Sleep micro-motion monitoring belt M-30P User Manual

Version V1.0

Miraclink

Download/Register

Please scan the QR code below to download the app software, it only can be used in Android System.It connects to your phone via Bluetooth /WIFI.So as to realize the management of measurement data, and can generate reports, monitoring, for users to see.

Please scan the following QR code

Bluetooth connection

Open Applet and Bluetooth, the interface"Binding Device" displayed, click"Bind Device"to search for the device,the Bluetooth list appears, click the device name to connect, and the device indicator flashes"blue"con-tinuously to indicate the connection is successful.

WiFi Connection

Select WIFI connection on the display interface, and fill in the WIFI account and password (the purpose of WIFI configuration on this interface is to connect the sleep instrument to the home WIFI, and the sleep data can be uploaded to the sleep management cloud server through the home WIFI, which is convenient for users to remotely check the sleep quality and abnormal reminders).
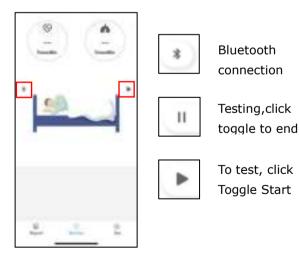
The Bluetooth connection reads the data

Use Bluetooth connection to check real-time heart rate and respiration on the monitoring interface; (Please note that the Bluetooth connection mode is adopted. The mobile phone should not be 10 meters away from the sleep instrument. If the distance is too far, the Bluetooth connection will be disconnected.)

Bluetooth connection	
Testing,click toggle to end	
To test, click Toggle Start	

The WIFI connection reads the data

WIFI connection can realize remote monitoring function, open the small program, switch to WIFI connection in the device binding interface, click on the monitoring interface to open real-time heart rate/respiration detection.

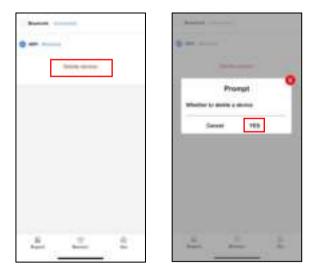|	WIFI connection
	Testing,click toggle to end
	To test, click Toggle Start

Exception prompt

If you need to detect the monitoring reminder of abnormal heart rate and respiration, please set the upper and lower limits in the setting interface - Heart rate and tachypnea/delay bar in advance (abnormal reminder mode is pop-up).
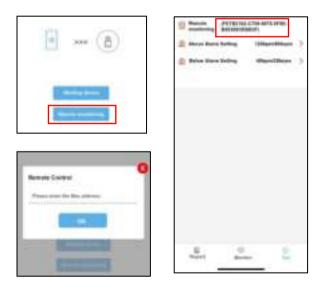
Unbind the device

Select [Bind Device] and click "Delete Device" to unbind the current device.

Remote monitoring

If you need to view the monitoring data of the family sleep instrument, you need the account of the unbound device. If the device is bound, please unbind it. Click Bind Device - Remote Monitoring and enter the Mac address of the monitoring device.

Common Questions

- APP can't find the device：
1. If the phone Bluetooth is off, please turn on the Bluetooth and reconnect it;
2. Press the device button, if the blue light flashes, the device is normal. If the red light flashes or no response, it means device is out of power, please recharge and reconnect the device.
3. If the device has power and Bluetooth of the mobile phone is turned on, confirmed that the device is connected to other mobile phone in the vicinity, then you need to disconnect and reconnect the new mobile phone.

- Real-time monitoring data is not accurate:
1. The device monitors the weak body signals for analysis and calculation, ensuring that the sensor is below the chest heart position and there is no other interference. Wind and floor vibrations can affect signal acquisition.

● Sleep data is always in sync:

1. If the sleep record is not synchronized for a long time, the synchronization process will last for a long time, and the data need to be synchronized for about 0.5 minutes per day. Please be patient. If the synchronization is not completed in 10 minutes, please exit APP and reconnect the synchronization.

● Can you use more than one person at the same time?

1. The product only monitors one person's movements, multi-person monitoring requires one device for each user. People around you while keeping a distance of 50cm does not cause excessive deviations and effects on sleep analysis.

Precautions

1. Special attention: Do not over-bend the product. The product has a built-in sensor. Excessive bending may damage the sensor. The reliability bend radius is 4cm.

2. Do not touch the product with high temperature equipment more than 60 °C. Do not use it with electric blankets.

3. Do not throw the product into the water, which may cause damage to the inside of the product.

4. When the power adapter is plugged into a power outlet, do not touch the metal end of the power adapter.

5. The sensor is used on a flat, stable surface. Do not place the sensor strip on a moving bed (such as a hammock), which can cause the sensor belt to

not function properly.

6. Make sure that there are no sources of vibration close to ensure that the sensor belt can accurately detect the user's sleep, vibration caused by electric fans, washing machines, loud music, etc. may cause the product to be misjudged.

7. The sensor is no powered and will not cause any damage to the user.

8. The surface of the sensor belt is waterproofed, but it cannot be washed or soaked. The wet cloth can be twisted to the driest and gently wiped off in the dirty area of the sensor belt.

9. If the product is not used for a long time, the sensor can be rolled up and stored at a safe radius. It is forbidden to fold the sensor tape and compress it for storage, which may cause damage to the product.

FCC Requirement

Any changes or modifications not expressly approved by the party responsible for compliance couldvoid the user's authority to operate the equipment

This device complies with Part 15 of the FCC Rules. Operation is subject to the following twoconditions:
1） this device may not cause harmful interference and
2） this device must acceptany interference received including interference thatmay caseundesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B diqital devicepursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protectionagainst harmful interference in a

residential installation. This equipment generates，uses， and canradiate radio frequency energy and if not installed and used in accordance with the instructionsmay cause harmful interference to radio communications. However there is no guarantee thatinterference will not occur in a particular installation. If this equipment does cause harmfulinterference to radio or television reception which can be determined by turning the equipment offand on the user is encouraged to try to correct the interference by one or more of the followingmeasures:

—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 isconnected.

—Consult the dealer or an experienced radio/TV technician for help.

IC Requirement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference.
(2)This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
1)L'appareil ne doit pas produire de brouillage;
2)L'appareil doit accepter tout brouillage radioéle

ctrique subi, même si le brouillage est susceptibl
e d'en compromettre le fonctionnement.

Miraclink Medical Technology (Shenzhen) Co. Ltd.

Product Name: Sleep micro-motion monitoring belt

Product Model：M-30P

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