

# breth

User Manual

Last Updated: 2024-09-11

# Welcome to Breth!

Establishing a breathwork and mental wellness routine can be a considerable challenge. Finding 5 or 10 minutes between meetings, after a workout or once you finally put the kids to bed seems easy, but it's another item in your list of self-care that's really tough to turn into a routine. Breth was born out of a desire to elevate the incredibly beneficial (but easy to forget) self-care practices into modern, memorable experiences that you'll feel motivated to do every day. With Breth, we aim to enhance respiratory health and mental well-being through thoughtful research, exceptional engineering and considerate design. We hope the physical connection you feel through Breth's haptic experiences will help you find consistency and joy in your exploration for well-being. We look forward to improving and expanding the Breth product and are excited and appreciative to have you along for the journey. So whether your purpose is focus, performance, self-care or stress-relief, we're thrilled for you to start feeling Better with Breth.

## Read and Save these Instructions

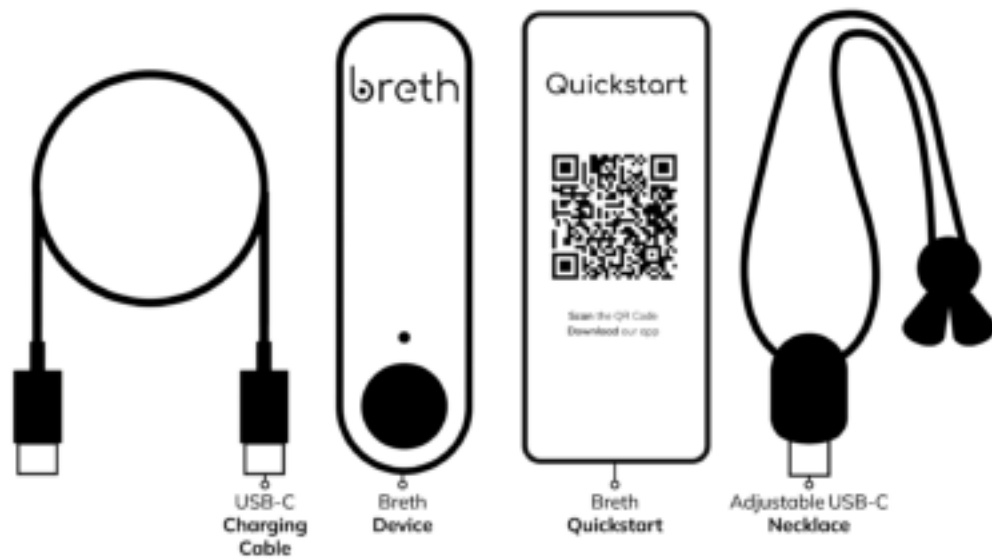
Before using your Breth, please read these instructions and save them for future reference.

The most up-to-date version of these instructions can always be found on the Breth guides page of our website at: <https://www.getbreth.com/guides>

