



SLEEPING ACE

INSTRUCTIONS v1.0

 **Advance Electronic &
Medical Industries Co., Ltd.**

Welcome

The SLEEPINGACE is an advanced portable and wireless-control sleep helping device. SLEEPINGACE is designed to be used by healthy adults who do not suffer from epilepsy, brain or mental health conditions or using the implanted devices such as cochlea-implant, bone-conductor-implant, cardiac pacemakers, insulin pumps, deep-brain-stimulation.

Warning

For safety reason, it does NOT recommend the following group of people using SLEEPINGACE until they have had the advice from the medical professional.

- (i) pregnant women;
- (ii) children under age 7;
- (iii) people with high blood pressure;
- (iv) people using the implanted devices such as cochlea-implant, bone-conductor-implant, cardiac pacemakers, insulin pumps, deep-brain-stimulation;
- (v) epileptic patients;
- (vi) people with high risk of stroke.

If you experience short term negative effects with SLEEPINGACE you should immediately stop using it. This is not a toy and is not intended to be used by anyone under the age of 18 years old.

SLEEPINGACE is neither a medicine nor a medical device. SLEEPINGACE could improve the sleeping status and quality but it is not a medical treatment for insomnia.

What you need to understand before using SLEEPINGACE

SLEEPINGACE is designed to improve the sleeping status and quality. Possible side effects include tingling sensations under the electrodes or on the scalp, visual artifacts, nausea, headaches or fatigue.

If you experience any of these you should stop using SLEEPINGACE. Repeated use may lead to skin irritation. You may feel a tingling sensation, or a hot or cold sensation. If this is uncomfortable or painful then you should stop session and remove the electrodes. Redness may appear under electrodes after use which will disappear after a short time. Foc.us should not be used during any activities other than preparing to sleep. If you see white flashes or phosphenes, that is normal reaction during the stimulation. If the white flashes or phosphenes make you uncomfortable, you should stop using SLEEPINGACE.

What is in the box

1. SLEEPINGACE headset
2. SLEEPINGACE remote controller
3. Micro-USB power supply
4. Reusable water bottle
5. Sponges * 8
6. Plastic nail * 8
7. Sponges dock
8. This instruction booklet

When do I use SLEEPINGACE

It is recommended to use SLEEPINGACE within four hours before you go to sleep.

Before Starting

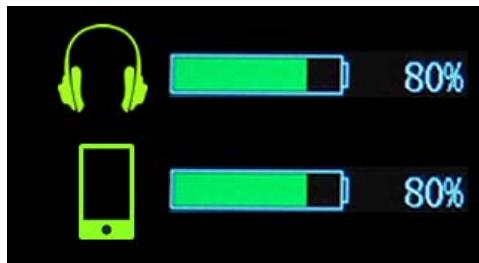
1. Turn on the headset by pressing down the power key for 3 seconds, you will see the power key display blue light.



2. Turn on the remote controller by pressing down the right key for 3 seconds; you will see the welcome screen and all keys display blue light.



3. Check the headset and remote controller have more than 30% power in the remote screen, otherwise the stimulation may be stopped by out of power.



Preparing sponges

Add a tiny small amount (3~5g) of salt in the included reusable bottle and fill with water to create a saline solution.

Put two included sponges into the included sponges dock, wet the sponges using the water bottle until they are saturated but not dripping.

Install the two wet sponges into the electrode cups with Plastic nails.



Positioning headset

Position the SLEEPINGACE headset on your head as the follow figure as a guide.



Getting started

Turn on the headset and remote controller, and check the headset connection status.



*A Natural and
Healthy Sleep*

 Advance Electronic &
Medical Industries Co., Ltd.

Remote will show welcome page for 5 seconds.



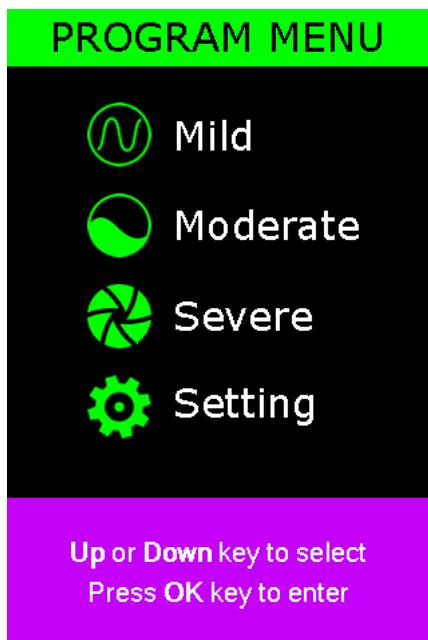
Headset connection status is normal.



Headset connection status is failure.

Program selection

Click the left key of the remote controller, the remote will show the built-in programs.



