused" or "Schedule on".

OPTIMIZED · HOW OFTEN, AND WHAT NEVER CHANGES

The watch looks when something happens.

Data refresh: Auto (default)	Reading
Hours when your home is usually busy	every 20 min
Ordinary hours	every 30 min
Night, 1-5 h	every 60 min
A change was just seen (humidity +3 % or CO2 +100 ppm since the last reading)	every 15 min for an hour

The busy hours are learned for each unit from its own history (when Optimize or Statistics downloads it) and from the changes the watch sees. Until there is enough data: 6-8 and 19-22 h. A fixed 20 min, 30 min or 1 h, or Only in app can be chosen in Settings → Data refresh. With Only in app nothing runs in the background: no notifications and no automation. At night Android may group the readings.

What the app changes

On its own only four things: the **mode**, the **Away speed**, the **CO2 limit** and the **week schedule switch**. When you ask, it also writes the filter change date and corrects the unit's clock.

What it never changes

The Home and Boost speeds, humidity control, the heater, bypass and Custom settings.

Optimize stays within a safe range (fan at rest 20-70 %, CO2 limit 500-1000 ppm), and Undo restores the previous values.

Without a connection

The app changes nothing, and the unit keeps running with the last settings.

Planned

Per-unit thresholds: the "empty home" CO2 level and the humidity jump worked out for each unit from its own history - today they are one apartment's numbers. **Summer cooling:** more air when the night is cooler outside than inside, less on a hot day. **Weather forecast** - once there is summer experience.

The full paper

The same logic with the Vallox control curve, the mode recipes and Optimize step by step - for installers:

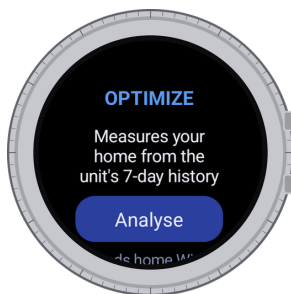
[How the automation works \(PDF, English\)](#)

[Kaip veikia automatika \(PDF, lietuviškai\)](#)

OPTIMIZE

Settings made for your home, not for an average one.

Every home produces CO2 differently: how many people, how big the rooms, when you sleep and cook. Optimize reads your unit's last 7 days, learns how much fresh air your home needs at each time of day, and picks the Away speed and CO2 limit for Automatic.



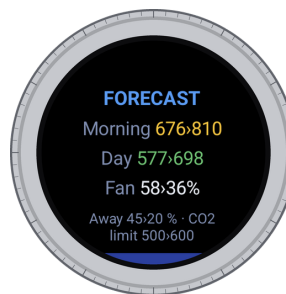
1 · Analyse

Tap Analyse. The watch reads the unit's 7-day history: from the unit at home, from the Vallox cloud when away.



2 · Choose a goal

Clean air (about 600 ppm),
Balance (about 700) or
Quiet: less air, less fan.



3 · See the forecast

Morning and daytime CO2 and fan speed, now > after.
Nothing changes until you tap Apply.



4 · Check after a day

The watch compares the forecast with the real morning. Undo brings back your old values.

HOW IT WORKS

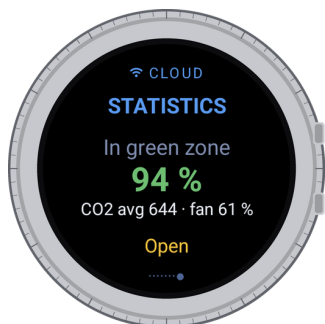
- **Learns your home.** For the morning (6-10), day (10-18), evening (18-24) and night, it measures how fast your home adds CO2, from CO2 and fan speed in the history.
- **Tries every option.** It simulates each Away speed from 20 to 70 % and CO2 limit from 500 to 1000 ppm and predicts where CO2 settles.
- **Picks the cheapest that works.** Of the options that meet the goal at every time of day, in typical and in busy hours, it takes the one with the least fan electricity. If none does, it shows the closest.
- **Goals,** typical / busy hours: Clean 620 / 720 ppm · Balance 700 / 800 · Quiet 850 / 1000.
- **Stays safe.** It never writes values outside those ranges, and keeps your previous values for Undo.

Example home: Balance chose Away speed 45 % and CO2 limit 500 ppm.