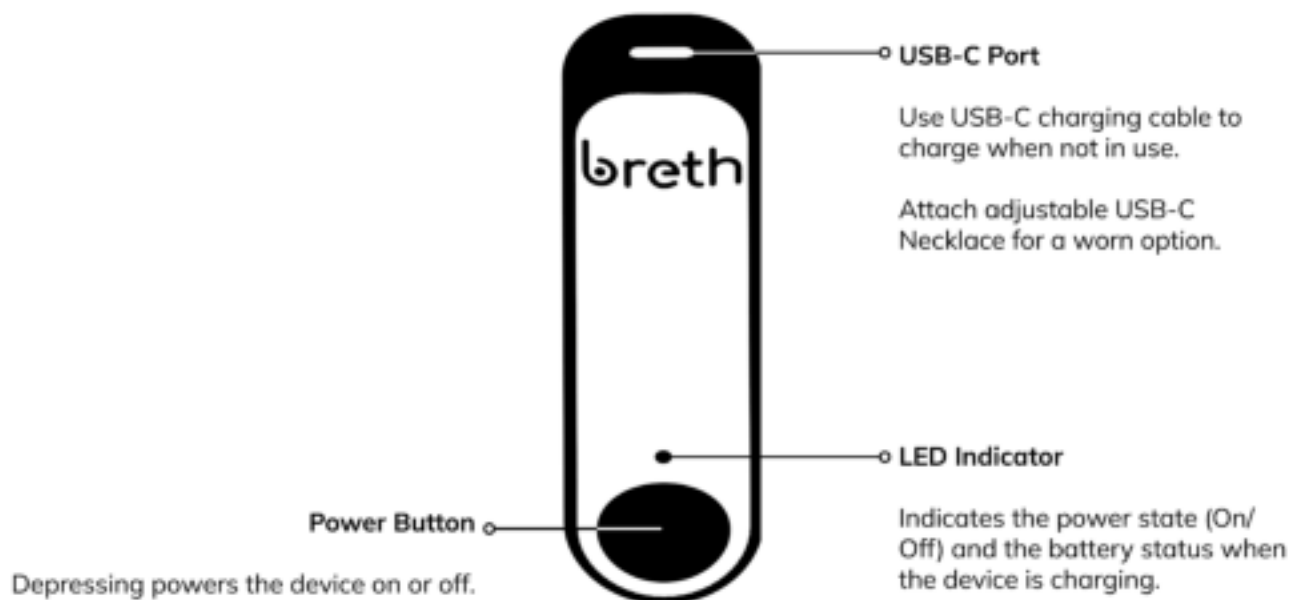
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## 1.0 What's in the Box



## 2.0 Your Breth



## 3.0 Setup and Use

Prior to getting started, make sure to carefully read these instructions for use. Warranty, company contact and cautionary statements may be found at the end of these instructions. Breth is designed and intended for adult (18+) users, users under the age of 18 should be supervised by an adult.

Should you need assistance with your Breth please contact our team at [info@getbreth.com](mailto:info@getbreth.com); please include your order number in your communication.

### 3.1 Prior to first use

1. Ensure your Apple iOS device is running an operating system that meets the requirements as stated in Section 4.0
2. Charge your Breth device
  - a. The Breth can be charged by plugging one end of the provided USB-C cable into the Breth USB-C port and the other end into a suitable USB charging port (e.g., a USB-C port on a personal computer, a suitable AC-DC adapter (e.g., Anker 735 Charger, Model A2668), etc.)
3. Get the Breth Application
  - a. The Breth app is available from the Apple® App Store
  - b. To find the application you may use the QR code on the included quickstart pamphlet included with your Breth
4. Ensure your iPhone or iPad's Bluetooth is turned on

### 3.2 Powering On/Off

Your Breth has a single button located on its front face; this button is used to power on and off the Breth device.

#### 3.2.1 On

You can power on your Breth device by pressing the button. This should be indicated by a quick flash of green light followed by a continuous flashing blue light indicating the device is powered on and waiting to be connected to your Breth App.

#### 3.2.2 Off

In order to power down your Breth device, press and hold the button for approximately 3 seconds. Once powered down, the device will stop displaying any light.

## 3.3 Charging Breth

Your Breth includes an integrated rechargeable battery, which can be recharged via the single USB-C port included on the Breth device. Please note the suitable environmental operating conditions for charging of the battery in Section 4.0 prior to commencing charge.

Only use a USB-C source that you know outputs a 5Vdc voltage and can support 2.5W. A USB-C port on a computer is a suitable source.

To charge your Breth simply:

1. Plug one end of the supplied USB-C cable into your Breth
2. Plug the other end of the USB-C cable into a suitable source

Once connected to a suitable source the Breth device will demonstrate its charge state via the indication LED; this light will show solid orange when the device is actively charging, and will show solid green when fully charged. Charging may take up to 4 hours if the battery is fully depleted.

