X7

Product User’s Manual

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Disclaimer

- The Nuvi is not a medical device and should not be used to diagnose or treat any medical conditions. Consult your doctor for the prevention, diagnosis and treatment of any medical issues.
- Especially, if you have migraine, epilepsy, easy dizzy etc symptoms that are sensitive to flashes light do not use before consult your doctor.
- If you are wearing heart pacer and any medical instrument that are easy interfered by other electronic devices, do not use before consult your doctor.

Care Instructions

Regularly clean your mask especially after sweating or exposing you skin to substances like soaps, lotions and make up that can get trapped beneth the mask. To clean, gently wipe with soft cloth moistened with warm water or mild detergents or oil - absorbing tissuesand then remove all moisture with a soft, dry cloth. Do not use harsh solvents or chemicals for cleaning.

Built-in battery precautions

Your Nuvi contains rechargeable lithium-ion battery, which is not user replaceable. Tampering with your product, or attempting to open it, will void the warranty and can result in a safety hazard.
Charge the battery using a computer, powered hub, or power supply that is certified by a recognized testing laboratory.
Charge the battery in accordance with the instructions supplied with this guide

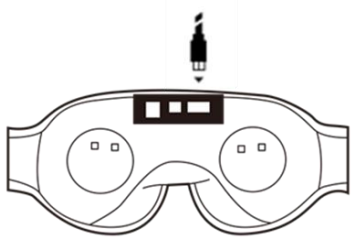
Battery life and charging

With fully charged Nuvi in normal use about 2.5hrs/day should last for 5 days before needing a charge. The Nuvi will flashes red light indicate that low battery and need charge before the next use.

To charge the Nuvi, plug the charging cable into the USB port on your computer and plug the other end into the port in the Nuvi silicone pack. You may also use any standard AC adapter with USB output as long as it meets the following requirements:
Rated output voltage: 5V DC
Rated output current: minimum 0.5A
Class 2 certified device, conforming to Limited
Power Source requirements covered in IEC60950-1

Specification

Foam: Memory foam
Strap: Woven anti slip strap with velcro
Silicone: UL94V0 silicone
Chipset: Bluetooth and Bluetooth 4.0 BLE
LED: 4 RGB LEDs
Battery: 250mAh rechargeable lithium-ion battery. With normal use 2.5hrs/day, fully charged should last for 5 days before needing a charge.
Dimension: 21.5cm
Strap length: 2x24cm
Weight: 107±10g
Operating temperature: +5C to +35C (41F to 95F)
Non-operating temperature: -20 to +35C (-4F to 95F)
Maximum operating altitude: 5,000m above sea level



The USB port is hidden on top of the Mask, open the gap and fully Charge the Nuvi X7 before Use.

Getting Started

Welcome to the Nuvi: the Smart Sleeping Mask that improving your sleep and creativity.

What's inside the Box?

Nuvi sleeping mask

USB charging cable and User's Manual

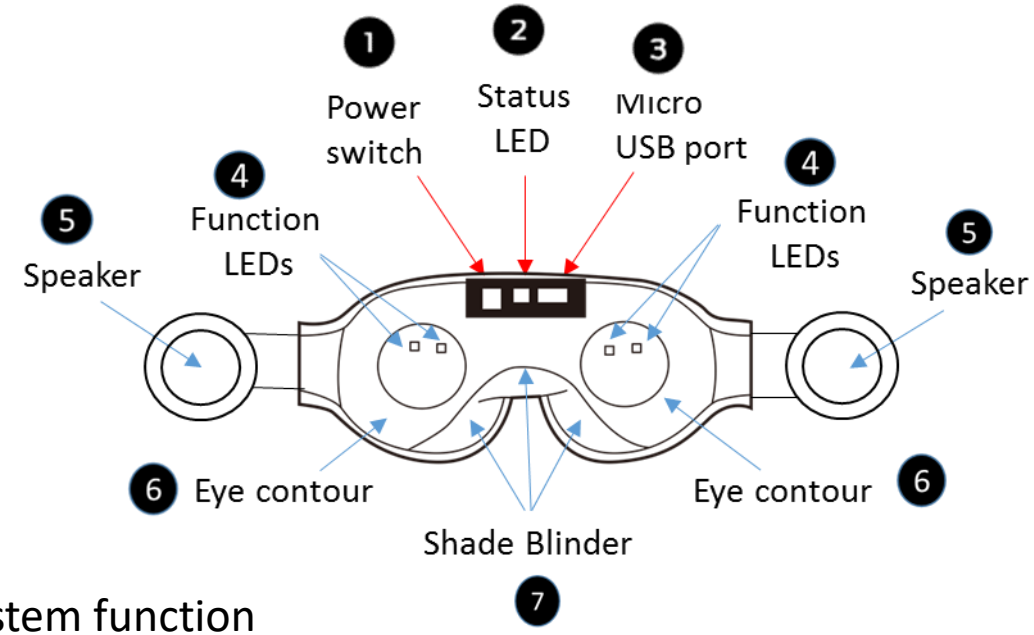
What's in this document?

