

## 智能睡眠仪

智能睡眠仪 Smart Sleep Device



希迪克康养公众号

XDK Rehabilitation

公司名称：希迪克(深圳)康复科技有限公司

公司地址：深圳市光明区埃迪蒙托工业园第一栋 303

联系方式：400-666-5201

XDK (Shenzhen) Rehabilitation Technology Co., Ltd.

Add: No. 303, Building 1, Edimonto Industrial Park, Guangming District, Shenzhen

Tel: 400-666-5201

# 智能睡眠仪

## 使用说明书

版本号：V1.0

Smart Sleep Device

User Manual

Version: V1.0

(请按说明书指导操作)

Please operate according to the instruction manual

# 第一章 用前必读

## Chapter 1: Read before use

尊敬的客户,感谢您购买本产品,请在使用前仔细阅读本说明书的内容,以正确使用产品和充分理解相关警示与风险。本说明书仅作为本产品操作、保养以及维修的参考资料,不做其他用途。对于未按照说明书内容操作而引起的故障或事故,希迪克(深圳)康复科技有限公司(以下简称“本公司”)不承担任何法律责任。

Dear customer, thank you for purchasing this product, please read the contents of this manual carefully before use in order to use the product correctly and fully understand the related warnings and risks. This manual is only used as a reference material for the operation, maintenance and repair of this product, and is not intended for any other purpose. XDK (Shenzhen) Rehabilitation Technology Co., Ltd. (hereinafter referred to as the "XDK") does not assume any legal responsibility for malfunctions or accidents caused by failure to operate in accordance with the instructions.

### 【注意事项】

- 避免产品潮湿或接触水
- 本产品充电时不可使用
- 首次使用本产品,请先充电
- 儿童需在监护人指导下使用
- 请勿将本产品放置在强电磁干扰的地方
- 请勿大力拉扯耳夹线
- 请勿在使用移动电话时,使用本产品
- 使用时,电极需与耳垂紧密、均匀接触
- 使用时,如遇不适(头痛、眩晕、恶心等),请调低档位或停止使用
- 避免选用强档位对同一位置的长时间刺激

### [Precautions]

- Avoid product moisture or contact with water.
- Do not use this product while charging.
- First time to use this product, please charge it first.
- Children need to use under the guidance of a guardian.
- Do not place the product in a place with strong electromagnetic interference.
- Do not pull the ear clip cable.
- Do not use this product while using a phone.
- When using, the electrodes should be in close and even contact with the earlobe.
- If you experience discomfort (headache, dizziness, nausea, etc.) when using the product, please turn down the gear or stop using it.
- Avoid the use of strong gear to the same location for a long time stimulation.

## 【警告】

- 沐浴时,请勿使用本产品
- 禁止将本产品沉浸 in 任何液体
- 在操作复杂或危险设备时,请勿使用本产品
- 在驾车或准备驾车时,请勿使用本产品
- 电极不可置于心脏前后,且避免接触伤口、淤痕
- 禁止将本产品用于说明书规定外的其他用途
- 请勿拆解本产品

## [Warning]

- Do not use this product while bathing.
- Do not immerse this product in any liquid.
- Do not use this product when operating complex or dangerous equipment.
- Do not use this product while driving or preparing to drive.
- Do not place electrodes in front of or behind the heart and avoid contact with wounds and bruises.
- Do not use this product for purposes other than those specified in the instruction manual.
- Do not disassemble the product.

- 任何对本产品的维修或升级,必须由本公司人员或授权服务人员

执行

- 未认可的耳夹线、导电液、垫圈、充电线等附件会影响产品的效果和安全。由此引起的人身伤害或经济损失,本公司不承担任何的法律责任

- 勿与高频手术设备,短波或微波治疗仪,同时使用本产品

-Any repairs or upgrades to this product must be performed by our staff or authorized service personnel

-Accessories such as unapproved ear clip cable, conductive liquid, gasket, charging cable, etc. will affect the effectiveness and safety of the product. The resulting personal injury or economic loss, the company does not assume any legal responsibility

-Do not use this product in conjunction with high-frequency surgical equipment, short-wave or microwave therapy devices.