### 3.3.1 Battery Life

It is important to note that the life you get out of the battery depends entirely on usage. Different exercises and experiences within the App use different amounts of battery life. Usage of 20-30 minutes a day should see the device last for 2-3 days.

### 3.3.2 Battery Maintenance

Make sure to charge your Breth device completely at least every 5-6 months. Failure to do so may result in a complete depletion of the battery resulting in an inability to recharge the device, or in severely limited battery life. Failure of a device to recharge due to improper battery maintenance, as noted here, is not covered by the device warranty.

## 3.4 Storing Breth

The Breth device is designed to be used indoors. Please consider the environmental specifications noted in Section 4.0 prior to storing and using your Breth device. The Breth is not water resistant or waterproof, any damage to the device caused by ingress of fluids is not covered under warranty.

When not in use, the Breth device and its accessories should be stored in a safe and dry location. Ensure the Breth device and its accessories are stored away from direct heat sources and in a manner that ensures they are safe from access from children or infants.

### 3.5 Wearing your Breth

Breth is designed to be safe to use and is made with a skin-safe biocompatible plastic. Breth may be worn directly against your skin or over clothing. Please note that thick clothing may dampen the vibrations felt from the device.

How to wear your Breth:

- Breth is designed to be comfortably worn over the chest on or near the sternum.
- Breth may be held in place over the sternum, or you may choose to wear your Breth using the supplied, adjustable necklace.
  - Holding your Breth against your sternum provides more intense vibration sensations
- Breth may be worn and used while you are in a seated, standing, or lying position.
  - It is best to experiment with positions to find what works best for you

Breth contains sensors that are designed to measure your breathing during certain activities, it is important to remember to keep the Breth device as still as possible during your exercises, allowing only the natural movements of your inhales and exhales to guide the movement of your Breth.

### 3.6 Cleaning your Breth

- A wipe with a lint-free cloth is sufficient for day to day cleaning.
- If you need to more thoroughly clean your Breth device, it is recommended to use an isopropyl alcohol wipe and to manually wipe down the entire surface of your Breth. Please wait for the alcohol to evaporate naturally prior to use.
  - It is not recommended to use any additional cleaning products or detergents

Please note that your Breth is not water resistant or waterproof, and should not be submerged in water or any cleaning fluid.

### 3.7 Connecting to the App

1. In order to connect to the Breth app ensure your phone is unlocked, Bluetooth is on, and the Breth app is installed and open.
2. Power on your Breth device.
3. Your Breth should automatically connect to the app once both the Breth device and the Breth App are open.
  - a. Your Breth device will change from flashing blue light to a solid blue light indicating your device is connected to your App.



- b. The Breth application shows that your Breth is connected via the two icons as presented below.



## 3.8 First Use

### 3.8.1 Onboarding

Upon first use of the application you will automatically be brought through an in-app tutorial. The tutorial is designed to take you through what to expect from the App and your Breth. Please follow along as this onboarding will present useful information about your Breth.

Should you need to review this in-app tutorial, you may access it again from the settings menu within the application.

### 3.8.2 Baseline

Following your in-app tutorial you will be introduced to the Breth baseline process. This baseline process is intended to allow your Breth to monitor your natural breathing and to guide you in selecting exercise recommendations. Follow the in-app instructions to complete your baseline.

Baselining is intended to be done once at first use and at regular intervals as you progress through your time with Breth. We recommend that you retry baselining every two weeks, or whenever you feel like you are ready to be challenged in your breathwork.

### 3.8.3 Exercises and Experiences

Upon completion of onboarding and baselining you are ready to get started with your guided breathwork and experience sessions.

#### 3.8.3.1 Exercises

Breth comes with three (3) pre-defined breathwork exercises. Each of these exercises are designed for specific purposes. All in-app exercises include instructions and examples of what to expect prior to completing the exercise for yourself.

