


Sleepmi Intelligent chin massager



Please scan the code to watch the video

The observation period is at least 2 weeks, and some users need a 3-5 day adaptation period. Please observe the changes before and after use after 2 weeks.

### 1. Introduction to the Sleepmi smart chin massager

Sleepmi Smart Chin Massager is an electronic product used when sleeping. The product can detect the snoring voice and send out a pulse signal of a specific frequency to massage the muscles of the chin and throat, and maintain muscle elasticity.


Product name: Sleepmi Intelligent Chin Massager  
Product model: Z3  
Overall dimension: 45mm \* 28.6mm \* 16mm  
Net weight of product: 12g  
Pulse frequency: 4kHz  
Charging voltage: 5v/1A  
Battery capacity: 120mAh  
Continuous working time: 24 hours  
Package list: (intelligent chin massager \* 1, product manual \* 1, charging storage box \* 1, charging cable \* 1, gel patch \* 2, adhesive tape \* 15 pieces, ear sling \* 1)

#### 1.1 How to use the product


Before going to bed, take out the massager and turn it on, then wear it correctly, and the product will work automatically.

#### 1.2 How to wear the product

There are two ways to wear this product, one of which can be selected. Wearing method 1: Paste the adhesive tape between the device and the gel patch. As shown in the figure below (the equipment switch is upward)




Wear mode 2: ear hook type, place the ear hook accessory between the gel patch and the device. As shown below



#### 1.3 On/Off

Power on/off  
Press and hold the switch for 3 seconds to start and shut down the product.



#### 1.4 Light indication

The yellow power light indicates less power, while the green power light indicates sufficient power.

After power on, click the switch, and the power light will flash for 30 seconds. If the APP is not connected, it will turn off after 30 seconds. If the APP is connected, the power light will turn blue and always on.

### 1.5 Charging

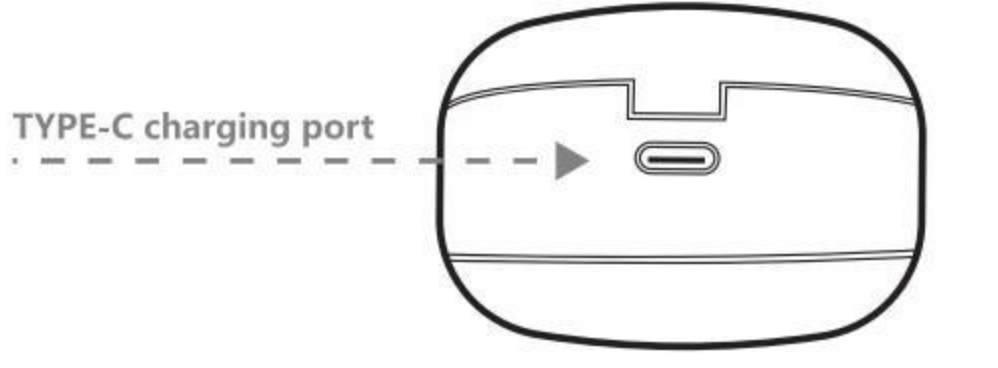
Put the device into the charging box and connect the charging wire to charge the product.

Please use a power adapter with rated output voltage of 5V and current of 1A to charge the device.

It takes about 2 hours for the product to be fully charged. When the power light is always green, it means it is fully charged.


After the charging is completed, remove the device, and the device will enter the shutdown state. You need to turn it on again before it can be used.

Please disconnect the charger after fully charging.



#### 1.6 Disinfection lamp

When the product is put into the charging chamber and connected to the power supply for charging, the UV disinfection lamp will light up to sterilize the gel patch. The disinfection time is about 5 minutes, and after the disinfection is completed, it will automatically go out.



