

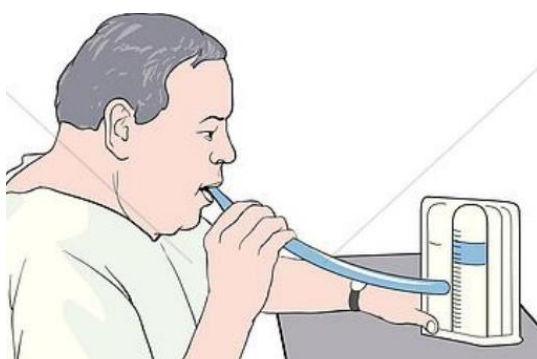
## Easy Read User Guide And instructions



**Switch on the device.**

**The switch can be found attached to the black box.**

**If the device beeps, it is on.**



**Place lips on the mouthpiece.**

**Wait for the voice to say “start”.**

**Then breathe in for 4 seconds.**

**Inhale at a steady rate for 4 seconds.**

**FOUR  
Seconds**



**After 4 seconds another voice should be heard.**

**The audio will state the volume of air inhaled in millilitres.**

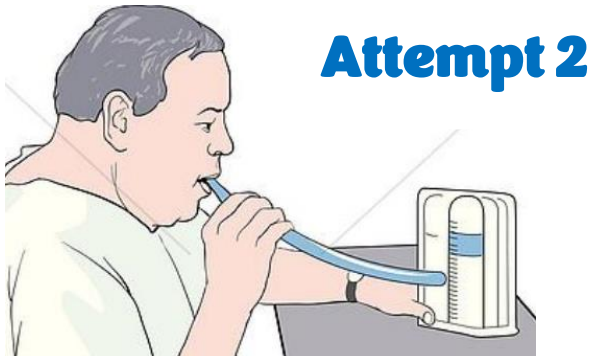


**After this another audio will be heard.**

**Slow breathing = “speed up”**

**Steady Breathing = “safe speed”**

**Fast breathing = “slow down”**



If your result was not “safe speed” you can try again.

If the result was “too slow” try and breathe in faster.

If the result was “too fast” try and breath in slower.



When finished using, switch off the device.

The switch button is attached to the black box.



After finished using, clean the mouthpiece.

Do this by taking out the flexible mouthpiece from the lid.

Use disinfected solution to rinse the mouthpiece for 15 minutes.

Wait for this to dry.

Wipe the device with alcohol wipes.

Do this to remove bacteria.



When the battery runs out replace it.

Do this by removing the present battery found in the black box.

Then place in the new battery.