The exercises included in Breth are:

1. Box Breathing
  - a. Box breathing is designed and used to assist in increasing your focus.
2. Belly Breathing
  - a. Belly breathing is designed to assist with recovery.
3. Triple Breathing
  - a. Triple breathing is our take on cyclic sighing and is designed to reduce stress.

### 3.8.3.2 Experiences

Alongside our exercises, Breth comes with three (3) pre-defined sensory experiences. These experiences are not specifically designed to exercise your breathing as in the case for the breathing exercises. You are encouraged to focus on slow controlled breathing throughout the experiences, but they are designed to take you on a multisensory journey aimed at helping you prepare for your day, zone out, or simply enjoy the pleasure of a coordinated audio, visual, and haptic experience.

The experiences included in Breth are:

1. Heartbeat
  - a. Conquer your day with an experience that allows you to see, hear and feel a heartbeat
2. Forest
  - a. Enjoy an escape from your everyday within a forest symphony
3. Oasis
  - a. Let this experience wash away your stress

## 3.9 Exercise History

Your exercise history is available from within the app and can be found by navigating to the History tab on the bottom navigation bar of the app. The history displayed here is a way for you to track which exercises you have completed and your progression in them over time.

## 3.10 Vibration Intensity

Your Breth device comes equipped with two powerful vibration actuators around which our hapticscapes are designed. We understand that for some users the default haptic sensations may feel too intense, in which case you are welcome to adjust the haptic intensity levels to your liking. This may be accomplished by clicking on the Vibration Intensity button on the main page of the app. From within the pop-up you will be able to adjust and feel in real-time the vibration intensity. Once happy with the adjusted vibration intensity you can confirm your change by pressing okay to dismiss the dialog. Once adjusted, the intensity will be scaled appropriately in all exercises and experiences.

Please note that your Breth must be powered on and connected to the application for this option to be available.

## 4.0 Technical Information and Specifications

Electrical Details	
Power Supply	Internal Lithium Polymer rechargeable battery; 3.7Vdc nominal
Charging Supply	USB Powered; +5Vdc, 2.5W supply recommended. Use supplied USB-C charging cable.
Bluetooth Information	<ul style="list-style-type: none"><li>• Bluetooth v5 (Bluetooth Low Energy). Range up to 10m</li><li>• Effective Radiated Power: +2dBm</li><li>• Operational Frequency: 2.4 GHz<ul style="list-style-type: none"><li>◦ Frequency Band: 2.400 GHz – 2.480 GHz</li></ul></li></ul> <p>For more information about Bluetooth see <a href="https://www.bluetooth.com/learn-about-bluetooth/tech-overview/">https://www.bluetooth.com/learn-about-bluetooth/tech-overview/</a></p>
FCC ID	2AW5UTAM02
IC ID	26360-TAM02
Vibration Actuators	2 x LMR, voice-coil type actuators. <ul style="list-style-type: none"><li>• Effective bandwidth: 10 – 300 Hz</li></ul>
Application/Software Details	
Minimum iOS Operating System	iOS 15+
Application Version	Version Information Available from Apple App Store
Firmware Version	Firmware details available in Breth App
Model Information	
Breth Model and Model Variants	BRETH01-##

	<p>Breth variants include various enclosure colorways; these colorways are expressed within the model identifier via the BF placeholders demonstrated above. For example a black and blue colorway variant would be expressed as:</p> <p>BRETH01-KB, where K and B represent black and blue, respectively.</p> <p>It is important to note that all BRETH01 model devices are functionally, mechanically, and electrically equivalent, they differ only in variant specific enclosure color.</p>
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Mechanical Details	
Breth Dimensions	94 mm x 28 mm x 20 mm (approximate exterior envelope)
Breth Mass	~45 grams (approximate)
Enclosure Material	PA12 (Nylon)
Permitted Environmental Conditions	
Ambient Operating Conditions	Temperature: 0°C to +35°C (32°F to 95°F) Humidity: 15 to 90%, Relative Humidity
Ambient Charging Conditions	Temperature: 10°C to +35°C (50°F to 95°F) Humidity: 15 to 90%, Relative Humidity
Ambient Storage Conditions	Temperature: 0°C to +35°C (32°F to 95°F) Humidity: 15 to 90%, Relative Humidity

