

breathe with b

BREATHE WITH B

OPERATIONS AND MAINTENANCE MANUAL

Version *1.0*

29/06/2021

VERSION HISTORY

Version #	Implemented By	Revision Date	Approved By	Approval Date	Reason
1.0	<i>F. G.</i>	<i>29/06/2021</i>	<i>E. C.</i>	<i>29/06/2021</i>	<i>Initial Release</i>

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1 INTRODUCTION

1.1 INFORMATION

If you are experience any issue with this product, then the following services are available:

- **Website:** Visit <http://www.breathewithb.com> to receive the latest information on the product. In most cases it is possible to find useful information to solve the problem.

1.2 SAFETY

This product only uses extremely low voltages. Do not insert anything inside the device. The device can get wet but should not be immersed in water.

1.3 FCC CERTIFICATION

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.*

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.*



Warning!

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

1.4 ISED CERTIFICATION

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions:

- (1) *This device may not cause interference*
- (2) *this device must accept any interference, including interference that may cause undesired operation of the device.*

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence.

L'exploitation est autorisée aux deux conditions suivantes:

(1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Ce dispositif a été conçu pour fonctionner avec les antennes fournies avec ce produit. L'utilisation d'autres antennes peut enfreindre les règles industrielles du Canada et annuler l'autorité de l'utilisateur quant au fonctionnement de l'équipement.

This device complies with RSS-310, ICES-3(B)/NMB-3(B)

1.5 RF EXPOSURE

The antennas used for this transmitter must be installed to provide a separation distance of at least 20cm from all persons and must not be located or operating in conjunction with any other antenna or transmitter.

2 SYSTEM DESCRIPTION

2.1 FEATURES

The *breathe with b* is a smart breathing tool. It consists of a pressure sensor along with audio and visual cues help to track and practice mindful breathing. The main features of the product are illustrated below.



2.2 MOBILE APPLICATION

The product is meant to be used with the *breathe with b* mobile application. The app allows the user to view the average inhale and exhale, number of mindful minutes, and live breathing. It can help breathing practice by finding a breathing exercise that's most applicable to the user's intentions. The user can also customize breathing practice with sound, vibration, and visual cues.



The application can be downloaded for free on *App Store* (iPhones) or *Google Play* (Androids).

- *App Store* → <https://apps.apple.com/us/app/breathe-with-b/id1432198932>
- *Google Play* → * Coming Soon *



2.3 MEDICAL BENEFITS

Studies show a daily breathing habit benefits our health in countless ways. The *breathe with b* is meant to take advantage of all these medical benefits.



Strengthen Immune System

Your body releases 70% of its toxins through breathing.



Reduce Stress and Anxiety

A practicing mindful breathing reduces stress hormone production of cortisol by 56%.



Improve Health and Wellness

Studies show a daily habit of breathing increases focus and attention.



Increase Focus

Long-term practice of mindful breathing creates a greater ability to focus in the present moment.



Better Sleep

A daily practice of mindful breathing has shown to a 218% increase in deep sleep.



Increase Happiness

Mindful breathing helps users feeling a sense of calm and increased overall mindfulness.

2.4 USER OPERATION

To use the device, simply exhale and it will automatically turn on. It wakes up when it senses your breath. When b is off it needs to feel a full exhale turn on. Take a nice long exhale and b should turn on immediately.

If the lights fill up from the bottom, wait until they're on then start breathing.