This manual will give you all the information you need to quickly set up your Nuvi sleeping mask.
This manual also has step by step explanation of how to operate the 7 programs of Nuvi.

Quick Start Guide

Front view

Back view



How to adjust the headphone and head strap of the Nuvi

1. Just open the Velcro over the mask
2. Stretch the strap
3. Then put on the mask to your face
4. The eyes contour memory foam perfectly fit on your face
5. The shade blinder sit on your nose closely to block out the light thoroughly
6. Wrap the strap around your head and fasten the Velcro comfortably
7. Adjust the headphone over your ear that seated comfortably at the center

System function

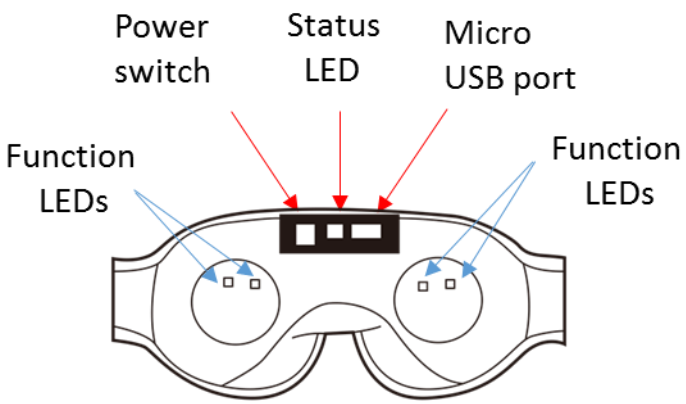
1. Power switch: Slide from right to left to turn on the system and left to right to turn off the system
2. Status LED: Indicate the current status of the system
3. Micro USB port: For battery charging
4. Function LEDs: Light display function for 7 programs
5. Speakers: 2x slim HiFi stereo speakers
6. Eye contour: Memory foam contour can free your eyes from friction to the mask
7. Shade blinder: 100% block out the light from environment

The LEDs light function

They are status LED and function LEDs on the mask for indication. Function described as below:

Status LED

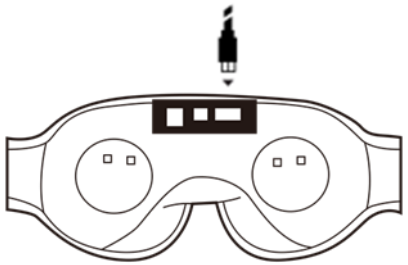
1. Flashes blue and red light means it is on standby mode and ready to connect
2. Beacon red light means it is on low battery mode
3. Beacon blue light means it is on normal operation
4. Once charging will show continuous red light
5. After fully charge will show continuous blue light



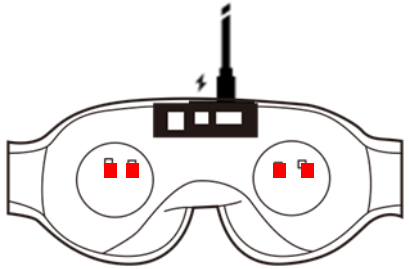
Function LEDs

1. Once turn on the mask it will flashes white light for few second then light off this means it is in normal operation
2. Flashes green light after well connected
3. Dimming red light once start the Easy Sleep program
4. Escalate blue light once Smart Wake Up alarm turn on
5. Flashes blue light once start Jet Lag Adjust program
6. Steady blue light once start the Light Energizer program

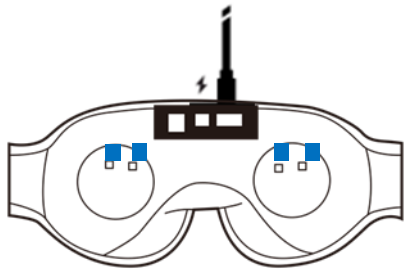
Quick Start Guide



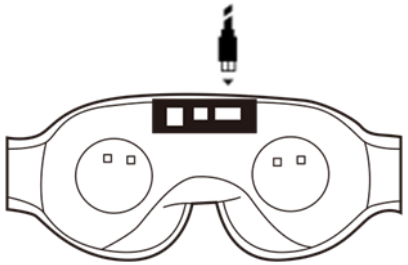
1 Connect micro USB charging cable to a charger or a computer. Then connect the other end to the Nuvi



2 The status LED will light up with **red light** indicates that the mask is charging.



3 Do not disconnect the charger until the light turn into steady **blue light** indicating that Nuvi is fully charged.



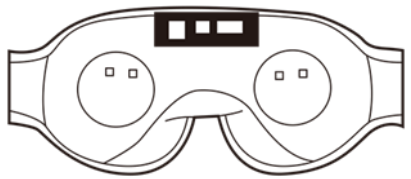
4 When your mask is fully charged, unplug it from the charger

