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产品使用指南



睡眠 B-Relaxer

操作本机之前，请仔细阅读本使用指南并妥善保管。

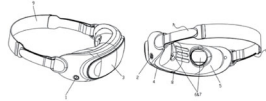
1. 产品介绍

本产品运用智能脑机芯片技术，通过特定频率的声频、能量波和光波协同作用，达到安定情绪、缓解压力、促进睡眠的作用。

2. 开箱清单

主机 x1	Type-C 充电线 x1
弹性头带 x1	头带后置放垫 x1
前额软垫 x1	振子替换放垫 x2
收纳盒 x1	擦拭布 x1
收纳袋 x1	用户手册 x1

3. 产品结构说明



1. 开关触控区	2. 灯效触控区
3. 前罩灯	4. 底部灯带
5. 前额软垫	6. 工作振子
7. 振子替换软垫	8. Type-C 充电口
9. 弹性头带	

4. 产品规格

版本：X-N001	频响范围：20Hz-10KHz
播放时长：约 3 小时	待机时间：约 90 分钟
充电时间：约 2 小时	电池规格：1000 mAh
工作功率：10W（5V*2A）	重量：250 g

※以上数据为实验室测定值，实际使用中可能会依据具体情况有所差异。其中播放时间数据均在 80%情况下测定。

5. 操作说明

(1) **开机**：长按电源开关处 1.5 秒后开机，灯带闪烁橙黄即开机成功。

(2) **连接**：开机成功后，灯带常亮，即设备进入蓝牙搜索状态。使用具有蓝牙连接功能的手机搜索【**蓝牙名称：B-Relaxer**】，点击进行配对即可。若三分钟内无连接，则设备自动关机。

(3) **关机**：长按电源开关处 2 秒或插入充电线，灯带快闪三下，伴有机关提示音，即完成关机。

6. 灯效控制

(1) 第一次开机后可轻触灯效触控 选择：灯灭、灯常亮、灯呼吸三种模式，之后设备再进行使用将默认上次使用状态。

(2) 灯呼吸模式：用户可根据灯带的特定闪烁频率慢慢调整呼吸节奏。

(3) 低电量提醒：灯带红灯快闪，并伴随语音提示，即设备电量低需进行充电。

7. 佩戴方式



- 将产品放置于额头，充电口方向朝下，弹性头带可根据头围大小进行调整。
- 头围大小调整合适后可调整产品主体，使工作振子更贴合于额头。
- 弹性头带后置的软垫，可根据个人喜好拆除。

8. 播放功能操作

本设备在与手机蓝牙连接成功后，即可通过 APP 安装指南下载【**睡眠 APP**】连接使用。

- 暂停/播放**：轻触电源开关 ，暂停音乐播放，再次轻触将继续播放音乐。
- 工作时长**：连续工作时长 30 分钟后自动关机，并伴有提示音。如果不到 30 分钟暂停，设备将在累计 90 分钟后自动关机。
- APP 安装方式请见附件【APP 安装指南】。

9. 充电及电池注意事项

- 设备充电：设备插入 Type-C 充电口，充电口处亮红灯，电量充满后灯灭。

(2) 电池注意事项

- 本产品内置不可拆卸的可重复充电电池。
- 充电电流电压为 5V/1000mA，请勿用超过 5V/1000mA 的充电器对产品进行充电，否则将容易造成电池的损坏。

10. 保养与维护

- 本产品为可穿戴产品，配备有专用擦拭布，使用前可用清水或医用酒精清洁后使用。
- 产品佩戴后与额头接触部位粘附有减震软垫，如使用过程产生磨痕，包装内有可替换备品，或联系官方客服购买。
- 产品弹性头带为卡扣固定，安装灵活方便，便于拆卸，可湿布清洗，晾干后使用。

11. 安全注意事项

- 为保障您的人身安全，请勿将该产品佩戴或放置在离心脏起搏器过近的位置（小于 10cm）。
- 本产品并非玩具，适用于 16+ 以上人群使用。
- 使用前先将手机音量调至最低，避免高音量下直接使用设备，造成身体不适。
- 为交通安全起见，驾驶时或骑自行车时请勿使用。
- 切勿拆卸、撞击或用暴力弯折设备。
- 废弃产品请环保处理，切勿随意丢弃。

12. 产品中有毒有害物质或元素名称及含量

本表格依据 SJ/T 11364-2014 的规定编制：

部件名称	有毒有害物质或元素					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 Cr (VI)	多溴联苯 (PBBs)	多溴二苯醚 (PBDEs)
金属零件	×	○	○	○	○	○
塑胶零件	○	○	○	○	○	○
线材	○	○	○	○	○	○
电路板组件	×	○	○	○	○	○
电池	○	○	○	○	○	○

※：表示该有毒有害物质在该部件所有均质材料中含量均符合 GB/T 26572 规定的限量要求以下。

※：表示该有毒有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572 标准规定的限量要求。

表中标记“○”的部件，应按全球技术发展水平限制而无法实现有害物质代替。

13. 官方服务

邮箱：xncurs@outlook.com

微信客服：B-Relaxer004

14. 产品合格证

检验日期：

检验人员：

检验结论：★合格 ○不合格

公司名：上海广安医疗科技发展有限公司
地址：上海市杨浦区隆昌路 588-1 号 26 楼

反面

User's Manual



B-Relaxer

Please read this user's Manual carefully and retain it for future reference before operating the device.

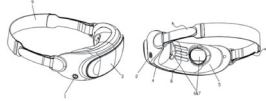
1. Product Introduction

This product utilizes brain-computer intelligent chip technology, combining specific frequencies of audio, energy waves, and light waves to stabilize emotions, relieve stress, and improve sleep quality.