## 第二章 产品基本信息

### Chapter 2 Product Information

#### 【作用原理】

微电流刺激疗法是一种安全、非侵入性的物理方法。采用低强度微量电流刺激大脑,使中枢神经系统产生镇静性的内源性脑啡肽等,从而缓解紧张、焦虑,改善睡眠质量。

#### [Principle of Action]

Micro-current stimulation therapy is a safe, non-invasive physical method. It uses low-intensity micro-current to stimulate the brain, causing the central nervous system to produce sedative endogenous enkephalins, thereby relieving tension and anxiety and improving sleep quality.

## 【适用人群】

适合入睡困难、浅睡多梦、睡前焦虑紧张的失眠人群。

## [Applicable People]

Suitable for insomniacs who have difficulty falling asleep, shallow sleep and dreamy, and anxiety and tension before bedtime.

## 【慎用人群】

基于安全考虑,我们不建议以下人群使用本产品:

- 内植心脏起搏器、胰岛素泵等电子装置的患者
- 正在操作复杂或危险设备的人群
- 正在驾车或准备驾车的人群
- 癫痫患者
- 出血性脑卒中患者
- 耳背表皮破损或电极导电物过敏者
- 头部有金属或磁性物体者

## [Cautious Users]

For safety reasons, we do not recommend this product to the following people.

- Patients with pacemakers, insulin pumps, and other electronic devices.
- People who are operating complex or dangerous equipment.
- People who are driving or planning to drive.
- People with epilepsy.
- People with hemorrhagic stroke.
- People with broken epidermis on the back of the ear or allergies to conductive electrodes.
- People with metallic or magnetic objects on the head.

第 3 页

## 【产品组成】

产品由主机、耳夹电极、垫圈等组成,如图 1 所示。

## [Composition of the product]

The product includes the main body, ear clip electrodes, gaskets and other components, as shown in Figure 1.

耳夹电极-ear clip electrodes

垫圈-gaskets

主机-Host

图 1 智能睡眠仪-Figure 1 Smart Sleep Device

## 【包装清单】

## [Packing List]

Parts	Item	Unit	Quantity
Main Parts	Smart sleep device	piece	1
	Type-C charging cable	piece	1
Electrodes Parts	Ear clip cable	set	1
	Conductive liquid	bottle	1
	Gaskets	box	1
Accessories	User manual	piece	1
	Warranty Card	piece	1
	Certificate	piece	1

更换说明：产品在有任何故障、损坏或已知存在的安全问题时，未经希迪克（深圳）康复科技有限公司授权的服务人员解决问题之前，不得“强行”使用。

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Replacement instructions: The product should not be used "forcibly" in the event of any malfunction, damage, or known safety problem, without first solving the problem by authorized service personnel of XDK (Shenzhen) Rehabilitation Technology Co., Ltd.

## 【规格参数】

[Specification]

Product name	Smart Sleep Device
Model	XDK-SMY-01
Dimension	76mm*33mm*15mm
Implementation standards	Q/XS J05-2023
Weight	Approx 75g
Charging port	Type-C
Input	5V/120mA
Charging time	≤2 hours
Using time	>7 hours
Single working time	20 minutes
Mode	Mode T1 0.5Hz, pulse width 250ms-1000ms
	Mode T2 1.5Hz, pulse width 80ms-330ms
	Mode T3 100Hz, pulse width 5ms
Gear level	Gear: 5
	Gear Strength: 100uA(gear 1), 200uA(gear 2)
	300uA(gear 3), 400uA(gear 4), 500uA(gear 5)
Color	White, Black, Red, Green, Yellow
Communication method	Bluetooth

## 第三章 产品使用

Chapter 3 Product Use

档位指示灯—1 档 ·  
档位指示灯—2 档 ·  
档位指示灯—3 档 ·  
档位指示灯—4 档 ·  
档位指示灯—5 档 ·

Gear indicator-Gear 1

Gear indicator-Gear 2

Gear indicator-Gear 3

Gear indicator-Gear 4

Gear indicator-Gear 5

耳夹接口： Ear Clip Port

档位键— Gear-

开关机键: On/Off

模式选择键 Mode

档位键+ Gear+  
电源指示灯: Power indicator  
模式指示灯: Mode indicator  
充电接口: Charging port

## 图 2 主机结构示意图

Figure 2 Mainframe structure

如图 2, 主机包含耳夹接口、Type-C 充电接口、档位键、开关机键 / 模式选择键、电源指示灯 / 模式指示灯、档位指示灯。

As shown in Figure 2, the main unit contains ear clip connector, Type-C charging connector, gear button, on/off button/mode selection button, power indicator/mode indicator, gear indicator.

