

### STEP 5: Tracking Sleep with your YOO®RX

Your YOORX will record both your sleep duration (figA) and sleeping patterns for you to track and review on the YOO app.



During SLEEP mode, the YOORX will track your movement to determine your stage of sleep (Light / Deep). While you sleep the YOORX will monitor the following data and patterns.

- The total amount of time you slept during the night.
- The total amount of light/restless sleep.
- Total amount of deep sleep.

Helpful Hint: To prevent your YOORX display from inadvertently activating during sleep and to ensure movement in bed isn't recorded as activity the YOORX will automatically enter into SLEEP MODE. In this mode only the Time-of-Day screen is accessible.

Once you wake up and begin to move your YOORX will exit sleep Mode and function as normal.

### STEP 6: Setting Notifications on your YOO®RX

#### Call Notification

Your YOORX can notify you when you get a call, text, e-mail, calendar notification or a Facebook Messenger (see examples to the right). Just open the YOO+ app, tap on the 3 lines in the upper left hand corner to get to the main menu and tap on 'Notifications'. Then turn on the ones you want to use.



#### Text Notification

Important: Smart Notifications are turned OFF when you set up your account. You can turn all notifications on or only specific ones but it is important to note that activating Smart Notifications will shorten the battery life of your YOORX.

#### Calendar Notification

Important: The types of Smart Notifications varies between iOS and Android. Please refer to the YOO+ app for a complete list of notification options for your YOORX.



#### Email Notification



#### Social Network Notification



<b>What Do I Need to Know About the Battery?</b>	<b>A</b>			
<b>YOO@RX uses a rechargeable battery and comes with a custom designed USB charger. Once You have fully charged your YOO@RX it should run for about a 14 days before requiring another charge.</b>		<b>LOW BATT</b>	<b>AUTO SYNC OFF</b>	<b>SLEEP L</b>
The length of time between charges depends on how often Smart Notifications are used and whether or not you activate the Display Auto-On feature within the YOO+ app. These optional features will shorten your battery life between charges.				
<b>Low Battery Warning</b>				
When the words "LOW BATT" appear on the display, your YOO@RX can still continue to record your activity for a LIMITED TIME. (fig. A) It's recommended to SYNC the wristband immediately to update and save the data inside the unit. Then, recharge the YOO@RX by following the directions to avoid losing data.				
Note that a faint or blank display is also an indicator of a low battery charge.				
<b>YOO@RX Memory</b>				
The YOO@RX can store up to 14 days of data. It is recommended that you sync your YOO@RX to the YOO app every day. If you do not sync your data for a period of time in excess of 14 days your will lose any data that is older than 14 days at the time of your next sync.				
<b>CALORIES -</b>				
Total active calories burned for the current day from physical movement and activity.		<b>429 CAL</b>	<b>ACTIVE MINUTES -</b>	<b>TARGET GOAL -</b>
<b>ALARM -</b>				
This screen displays the alarm time setting. If you have activated more than one alarm in the YOO+ app this screen will display the next upcoming alarm. To turn off the vibration alert once it goes off simply touch the Tapstop several times. Your YOO@RX has 7 optional daily alarms that can be customized within the YOO+ app.				
<b>SLEEP MONITORING -</b>				
This screen displays your total sleep time from the previous night. You must sync your YOO@RX in the morning to view updated stats. A more detailed view of your sleep pattern can be viewed on the YOO+ app.				

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the product.

**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 residential installation. This equipment generates, uses and can radiate radio frequency energy and if not installed and used in accordance with the instruction, 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.