Anti-Snore Wearable

User Manual

www.sleep.ai

For any questions, please contact Sleep.ai at info@sleep.ai

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About the Anti-Snore Wearable

This product is not a medical device and should not be used to diagnose or treat any medical condition.

Package Contents

(1)   Anti-Snore Wearable Vibration Unit

(1)   Anti-Snore Wearable Armband

(1)   User Manual

Vibration Unit Specifications

Weight	25 grams
Size	1.5 x 1.5 x 0.2 inch *(38 x 38 x 5 mm)*
Battery	3.0 V Lithium battery
Wireless	Bluetooth 4.0 BLE

Download the app

Download the "Do I Snore" app in the App store (IOS devices) or Google Play Store (Android devices):

On your smartphone, go to: doisnore.app.link/ASW

or

Find the app by searching for: "Do I Snore" in the App Store/Google Play Store.

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How to use the Anti-Snore Wearable

ASW — Place the Anti-Snore Wearable on one of your arms

Start the "Do I Snore" app, and connect to the wearable

Connect your phone to its power source, and place on your night stand

ZZZ — You are now ready for a good night's rest

How to connect the wearable

To connect the Anti-Snore Wearable to the smartphone app, make sure Bluetooth is turned on. After Bluetooth is enabled, open the Anti-Snore Wearable page on the app's home screen. Turn on the Wearable by pressing the on/off button for more than 5 seconds, or until the blue light goes on. Make sure the Wearable stays close to the smartphone.

The status label will update first to "Connecting..." and then to "Connected". You can test the vibration by pressing "Test vibration". The vibration pattern can be altered according to your personal preferences.

Snoring sound below a certain threshold, will not trigger a vibration. This is called the vibration threshold. This threshold can be adjusted in the Anti-Snore Wearable page, and is displayed in the recording graphs with a red dashed line.

Once you connected the wearable, you can start the recording by pressing the red button in the main screen. The wearable will vibrate for two seconds as feedback. Make sure your smartphone is connected to a power source.

Once the recording is finished, either automatically or manually, the wearable will vibrate shortly and it will turn off. If the vibration disturbs you, please extend the recording time in "Settings" - "Recording".

You can turn off the wearable by pressing its button for 5 seconds, or until it vibrates. If after 10 seconds the wearable still has not vibrated, release the button and try again.

Troubleshooting

If the wearable is connected, but it does not vibrate when you press the "Test vibration" button: Press the on/off button on the wearable until the light goes on briefly.

If it still does not vibrate, then 1. Hold the on/off button on the wearable again, until it vibrates. The wearable is turned off now. 2. Turn the wearable on again by pressing the on/off button for at least 5 seconds. For any other enquiries, please contact sleep.ai at info@sleep.ai.

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