

# smartLAB<sup>®</sup> gutnight

*Snore-Stopper Device*

## User Manual

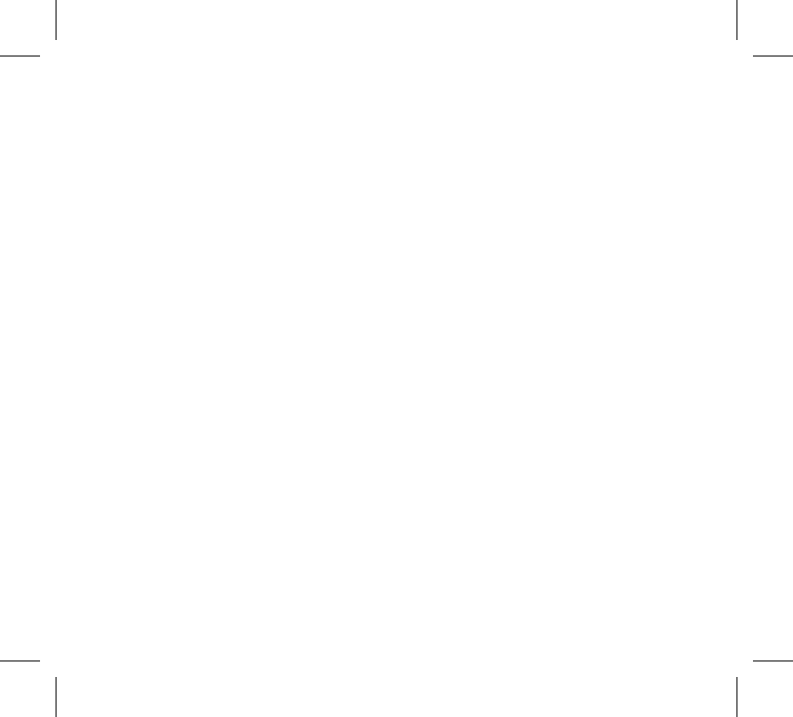


*Please read this manual thoroughly before first using this device.*

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## I. Introduction

Thank you for using **smartLAB**<sup>®</sup> *gutnight*. Please read this manual carefully to get used to the right operation and the possibilities of the equipment. This way you will be able to enjoy the benefits of **smartLAB**<sup>®</sup> *gutnight* and you will have pleasure with it for a long time.

Our modern life is tensed and stressful. Therefore one of the most important things is a silent night and the possibility to recuperate during sleeping. In estimation, about 30% to 40% of the middle aged of the current population snore, and more and more people are affected by snoring. Many people think snoring is only a little problem and it does not influence your health. This is a big mistake.

Snoring might cause high blood pressure, increase the risk of heart disease, stroke, fatigue, depression, etc. But one thing is for sure: even in minor severe cases of snoring, we annoy our beloved partners and keep them from recovering during the night!

But now all these can be stopped by using **smartLAB**<sup>®</sup> *gutnight*. **smartLAB**<sup>®</sup> *gutnight* is a new device, designed to reduce snoring by a bio-

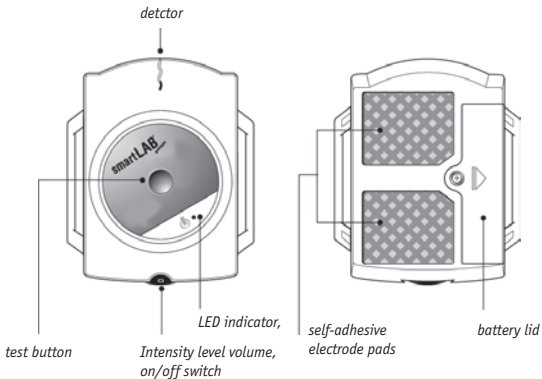
feedback process: when the device detects snoring, a small electronic gentle pulse will be sent automatically to stimulate the snorer's skin for around 5 seconds. Because of this stimulus, the snorer's laryngeal muscles will get back into a normal condition or he/she will alter the sleeping position. This unique process results in a subconscious reaction, without waking the snorer up and without disturbing the brain that controls his sleep.

You will see the great result when you go on using **smartLAB<sup>®</sup> *gutnight*** regularly for 6 to 8 weeks. **smartLAB<sup>®</sup> *gutnight*** is a safe and intelligent choice to reduce your annoying snoring, and lets your family expect a higher sleeping quality in the future!