Android QR code

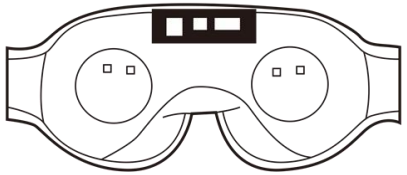
iOS QR code

5 Download the Nuvi app from the QR code above or search from Google Play or App Store, install it to your mobile phone.

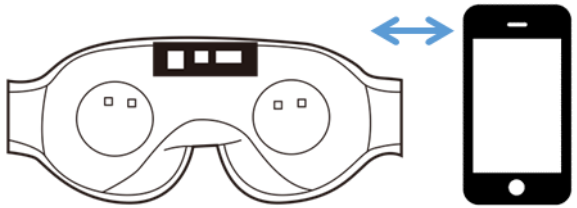
Slide the power switch from right to left



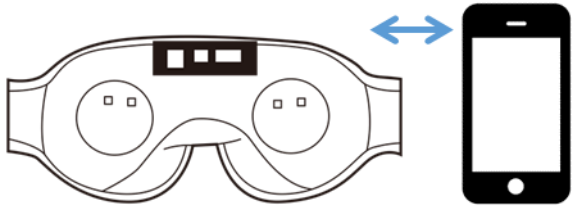
6 Turn on the mask by slide the power switch located on top of the mask.



7 The function LED will flashes for few seconds then flashes red and blue light indicating that your Nuvi is ready for pairing.



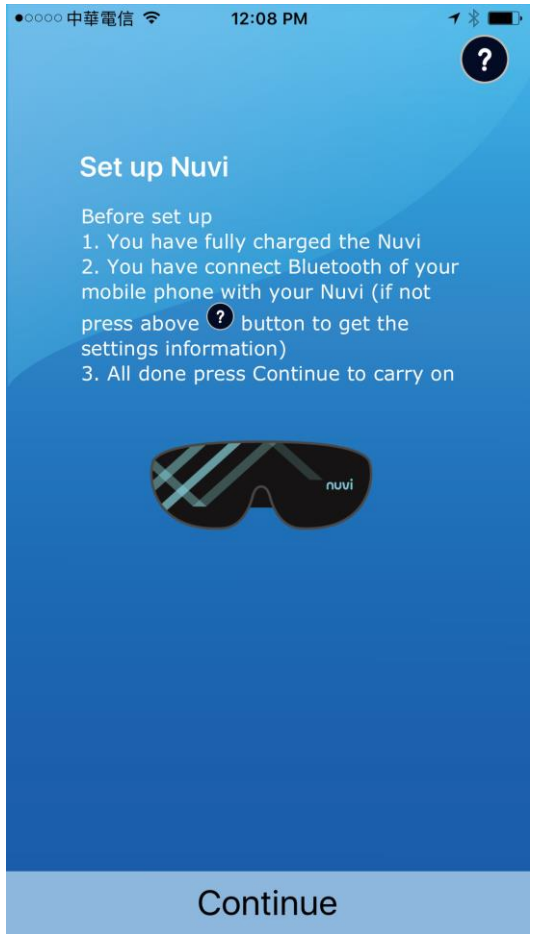
8 Your Nuvi is now ready to link with the mobile app. **Attention!** Nuvi has priority pairing, you need to connect Bluetooth first then connect BLE



9 Open your mobile Bluetooth setting then select Nuvi on the pairing list. Once the Bluetooth is connected Nuvi status LED will flashes from **blue** and **red** to a **blue** light

Set up the Nuvi with app

1

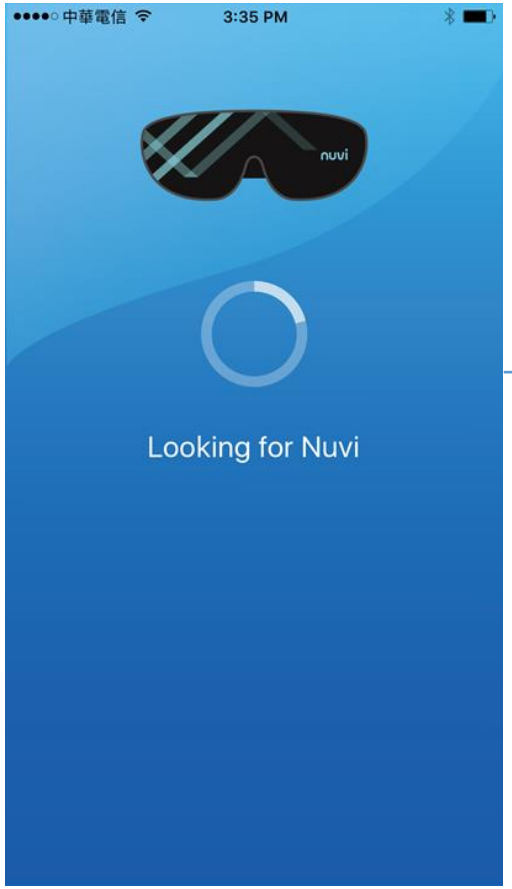


1. Install the Nuvi app from iOS App store or Google Paly with your mobile phone.
2. After install tap to open the Nuvi app
3. Follow the set up guide to complete the set up process
4. Sign in using the email and password you set up at the My Nuvi customer portal. If you don't have an account yet you can sign up for one right now
5. Before set up for sure you need to fully charged the Nuvi
6. Then connect mobile Bluetooth settings with Nuvi
7. Carry on the pairing

