# Smart Anti-snoring Products Instruction Manual

Xiamen Tuwan Intelligent Technology Co., Ltd.

## Dear Customers:

The Smart Anti-snoring Proudcts are effective for the most obstructive type of snoring and may be less effective for central type or mixed type of snoring. Please combine the improvment of your snoring status in the reports with your own feelings, as well as the comments from your family and friends to judge the effectiveness.

To avoid damage to the product, please NEVER put your head or any heavy objects on top of the product before it is plugged in.

We hope that you will be satisfied with your new smart anti-snoring product and that it will contribute to an improvement in your quality of life.

Yours faithfully,

Tuwan

Mobiles & System Version
iPhone: 4S or above, IOS 7.0 or above.
Android: 4.3 or above

## App Download

Option 1:

Tuwan Sleep
(Scan QR code to download the app)

Option 2: search "Tuwan Sleep" from app stores

Download on the App Store

Get it on Google Play

Option 3: Download from "Tuwan Sleep" page of website: www.tuwan21.com

Also, product info and latest news:
1. Instruction manual
2. App download
3. Customer service & warranty
all are available on the website.

## 1. Packages
## Logistics Package & Product Package.

### Smart Anti-snoring Pad

### Smart Anti-snoring Pillow

(1) To protect the environment, dispose the logistics package responsibly or keep for re-use.

(2) Product package can be used for daily storage, please do not discard.

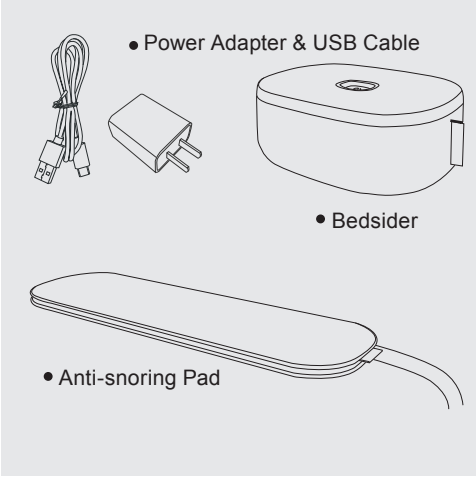
(3) To return goods, please send back to the seller assigned address in the original packaging. Returned goods may be rejected if the product package is damaged or missing.

## 2. Product Components

Each product consists of 3 main parts.

### Smart Anti-snoring Pad

(1) Bedsider
(2) Anti-snoring Pad
(3) Power Adapter & USB Cable

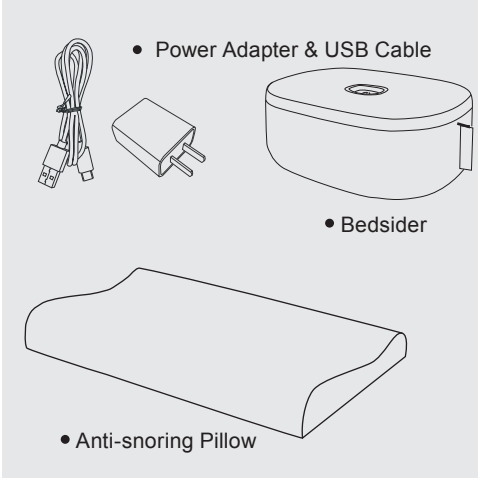


## Smart Anti-snoring Pillow

(1) Bedsider

(2) Anti-snoring Pillow

(3) Power Adapter & USB Cable



# 3. Specification

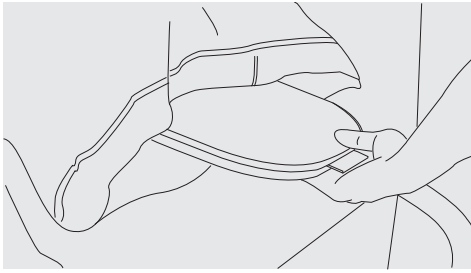
| Description | Specification | |
|---|---|---|
| Product Name | Smart Anti-snoring Pad | Smart Anti-snoring Pillow |
| On-bed Part Size (mm) | 570*270*8 | 535*335*100/80 |
| Bedsider Size (mm) | 200*150*70 | 200*150*70 |
| Net Weight (g) | 1450 | 2630 |
| Gross Weight(g) | 2000 | 4200 |
| Rated Voltage | DC 5V | |
| Rated Power | 10W | |
| Length of Wire | Power cord length: 1m;<br>Air tube exposed length: 1.2m. | |
| Usage Condition | Temperature: 10-40℃;<br>Humidity: 30-85 HR. | |
| Work Condition | Environment Noise ＜40dB. | |
| Mobiles & System Version | iPhone 4S or above, IOS 7.0 or above.<br>Android 4.3 or above | |

# 4. Set Up

(1) Take out the product and all parts.

