RESTUP™

Sleeping Aid Monitor

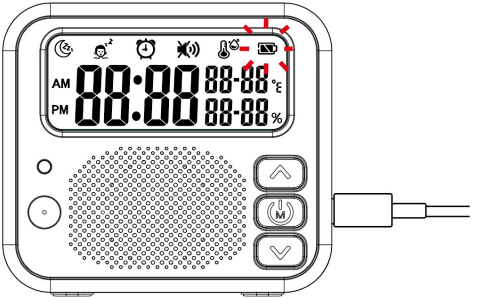
Instructions For Use

Using the Device

Press the power button for 5 second to turn on the device, then you can fully enjoy the sleep aid & monitoring experience that ***RESTUP*** will bring to you.

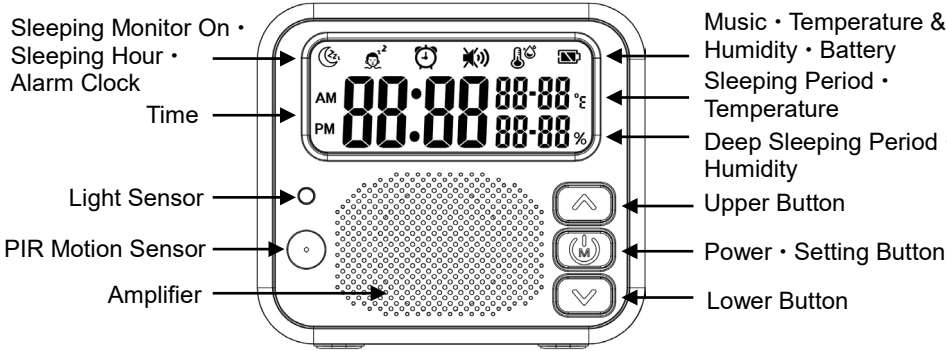
Power Charge

Use a micro USB cable type-C to plug into the right side of the device. When the device display shows , it means full-battery, and you are ready to start.



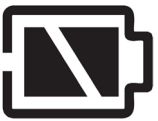
NOTE: The USB cable can be either plugged into a PC, laptop, or into the power adapter into the AC wall outlet.

Explanation of Device Symbols



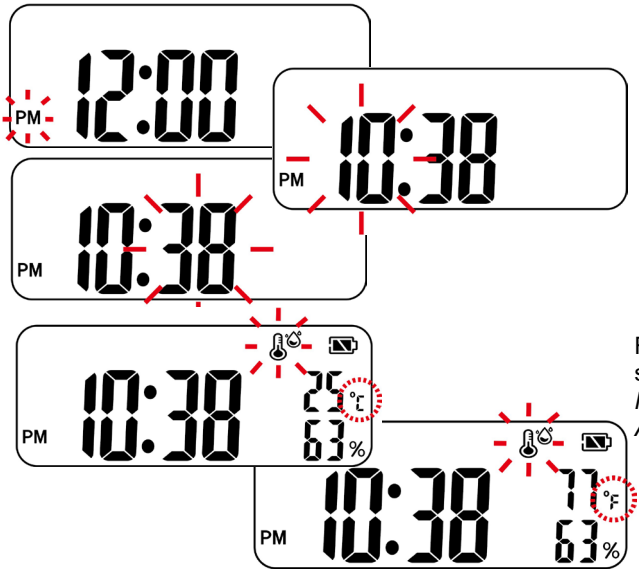
Symbol	Explanation
	Sleeping Hour Start the Schumann wave or alarm clock to display the total sleep hours the next day.

	Sleeping Monitor When sleeping monitor is turn ON, then temperature, humidity, light detection will be turn on, as well as Schumann resonance and Passive infrared (PIR) sensor. ◆ Beyond the range 25-27°C, the icon sleeping monitor & temperature flash every second. ◆ Beyond this range 65% ± 5%, the icon sleeping monitor & humidity flash every second. ◆ Light (<10 Lux), the icon sleeping monitor will flash every second. ◆ Schumann resonance will automatically turn on from PM: 9:00 ~ AM: 5:00 as long as the sleeping monitor is turned on. ◆ PIR depends on whether sleep monitoring or alarm clock is turned on.
	Alarm Clock Built-in 3 settings: The alarm clock records the time of the previous alarm and will be activated every day until canceled unless the settings are modified. When the alarm clock rings, press any button to stop it. If the button is not pressed, the alarm will stop ringing for 30 seconds. It will ring again after 3 minutes, and the ring will stop ringing for 30 seconds.