2

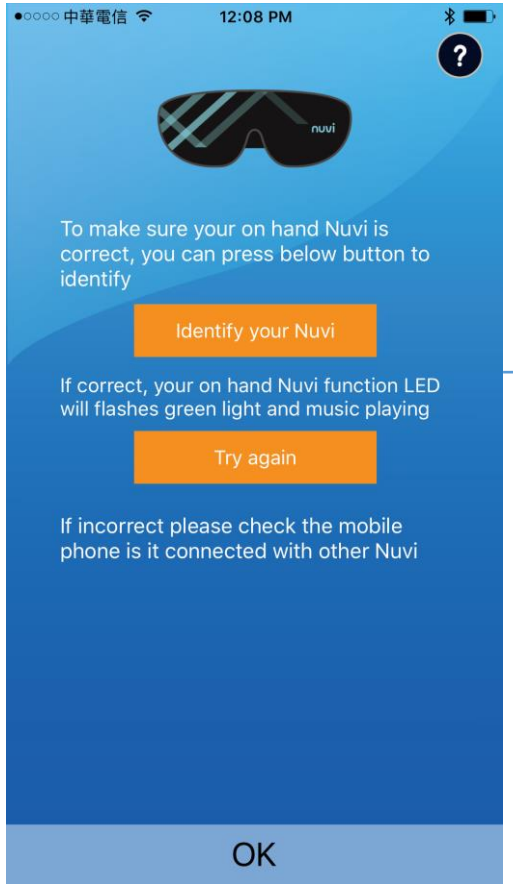
Nuvi was successfully Paired with your app

3



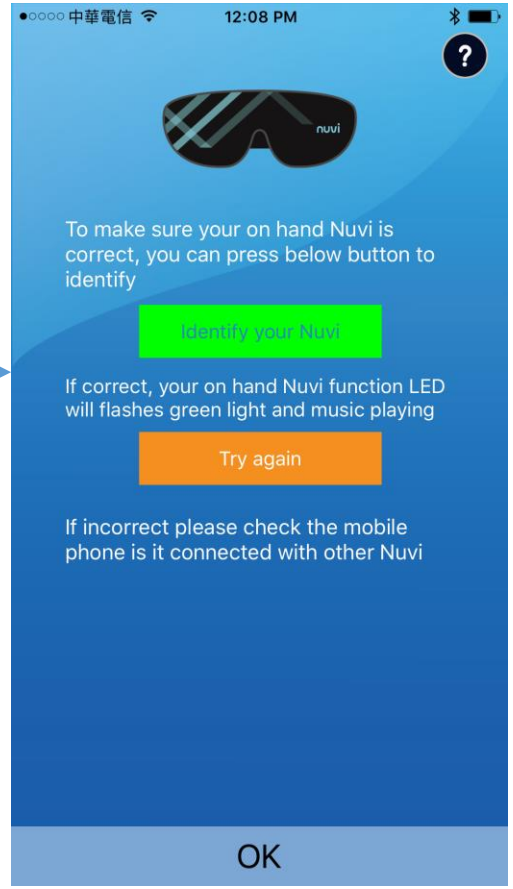
Success

4



Test

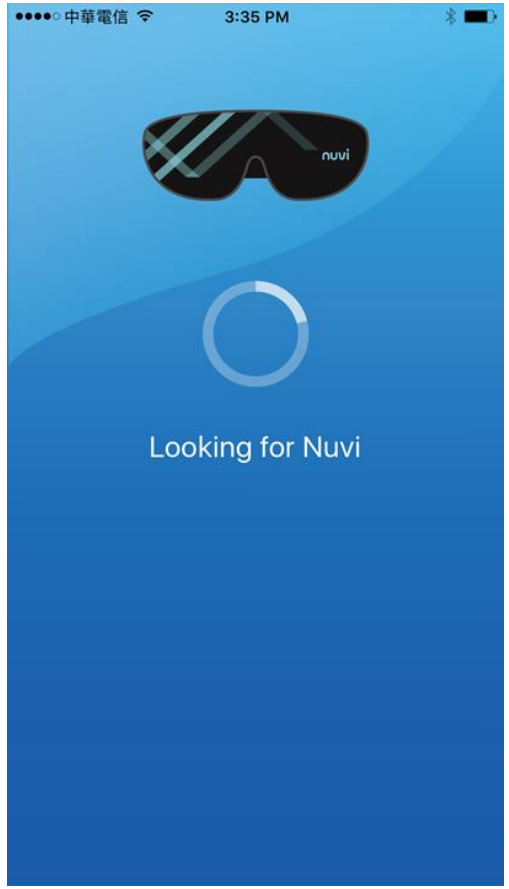
5



1. Since you may pairing the mask on airport or pairing more than one.
2. So once Pairing is success you can identify your on hand Nuvi is the correct one or not.
3. If it is correct then press OK to complete the setting and enter the main page.
4. If incorrect then you need to check is it connect to other Nuvi or your on hand Nuvi has been connect by other devices.

