

# User's manual

*Carefree*

Sleep and breath monitor

Model : Z100

FCC-ID:2AN6T-Z100

**Manufacturer :**

Zhejiang Zhenyiyuan AI-Medical Sci-Tech Co.,Ltd

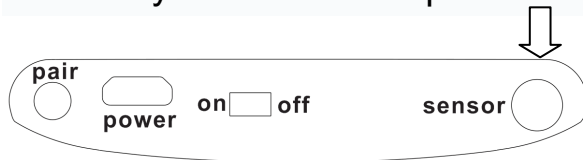
## Introduction

This is a new generation of intelligent and healthy home products. Sleep and breathing monitors automatically record heart rate, respiratory rate, body movements during sleeping, environment and sleeping time. It is easy to use and provides the customers accurate data and unique health reports through WeChat.

## 1. Application

**step 1 : Connect the data cable**

Connect your device to a pillow using the cable.



**Step 2 : Connect the USB cable ( USB port only for power supply, )**

Connect the power cable to the power jack on the board. When this switch  is set to 'on', the green LED light is on.

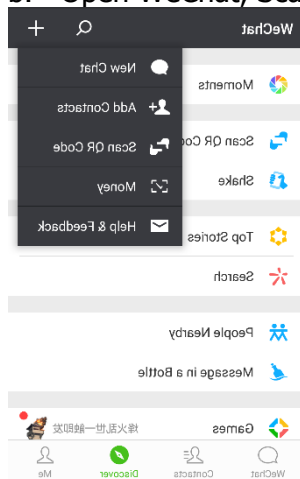


**Step 3 : WeChat scan and Binding equipment (Note : Change password is only performed when needed.)**

a. After about 15 seconds, red LED light starts flashing.



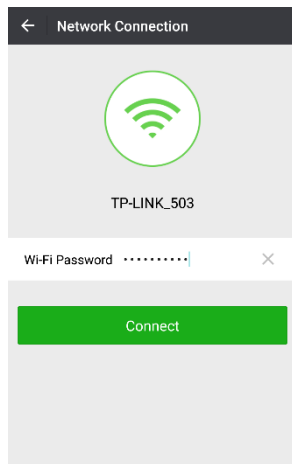
b. Open WeChat, Scan the QR code at the backside of the white device.



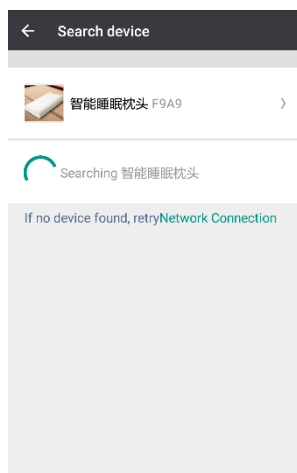
c. You'll see a wizard like this. Click "Network Connection".  
( Under the wireless network )



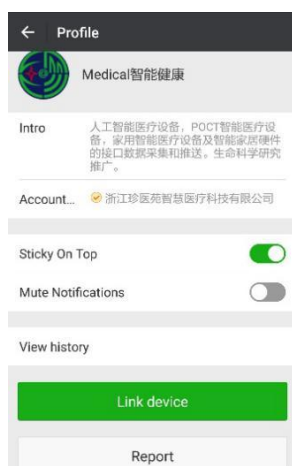
d. Enter the password , Click “Connect” , The following page displays in the WeChat.



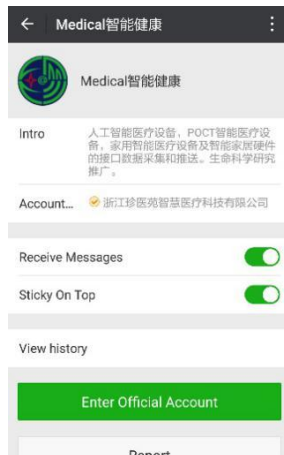
e. Click “Smart pillow”



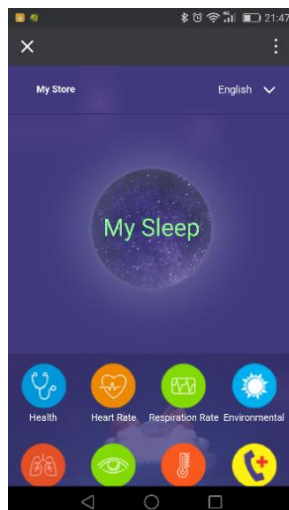
f. Click “Link device”.



g. Click“EnterOfficial Accounts”. This completes your setup.



h. Click “Smart pillow”,Enter app pages.



## 2. Failure and Solution FAQ

- The green light is not on when connect the power.

Check for the power supply situation of monitor.Check that the cables are correctly connected.Check the machine powers witch is turned on.

- The red light is not on when connect the power.

Verify whether network connections on your monitor functioning correctly.If you have a network connection which is working properly,Repeat step 2 & 3.

- **Real-time data in produce process is not integrated into app system.**

Check that the data cables are correctly connected.

- **If you have any questions, please contact us by email or WeChat. We will get back to you as soon as possible.**

### **3. Product Specification:**

- Input voltage : DC 5V
- Wireless standards:802.11b/g/n
- Frequency range : 2.412GHz-2.484GHz
- Number of monitoring : Single
- Monitoring mode : Pillow
- Product connection : Data cable

### **4. Products and accessories:**

1. Pillow 1pcs
2. Sleep and breath monitor1pcs
3. Data cable 1pcs
4. USB Data cable 1pcs
5. Power adapter1pcs
6. user's manual 1pcs

# Warnings:

This device complies with part 15 of the FCC Rules. Operation is subject to the condition that this device does not cause harmful interference (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.

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

To maintain compliance with FCC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance between 20cm the radiator your body: Use only the supplied antenna.