### 【接口】

耳夹接口: 连接梦享佳™ 智能睡眠仪专用耳夹;

充电接口: 连接 Type-C 充电线, 给主机充电。

### Interface

Ear clip interface: connect the ear clips for DreamHome™ Smart Sleep Device

Charging interface: connect the Type-C charging cable to charge the main host.

### 【按键】

开关机键 / 模式选择键: 关机时, 长按该键, 开机; 待机时, 长按该键, 关机;

待机时, 短按该键启动工作; 工作时, 短按该键切换工作模式。

档位键+: 工作时, 点“+”按键进行档位增加操作, 最高档位为 5 档;

档位键-: 工作时, 点“-”按键进行档位降低操作, 最低档位为 1 档。

### [Key]

On/Off/Mode: When shutdown, long press the key, power on; standby, long press the key, shutdown; standby, short press the key to start the work; work, short press the key to switch the work mode.

Gear+: When working, tap "+" button to increase the gear, the highest gear is 5 gears.

Gear 1: When working, tap "-" button to lower the gear, the lowest gear is gear 1.

### 【指示灯】

#### 电源指示灯 / 模式指示灯

##### [Indicator]

Power indicator/Mode indicator

蓝灯: Blue

绿灯: Green

橙灯: Orange

白灯: White

状态描述: State Description

仪器处在充电状态, 且电量未达到 100%

The instrument is charging and has not reached 100% power.

电量<20%

Power<20%

仪器处在满电状态或 T1 模式的待机状态

The instrument is in a fully charged state or in standby mode in mode T1

仪器处在 T1 模式的工作状态

仪器处在 T2 模式的待机状态

仪器处在 T2 模式的工作状态

仪器处在 T3 模式的待机状态

仪器处在 T3 模式的工作状态

Mode T1 Working state

Mode T2 Standby mode

Mode T2 Working state

Mode T3 Standby mode

Mode T3 Working state

关机 Power Off

注: ① '闪烁' - 亮 1 秒、灭 2 秒

② 不管仪器处在何种模式的待机或工作状态,只要电量<20%,蓝灯闪烁。

Note: ① 'Blinking' - on for 1 second, off for 2 seconds.

② No matter what mode of standby or working state the instrument is in, as long as the power <20%, the blue light will flash.

档位指示灯 Gear Indicator

状态描述 Mode

## 【应用软件说明】

### 1. 应用软件获取方法：

在手机应用商店或应用市场搜索“梦享佳”，或扫描以下二维码，下载与安装应用软件。

### 2. 注册账号：

打开“梦享佳”，点击“立即注册”后输入手机号、密码，然后点“注册”。

### 3. 登录账号：

在登录界面，输入手机号、密码，勾选“登录代表您已阅读并同意梦享佳《注册协议》和《隐私协议》后，点“确认”。

[Application Software Description]

#### 1. How to get the application software.

Search for "DreamHome" in the cell phone application store or application market, or scan the following QR code to download and install the application.

#### 2. Register account.

Open "DreamHome", click "Register Now", enter your cell phone number and password, and then click "Register".

#### 3. Login: In the login screen, enter your cell phone number and password.

In the login screen, enter your cell phone number and password, and check "Log in" to indicate that you have read and

agreed to DreamHome "Registration Agreement" and "Privacy Agreement" and click "Confirm".



(APP 下载)

App download

## 【小程序说明】

### 1. 小程序获取方法：

在微信小程序页面，‘搜索小程序’框里输入‘希迪克睡眠’。

### 2. 添加设备：

进入小程序后，点击‘添加设备’，搜索与连接智能睡眠仪，如图 3a。

注：设备名称为‘XDK-SMY-xxxx’；搜索时，请使能或启动手机蓝牙功能。

### 3. 设置参数：

连接设备后，可以在小程序界面查看连接状态、电量、总工作时长、剩余时间、工作状态，以及选择仪器的工作模式、档位，如图 3b。

## [Mini-program description]

### 1. How to download “XDK Dream Home”:

On the WeChat mini-program, search for “XDK Dream Home”

### 2. Add Device:

After entering the app, click “Add Device” to search and connect the smart sleep device, as shown in the Figure 3.

### 3. Setting parameters:

After connecting the device, you can check the connection status, power, total working hours, remaining time, working status, as well as selecting the working mode and gear of the device, as shown in Figure 3b.

