hvnsleep

Contents

1. HVNSleep Pod Introduction

This smart electronic muscle stimulator is designed to detect snoring and emit gentle pulses to stimulate and massage the muscles of the throat, allowing you to sleep peacefully. We hope this product will help you and your loved ones get a better night's rest.

Product dimensions

hvnsleep

25.5mm

40.5mm
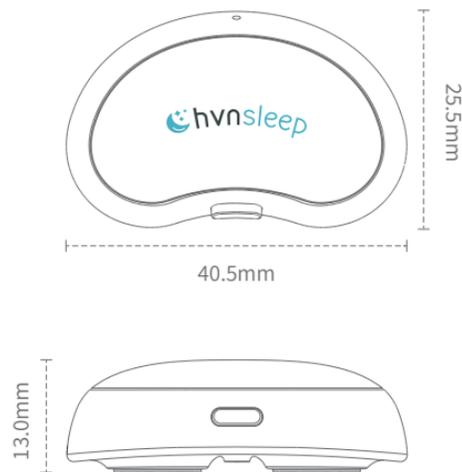
13.0mm

Product name: HVNSleep Pod
Brand: HVNSleep
Model: 30481

Dimensions: 40.5*25.5*13.0mmm
Weight: 10g
Pulse frequency: 53Hz ±10%
Battery capacity: 3.7V/80mAh
Run time: About 15 hours
Product components: HVNSleep Pod x1, Charging Dock x1
User Manual x1, Quick Start Guide x1, Wearing Guide x1
Charging Cable x1, Electrode Pad x10

Unsuitable users:
People with the following conditions: pacemakers,
implantable defibrillators or any other implanted metal or
electronic devices; acute suppurative inflammation, a
tendency to bleed, or malignant tumors in the submandibu-
lar region; severe cardiovascular or cerebrovascular
problems; ventilatory disorders caused by nasal disease; an
allergy to electrodes or currents; skin ulcers on the site of
adhesion; pregnant women or those in labor; and children
under 16.

2. Powering On/Off

Power on

To turn the device on, simply press the power button for 3
seconds.
Once powered on, the power indicator will turn on for 10
seconds and the Bluetooth indicator will flash for 10 seconds
before turning off.

Bluetooth indicator

Power indicator

ON/OFF

Power off

To turn the device off, simply press the power button for 3
seconds.
The power and Bluetooth indicators will turn off once the
device is successfully powered off.

(1) The power indicator will light up when the device is powered on, or when the power switch is lightly pressed. To save power, it automatically shuts off after 10 seconds.
(2) If you cannot confirm whether the device is working, you can check whether the power indicator turns on by gently pressing the power button. A light indicates the device is working.

3. Battery and Power

(1) Checking the battery level
Once the device is powered on or the power button is pressed, you can determine the battery level by checking the color of the power indicator. A yellow light indicates the device battery is low and requires charging.

A green light indicates the device has sufficient power and does not require charging.

To check the specific battery level, connect the device to the Sleeplus app and view from your phone. After pairing with the Sleeplus app, a variation of the following can be viewed on the home page:

2018–09–21 08:22 ▭ 75%

(2) This device uses a rechargeable lithium polymer battery.
(3) It takes roughly two hours to fully charge the battery.
(4) To charge the device, insert the USB charging cable into the charging dock and place the device onto the dock. A flashing power light indicates the device is charging, while a steady light indicates charging is complete.

4. Downloading Sleeplus

How to download:

(1) iPhone: Search Sleeplus via the App Store to download and install the app.

(2) Android: Search Sleeplus in Google Play to download and install the app.

(3) Scan the QR code below.

Sleeplus

5. Pairing

(1) Enable the phone's Bluetooth function and open the Sleeplus app.

(2) Once the device is powered on or the power switch is pressed, the Bluetooth indicator will flash for 10 seconds, indicating that the device is ready to be paired. The indicator will turn off after 10 seconds and the device's Bluetooth will be disabled. Press the power button to turn it on again.

(3) Place the device near the phone and follow the instructions on the app to perform pairing. The connection is successful when the Bluetooth indicator changes from a flashing to a steady light.

(4) If the device cannot be found, please ensure Bluetooth is turned on and the device is near the phone. Search for the device again and follow the guidelines on the app to pair the device.

Please note that the device can be used normally without pairing with the app

(1) Only iPhones with iOS 8.0 or above or phones with Android 4.3 or above are supported.

(3) Some Android phones require users to enable the location permission for the app. The Bluetooth permission must be enabled on your phone to search and pair a device.

(4) The device only needs to be paired once, unless it is later unpaired.

(5) After the device is paired with the app, Bluetooth is only used to connect to the phone when configuring settings and syncing data, saving you both worry and power.

6. Data Syncing

（1）Ensure your phone's Bluetooth is turned on and the device is powered on.

（2）Open the Sleeplus mobile app and bring your phone close to the device.