2. Package Contents

Main Unit x1	Type-C Charging Cable x1
Elastic Headband x1	Rear Headband Pad x1
Forehead Pad x1	Replacement Transducer Pad x2
Storage Case x1	Cleaning Cloth x1
Storage Bag x1	User's Manual x1

3. Product Structure Description



1. Power Touch Area	2. Light Effect Touch Area
3. Front Cover Light	4. Bottom Light Strip
5. Forehead Pad	6. Working Transducer
7. Replacement Transducer Pad	8. Type-C Charging Port
9. Elastic Headband	

4. Product Specifications

Version: X-N001	Frequency Response Range: 20Hz-10KHz
Playback Time: Approx. 3 hours	Standby Time: Approx. 90 minutes
Charging Time: Approx. 2 hours	Battery Specification: 1000 mAh
Operating Power: 10W (5W × 2)	Weight: 250 g

※The above data are laboratory-measured values. Actual performance may vary depending on usage conditions. Playback time is measured under 80% of device performance.

5. Operating Instructions

(1) **Power On**: Press and hold the power touch area for 1.5 seconds to turn on the device. The light strip will flash orange to indicate successful startup.

(2) **Connection**: After powering on, the light strip will blink slowly, indicating the device is in Bluetooth pairing mode. Use a Bluetooth-enabled phone to search for and connect to **B-Relaxer**. If no connection is made within three minutes, the device will automatically power off.

(3) **Power Off**: Press and hold the power touch area for 2 seconds or insert the charging cable. The light strip will flash quickly three times with a shutdown prompt tone to confirm power-off.

6. Light Effect Control

(1) After initial startup, lightly touch to select from three modes: light off, steady on, or breathing mode. The device will default to the last used mode in subsequent uses.

(2) **Breathing Mode**: Users can slowly adjust their breathing rhythm according to the specific flashing frequency of the light strip.

(3) **Low Battery Reminder**: The light strip will flash red rapidly accompanied by a voice prompt, indicating that the device needs to be charged.

7. Wearing Instructions



- Place the product on your forehead with the charging port facing downward. Adjust the elastic headband according to your head size.
- Once the headband is properly adjusted, position the main unit so that the working transducer fits snugly against your forehead.
- The rear pad on the elastic headband can be removed based on personal preference.

8. Playback Function Operation

Once the device is successfully connected to a phone via Bluetooth, download the **B-Relaxer APP** by following the instructions in the APP installation Guide to connect and use the device.

Control Functions in Connected Mode:

- Pause/Play**: Lightly touch the power touch area to pause playback. Touch again to resume.
- Session Duration**: The device will automatically power off after 30 minutes of continuous use, accompanied by a prompt tone. If paused before 30 minutes, the device will automatically shut down after a cumulative 90 minutes of inactivity.
- For APP installation, please refer to the attached **APP Installation Guide**.

9. Charging and Battery Precautions

(1) Charging the Device: Insert the Type-C charging cable. The charging port will glow red during charging, and the light will turn off when the battery is fully charged.

(2) Battery Precautions:

- This product contains a built-in rechargeable battery that cannot be removed.
- The charging current and voltage should be 5V/1000mA. Do not use a charger exceeding 5V/1000mA, or the battery might be damaged.

10. Maintenance and Care

- This is a wearable product. Before use, clean it with water or medical alcohol by the cleaning cloth included.
- The forehead-contact area of the product is fitted with shock-absorbing soft pads, which may wear out over time. Replacement pads are included in the package and additional ones can be purchased separately through our official customer service.
- The elastic headband is secured with buckles for easy installation and removal. It can be cleaned with a damp cloth and must be fully dried before reuse.

11. Safety Precautions

- To ensure personal safety, do not wear or place this product too close to a cardiac pacemaker (less than 10 cm).
- This product is not a toy and is intended for users aged 16 and above.
- Before turning on the device, set your phone's volume to the lowest level to avoid discomfort caused by high volume.
- For safety reasons, do not use the device while driving or cycling.
- Please do not disassemble, impact, or bend the device with excessive force.
- Please dispose of the product in an environmentally responsible manner. Please do not discard indiscriminately.

12. Names and Contents of Toxic or Hazardous Substances or Elements in the Product

This table is prepared in accordance with the provisions of SJ/T 11364-2014:

Component Name	Toxic or Hazardous Substances or Elements					
	Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Hexavalent Chromium Cr (VI)	Polybrominated Biphenyls (PBBs)	Polybrominated Diphenyl Ethers (PBDEs)
Metal Parts	×	○	○	○	○	○
Plastic Parts	○	○	○	○	○	○
Wires	○	○	○	○	○	○
Circuit Board Assembly	×	○	○	○	○	○
Battery	×	○	○	○	○	○

※ Indicates that the content of the toxic or hazardous substance in all homogeneous materials of this part is below the limit specified in GB/T 26572.

※※ Indicates that the content of the toxic or hazardous substance in at least one homogeneous material of this part exceeds the limit specified in GB/T 26572.

The parts marked "x" in the table cannot yet be substituted with harmless alternatives due to global technological limitations.

13. Contact Information

Email: xncurs@outlook.com

Customer Service WeChat: B-Relaxer004

14. Product Certificate

Inspection Date:

Inspector:

Inspection Conclusion: ★ Qualified ○ Not Qualified

Company Name: Shanghai Guang'an Medical Technology Development Co., Ltd.

Address: Floor 26, No. 588-1 Longchang Road, Yangpu District, Shanghai, China

FCC 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, and (2) this device must accept any interference received, including interference that may cause undesired operation. 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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.