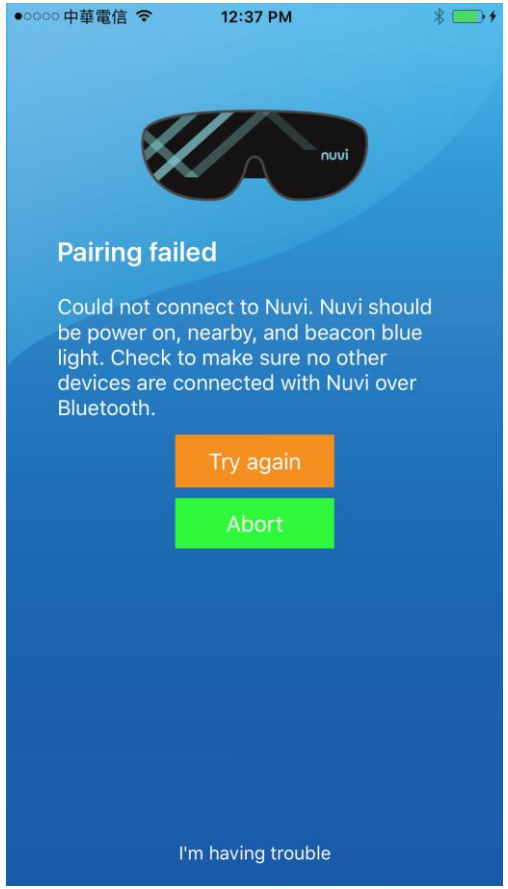
Nuvi was Failed to Paired with your app

3



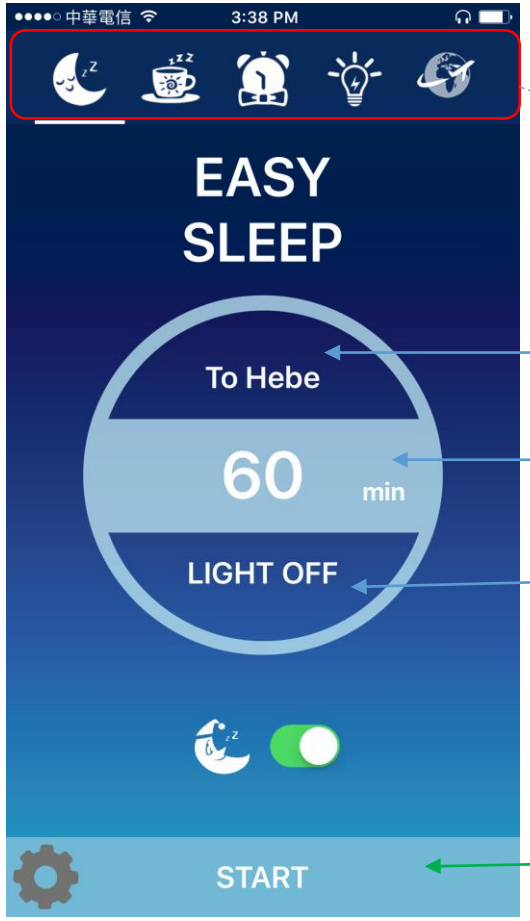
Fail

4



1. If the pairing is failed you need to check whether it is too far to the mobile phone, low battery, and no other device is connected with Nuvi.

Main Dashboard



SOUND section

TIME section

LIGHT section

START or STOP button

Main Dashboard

Main dashboard stay on the Easy Sleep program for simple operation, on top of it are 5 icons which include 7 programs for you to select:

1. **Easy Sleep**
2. **Deep Sleep Booster** is under Easy Sleep program
3. **Power Nap**
4. **Smart Wake Up**
5. **Lucid Dream** is under Smart Wake Up program
6. **Light Energizer**
7. **Jet Lag Adjust**

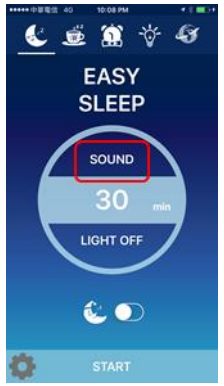
At the center there is a Circle divided into three sections SOUND, TIME and LIGHT for you to select the function items
At the bottom there is a START button tab it to activate the program, once select it will turn to STOP button, press it again will terminate the program.

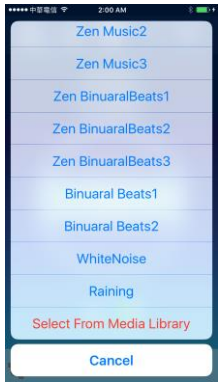
I. Easy Sleep and Deep Sleep Booster Program

Easy Sleep is a program with its Zen music, Zen Binuaral Beats (Zen music mix with binaural beats) to make you relax and you can select On/Off the LED simulation of dimming sunset red light to trigger secretion of melatonin. You can select white noise and raining sound to isolate the environmental noise. Also select favor music from your mobile for further relaxation.