## Smart Anti-snoring Pad

(2) Insert the Anti-snoring Pad into the bottom of your pillow case. Make sure the pad is located directly under your head when you sleep on it.

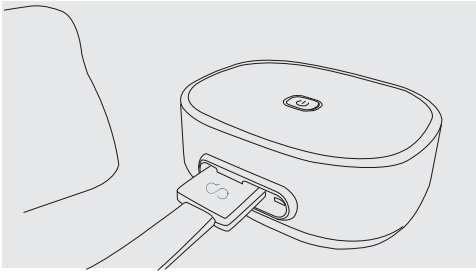


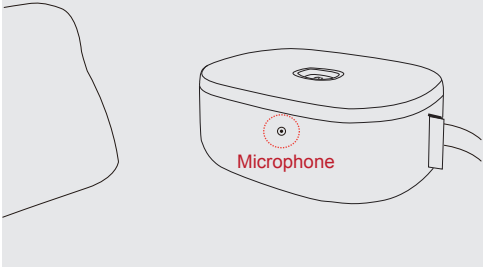
(The side with logo upwards and air tube outwards).

## Smart Anti-snoring Pillow

(2) Place the Anti-snoring Pillow on your bed.
(Logo side upwards)

(3) Insert the air tube as shown, push firmly.






Note: For best results, ensure the microphone is pointed towards you.

(4) Put the bedsider on your night stand or place it under the bed. It works quietly and will not disturb you.

（5）After being plugged in, the On/Off key will be illuminated red to show that power is connected and the device is in standby.

（6）**To turn on**: Press the On/Off key to tun on the device and illuminate the blue indicator light.
**To turn off**: Press and hold the On/Off key for 2 seconds. The indicator light goes out and the device will be turned off.

（7）Download Tuwan Sleep app and sign in.

(Scan QR code to download Tuwan Sleep)

a. Create an account with your email address.

b. Complete basic user information. This procedure is highly recommended to be finished, since the app will be able to provide complete services for you.

Note: the product can be used without connecting to the app, however, no report will be generated, you will not get data feedback and settings will be disenabled.

# 5. Operation Guide

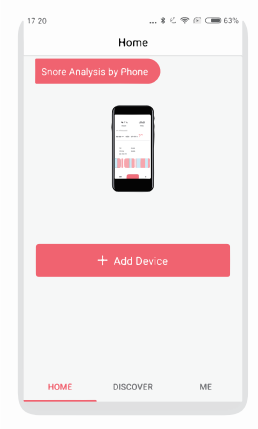
(1) On/Off

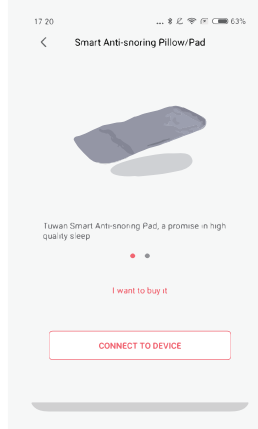
Plug the device in, the device goes to standby. (Red On/Off key); Press On/Off key, the device starts to work. (Blue On/Off key)

(2) Connect to Device

- Bluetooth on. Go to “Home” page, tap “+” to add device.

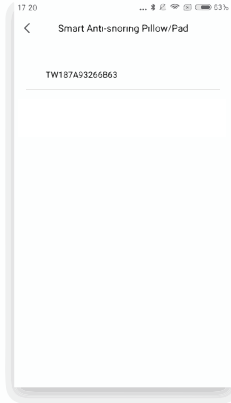
- Select your device type to search the device nearby.

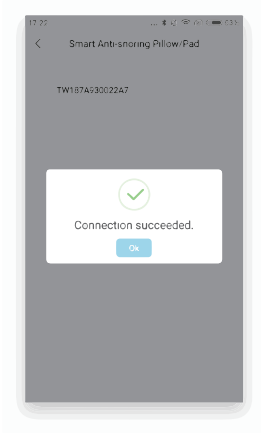


- When a serial number beginning with TW is displayed in the search result, tap it to connect with the device.