STATISTICS

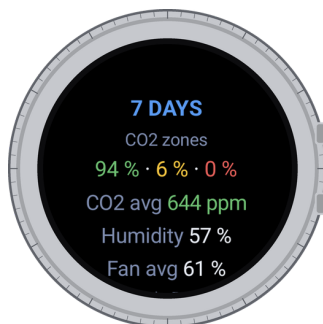
Your week: was the air good, and what did it cost?

Statistics reads the same 7-day history and answers three questions: how fresh the air was, how much the fans used compared with last week, and why that changed.



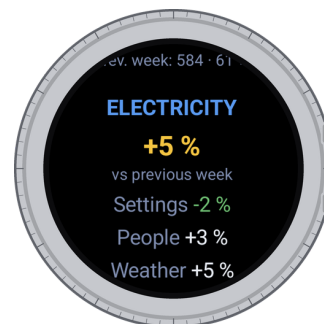
Fresh air share

How much of the week CO2 stayed up to 800 ppm, with average CO2 and fan speed.



The week in detail

Time in fresh, stuffy and poor air, and average CO2, humidity and fan next to last week.



Electricity and why

Fan electricity against last week, split into three reasons.

Settings

You changed a mode's speed or ran a different mode.

People

The unit added air because CO2 rose: more people at home, guests.

Weather and other

Humidity boosts, summer cooling, manual boosts.

HOW IT WORKS

- **Electricity from fan speed.** Fan power grows roughly with the cube of speed, so the change is shown in percent, not kWh.
- **Reads the settings from the history.** For every hour it finds the mode's base speed and the CO2 limit that was in use, so changes made on the panel or in another app are counted correctly.
- **Splits the change.** Base speed counts as Settings, the extra added for CO2 as People, everything else as Weather and other.
- **Heating season.** When it is cold outside, it also shows heat loss per degree of cold, which takes the weather out of the comparison.

Requirements

Wear OS 4 or newer. A Vallox unit with MyVallox: cloud account or access on your home network.

Privacy

No ads, no analytics, no tracking. Your account stays on the watch, password encrypted, sent only to the Vallox cloud.

Price

Free to download. Pro (smart modes, Optimize, Statistics) is a one-time purchase with 14 days free to try.

Independent

Wrist Control for Vallox is not made, endorsed or supported by Vallox Oy. Vallox and MyVallox are trademarks of Vallox Oy.

Questions, feedback, a photo of something wrong
hello@tinyowllabs.com

App and privacy policy
tinyowllabs.com/wristcontrol

Independent developer
[TinyOwl](#)