Under the Easy Sleep program there is a **Deep Sleep Booster program** that can induce your deep sleep after your light sleep by the Zen Binaural Beats music you select.

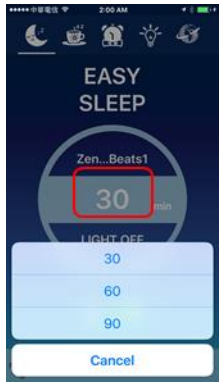
1





First tap the SOUND on the circle to choose the music and sound you want to play

2



Tap the center of the circle to select the playing time

3

Tap the bottom circle to select the light (simulation of sunset red light) turn ON or OFF

4

The Deep Sleep Booster program at the bottom, you can select to turn it ON or OFF

5

Press the START button to activate the program

6

Press the STOP button to end the program

7

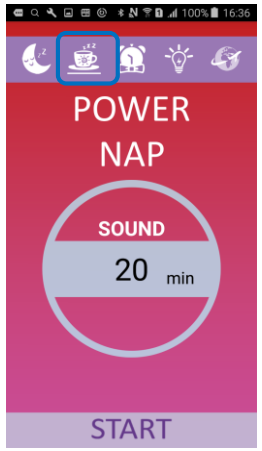
At the left corner there is a setting icon which is for the purpose of

a) You can't well connected the BLE at the first time, you need to reconnect again
b) You are connect to the new Nuvi

II. Power Nap Program

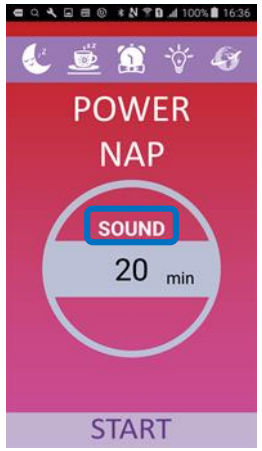
POWER NAP is the feature that provides you to select four different naps to recharge your mind and body. The programs can increase your alertness, concentration, creativity and productivity.

1



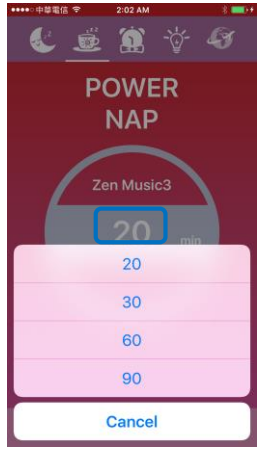
Just tap the icon on top of the App to select the POWER NAP program

2



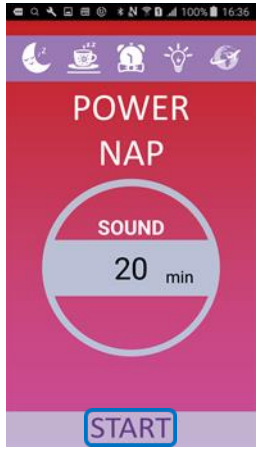
Tap the SOUND to select the music or sound you want to play or none

3



Tap the time section to select 20, 30, 60, 90 minutes you want to rest. Normally power napping strongly recommend 20 to 30 minutes

4



Then press START to activate the program

5

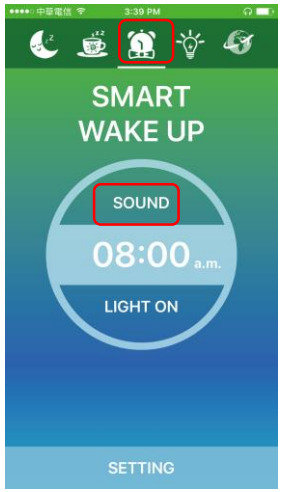
Press STOP to end the program

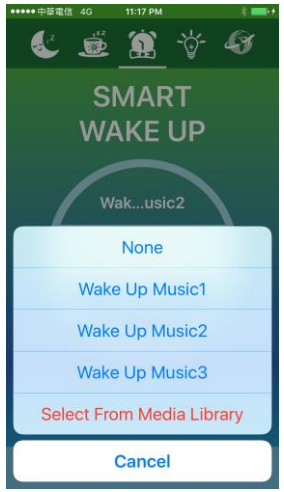
III. Smart Wake Up Program

Note: According to the study Lucid dream can be done by training to meet the lucidity state. Please visit http://www.world-of-lucid-dreaming.com/what-is-lucid-dreaming.html to get more information in detailed.

SMART WAKE UP is a program for you to set up the wake up alarm that can smartly wake you up at your light sleep phase, let you wake up without grogginess. Also, within the Smart Wake Up program there is a Lucid Dream program which can be activated once you have select the Alarm On for your trial.