	Music Selection & Volume The default sleep aid music is ocean wave (18 minutes), sound of rain, and white noise. You can download your personal music by the APP to the device. The sound volume includes 10 levels, adjusted by upper/lower buttons.
	Temperature & Humidity Temperature unit can be switched (°C / °F), displayed to single digits.
	**Battery** Full battery, half battery, when it cannot be used for more than 12 hours, the empty battery will flash every second.

Setting the Time & Temperature Unit

Time will be preset at factory according to the distributed market local time.



Press and hold ⌃ & ⌄ for 3 seconds to enter the hour setting.

Repeat the same steps above to set *Minute, Temperature unit, Music, Sleeping mode*, and *Alarm clock*.

Module Settings

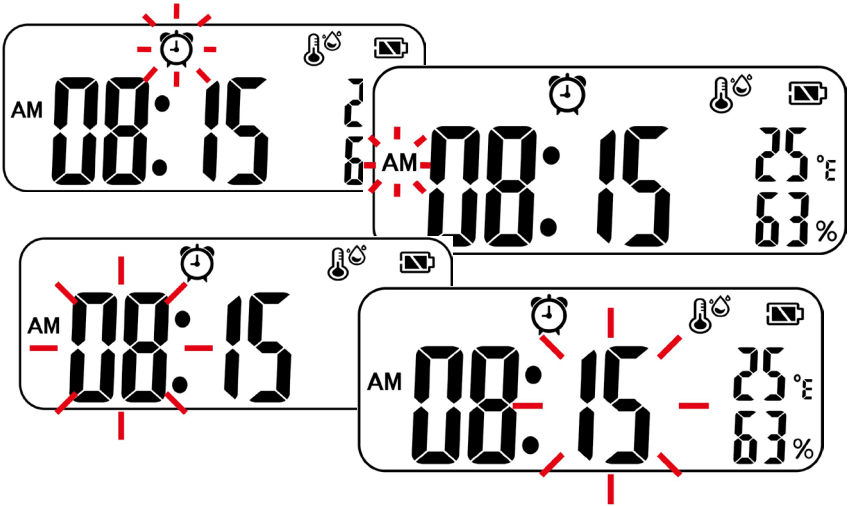
Press and hold for 3 seconds to enter the module settings. Use & buttons to navigate four modules, and press to enter.

Sleeping Monitor mode

Press and hold for 3 seconds to enter the *Sleeping Monitor mode*. Use & buttons to navigate it, and press to confirm.

Alarm Clock mode

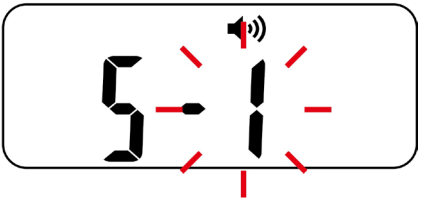
Press and hold for 3 seconds to enter the *Alarm Clock mode*. Use & buttons to navigate it, and press to confirm.



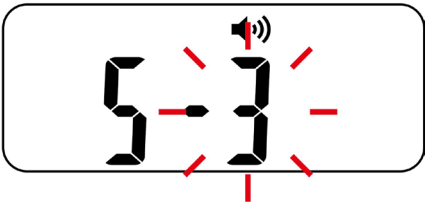
Music Selection mode

Press and hold for 3 seconds to enter the *Music Selection mode*. Use & buttons to navigate it, and press to confirm.

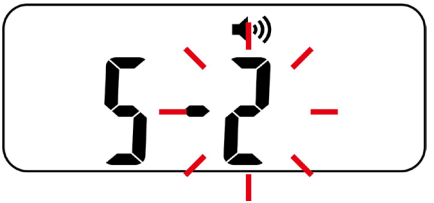
Ocean waves (default)