APPENDIX

Getting around



Swipe sideways
next page



Tap a page
open its window



Swipe sideways in
a window
back



Swipe up
close the app



Turn the bezel
scroll or flip pages

1



tap →



Comfort scales

3



tap →



Refresh

5



tap →



Settings

7



tap →



Optimize

2



tap →



Mode

4

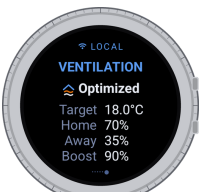


tap →



Filters changed

6

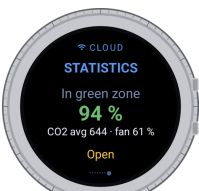


tap →

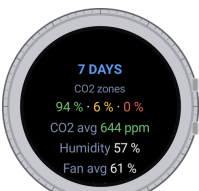


Mode

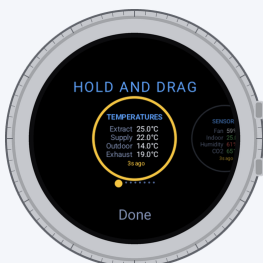
8



tap →



Statistics



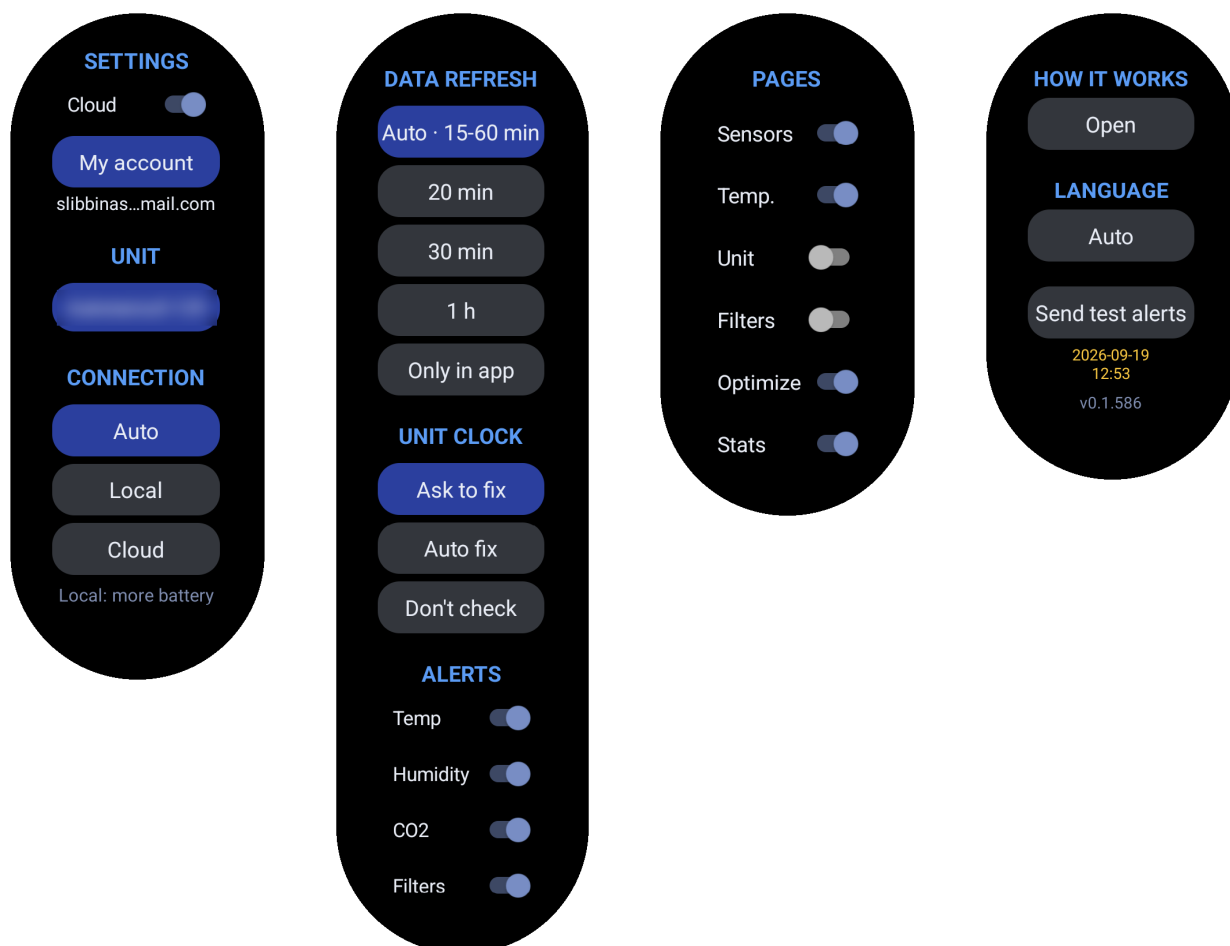
Hold any page

Pages turn into round cards. Drag to change the order, tap to finish. Hide pages in Settings.

APPENDIX

Settings

Tap the SETTINGS page. The window scrolls; turn the bezel or swipe up.



Cloud · My account

Sign in here or from the phone app. Under the button: the account, and a warning if Vallox rejects it

Unit · Connection

Which unit, and the path: Auto, home Wi-Fi only or cloud only. Without the cloud, Find units searches your network

Data refresh

Auto (default): every 20-60 min, every 15 after a change. Or fixed, or only in the app

