

Test Report Number: TRA-063150-47-09B

Works Order Number: TRA-063150-00

Equipment Under Test (EUT): SleepCogni Handheld V1.0

FCC Certification Number: 2A9J9-SCG1

Manufacturer: BrainTrain 2020 Ltd

Address: Kroto Innovation Centre, North Campus, University of Sheffield
318 Broad lane
Sheffield
S3 7HQ
United Kingdom

Client Contact: Richard Mills

☎ 07979606869

✉ Rich@sleepCogni.com

Written By:



Digitally signed by Steve Garwell
DN: cn=Steve Garwell, o=Element,
email=steve.garwell@element.co
m, c=GB
Date: 2025.11.10 14:04:14 Z

S Garwell
Radio Test Engineer

Authorised by:



Digitally signed by Daniel Winstanley
DN: cn=Daniel Winstanley gn=Daniel
Winstanley c=GB United Kingdom l=GB
United Kingdom o=Radio ou=Radio
e=daniel.winstanley@element.com
Reason: I am the approver of this
document
Date: 2025-11-11 08:13Z

D Winstanley
Radio senior Test Engineer

Certificate Issue Date 2025-11-10

General SAR test reduction & exclusion guidance

KDB 447498

Section 4.3 General SAR test reduction and exclusion guidance

For Standalone SAR exclusion consideration, when SAR Exclusion Threshold requirement in KDB 447498 is satisfied, standalone SAR evaluation for general population exposure conditions by measurement or numerical simulation is not required.

The SAR Test Exclusion Threshold for frequencies in the range 100 MHz to 6 GHz, and for test separation distance of ≤ 50 mm, is determined as follows.

$$\text{SAR Exclusion Threshold (SARET)} = (\text{NT} \times \text{TSD}_A) / \sqrt{f_{\text{GHz}}}$$

Where,

NT = Numeric Threshold (3.0 for 1-g SAR and 7.5 for 10-g SAR)

TSD_A = Minimum Test separation distance or 50 mm (whichever is lower)

fGHz = Transmit frequency in GHz

BLE Handheld standalone operation

<i>Radio</i>	<i>Channel Frequency (MHz)</i>	<i>Maximum Conducted Power (mW)</i>	<i>SAR Exclusion Threshold at 5 mm (mW)</i>	<i>SAR Evaluation</i>
BLE	2402 - 2480	4.0	9.7	Not Required

Note 1: This assessment is based on the manufacturer's rated power.

Note 2: This assessment is based on 100% duty cycle,

Therefore standalone SAR evaluation for general population exposure conditions by measurement or numerical simulation is not required.