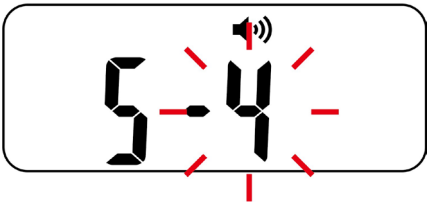
White noise



Raining sound

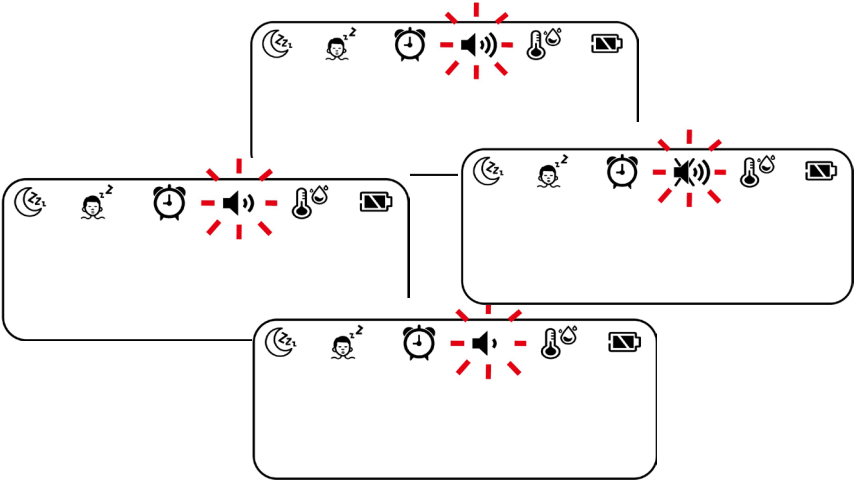


User's music by download



Volume Setting mode

Press and hold for 3 seconds to enter the *Volume Setting mode*. Use & buttons to navigate it, and press to confirm.



Connecting With App

Download the App on the App Store

GET IT ON Google Play

Download the RESTUP App from the Apple Store, or Google Play.

Turn on the App, and device. By using the NFC connectivity from your smartphone, RESTUP App will synchronize the time from your device. As well as, to download your personal music to the device.

NOTE: In view of NFC position, please put your smartphone on the top of device for NFC connectivity.

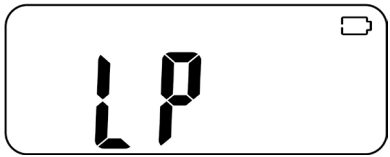
Specifications

Product name	***RESTUP***™ Sleeping Monitor
Operating condition	-20 ~ 40 C (50F ~ 104F)
	R.H. <= 90%
Storage & Transportation condition	-20 ~ 40 C (50F ~ 104F)
	R.H. <= 90%
Device dimension	83 x 73 x 14 mm
Display dimension	67 x 32 mm
Power supply	Rechargeable battery Li-ion
Power connection	Micro USB type-C
Data transmission	NFC
Default sound	Ocean wave, rain, white noise

Screen Messages and Troubleshooting

Message	*What it means?*	*What to do?*
E01	**Wakeup function error**	**Restart** Press M or press ^ & v at the same time to restart your device. If Error-01 appears again, please contact your local dealer.
E05	**Memory error**	**Restart** Press M or press ^ & v at the same time to restart your device. If Error-05 appears again, please contact your local dealer.

Message	*What it means?*	*What to do?*
E 14	**RHT Sensor error**	**Restart** Press or press & at the same time to restart your device. If Error-14 appears again, please contact your local dealer.
E 15	**Voice error**	**Restart** Press or press & at the same time to restart your device. If Error-15 appears again, please contact your local dealer.

Message	*What it means?*	*What to do?*
	**Low Power** The device battery does not have enough power to run detection.	**Recharge** Please recharge your device battery by Type-C cable

Safety

Read and adhere to all safety and operating instructions before use. Keep this booklet for future reference.

- **WARNING:** Do NOT operate heavy machinery or motor vehicles while using this device.
- The device should be cleaned regularly with a soft, dry cloth. The grill may be vacuumed to remove excessive dust or particle build-up. Do not use liquids or spray (including solvents, chemicals or alcohol) or abrasives to clean.
- The device should not be used near water, such as bathtub, swimming pool, faucet or basin to avoid electrocution.
- Be careful to avoid dropping objects or spilling liquids onto the device. If liquid is spilled on the device, unplug and turn it upside down immediately. Allow it to dry thoroughly before plugging it into a wall outlet again. Following these instructions does not ensure that the device will be operational.
- The device shall be situated away from heat sources such as radiators, heat registers, stoves or other appliances (including amplifiers) that produce heat.
- Avoid placing the device in areas that are exposed to direct sunlight or close to heat-radiating products such as electric heaters. Do not place device on top of stereo equipment that radiates heat.
- Avoid placing in areas that are dusty, humid, moist, lack ventilation, or are subject to constant vibration.