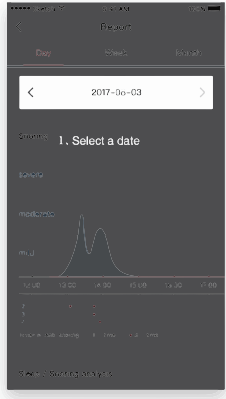
  * The serial number of a Tuwan device consists of: “TW + numbers or letters”

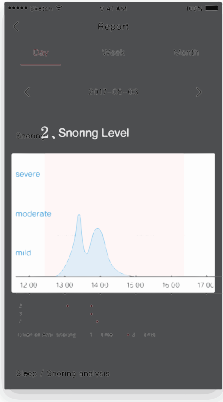


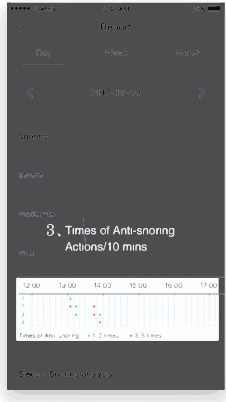




- After successfully connecting, the app automatically redirects to “Home” page and the device will appear on that page.

- If you are using the device for the first time, a virtual report will be presented to help you understand the content of the app.

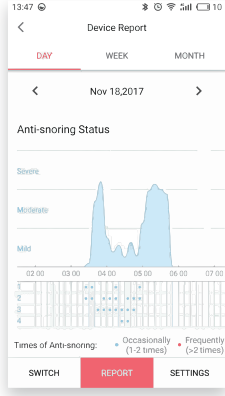


- Each time you open the app it will connect to the device and download the app, and create Daily, Weekly and Monthly reports that help you know more about your usage and anti-snoring status.

- It may take 10-20 seconds to transmit a whole day's data, please be patient.



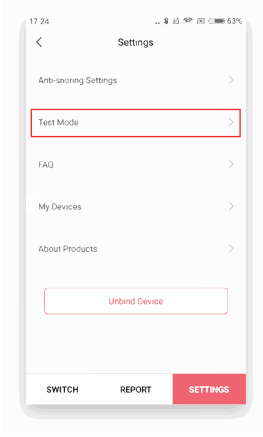
## (3) Quick Test

When you use the app the first time, you can use the “Test Mode” to quickly test the device.

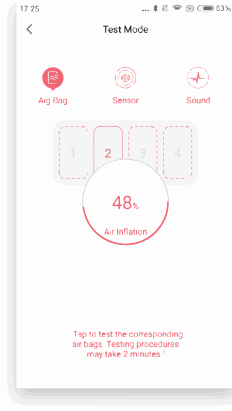
a. Make sure the app is well connected to the device.

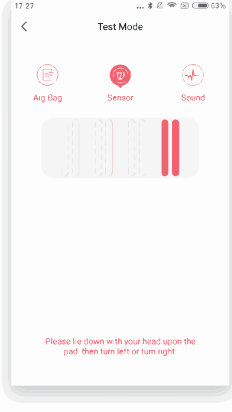
b. Lie down with your head on the pillow.

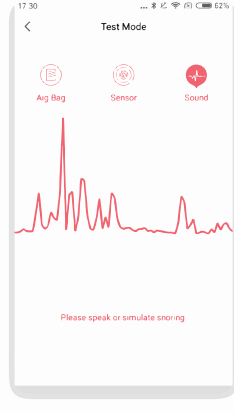
c. Activate the app, go to Settings -> Test Mode.



- Test air inflation & deflation.
- Test pressure sensors.
- Test sound sensors.



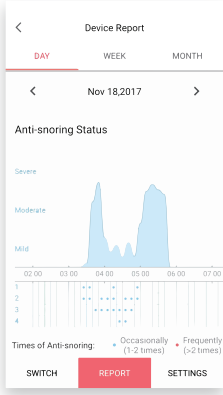
## 6. How can I figure out the effect for me?