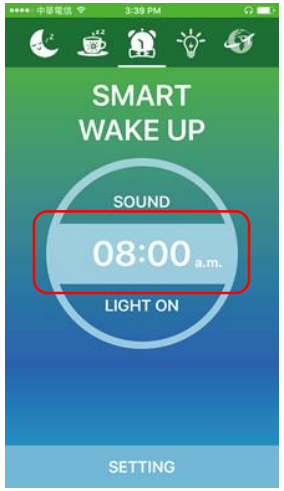
1

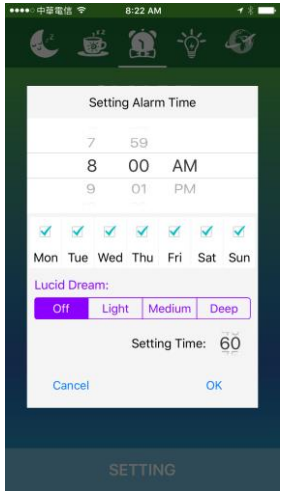




Tap the icon on top of the App to select the SMART WAKE UP program. Tap the SOUND to select the music or sound you want to play.

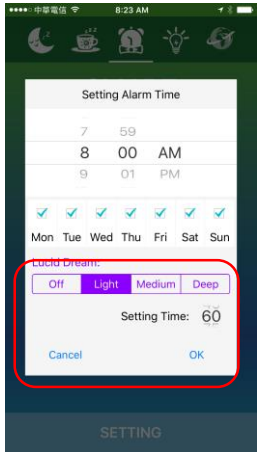
2





Tap the TIME section to set the alarm time. DO remember to select the alarm date(Mon..Sun) to turn Alarm on. Select Lucid Dream Off if you don't want to trigger the program before wake up.

3



If you want to experience the Lucid Dream then you can select Light, Medium or Deep then select the Lucid Time. Do Remember it is trigger Only when Alarm is on. Lucid Time is start before Alarm on. Press OK to complete the set up.

4

Press SETTING button to activate the program, it will operate at the background

5

Press CANCEL to end the program

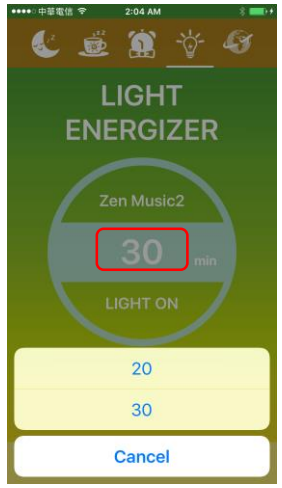
IV. Light Energizer Program

LIGHT ENERGIZER uses the blue light to readjust your biorhythm and melatonin secretion in your body. This program can improves your alertness, mood, and diminishes drowsiness, also may help to reduce the seasonal depression.

1

Just tap the icon on top of the App to select the LIGHT ENERGIZER program. Then Tap the SOUND section to select the music or sound you want to play or none

2



Tap the time section select 20 or 30 minutes that suitable for you

3

The LIGHT is always On. And tap the START to activate the program

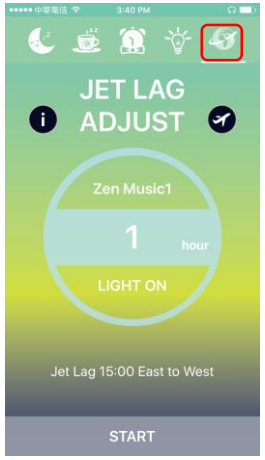
4

Press STOP to end the program

V. Jet Lag Adjust Program

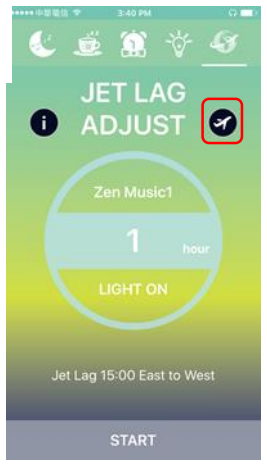
JET LAG ADJUST is a program that calculate the time zone difference and the flight direction from East to West or West to East then by using the specific flashes blue light applied over the mask to reduce your Jet Lag negative symptoms.

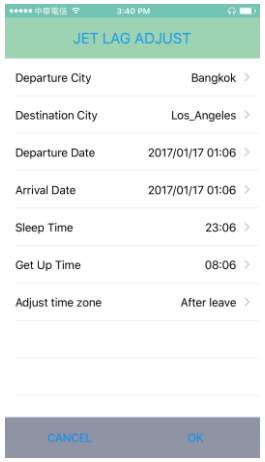
1



Just tap the icon on top of the App to select the JET LAG ADJUST program.