Use only as directed. If any unusual symptoms appear, discontinue the treatment and see your doctor.

## II. Your smartLAB<sup>®</sup> gutnight

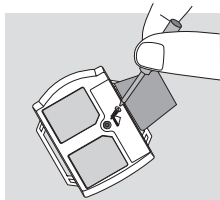
### Device & functions



### III. Setup & operation functions

#### Before first use

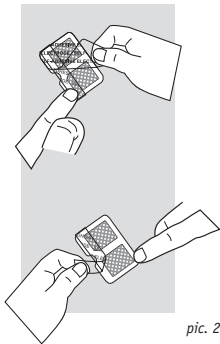
- Make your smartLAB® *gutnight* ready for use by inserting a battery. Please open the battery box with a screwdriver to insert an AAA battery. Make sure that the AAA + pole is placed towards „ON/OFF switch / intensity level volume“ as shown in picture 1.
- Then close the battery cover and fix it with the screw.



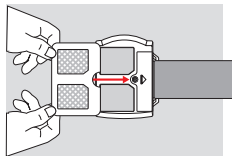
pic. 1

## Applying the electrode pads

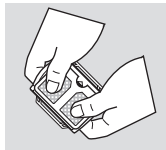
Open the vacuum pack and take out the self-adhesive electrode pads. Remove the plastic film from the gap side with the words „SELF-ADHESIVE PLASTIC ELECTRODES“ on it. Afterwards, insert the pads by slightly pressing them into your **smartLAB<sup>®</sup> gutnight** device, as shown by the pictures below. Finally, remove the second plastic film from the lower side of the pads.



pic. 2



pic. 3



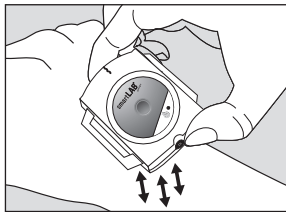
pic. 4



**Note:** To avoid that the adhesive pads stick unpleasantly to your skin, you can moisten the pads with any common body oil. This avoids skin irritations and increases the efficiency of the pads.

## Using your smartLAB<sup>®</sup> gutnight

- Test the function of the device before use. Switch on the power and then adjust the intensity to level 1. Check if the LED indicator (green light) is blinking.
- Press the test button three times in a row. The device will release a weak electrical impulse that lasts for about 5 seconds. Now, you can adjust the intensity to the level you like.
- Due to the variations of the skin sensitivity, you might not feel the electrical impulse. In that case, press the test button 3 consecutive times and adjust the intensity to the level you like. By the way, during night times the nerves are stimulated easier. Therefore we advise that you reduce the intensity for the night for 1-2 levels to have the best effect.



- Meaning of the LED light:

When you wear **smartLAB**<sup>®</sup> *gutnight* on your arm the LED normally changes from „red“ to „green“, which means, the device has contact to your skin properly and you can start using it. If the LED still shows red light, the device has no proper contact to your skin. Therefore, you should readjust the wrist. If a green light still does not appear, please refer to the „Troubleshooting“ chapter in this manual.

## IV. Miscellaneous

### Maintenance

- The self-adhesive electrode pads should be kept clean. In order to maintain the device's performance, DO NOT rub the electrode pads with your hands, facial tissue, or wool.
- The electrode pads tend to lose their adhesion over time, therefore weakening the level of intensity. Moisten your finger with a few drops of water and rub it gently against the electrode pads to improve contact. We recommend you replace the electrode pads after 30 days of usage (varies among individuals).
- If you still do not feel the signal, please replace the old pads by a pair of new ones. Please refer to the chapter „Applying the electrode pads“ in this manual (Note: Generally, the electrode pads can be used for 30 nights continuously.)

## Troubleshooting

If the LED indicator does not light during the testing procedure, please check the following:

- Is the battery installed correctly? („+“ sign faces upward?)
- Is the battery's energy low? If so, please replace by a new one.

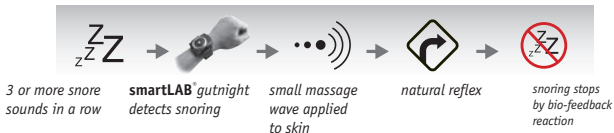
If the points mentioned above are checked, and the device still does not work correctly, please send your **smartLAB**<sup>®</sup> *gutnight* back to the manufacturer for checkups. You can use the **smartLAB**<sup>®</sup> warranty card which is included in the meter set.