Unit clock

The unit keeps its own time. Ask to fix, fix automatically, or don't check

Alerts

Notifications for temperature, humidity, CO2 and filters

Pages

Show or hide each page. Ventilation and Settings always stay

How it works · Language

Short help on every feature. English, Suomi, Lietuvių, Polski

Send test alerts

Five sample notifications, to see how they look on your watch

Questions, feedback, a photo of something wrong
hello@tinyowllabs.com

App and privacy policy
tinyowllabs.com/wristcontrol

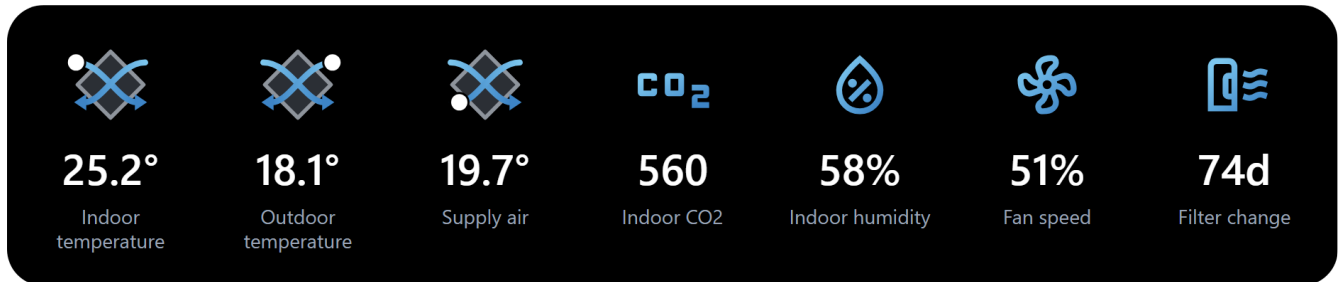
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[TinyOwl](#)

APPENDIX

On your wrist without opening the app

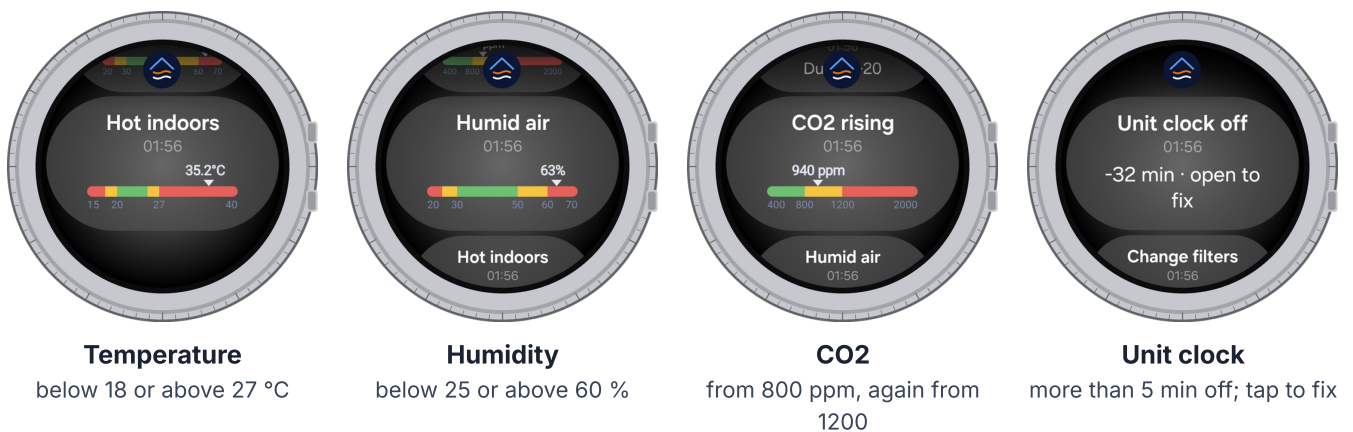
Complications

Touch and hold the watch face, tap Customize, pick a slot and choose Wrist Control. Tap a complication to open the app.



The diamond is the unit's heat exchanger, drawn like on the unit itself. The white dot shows where the temperature is measured. Filter change shows days left, with a minus when overdue.

Notifications



One notice when a value leaves its range, no repeats; it disappears when the value is back. The scale is the same as in the app, so you see how far out you are. Filters get a notice when a change is due. Temperature, humidity, CO2 and filter notices can be turned off in Settings → Alerts. The clock notice cannot: a wrong unit clock spoils the history that Optimize and Statistics rely on. Choose Don't check to silence it. A notice that suggests a mode - high CO2 or humidity, or "Shower?" with Tap to Boost - opens the Ventilation page, so you see the mode change.