Program information

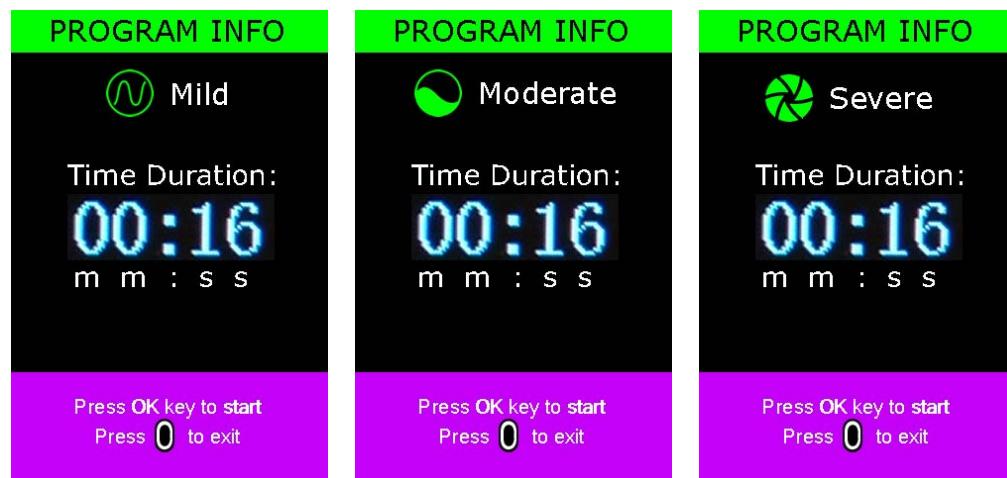
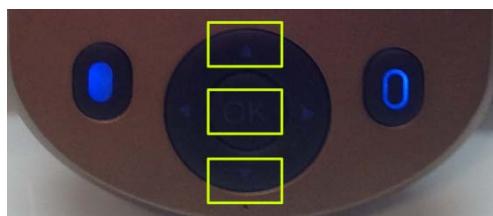
Use the up or down arrow key of the remote to select the program, click the OK key enter the program.

Mild program is low energy level stimulation.

Moderate program is medium energy level stimulation.

Severe program is high energy level stimulation.

Setting is function to reset the date and time configuration of remote controller.



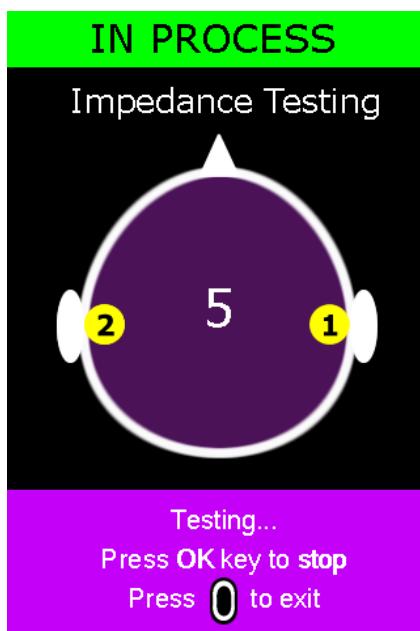
Program started

Press the OK key to start the program, or press the right key to return.



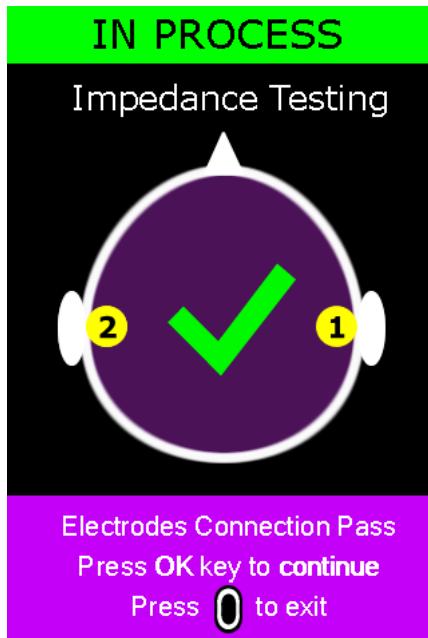
Program start to do the impedance test, the number in the center will count down to 0.

The test is to check the sponges having a good contact to the head.

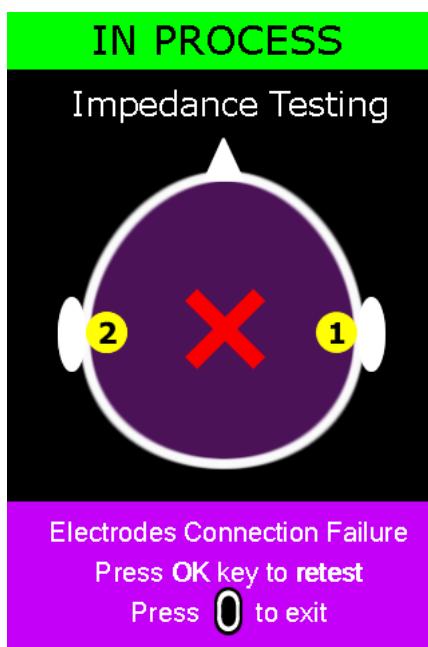


Impedance test process

All thing are right, the test will be passed.



If sponges do not have a good contact to the head, the test will be failed. You should take off the headset, add more water to sponges and do the test again.



Program running

When the impedance test is passed, you press OK key to activate the stimulation program.



Program stop

During the stimulation, you can press OK key to stop.



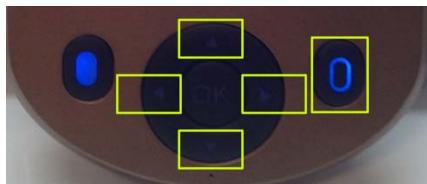
You can press OK key to resume the stimulation, also you can press right key to go back program selection screen.

Setting

When you select setting option in the program screen, and press OK key then entering the setting screen. You can reset the Date & Time in this screen.



Use the arrow key to move and adjust the value, when you finish the reset then press the right key to go back to the program selection screen.



FCC Statement:

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 to an outlet on a circuit different from that to which the receiver is connected.

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.

Note: Modifications to this product will void the user's authority to operate this equipment.