LED Mapping	
Color and Behavior	Description
Blue Flashing	Powered on and actively attempting to connect to the Breth iOS Application
Blue Solid	Connected to the iOS Application; ready for use
Blue Flash and Yellow Flash	Not Connected, battery low

Blue Solid and Yellow Flash	Connected, battery low
Orange	USB Cable connected and battery charging
Green	USB Cable connected and battery fully charged

## 5.0 Caution

- The Breth device is a general wellness product and is not a medical device. It is not intended to be used to diagnose, prevent, or treat any condition, or as a substitute for professional medical care.
- Breth is designed and intended for adult (18+) users. Users under the age of 18 should be directly supervised by an adult.
- This device contains a lithium ion type rechargeable battery.
  - The battery is not user replaceable, there is risk of explosion or fire if the battery is replaced incorrectly or with an incorrect battery type.
  - In the event a battery needs to be replaced, only a battery supplied by the manufacturer and installed by a qualified technician should be used.
  - Do not use or charge a device if a battery is suspected to be damaged.
  - Do not store the device in an environment with extreme temperatures (see Section 4.0 for environmental details); failure to adhere to specified environmental conditions for storage and/or use may lead to explosion or leakage of chemical components (liquid or gas) from the battery.
  - Disposal of the Breth device and/or its battery shall be done in accordance with local regulations for electronic equipment. DO NOT crush, burn, puncture, freeze or expose the device to open flames.
  - Attempting to charge the Breth device with anything other than 5Vdc may result in damage to the device and/or may lead to explosion or fire.
- This device contains cable and cord-like accessories and small parts.
  - Small parts represent a choking hazard. The device and its accessories should be stored out of the reach of children and infants.
  - Provided cords represent a strangulation hazard. The provided cord (necklace accessory) should be stored out of the reach of children and infants.
- Only use accessories and parts specifically designed for and provided with the Breth device. Failure to do so may:
  - Negate electromagnetic emission compliance
  - Result in damage to the product
  - Result in improper operation of the device.
- Breth is designed to be used indoors and in accordance with the environmental specifications outlined in Section 4.0. Failure to adhere to these stated conditions may void the warranty.
- Breth is not sealed to ingress of fluids and should not be exposed to fluids of any type. Failure to adhere to this may damage the device. Damage caused by ingress of fluid will not be covered

under warranty.

## 6.0 Data and Security

The Breth system requires an iOS application in order to function; this application is distributed through the Apple® App Store. It is important to ensure that you are always using the most up-to-date version of the iOS operating system and the Breth App. Keeping the iOS operating system and Breth App up-to-date lowers the risk of unauthorized access to your personal data.

Apple employs a security model for all iOS apps that ensures that apps are free of known malware and malicious code and that they have not been tampered with. Apple enlists additional protections to enforce that access from apps to user data is carefully mediated. On iOS devices, all apps are obtained from the App Store and all apps are verified to be from an approved source. In addition, all apps are reviewed by Apple to ensure that they do not contain significant bugs, do not compromise user privacy, and operate according to their guidelines.

The Breth app does not request personal information from end-users of Breth and does not collect personally identifiable information. Data collected by the Breth application includes application usage analytics and anonymous breathwork sensor readings; this anonymous data may be used by True Angle to improve its products and services. Data transmitted from the Breth iOS Application to our servers does not contain any information that can be used by True Angle staff to identify users.

## 7.0 Warranty Information

For up to date warranty information please refer to the product website (<https://www.getbreth.com/warranty>).