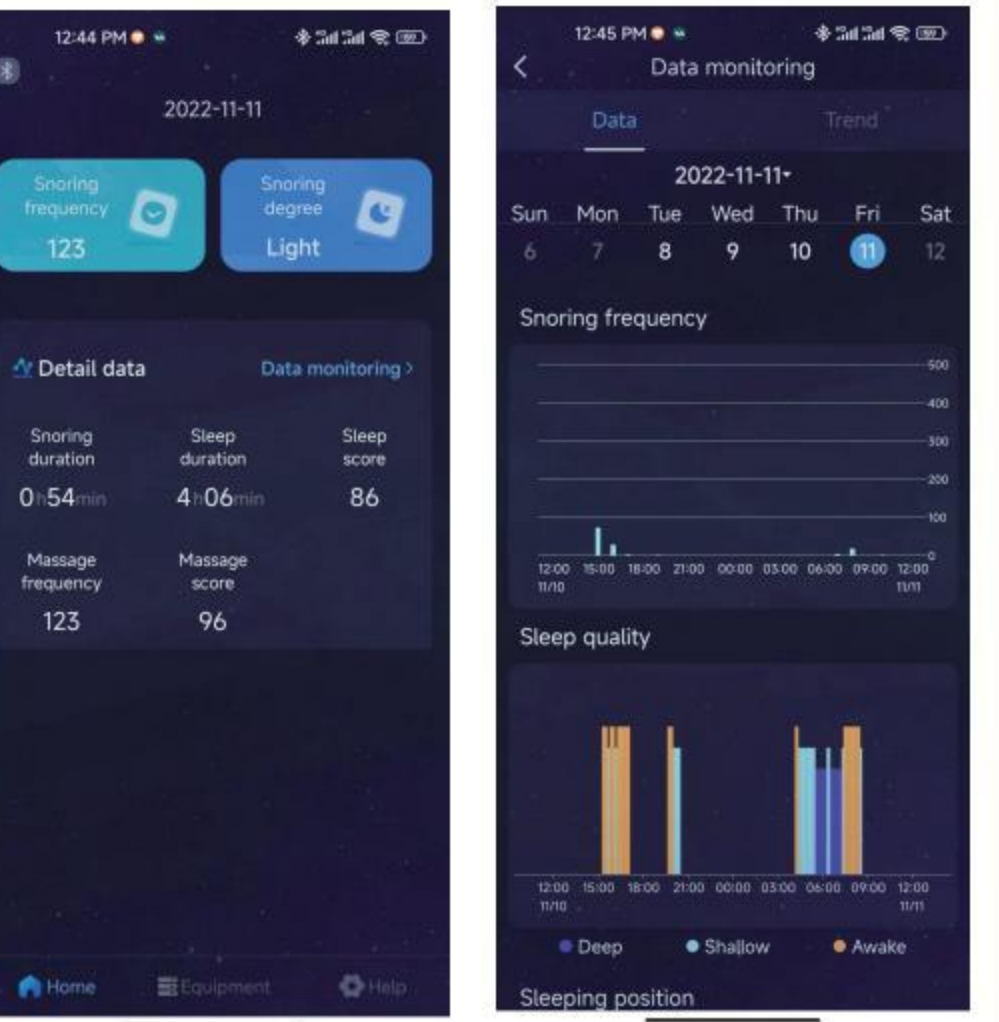
### 2. Data display

#### 2.1 Data

The latest data can be viewed in the APP software [Home].

#### 2.2 Data Details

You can view the detailed data of the last used device, or select a date to view the detailed usage data of previous dates.



#### 2.3 Data trend

Click the [Trend] to view the data trend in recent 15 days.

### 3. Equipment settings

#### 3.1 Setting intervention intensity

Due to individual differences, the tolerance of each person is different. The intervention intensity of the product can be adjusted according to the actual situation. For the first use, it is recommended to set the intensity level 1.

#### 3.2 Delay setting

For users with shallow sleep, you can use the delay function. For example, a 30 minute delay means that the device will not start working until 30 minutes after you turn it on.

### 4. APP connection and data synchronization

#### 4.1 Equipment binding and connection

1) The device can be connected to Apple phones with IOS 9.0 or above system versions, and Android phones with Android 8.0 or above system versions.

2) When connecting, please turn on the Bluetooth and GPS location services of your mobile phone. The device is powered on and the power light on the device is flashing.


3) Open the "Sleepmi" APP software, click [Device] - [Add Device], and complete the device binding and connection according to the instructions. After the connection is successful, the data on the device will be automatically synchronized to the phone. Please be patient until the data synchronization is completed.

4) When using the product at night, you do not need to connect to the APP.

#### 4.2 APP installation

1) Search and install the "Sleepmi" APP software in Google play or APP STORE.