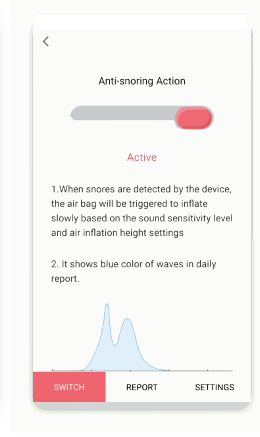
(1) If you are still unsure whether the product is effective for you after using it for a couple of days, you can try to set the Anti-snoring Action to “Inactive”. The device will be entering a monitoring mode without offering any anti-snoring actions. In this mode, you can compare the data with the data in “Active” mode to help you see more clearly whether it has improved your snoring or not.

- **Anti-snoring Action - Active**
  In “Active” mode, when snoring is detected, the air bag anti-snoring actions will be triggered, to reduce or stop snoring completely. A report will be generated when you awaken.

- **Anti-snoring Action - Inactive**
  When using “Inactive” mode, even if snoring is detected, the product will not active any anti-snoring actions. Instead, the user’s sleep and snoring status will be recorded in its natural state and a report will be generated when you awaken.

- Use the “Anti-snoring” page and switch between “Active” and “Inactive” modes to turn on/off the device’s anti-snoring features.



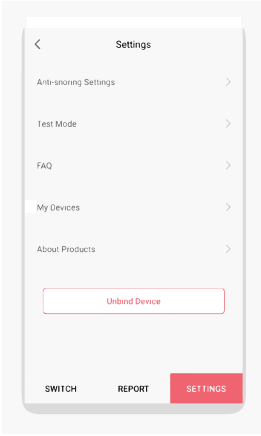



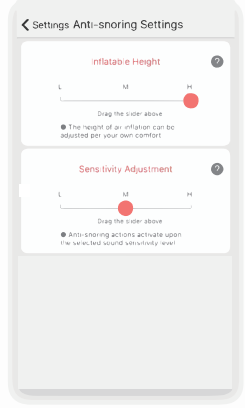

- Correlating the data from “Active” & “Inactive” reports, the app will be able to calculate the improvement rate more accurately and help the user to better judge the results.

## （2）Anti-snoring Settings

- Tap “Settings” for device management.

- Tap “Anti-snoring Settings” to adjust the height of air inflation or select sound sensitivity level according to your preferences.



In “Settings”, you can adjust air inflation height and sound sensitivity level.

- Inflatable Height: different inflatable height brings different comfort feelings & effects for users. You can adjust the height according to your own preferences and experiences.

- Sensitivity Level: at “High” level, the device will be triggered by relatively quiet snores; At “Low” level, it will activate with multiple loud snores. If you are a light sleeper who disturbed by the anti-snoring actions,you can set a lower level at the beginning. As you get used to the product, you can ajust the sensitivity level as you wish.

## 7. Warranty

- Warranty does not apply to damage by accident, abuse, misuse, flood, fire, earthquake, other external causes or use with improper power supply.

- Goods return might be refused if the product or the product package is incomplete.

- For details of warranty & service, please refer to: www.tuwan21.com

## 8. Warnning

(1) NEVER open or disassemble Bedsider, Pad, Pillow or Power Adapter. Otherwise, the warranty or return guarantee will be invalid. Please only use power adapter of DC 5V 2A. If using incorrect or unqualified power adapter that causes damages to the product, the warranty or return guarantee will be invalid.

(2) The product is not a medical device. It is not intended to replace a respiratory machine for a person who suffers from severe respiratory diseases.

(3) The product's on-bed part (pad or pillow) is free from electrical components and radiation. The on-bed part does not contain raditional parts. Please do not worry about radiation hazard.

(4) Expose to sun, moisture, liquids; stored in high temperature or excessive bending may cause damage to the product.

(5) Children or people having back or neck pains, severe cervical vertebra diseasesack should not use the product.

(7) The outer cover of the smart anti-snoring pillow is removable and washable. The smart anti-snoring pad's can not be washed or dry-cleaned, which may be cleaned using a damp cloth.

(8) Power bank can be used as a temporary supply.

# 9. FCC WARNING

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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.
Note: 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:
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment .

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Xiamen Tuwan Intelligent Technology Co., Ltd.
A402-2, No.1819 Lv ling Road, Jing Tu Building,
Siming District, Xiamen, 361000, China.

+86-592-5778235 (Mon-Fri, 9 am - 6 pm)

info@tuwan21.com (Business Enquires)
service@tuwan21.com (Customer Service)

www.tuwan21.com