If you purchased Breth on our getbreth.com website, True Angle, Inc. ("True Angle") warrants to the Original Purchaser a limited manufacturer's warranty against defects in materials and/or workmanship, for one year from the date of original purchase.

Defects in materials and/or workmanship discovered within the warranty period must be reported to True Angle. True Angle will at its own discretion, if it determines that the Breth device is defective and that it has not become defective for reason of an excluded event described herein, replace the defective Breth free of charge; this warranty does not include shipping related charges.

This warranty does not cover cosmetic deterioration or damage caused by general wear and tear, physical or natural destruction, accident, misuse, failure to follow instructions for use, use with non-Breth products, neglect or other external causes.

Modifications not expressly approved by True Angle could void the user's authority to operate the equipment.

True Angle does not warrant that the operations of the Breth device will be error-free or uninterrupted.

Any attempt to take the Breth device apart, or to have it serviced by non-True Angle representatives will invalidate this warranty.

Any warranty claims must be supported with reasonable evidence including proof of date of purchase. True Angle must be notified of any defective Breth. We will then provide you with a Return Merchandise Authorization number, which must be displayed on the outside of the return packaging. In the event that True Angle decides to replace your Breth device, any replacement Breth device will not extend the life of this warranty.

## 8.0 Regulatory Compliance

This device complies with part 15 of the FCC Rules and ISSED Canada's License exempt RSS(s). 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.



Cet appareil est conforme à la partie 15 des règles de la FCC et le permis d'ISED Canada normes RSS exemptées. Son fonctionnement est soumis aux deux conditions suivantes:

1. l'appareil ne doit pas produire de brouillage;
2. l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

FCC ID: 2AW5UTAM02

IC: 26360-TAM02

This equipment complies with FCC/ISED radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) exposure guidelines and RSS-102 of the ISED radio frequency (RF) exposure rules. This equipment if used according to instructions herein has very low levels of RF energy that are deemed to comply without testing of specific absorption rate (SAR).

Cet équipement est conforme aux limites d'exposition aux rayonnements FCC/ISED établies pour un environnement non contrôlé et répond aux directives d'exposition aux radiofréquences (RF) de la FCC et à la norme RSS-102 des règles d'exposition aux radiofréquences (RF) d'ISED. Cet équipement, s'il est utilisé conformément aux instructions fournies, présente de très faibles niveaux d'énergie RF qui sont réputés conformes sans test du débit d'absorption spécifique (DAS).

Maximum Output Power / Puissance de Sortie Maximale: +2 dBm EIRP(PIRE)

Declared Separation Distance / Distance de séparation déclarée: 15.1 mm

Frequency Band of Operation / Bande de fréquences de fonctionnement: 2400 - 2483.5 MHZ

The Breth uses a secondary (rechargeable) lithium ion battery that has been tested to, and found to be compliant to all applicable tests of the IEC62133-2 standard for lithium chemistry batteries. Results of testing are available upon request.

## 8.1 Label

The Breth device does not include any external markings, as such labels are included on the packaging and herein for reference.

<p><b>This device contains:</b> <b>FCC ID: 2AW5UTAM02</b> <b>IC: 26360-TAM02</b></p>
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*Instructional label in lieu of exterior markings*



*Sample of the label included on the Breth packaging.*

## 9.0 Disposal

The Breth device contains a rechargeable lithium polymer battery. Please dispose of the Breth hardware at a designated collection point for the recycling of waste electrical and electronic equipment. The appropriate disposal of your Breth device will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

For more information about where you can drop off your electrical and electronic equipment for recycling, please contact your local authority.

## 10.0 Manufacturer Information

True Angle, Inc.  
14807 134 Ave, NW  
Edmonton, Alberta, T5L 4V5  
Canada

Contact: [info@getbreth.com](mailto:info@getbreth.com)

Web: <https://www.getbreth.com>

True Angle manufactures and distributes Breth.