

smartLAB[®] snooze

Electronic Sleep-Assisting Device

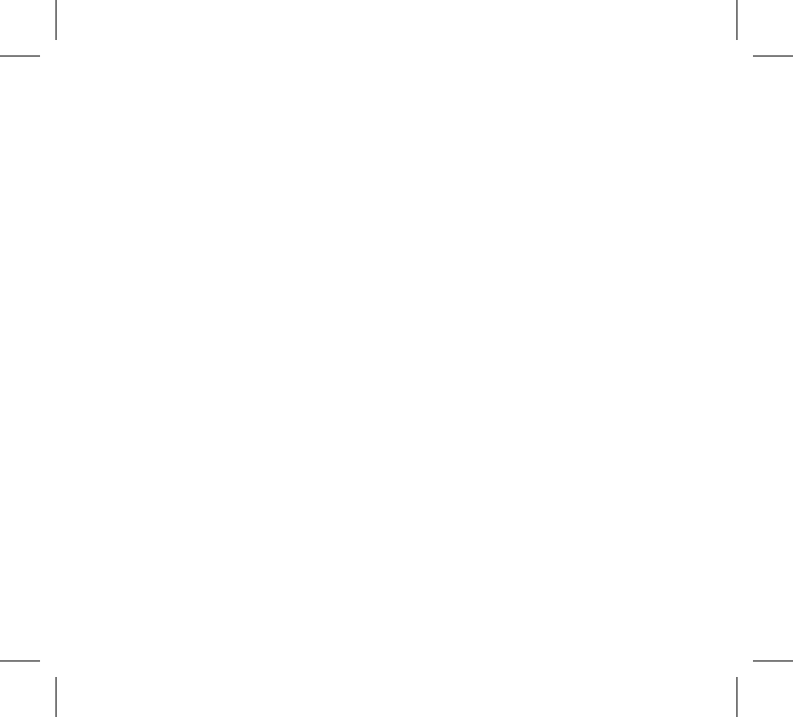
User Manual



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



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Content

I. Introduction

II. Your smartLAB[®] *snooze*

Device & functions 6

III. Setup & operation functions

Before first use 7

Using smartLAB[®] *snooze* 7

IV. Miscellaneous

Caution 10

Troubleshooting 11

Warranty 14

I. Introduction

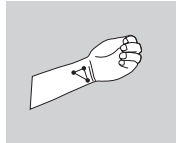
Thank you for using **smartLAB**[®] *snooze*. Please read this manual carefully before first using this device.

smartLAB[®] *snooze* was developed to improve your sleeping quality. The device uses a small vibration motor that gives you comfortable micro-massages. **smartLAB**[®] *snooze* is easy to use. When worn on the wrist, it sends pulse waves to the wrist's specific „acupuncture points“, promoting blood circulation.

The quality of blood circulation affects the mechanism of melatonin secretion by the pineal gland. The stressful and tense lifestyles that most of us know, have an adverse effect on the biological clock, a main cause of insomnia. According to the Meridian Theory of Chinese Medicine, the „Peri-Heart Meridian“ is most effective from 7 to 9 p.m. Blood circulates best during this interval. In addition, the optimal interval for the secretion of melatonin is from 10 to 11 p.m. Insomnia happens when a person's biological clock is disturbed for an extended period of time.

What is the „Golden Triangle“? What is the relationship between the „Golden Triangle“ & insomnia?

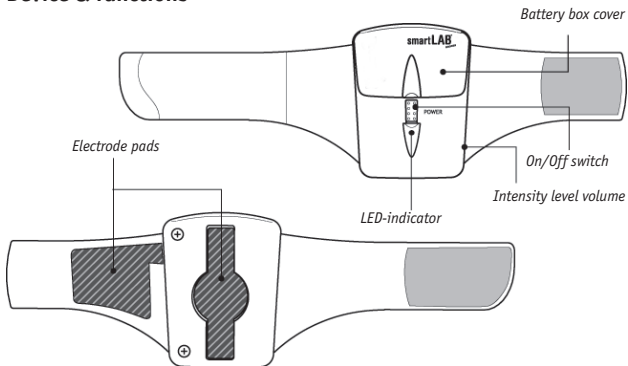
According to the Meridian theory of Chinese medicine, there are three specific acupuncture points on the wrist: the Shern-Men Point, the Day-Ling Point and the Vey-Guan Point. The Shern-Men Point is located along the „Heart Meridian“ which is responsible for the mental health and function of circulatory system. Day-Ling and Ney-Guan Points are located along the „Peri-Herat Meridian“ which helps to maintain the heart's normal functioning. These three specific points form a „Golden Triangle“ that is responsible for calming, stress relief and sleep induction.



By daily wearing **smartLAB**[®] *snooze* on this „Golden Triangle“ an hour before you go to bed, you will soon rediscover your sweet dreams. We wish you a pleasant sleep!

II. Your smartLAB[®] snooze

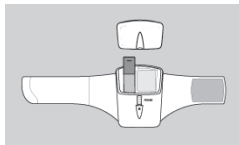
Device & functions



III. Setup & operation functions

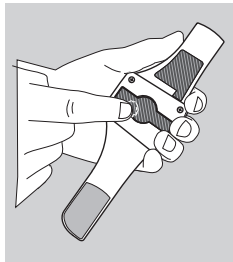
Before first use

Please press down and slide the battery cover to insert the „AAA“ battery into the compartment in accordance with the correct direction. Push back the lid after installing the battery.