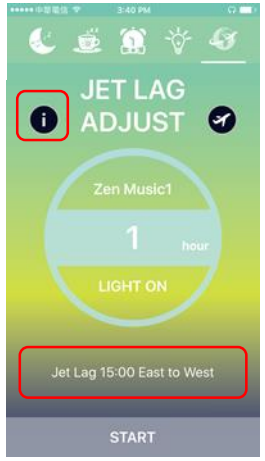
2





Tap the Flight schedule to select the departure-Destination City, Departure-Arrival Date, sleep time and get up time.
Press OK to confirm and calculate the jet lag time difference and the flight direction

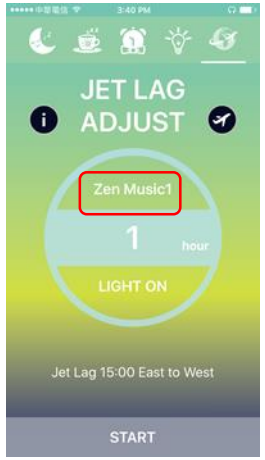
3



Tap the "I" information to get the effective Jet Lag Adjust directions information

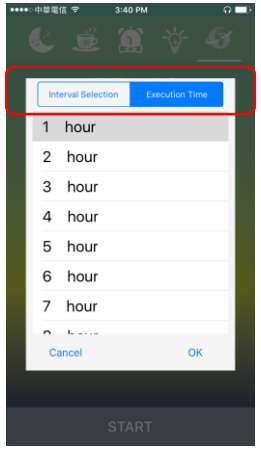
Jet Lag time difference and flying direction from departure city to destination city

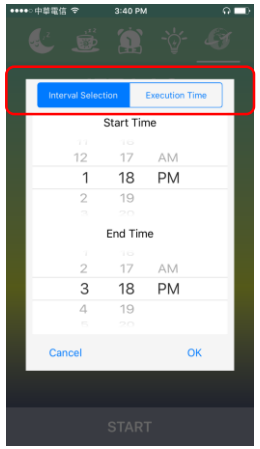
4



Tap the SOUND to select the music or sound you want to play or none

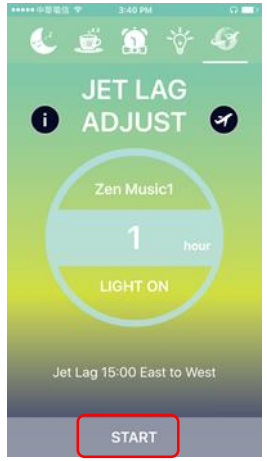
5





Tap the Time section to select the time interval or fixed time operation

6



Press START to activate the program. Press STOP to end the program

Regulatory and FCC Warning statement
Model Name: Nuvi
Model No.: X7

The FCC ID numbers are sewing on the strap.

To access the FCC ID numbers, just flip over the strap. You can see the numbers printed on the label.

USA

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.
No changes shall be made to the equipment without the manufacturer's permission as this may void the user's authority to operate the equipment.

WARNING
TO PREVENT FIRE AND SHOCK HAZARD, DO NOT EXPOSE THIS UNIT TO FIRE AND MOISTURE.

FCC Warning Statement

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 experience radio technician for help.

This device meets the FCC requirements for RF exposure in public or uncontrolled environments.

- FCC ID: 2AK4XX7

Important safety instructions

1. Read these instructions
2. Keep these instructions
3. Read all Warnings
4. Follow all instructions
5. Do not use this device near water.
6. Clean only with a dry cloth.
7. Do not block any of the ventilation openings. Install in accordance with the manufacturer's instructions.
8. Do not install near any heat sources such as radiators, heat registers, stoves, or other apparatus (including amplifiers) that produce heat.
9. Do not defeat the safety purpose of the polarized or grounding-type plug. A polarized plug has two blades with one wider than the other. A grounding-type has two blades and a third grounding prong. The wide blade or the third prong are provided for your safety. When the plug does not fit into your outlet, consult an electrician for replacement of the obsolete outlet.
10. Protect the power cord from being walked on or pinched particularly at plugs, convenience receptacles, and the point where they exit from the device.
11. Only use attachments/accessories specified by the manufacturer.
12. Unplug this device during lighting storms or when unused for long periods of time.
13. Refer all servicing to qualified service personnel. Servicing is required when the device has been damaged in any way, such as power-supply cord or plug is damaged, liquid has been spilled or objects have fallen into the device, the device has been exposed to rain or moisture, does not operate normally, or has been dropped.
14. WARNING: To reduce the risk of fire or electric shock do not expose this device to rain or moisture. Do not place objects filled with water, such as a vase on the device.
15. The AC mains plug is used as the power disconnect device and it should remain readily accessible and operable during intended use. In order to completely removed from the AC outlet socket.
16. CAUTION: To reduce the risk of fire or explosion, do not expose battery to excessive heat such as sunshine, fire or other heat sources.

Disposal and recycling information

The symbol on the product or its packaging signifies that this product must be disposed of separately from ordinary household wastes at its end of life. Please kindly be aware that it is your responsibility to dispose of electronic equipment at recycling centers to help conserve natural resources.
Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.
Do not dispose of your Nuvi product with household waste.
Disposal of the packaging and your Nuvi product should be done in accordance with local regulations.
Batteries are not to be disposed of in the municipal waste stream and require separate collection.

Auston Health®

Company information

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