鹏脑科技
PENG BRAIN

Peng Sleep

EEG-1C

User Manual

1. Product Introduction

1.1 Package Contents

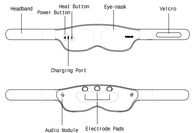
Multifunctional Brain-Computer Interface Sleep Instrument * 1

Type-C Charging Cable * 1

User Manual * 1

1.2 Product Overview

This product is specially designed to improve users' sleep-related issues. When worn during sleep, it collects and analyzes prefrontal lobe EEG signals to accurately identify sleep stages. It delivers differentiated music regulation based on sleep staging. Combined with a light-blocking hot-compress eye mask and Bluetooth-enabled sleep-aid audio playback, it improves sleep quality from multiple dimensions.



1.3 Product Usage Guide

01/Download & Registration

① Scan the QR code below, or search for"Peng Sleep" in the app market to download and install the APP.

② Open the Peng Sleep APP and complete registration or login.

❶ Please make sure your mobile phone Bluetooth is turned on before connection.

02/Pairing & Connection

① Power-on and Pairing

Press and hold the Power Button for 2 seconds to power on; the device automatically enters pairing mode.

❶ Failed Bluetooth pairing: Press and hold the Power Button under power-on status to re-enter Bluetooth pairing mode.

② Connect Device

Open the APP and enter the device-pairing page. Follow on-screen instructions and select the device prefixed with [EEG-1C] to finish pairing.

Successful connection: Green indicator light stays steady with voice prompt "Connected".

03/Device Wearing

① Clean your forehead

② Wear the device:

- Fit the electrode pads fully against the center of your forehead (approx. 2 cm above the brow ridge).
- Tighten the hook-and-loop fastener.

04/Start/Stop Sleep-Aid Session

① Start Sleep-Aid

- Get into a comfortable position. Tap "One-tap Sleep-Aid" in the APP; music will play automatically.
- Music control: Short-press to play or pause music.

② Start/Stop Heating

- Short-press the Heat Button to cycle through modes: Level 1 → Level 2 → Level 3 → OFF, accompanied by voice prompts.

③ End Sleep-Aid

Tap "End Sleep-Aid" in the APP and confirm to terminate the session.

④ Power off Device

Press and hold the Power Button for 2 seconds; the device powers off with voice prompt.

❶ If the device remains powered-on but not worn for a long period, it will shut down automatically.

1.3 Product Specifications

Product Name: Pengbao Brain Computer Interface Sleep Aid Device

Model: EEG-1C

Bluetooth: Bluetooth 5.0 Low Energy

Charging Port: Type-C

Battery Life: 20 hours continuous operation

Standby Time: 6 months

Weight: 100 g

Battery Capacity: 1000 mAh

Input: 5V/0.5A

Dimensions: 650 × 122 × 93mm

Charging Environment: 3 ℃-43 ℃

Operating Environment: Temperature 10℃-45℃; Humidity 35%-85%

Hot compress Function: Disabled by default. Press heat button to enable; 3 level temperature adjustable on device and via App. Hot compress will auto disable when battery level drops below 40%.

1.4 Indicator Light & Voice Prompts

Blue light flashing: Bluetooth pairing mode

Orange light steady: Not paired

Green light steady: Paired successfully

Fully charged

Light off: Power off

Red light steady: Charging in progress

Voice Prompt(s)

The device provides voice prompts according to usage and wearing status.

Power off

Power on

Bluetooth Connection

Low Battery

Heating Off

1.5 Button Operations

Power Button

① Power onoff: Press and hold for 2 seconds.

② Re-enter Bluetooth pairing: Hold for 5 seconds under power-on status.

③ Music control: Short press to play/pause audio.

Heat Button

① Hot-compress control: Short press to turn hot-compress on/off and cycle through temperature levels.

1.6 App Installation & Device Pairing

① Scan the QR code to download the App, install and log-in.

② Open the App and go to device-pairing page.

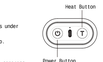
③ First-time use: Press and hold power button for 2s to power-on; device automatically enters pairing mode (blue light flashes).

Repair: Hold power button for 5s to manually activate pairing (blue light flashes).

④ Follow in-App instructions and select device named "*EEG-1C****" to complete pairing.

⑤ Successful connection: Green light stays steady with voice prompt "Connected".

❶ If no connection is made within 10 seconds during pairing, indicator turns orange. Hold power button for 5 seconds to restart pairing.



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Scan to watch the product usage video of Peng Nao Sleep-Aid Device

For assistance, please call our customer service hotline: 400-665-0555

1.7 Wearing Instructions

① Clean your forehead with wet wipes.

② Power on the unit, fasten the headband with rear Velcro for stable fit; place headband gently over both ears.

③ Adjust position: Align electrode pads on forehead, approx. 2 cm above brow ridges.

1.8 Operating Modes

Online Mode

Connect device to mobile App. Play sleep-aid audio via "Peng Sleep" App or third party audio applications.

Offline Mode

All functions are unavailable under offline mode.

1.9 Charging Instructions

Use the included Type-C cable for charging. Charge within ambient temperature 3℃-43℃. When battery <5%: Red light flashes; device powers-off automatically after 5 seconds. Please charge promptly.

Charging status: Green light slow flash while charging; steady green light when fully charged.

Low battery reminder:
Battery below 20% on power-on: App warning plus voice prompt "Low battery".
Battery below 5%: Red light flashes then automatic shutdown.
All functions are suspended during charging.
Abnormal charging: Red light fast flash indicates charging fault.