**Note:** Always use the specified accessories in this manual. The use of other parts that are not approved by the manufacturer may cause hazard. Do not try to repair **smartLAB**<sup>®</sup> *gutnight* by yourself. There are no user serviceable parts inside. If the device does not work properly, please send it in for repair.

## Frequently asked questions

### 1. Does **smartLAB<sup>®</sup>gutnight** really work ?

Yes, it works. However, please pay attention to the notes in this manual. If you suffer from serious medical conditions as we indicate in our introduction and warning sections, **smartLAB<sup>®</sup>gutnight** might not cause remedy and you should see a doctor. Use only as directed. If any unusual symptoms appear, discontinue the treatment and see your doctor. The proper use of **smartLAB<sup>®</sup>gutnight** requires selfdiscipline, careful application and time to train reflexes. We employ a special in-built electronic biosensor, which is designed to detect snoring, based on the biophysical properties of snores. Besides, due to its broad detection capability, if the snores are above 65-70 dB and occur 3 times in a row, they will be detected and trigger the device to response automatically.



Does **smartLAB**<sup>®</sup> *gutnight* really reduce my snoring?

Snoring is caused by a narrow airway. When we sleep, our nerves are in a relaxed state. When the air moves into the narrow airway during breathing, it causes the soft tissues of the throat (tonsils, soft palate & uvula) to vibrate. This vibration is the sound of snoring. Generally, snoring can be reduced if the snorers change their sleeping positions or are given a mild nerve stimulation. **smartLAB**<sup>®</sup> *gutnight* is working according to this concept. When snores are detected, the device will send out a 5 seconds' impulse onto superficial skin. The snoring person will then either change the sleeping position or his or her throat muscles get more tense due to nerve stimulation.

Background noise reaction of **smartLAB**<sup>®</sup> *gutnight*:

over 65 dB (within 50 cm from TV): *seldom activated*

60 dB (within 1 m from TV): *seldom activated*

55 dB (within 1m from air-conditioning): *seldom activated*

below 55 dB: *not activated*

### 3. What is dB?

Decibel (dB) is an index of measuring the intensity of sound. If you are in an environment that has a sound intensity of above 70 dB continuously, we talk about a noisy background. Normally, you will not live in such an environment. Your **smartLAB**<sup>®</sup> *gutnight* was developed to distinguish normal background noises from snoring sounds.

### 4. When I ,simulate' the snores in a silent background, why does the device not work?

**smartLAB**<sup>®</sup> *gutnight*'s special biosensor is designed according to the biophysical properties of snoring. The device will react when 3 consecutive snores occur. These snores also must have the same frequency and they must be above 65 dB.

### 5. Why do are there different levels of intensity during the testing procedures ?

The difference in sex, age, weight and skin impedance will cause the variations of your feeling. In fact, the intensity of the output impulse lies within the safe range, so generally you should have a similar feeling. If your



attention is called away, you may also have a low-intensity feeling. Besides, the skin's nerves are more sensitive during the nighttime. Since the device is designed to be used at night, you may have the low intensity feeling when you test the device in daytime. You should also check the conductive electrode pads to see if you forget to attach them, if you are irritated by a stronger impulse. Generally, you should replace the pads regularly.

## Warranty

HMM Diagnostics GmbH products need to fulfill high quality requirements. Because of this reason, HMM Diagnostics GmbH gives a 2-year warranty by purchasing this **smartLAB**<sup>®</sup> product. You can even extend the warranty from 2 to 5 years without extra pay when you register your product. Please use the warranty card included in your product set.

*Wear parts, electrode pads, batteries etc. are excluded from warranty.*

## Set Contents

- 1 smartLAB**<sup>®</sup> *gutnight* Snore stopper device
- 1** User Manual
- 1** „AAA“ battery
- 3** self-adhesive electrodes
- 1** Screwdriver Set

Manufacturer:



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Weitere Informationen zu den smartLAB<sup>®</sup> Produkten /  
More information on our smartLAB<sup>®</sup> products:

**[www.smartlab.org](http://www.smartlab.org)**