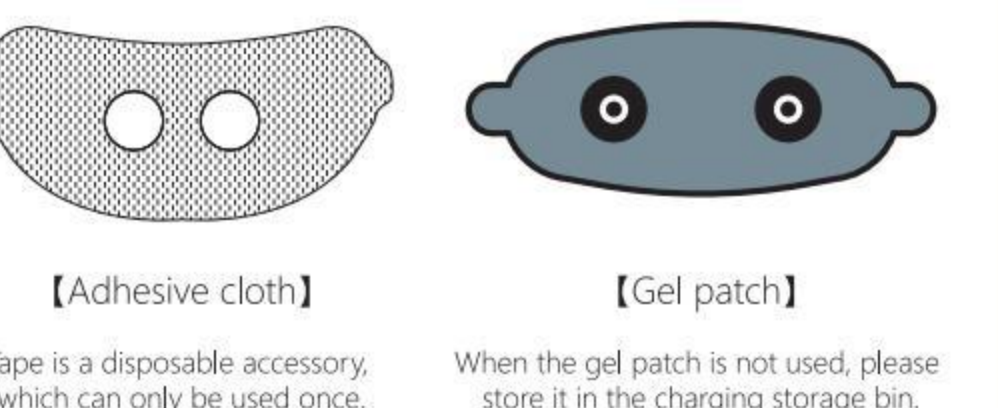
2) Scan the QR code to download and install the "Sleepmi" APP software.



### 5. Use and cleaning of patch

The gel patch can be used repeatedly. When the gel patch gradually becomes dry and hard, which affects the pulse transmission, it needs to be replaced.

The gel patch can be washed and cleaned with clean water. Please do not soak the patch with water for a long time. When the gel patch becomes dry, try spraying a small amount of clean water on the gel surface to facilitate the gel to absorb water.



### 6. Equipment maintenance

#### 6.1 Waterproof and dustproof

Do not use it in a humid environment, and do not directly flush the equipment with water.

The equipment can prevent dust conditions in living rooms and offices, but it is not suitable for special dust environment.

### 6.2 Battery protection

This product contains lithium ion battery cells. It is strictly forbidden to disassemble the product shell without permission to avoid damage to battery cells or other dangers.

It is strictly forbidden to put the product into water, fire or expose it to an environment with a temperature higher than 60 °C.

Please fully charge and discharge at least once every three months. The battery life varies with different usage.

### 7. Safety instructions

#### 7.1 Contraindications

Do not use this product for people with cardiac pacemakers, implantable defibrillators or any other implanted metal or electronic devices, people with heart, cardiovascular and cerebrovascular diseases and diabetes, people who are allergic to gel and electric current, people with skin ulceration and other problems, pregnant women and children under 16 years of age, and other people who are not suitable for using electric pulse products.

#### 7.2 Handling of discomfort

If you have any discomfort such as skin redness, swelling, needle pricking, etc. when using this product, please stop using this product, consult customer service in time, and decide whether to continue using after confirming the cause of discomfort.


### 8. After-sale service

#### Product Warranty

Within one year from the date of purchase of the machine by the consumer in the company and the authorized distribution channel, the product is not damaged by human activity, and a one-year warranty service is provided.


#### 9. Manufacturer

Manufacturer: Shenzhen ZHIMI Technology Co., Ltd  
Address: L402, Jinhedan Business Center, No. 329, Longhuan 3rd Road, Helian Community, Longhua Street, Longhua District, Shenzhen  
After sales E-mail: service@sleepmi.cn  
Join email: zhimi@sleepmi.cn  
Customer service telephone: 4001607520



Sleepmi intelligent snoring prevention device

Use instructions



Scan the code to watch the video

Observation period is at least 2 weeks, and some users need a 3-5 day adaptation period. Please observe the changes before and after use after 2 weeks.

### 1. Sleepmi intelligent snoring prevention device introduction

Sleepmi intelligent snoring prevention device is a device that can accurately identify and distinguish snoring sounds, and send out a specific frequency pulse signal to stimulate the muscles of the throat and pharynx, and maintain muscle elasticity.


Product name: Sleepmi intelligent snoring prevention device  
Product model: Z3  
Overall dimension: 45 mm \* 28.6 mm \* 16 mm  
Net weight of product: 12 g  
Pulse frequency: 4kHz  
Charging voltage: 5v/1A  
Battery capacity: 120mAh  
Continuous working time: 24 hours  
Package list: (intelligent snoring prevention device \* 1, product manual \* 1, charging storage box \* 1, charging cable \* 1, gel patch \* 2, adhesive tape \* 15 pieces, ear sling \* 1)

#### 1.1 How to use the product


Before going to bed, take out the device and turn it on, then wear it correctly, and the product will work automatically.