1.10 Maintenance

Do NOT immerse or rinse the unit with water. Wipe outer surfaces only with wet wipes.

1.11 Frequently Asked Questions

Q1: How long does hot compress last per session?
A1: Default single hot compress duration is 10 minutes.
Q2: How to adjust music volume?
A2: Adjust via your mobile phone hardware volume keys.
Q3: Where can I view sleep reports?
A3: Detailed sleep stage charts and analysis are available inside the App.
Q4: How to perform firmware upgrade?
A4: App will push firmware & software update notifications. Follow App workflow to install latest updates.

2. Safety Precautions

2.1 Contraindicated User Groups

No known side effects are reported for this product. Due to insufficient clinical data, the following persons are NOT recommended to use this device:

① Patients with severe depression or recent stroke;

② Patients with recent hemorrhagic stroke;

③ Epilepsy patients;

④ Persons advised by physicians against heat/compress eye/head;

⑤ Users allergic to fabric electrode materials.

If mild discomfort occurs during usage, lower heating level. Immediately discontinue use in case of headache, nausea, dizziness, skin allergy or eye redness and seek medical advice.

2.2 Usage Notes

Children and persons unable to perceive physical discomfort shall NOT use this product.

Do not operate while driving or controlling hazardous machinery.

Do not use in flammable explosive environments such as petrol stations or dusty workshops.

Avoid humid environments such as bathrooms to prevent electric shock or hardware damage.

Dispose waste components in compliance with local environmental regulations.

Do not use high temperature heating levels for extended periods. Reduce heat level or stop use upon discomfort; consult doctor if symptoms persist.

Cease usage and consult medical professional for any adverse physical reactions.

2.3 Operational Warnings

① Do NOT touch left and right electrode pads simultaneously with both hands.

② Do NOT connect this device together with high frequency surgical equipment on the same person; risk of electrode caused burns and hardware damage.

③ Do NOT use alongside ECG and other medical electronic devices, which may cause nis readings of medical equipment.

④ Keep away from short wave microwave therapeutic devices; unstable output may occur.

⑤ Keep electrode pads away from chest and heart region to avoid ventricular fibrillation risks. Keep fabric electrodes away from open wounds.

⑥ Ensure fabric electrodes make even and close contact with skin for proper performance.

⑦ Stop using if fabric electrodes peel or get damaged; otherwise burns or device failure may occur.

2.4 Additional Safety Reminders

Please read all safety and operating instructions and keep them for future reference.

Warning / Caution:
Important Safety Notice: Only use accessories/components specified by the manufacturer. Charge this product using the supplied USB cable and charger (5V/0.5A).

① Keep this product away from humid or high temperature locations, direct sunlight, ② Do magnetic fields or strong microwave fields.

③ Do not place this product near high temperature equipment.

④ Do not immerse the main unit and electrode pads in water; otherwise internal components may be damaged.

Keep this product out of children's reach to prevent accidental swallowing.

Observe the following basic precautions when using this product:

① Carefully read the <User Manual> and <Quick Start Guide> before use.

② Operate this product in an ambient temperature of -10℃ to 45℃, and charge it with in 3℃ to 43℃.

③ Do not expose the main unit housing to water, rain, liquids, snow, etc. Refer to <Maintenance instructions for precautions on other components.

④ Use of power supplies/chargers not recommended or sold by the product manufacturer may cause fire or personal injury.

⑤ Do not use a damaged or modified product, or chipped/damaged electrode pads; otherwise accidents or malfunctions may occur.

⑥ This product contains a lithium ion battery. Do not disassemble, crush, throw into fire or expose it to high temperature environments. Exposure of the product to fire or temperatures above 100℃ may cause an explosion.

⑦ Do not disassemble, repair or modify this product without authorization, otherwise malfunctions or electric shock may occur.

3. Operational Warnings

3.1 Non Medical Device Statement

This is NOT a medical device. All health related data and suggestions are for reference only and shall NOT substitute for clinical diagnosis and treatment. Stop use and consult doctor immediately if skin irritation occurs due to individual physical differences.

3.2 Hearing Safety Warnings

Avoid prolonged listening at high volume to prevent hearing impairment. Maintain volume at comfortable moderate level.

Turn volume to minimum before putting on the unit and adjust gradually.

Do not use audio function while driving.

Remove or turn down volume in environments where ambient sound awareness is critical (driving, riding, walking, construction sites, railway vicinity). Obey local audio device regulations.

3.3 Incl Compress Warnings

Surface may become hot. Persons with reduced heat sensitivity shall exercise extra caution. For eye area use ONLY. Do NOT apply to other body parts.

Consult your doctor prior to use if you have received facial eye surgery, cosmetic procedures or eye implants. Remove contact lenses before use.

3.4 Lithium Battery Safety Warning

This unit has built in rechargeable lithium ion battery. Waste batteries pollute environment. Disconnect power before removing battery for disposal.

Avoid damaging battery casing. Deliver removed battery to authorized battery recycling facilities.

Risk of explosion if battery is replaced by an incorrect type.

Do NOT subject battery to fire, high temperature ovens, mechanical crushing or cutting, which may trigger explosion.

Do not expose battery to extreme high temperature (risk of explosion or flammable fire/origes leakage).

FCC Caution:
Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this 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 limit set forth for uncontrolled environment. The device shall be operated and installed without restriction.