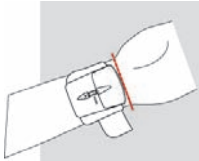
Using smartLAB[®] snooze

- When using **smartLAB[®] snooze**, moisten the two black conductive rubbers on the back with your fingertip for best conductivity between the device and your skin. Alternatively, you can spread your favourite essential oil on the wrist. With **smartLAB[®] snooze** operating, the essential oil can be easily absorbed thus relaxing yourself and releasing your pressure.



pic. 3

- Place **smartLAB[®] snooze** on your left wrist underside and align the front edge of the device with the first horizontal line of your wrist (see pic. 4)
Wear **smartLAB[®] snooze** with suitable tightness and allow the black conductive rubber a gentle contact with your skin (wearing the device too tightly may affect blood circulation!)



pic. 4

- Please check if the output strength switch is in the minimum position. Then press the POWER button for 4 seconds until the LED starts blinking. **smartLAB[®] snooze** will initiate a „vibrating massage“. Check the LED at the same time; if it shows a flashing green, it is operating normally. If the LED is flashing red, please check these two things first:

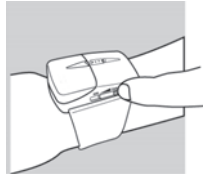
1. A faster flashing of the red light means that the battery power is low. Therefore, please replace with new battery.
2. A regular flashing red light means that the device has weak contact with your skin. Adjust the wristband or moisten the black conductive rubber before



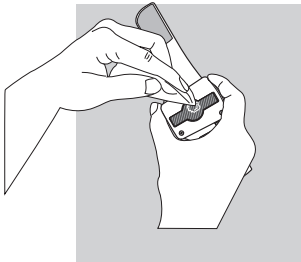
pic. 5

re-starting **smartLAB**[®] *snooze*.

- People's skin resistance varies. Therefore the perception in the strength of **smartLAB**[®] *snooze*'s pulse wave varies, too. Adjust the output strength switch to a comfortable level, as shown in picture 6. (The output potentiometer only regulates the impulse strength, not the vibration itself.)



pic. 6



- Every **smartLAB**[®] *snooze* operation lasts 30 minutes. The device powers off automatically, so you can fall asleep with your mind at rest during the process. After use, clean your wrist and black conductive rubber with a wet cloth, as shown in picture 7.

pic. 7

IV. Miscellaneous



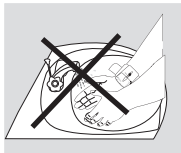
Caution

1. Make sure the device is powered-off BEFORE placing it on your wrist.
2. DO NOT wash your hands while wearing this device.
3. While wearing the wrist-belt, DO NOT pull the belt too tight - this will affect the product's lifespan.
4. DO NOT use **smartLAB**[®] *snooze* with another medical electronic device AT THE SAME TIME.
5. The device should be kept out of reach of children.
6. If skin irritations occur, discontinue use and consult your physician.
7. DO NOT dispose battery with household waste. Consult your local authorities.

Troubleshooting

- If the LED indicator does not come on or you do not feel a vibrating massage, please check the following:
 - A. Is the battery properly loaded?
 - B. Is the battery power low? If so, insert a new battery.

If the above mentioned points are checked, but the device still does not work as intended, please contact your local dealer or the manufacturer for further maintenance. You can use the **smartLAB®** warranty card included in the device set to contact the manufacturer.



Note: Always use the specified accessories mentioned in this manual. The use of other parts is not approved by the manufacturer and may cause hazard. Do not try to repair the device by yourself. There are no user serviceable parts. If your **smartLAB® snooze** does not work any more, please send it in for repair.

Caution!



Heart disease patients **SHOULD NOT** use this device except under advice of a medical doctor.



DO NOT place the device in the mouth-, neck- and eyelid region.



This device is **NOT** suitable for persons with implanted cardiac pace-makers and those monitored by electronic equipment (e.g. ECG monitors and ECG alarms).



Patients with acute diseases and infectious diseases may use this device **ONLY UNDER** a doctor's **ADVICE**.



Patients with severe skin diseases or sensitive skin or those, who are bleeding, **SHOULD NOT** use this device.



Operation in close proximity (e.g. 1m) to a short wave therapy equipment may produce instability in the device output.

Specifications

1. Pulse amplitude: 235 μ A peak into 1000 Ω load
 2. Pulse rate: 16 seconds / cycle
 3. Pulse width: 800 μ s, Voltage 4-16 V peak into 1000 Ω load
 4. Wave form: Asymmetrical Bi-Phasis Square Pulse
 5. Duration of use: 30 minutes
 6. Motor Wave form: 2 seconds on, 0.5 seconds off
 7. Power source: 1.5 V battery (size: AAA)
 8. Operation environment: -10°C until +40°C, 30 - 85% RH
 9. Storage environment: -20°C until +50°C, 10 - 95% RH
 10. Transport environment: -10°C until +50°C, 35 - 85% RH
- All electrical specifications are $\pm 20\%$; 1000 Ω load

Set Conetnts

- 1 **smartLAB[®]** snooze electronic sleep assistant
- 1 User Manual
- 1 **smartLAB[®]** plastic box
- 1 „AAA“ battery

Note: This device complies with the electromagnetic compatibility requirement of EN 60601-1-2 as specified in EEC-Directive 93/42 EEC.

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®** 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, electrodes, pads, batteries etc. are excluded from warranty.

Manufacturer:



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

www.smartlab.org