

### Acesso Health SMARTDOCK\_SENSOR\_V1

**Model: SMARTDOCK\_SENSOR\_V1 |**

**Function: Masseter Muscle Activity Monitor**

Welcome to Acesso Health's complete solution with the Smart Dock and Sensor system, Version 1. This device is designed to provide high-resolution acceleration data of your jaw movements —specifically targeting the masseter muscle—to help monitor activities like clenching or grinding (bruxism) while you sleep.

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#### 1. Package Contents

- Sensor Module
  - Magnetic Charging Dock
  - USB-C Charging Cable
  - Medical-Grade Adhesive Patches (Single-use)
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#### 2. Device Overview

The module contains a high-precision tri-axial accelerometer and internal flash memory capable of storing up to 10 hours of continuous movement data.

##### Technical Specifications

- Battery Life: 10 hours (Active recording)
  - Memory: Integrated Flash (Automatic overwrite protection)
  - Connectivity: Bluetooth Low Energy (BLE) — Active only during charging.
  - Sensor: 3-Axis Accelerometer
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#### 3. Getting Started: The First Charge

To protect your sleep environment from unnecessary radio frequencies, the Bluetooth radio is disabled while the device is off the charger.

1. Connect the Charging Dock to a power source using the USB-C cable.
2. Place the sensor module onto the dock.
3. The LED indicator will pulse Bluish-white to indicate charging.

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4. Open the Acesso Health App on your mobile device. The module will now be visible for pairing via Bluetooth.
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#### 4. How to Wear the Device

For accurate data, the sensor must be placed directly over the masseter muscle.

1. Locate the Muscle: Clench your teeth firmly. Feel the side of your jaw (just in front of the earlobe and above the jawline). The hard "bulge" that forms is your masseter muscle.
  2. Prepare Skin: Ensure your skin is clean, dry, and free of oils or lotions.
  3. Apply Adhesive: Peel the backing from a fresh adhesive patch and apply it to the flat underside of the sensor.
  4. Placement: Press the sensor firmly onto the center of the masseter muscle. Ensure a secure bond.
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#### 5. Recording Data (Sleep Mode)

Once the device is removed from the charger, it enters Recording Mode.

- Auto-Start: The device begins logging acceleration data to the internal flash memory immediately after being removed from the dock.
  - Indicators: The LED will flash Green to confirm recording has started, then changes to a reduced blinking frequency to ensure a comfortable sleeping environment.
  - Duration: The device will record continuously for up to 10 hours or until placed back on the charger.
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#### 6. Syncing and Uploading Data

In the morning, follow these steps to view your jaw activity report:

1. Remove the Sensor: Gently peel the device from your face and discard the used adhesive patch.
2. Dock the Device: Place the module onto the Charging Dock. This automatically stops the recording and re-enables Bluetooth.
3. Open the App: Launch the mobile app. The device will automatically connect and begin the Flash-to-Mobile data transfer.
4. Wait for Completion: A progress bar will appear. Do not remove the device from the dock until the "Upload Complete" message appears.

## 7. Maintenance & Safety

- **Cleaning:** Wipe the sensor with a 70% isopropyl alcohol wipe after each use. Do not submerge in water.
- **Storage:** Always store the module on the dock when not in use to ensure it is fully charged for the next night.
- **Skin Irritation:** If you experience redness or irritation from the adhesive, discontinue use and consult a professional.

## Troubleshooting Guide: Bluetooth & Data Syncing

If you are having trouble pairing your device or uploading your sleep data, please follow the steps below. Remember: The sensor's Bluetooth radio only activates when it is seated on the Charging Dock.

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### 1. Device Not Found in App

If the Asesso Health app cannot locate your sensor, check the following:

- **Verify Power:** Ensure the Charging Dock is plugged into a wall outlet or powered USB port. If the dock has no power, the sensor will not turn on its Bluetooth radio.
  - **Check the LED:** When placed on the dock, the sensor LED should pulse bluish-white to indicate that the Bluetooth pairing mode is active. If there is no light, the sensor may not be seated correctly.
  - **Toggle Bluetooth:** Turn your mobile device's Bluetooth OFF and then back ON in your system settings.
  - **Permissions:** Ensure the Asesso Health app has "Nearby Devices" (Android) or "Bluetooth" (iOS) permissions enabled.
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### 2. Slow or Interrupted Data Upload

Data transfer involves moving up to 10 hours of high-frequency accelerometer data. This can take 1–3 minutes.

- **Stay in Range:** Keep your mobile device within 3 feet (1 meter) of the Charging Dock during the upload process.
- **Avoid Interference:** Move the dock away from other high-power electronics (like microwave ovens or Wi-Fi routers) that might interfere with the 2.4GHz signal.

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- **Do Not Remove:** If you remove the sensor from the dock during the transfer, the Bluetooth connection will immediately cut, and you will need to restart the upload from the beginning.

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### 3. LED Status Indicator Reference

Use the table below to diagnose the state of your device based on the LED light patterns.

| LED Pattern                  | Meaning                        | Action                                     |
|------------------------------|--------------------------------|--------------------------------------------|
| Solid / Pulsing Bluish White | Charging & Bluetooth Active    | Ready to pair/sync data.                   |
| Pulsing Green                | Collecting data                | Wear just before sleeping                  |
| Solid Red                    | Connection Error / Low Battery | Remove and re-seat the sensor on the dock. |
| No Light (On Dock)           | No Power                       | Check USB cable connection.                |

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### Regulatory Information & FCC Compliance

This device is certified for use in the United States and complies with the standards set by the Federal Communications Commission (FCC).

#### FCC ID: 2BTM6-SDV1

**FCC Compliance Statement** 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.
2. This device must accept any interference received, including interference that may cause undesired operation.

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### Information to the User

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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 (by placing it on the dock) 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.

**Warning:** Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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### RF Exposure Statement

This portable device with its antenna complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. To maintain compliance, this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.