#### a. 添加设备

a. Add Device

#### b. 设置参数

b. Setting Parameters

## 【操作步骤】

## [How to use]

导电液 conductive liquid

#### 图 4 Figure 4 图 5 Figure 5

1. 取出耳夹电极,将插头插入主机的耳夹接口。
2. 取出垫圈和导电液,分别将垫圈安装在两个耳夹; 每个耳夹的电极片装一个垫圈,最后用导电液充分湿润垫圈(如图 4)。
3. 将耳夹电极安放在耳垂部位(如图 5),确保电极与耳垂之间的紧密、均匀接触。

1. Take out the ear clip electrodes and insert the plug into the ear clip connector of the main unit.

2. Remove the gasket and conductive liquid, respectively, the gasket installed in the two ear clips; each ear clip electrode piece mounted a gasket, and finally fully wet the gasket with conductive liquid (Figure 4).

3. Place the ear clip electrodes in the earlobe area (Figure 5), to ensure that the electrodes are in close and even contact with the earlobe.

4. 长按开关机键 3 秒,电源指示灯被点亮; 短按开关机键,切换适合自己的模式。

本产品共 3 种模式: T1 模式(舒适)- 绿灯、T2 模式(刺激)- 橙灯、T3 模式(增强)- 白灯。

5. 工作时,短按“+”或“-”按键,调节刺激强度。

每种模式均有 5 个档位的刺激强度(1 档到 5 档,逐步增大)。

4. Long press the on/off button for 3 seconds, the power indicator light is lit; short press the on/off button to switch the mode that suits you.

There are 3 modes: mode T1(comfort) - green light, mode T2 (stimulation) - orange light, mode T3 (enhancement) - white light.

5. When working, short press "+" or "\_" button to adjust the stimulation intensity.

Each mode has 5 levels of stimulation intensity (1 to 5, gradually increasing).

注: ①耳夹不区分正负极。  
②单次工作时间默认为 20 分钟(不可调)。  
③档位选择以耳垂有微弱针刺感为宜,档位太高可能引起头痛、眩晕等不良反应。

Note:

- ① Ear clip does not distinguish between positive and negative poles.
- ② The default working time is 20 minutes (not adjustable).
- ③ The gear selection to the earlobes have a faint pinching sensation is appropriate, too high a gear may cause headache, dizziness and other adverse reactions.

## 第四章 维护与保养

Chapter 4. Maintenance and Servicing

工作与储存环境

Working and Storage Environment

工作环境 Working Environment

环境温度 Environmental Temperature

相对湿度 Relative Humidity

大气压力 Atmospheric Pressure

## 储存环境 Storage Environment

不冷凝 non-condensing

## 故障分析与排除 Failure Analysis and Troubleshooting

Problem	Cause of Failure	How to Solve
No pulse output (no stimulation of ear clip electrode pads)	Stimulus current too small or no	Increase the gear or change the working mode
	The ear clips are not in place.	Re-plugging the ear clip cable
	Poor contact between the ear clip and the body	Check the position and tightness of the ear clips
	Skin not cleansed before use	Use alcohol pads or water to clean the epidermis
	Failure to replace gasket, or failure to apply conductive liquid to gasket	Replace with new gasket, drop conductive liquid
	Low power of battery	Use after charging the host
	Broken ear clip wires	Contact the manufacturer to replace the ear clip cable
	Instrument Damage	Contact the manufacturer for repair or replacement
Tingling sensation in the earlobe	Ear clip gaskets not replaced or gaskets not placed properly	Adjust or replace with new gasket, drop conductive liquid
	Gear is too high for personal tolerance	Downshift the gear

## 清洁与维护 Cleaning and Maintenance

- 请保持产品表面洁净；不干净时，可采用酒精擦拭表面；
- 为确保使用效果，请定期使用清水擦拭耳夹电极表面；
- 长期不使用产品，请将电源关闭，且每间隔3个月对产品进行一次充电。

-Please keep the surface of the product clean; when it is not clean, you can use alcohol to wipe the surface.

-To ensure the effectiveness of the product, please wipe the surface of the ear clip electrode with water regularly.

-If the product is not used for a long time, please turn off the power and recharge the product every 3 months.

## 第五章 常见问题

### Chapter 5 FAQ

#### 1. How to turn on/off the device?

You can turn on or off the device by long press the on/off button.

#### 2. How to charge the device?

Plug the Type-C charging cable into the device and connect it to the cell phone adapter (5V output) to charge the device.