（3）Gently press the power button on the device to start syncing, indicated by a pop-up window in the app. After data syncing is complete, the pop-up window will disappear, the device will automatically disconnect from Bluetooth, and the Bluetooth indicator will turn off.

（4）It is recommended to sync data after each use so you can better understand your quality of sleep, sleep data, and any variation trends.

7. Personalized App Settings

After the device is paired with the phone, you can adjust the intensity of intervention, delay of intervention, and sensitivity to find a mode that works best for you.

（1）Ensure your phone's Bluetooth is turned on and the device is powered on.

（2）Open the Sleeplus mobile app and bring your phone close to the device.

（3）On the data page, tap "⚙" to enter the Settings interface.

（4）Gently press the power button on the device to turn on the Bluetooth indicator.

（5）When the Settings interface displays "Connected", you can start to adjust the default settings.

（6）Users who are easily awakened can reduce the intensity of intervention, while those who cannot adequately feel the stimulation can increase the intensity as needed.

（7）Users who are easily awakened when falling asleep can adjust the delay of intervention according to their sleeping habits.

（8）Users who find the stimulation is too frequent can reduce the frequency of stimulation by reducing the sensitivity to snoring.

8. Wearing Instructions

（1）It is recommended that you shave any hair on the chin or throat area and clean the site of adhesion with water or soapy water. Before sticking the electrode pad in place, make sure the site of adhesion is clean and dry to guarantee adhesiveness. Please avoid excessive shaving as this may lead to skin irritation. Please refer to the image below for the correct positioning:

（2）Tear off the protective film on the electrode pad and ensure the groove is nearest your throat. Look straight ahead and use both hands to stick the electrode pad in the correct position. This helps to prevent poor adhesion of the electrode pad as a result of movement of the soft neck tissue.
（3）To ensure the pad is firmly adhered to the skin, press the entire electrode pad firmly with your palm for about 30 seconds after application to ensure that it is in full contact with the skin.

（4）Power on the main component and attach it to the electrodes, as shown below:

Note: Excessive sweat is likely to cause the electrode pad to fall off

9. FAQs

（1）The device wakes me up before I properly fall asleep. What should I do?
It is recommended to pair the device with the Sleeplus app and use the delay start function to solve the problem.

（2）I find the device uncomfortable to use. What should I do?
It is recommended to pair your device with the Sleeplus app and reduce the intensity of intervention in Settings. You can also try out the intensity of the intervention first when pairing. Adjust the intensity according to the highest level you can tolerate. For detailed steps, please view Section 7 on personalized settings.

（3）Does the device need to be used in conjunction with the app?
No, the device can be used separately from the app. You can manually adjust the default settings when pairing with the app to improve user experience. After the device is paired, Bluetooth is only used to connect to the phone when configuring settings and syncing data, saving you both worry and power. By syncing data with the app, you can better understand your quality of sleep, sleep data, and any variation trends.

（4）Does the app work on all phones?
The app supports phones with iOS 8.0 or above or Android 4.3 or above. Currently, 99% of the phones on the market can be used.

（5）Do I need to sync data every day?
It is recommended to sync data after each use. This data allows you to understand the collected information including any changes in sleep quality and your habits and sleeping trends.

（6）Will the power indicator stay on after the device is powered on?
No. When the device is powered on, the power and Bluetooth indicators will stay on for about 10 seconds, after which they will automatically turn off. Gently press the power button to turn them on again for another 10 seconds.

（7）How do I know if the device is working?
Gently press the power button. The device is working if the power and Bluetooth indicators turn on. If they do not, please try again or charge the device.

（8）How long does it take to charge the device and how long can it be used for when fully charged?
The device takes about 2 hours to fully charge, after which most users can use it for 2 nights. Heavy snorers are recommended to charge it every day.

（9）Can the electrode pad be reused multiple times?
The electrode pad is a consumable product and can only be used once. It is likely to fall off with repeated use, thereby affecting its performance.

10. Precautions

(1) Use and store the device in a normal temperature range (-10℃ to +50℃) or (14°F to 122°F)

(2) Keep the device away from sources of fire or high temperatures (e.g. electric heaters, microwaves, ovens, etc.).

(3) Keep the device away from high impact or strong vibration to avoid damage.

(4) Do not use chemicals, detergents, etc. to clean the device. Keep the device dry; do not wash it.

(5) Do not attempt to remove or replace the built-in lithium polymer battery on your own so as to avoid damage.

(6) Do not throw the device into fire to prevent the possibility of an explosion.

(7) This device is not a toy. Please keep it out of the reach of children to prevent accidental swallowing or other dangerous incidents.

(8) The electrode pads contained in this product are disposable. Do not reuse them.

(9) After using this product, the electrode pads should be disposed of in accordance with local laws and regulations, and must not be disposed of at will.

(10) Discontinue use immediately if you experience any extreme discomfort during use of this product.

(11) This product must not be used in conjunction with other medical device products.

(12) Please do not attach the product to the eyes, the carotid sinus, or elsewhere near the cardiac shadow area.

11. FCC Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.