

**LEFT.**

*The LEFT Sleep Position Training Device*



The LEFT sleep position training device trains you to sleep on your left side as often as possible.

It tracks your body position while you sleep, then provides a gentle vibration signal once it detects that you are sleeping on your right side.

### **Intended use**

The LEFT device is intended to be used by people older than 18 years with nighttime acid reflux symptoms, like a burning sensation in the esophagus during sleep.



## INSTRUCTIONS

Make sure your breastbone area is clean, dry and free from hair.

Remove a sticker from the sticker pad and attach the red side the LEFT device within the white border.

Skin side sticker should be facing you.

Turn on the LEFT device by pressing the power button for 3 seconds. You will feel that the LEFT device vibrates 3 times. The LEFT device will confirm its activation by vibrating 3 times, 1 minute after turning on.

Release the paper from the sticker's skin side and stick the LEFT device on your breastbone area. The LED light must be at the top center of the device.

The LEFT device will auto-start 20 minutes after being turned on, giving you the time to fall asleep.

To turn off the LEFT device manually, just press the on/off button for 3 seconds. It also features an auto-shutdown function, turning itself off automatically after 8 hours. Once the device is turned off, remove the used sticker using the red finger lift.

To check that the LEFT device is turned on, the blue light should flash when shortly (1 sec.) pressing the on/off button.

**IMPORTANT:** The LEFT device is intended for adults 18 years and older.

For detailed information regarding battery replacement, please visit  
[www.sidesleeptechnologies.com](http://www.sidesleeptechnologies.com)

QUESTIONS: [info@sidesleeptechnologies.com](mailto:info@sidesleeptechnologies.com)

## CONNECTING WITH THE LEFT APP

Download the LEFT App for Android and Apple at:

[www.sidesleeptechnologies.com/downloads](http://www.sidesleeptechnologies.com/downloads)

Or scan the below QR code:



Ensure that the Bluetooth capability of your device is turned ON.

Press the On/Off button 5 times. The Blue LED Light will flash to confirm the device is ready to connect.

To view an instructional video on how to connect the LEFT device to a smartphone device, scan the below QR code:



## ANDROID USERS:

Allow permission to share location & storage on your device.

## ADDITIONAL SLEEPING ADJUSTMENT TIP:

If sharing your bed with a partner, sleeping on the left side of the bed is advised (your partner is on your right side). This allows you to easily extend your legs if necessary, resulting in a more comfortable sleep.

If sleeping with a partner, it is also advisable that you use separate blankets. This allows you to comfortably extend your legs or remove the blanket if your body is too warm.

**WARNING:** The LEFT device uses positional therapy, which can potentially worsen issues for sleepers who suffer from severe neck or shoulder pain and /or snore when sleeping on their side

If you suffer from upper-body pain when sleeping on your left side, then the LEFT device may not be right for you.

Do NOT stick the device on open wounds or damaged skin. The LEFT device is NOT intended for use by children or infants.

If you are unsure if you should use the LEFT device, you can contact our knowledgeable team via [info@sidelseeptechnologies.com](mailto:info@sidelseeptechnologies.com) to discover if the LEFT device is right for you.

## TECHNICAL SPECIFICATIONS

**The LEFT Sleep Position Training Device**

Three-axis accelerometers

Coin vibration motor

Unit material: ABS

Battery CR 2032 Lithium 3V

Battery life: 3 - 6 months. Replaceable

**Stickers**

Double-coated black foam tape with an acrylic hypoallergenic pressure-sensitive.

The adhesive on the "skin" side and a clean removable adhesive on the side that attaches to the device.

**Statements:**

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.

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Any 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.