#### 3. When should I use the device?

You can use the device during the daytime or before going to bed at night; you can use the device when you feel nervous or anxious.

#### 4. Can I use the device while driving?

Driving requires a high degree of concentration. If you use the device, it may make you feel dizzy and have a headache, which may lead to traffic safety hazards. Therefore, you should not use the it while driving. For more information, please refer to [Cautions] and [Warnings].

#### 5. Can I adjust the working hours of the device?

No, you cannot. The default working time of the Smart Sleep Device is 20 minutes, after 20 minutes, the device will stop working automatically. You can press the "On/Off button" to start the next 20 minutes.

#### 6. Where can I download the app?

You can scan the QR code, or through the WeChat mini program interface, search for "XDK Dream Home".

7. Why don't I feel anything special after wearing it?

(1) May not replace the gasket, or not drip conductive liquid, or conductive liquid is insufficient.

(2) Not wear in the earlobe, or ear clip electrode is not close, even contact with the earlobe.

(3) Possible gear selection is low.

8. How many times can a gasket be used?

The conductivity of the gasket affects the stimulation effect and experience, so it is recommended that the gasket be replaced every time it is used.

9. How long does it take to get results?

The first use can improve the symptoms of insomnia. It is more effective if it is used continuously in phases.

10. Are there any adverse reactions?

Too high a gear may cause headache, dizziness and other adverse reactions.

## 第六章 售后服务

Chapter 6. After-sales Service

Regarding the warranty period (gratuitous repair), it starts from the date of purchase. Within the validity period, you can enjoy the repair, exchange and return in accordance with the provisions of this regulation, the above should be handled with the invoice or relevant valid shopping vouchers. Since the date of purchase within 7 days of the quality problems, consumers can choose to invoice the price of a one-time refund or replacement of the same type of product.

Quality problems occurring within 15 days from the date of purchase, consumers can choose to replace the same model of product quality problems occurring within 12 months from the date of purchase, consumers can choose to repair free of charge.

### 【合格证】

本公司生产的智能睡眠仪已顺利通过出产品质检验,附如下示例合格证:

[Certificate

The smart sleep device has successfully passed the production quality inspection, with the following sample certificate of conformity.

产品名称 Product Name

智能睡眠仪 Smart Sleep Device

产品型号 Model

检测人员 Inspector

检验结论 Test Conclusion

生产厂家 Manufacturer

希迪克（深圳）康复科技有限公司 XDK (Shenzhen) Rehabilitation Technology Co., Ltd.

### 【产品保修】

1. 保修期内的商品只可由制造商进行保修,保修时,请出示保修卡及购买发票。请特别注意以下两点:

(1) 保修卡遗失后不再补发,请妥善保管。

(2) 保修卡仅限于中华人民共和国大陆有效。

[Product Warranty]

1. The goods within the warranty period can only be warranted by the manufacturer. Please present the warranty card and purchase invoice. Please pay special attention to the following two points.

(1) The warranty card will not be reissued if lost, please keep it in a safe place.

(2) The warranty card is valid only in mainland China.

2. 自购买之日起 1 年内,在正常使用发生故障的条件下进行保修。

3. 属于下列情况者,即使是在保修期内,也不能免费保修,但是可以有偿维修。

2. Warranty will be provided within 1 year from the date of purchase under the condition that the product breaks down under normal use.

3. In the following cases, even within the warranty period, the warranty is not free of charge. We will repair the product for a fee.

(1) 未按商品使用说明书要求使用、维护、保管而造成损坏的。

(2) 因不正确操作、破损(如跌落等)而造成损坏的。

(3) 自行拆解造成损坏的。

(4) 因不可抗力因素(如地震、火灾、水灾等)造成损坏的。

(1) Damage caused by failure to use, maintain, or store the product in accordance with the requirements of the product's instruction manual.

(2) Damage caused by incorrect operation, breakage (e.g., dropping, etc.).

(3) Damage caused by disassembling by yourself.

(4) Damage caused by force majeure factors (such as earthquakes, fires, floods, etc.).

保修卡 Warranty Card

产品型号 Product Model

交付日期 Delivery Date

联系人 Contact person

联系地址 Address

经销商名称 Dealer Name

经销商盖章 Dealer's seal

产品序列号 Serial Number

用户名 User Name

联系电话 Phone

经销商电话 Dealer Phone

### **FCC Warning Statement**

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

#### FCC Radiation Exposure Statement

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

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.