#### 1.2 How to wear the product

There are two ways to wear this product, one of which can be selected. Wearing method 1: Paste the adhesive tape between the device and the gel patch. As shown in the figure below (the equipment switch is upward)




Wearing method 2: ear hook type, place the ear hook accessory between the gel patch and the device. As shown below



#### 1.3 On/Off

Power on/off  
Press and hold the switch for 3 seconds to start and shut down the product.



#### 1.4 Lamp display

The yellow power light indicates less power, while the green power light indicates sufficient power.

After power on, click the switch, and the power light will flash for 30 seconds. If the APP is not connected, it will turn off after 30 seconds. If the APP is connected, the power light will turn blue and always on.

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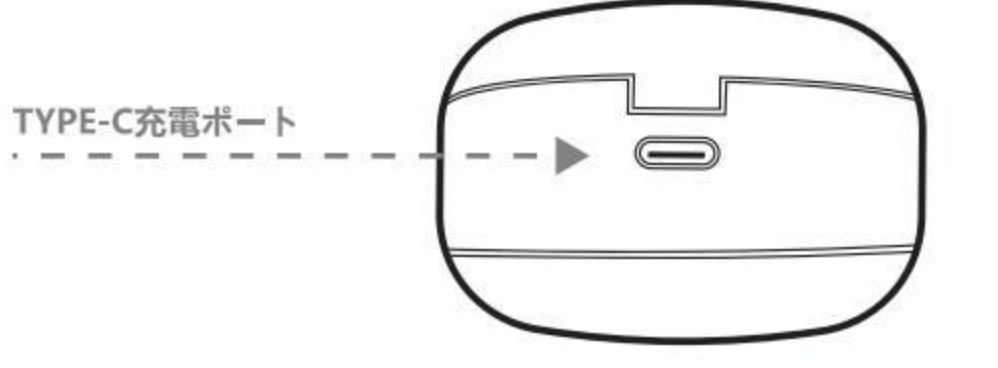
Put the device into the charging box and connect the charging wire to charge the product.

Please use a power adapter with rated output voltage of 5V and current of 1A to charge the device.

It takes about 2 hours for the product to be fully charged. When the power light is always green, it means it is fully charged.


After the charging is completed, remove the device, and the device will enter the shutdown state. You need to turn it on again before it can be used.

Please disconnect the charger after fully charging.



#### 1.6 Disinfection lamp

When the product is put into the charging chamber and connected to the power supply for charging, the UV disinfection lamp will light up to sterilize the gel patch. The disinfection time is about 5 minutes, and after the disinfection is completed, it will automatically go out.




### 2. Data display

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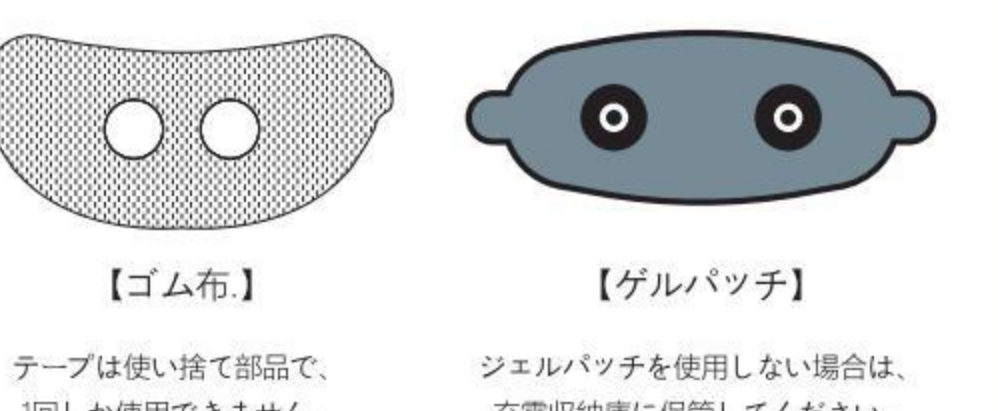
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### 5. Gel patch use and cleaning

The gel patch can be used repeatedly. When the gel patch gradually becomes dry and hard, which affects the pulse transmission, it needs to be replaced.

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#### 6.1 Waterproof and dustproof

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#### 7.1 Contraindications

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105g 铜版纸 4C双面印刷+风琴折 (10页9折)



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.

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.

RF warning for Portable device: The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.