- The device may be subject to interference from external sources as transformers, electric motors or other electronic devices. To avoid distortion from such sources, place the device as far away from them as possible.
- Do not apply excessive force when using any switches or controls.
- Unplug the power when the device is unused for long periods of time or when moving the device.

Electromagnetic Compatibility

This device meets the electromagnetic immunity requirements. The chosen basis for electrostatic discharge immunity testing was basic standard IEC 61000-4-2. In addition, the device meets the electromagnetic emission requirements as per EN 60601-1-2. The device's electromagnetic mission is thus low. Interference from the device to other electrically-driven equipment is not anticipated.

The device complies with Part 15 of the FCC Rules. Operation is subjective 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.

This equipment complies with FCC and IC radiation exposure limits set forth for an uncontrolled environment. This equipment is in direct contact with the body of the user under normal operating condition. This transmitter must not be co-located or operating in conjunction with any other

antenna or transmitter.

CAUTION: To assure continued FCC compliance:
Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the equipment.

NFC

This device utilizes Near Field Communication (NFC) wireless technology for data sharing. NFC operates at 13.56 MHz with a data rate of up to 53 Kbit/s, allowing communication when the device and smartphone are within 1 cm proximity. Only one device can connect at a time, minimizing data transmission interference.

NFC communication involves two components: an initiator that generates an RF field, and a target that utilizes this field. For the device to function with a device, the device must support NFC technology and have compatible software to read the meter’s data.

The device complies with United States Federal Communication Commission (FCC) regulations, specifically FCC Part 15, ensuring:

- The device may not cause harmful interference.
- must accept any interference received, including interference that may cause undesired operation.

Adhering to these rules ensures proper functionality without disrupting other devices. If

interference occurs, relocating the devices, such as turning them off, can resolve issues. Common sources of interference include environmental factors and cross-interference.

While NFC offers versatility, maintaining privacy and security is crucial. Users should use passwords, install antivirus software, and deactivate Bluetooth discoverable mode when not in use.

FEDERAL COMMUNICATIONS COMMISSION INTERFERENCE 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 experienced radio/TV technician for help.

Modifications not approved by **EPS Bio Technology Corp**. may void the user's authority to operate the device. The equipment complies with FCC and IC radiation exposure limits for uncontrolled environments, designed for direct contact with the user's body under normal operation. It should not be co-located or operated with other antennas or transmitters.

Additionally, ensure a minimum distance of 20 cm between the radiator and your body during installation and operation.

Warranty

EPS Bio warrants the device against defects in materials and/or workmanship under normal use of a period of one (1) year from the date of purchase by the original purchaser. If a defect arises and a valid claim is received within the warranty period, as its option, **EPS Bio** will either repair the defect at no charge, using new or refurbished replacement parts, or replace the device with a new one.

To obtain warranty service, please call, or email your reseller. Please be prepared to describe the device that needs service and the nature of the problem. All repairs and replacements must be authorized in advance by your reseller. A purchase receipt must accompany all returns. Service options, parts availability and response times will vary.

The warranty does not apply to a) damage caused by failure to follow instructions relating to the device`s use or to the installation of components; b) damage caused by accident, abuse, misuse, fire, floods, earthquake or other external causes; c) damage caused by service performed by

anyone who is not a representative of EPS; d) a product or part that has been modified to alter functionality or capability; e) items intended to be periodically replaced by the purchaser of f) any and all pre-existing conditions that occur prior to the effective date of this warranty relating to any device sold “as is” including, without limitation, floor demonstration models and refurbished items.

Disclaimer

EPS Bio shall not be liable for incidental or consequential damages resulting from the use of this device, or arising out of any breach of this warranty. To the extent permitted by applicable law, **EPS Bio** disclaims any and all statutory or implied warranties, including, without limitation, warranties against hidden or latent defects. If EPS cannot lawfully disclaim statutory or implied warranties, then to the extent permitted by law, all such warranties shall be limited in duration to the duration of this express warranty.

Contact

If you have an idea, a suggestion, or any problems, kindly e-mail us, we will always answer you.
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