



SNORE CIRCLE

Manufacturer: VVFLY Electronics Co., Ltd.

Address: Room 1310, Changhong Building, Keji 12th Road
South, High-tech Industrial Park, Nanshan District, Shenzhen

Service email: kf@vvfly.cn

Smart Electronic Muscle Stimulator (YA4100)
User Manual

English Product instruction 04~15
中文产品说明书 18~27
日本語取扱説明書 30~38

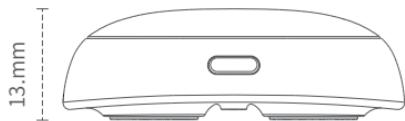
Contents

1 Smart Electronic Muscle Stimulator (YA4100)	05
2 Power On/Off Instructions	07
3 Battery Instructions	08
4 Bluetooth Connection and Data Syncing	10
5 Wearing Instructions	11
6 App Download Instructions	12
7 After-sales Service	12
8 Precautions	13
9 Declaration of Hazardous Substances or Elements	14
10 FCC Caution	15

1. Smart Electronic Muscle Stimulator (YA4100)

This smart electronic muscle stimulator is designed to detect snores and emit specific low-frequency pulses to stimulate and massage the muscles and nerves of the throat, allowing you to sleep peacefully. We hope this product can help you get some quality sleep!

Product parameters



Product name: Smart Electronic Muscle Stimulator

Brand: Snore Circle

Model: YA4100

Dimensions: 40.5*25.5*13mm

Weight: 10g

Pulse frequency: 10Hz-1500Hz

Battery capacity: 3.7V/80mAh

Run time: Approx. 15 hours

Product components: Main Component x1, Charging Dock x1, Quick Start Guide x1, User Manual x1, Charging Cable x1, Electrodes x10

Unsuitable users:

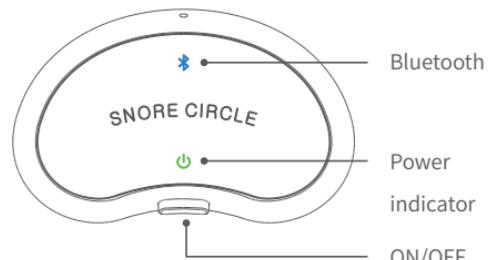
People with pacemakers, implantable defibrillators or any other implanted metal or electronic devices; people with cardiovascular and cerebrovascular problems; people allergic to electrodes and currents; people with skin ulcers on the site of adhesion; pregnant women or those in labor; and children under 16. Do not stick this product on the eyes or any other parts of the body.

2. Power On/Off Instructions

Power on

To turn the device on, simply press the power switch for 3 seconds.

Once powered on, the power indicator will turn on for 10 seconds and the Bluetooth indicator will flash for 10 seconds before turning off.



Power off

To turn the device off, simply press the power switch for 3 seconds.

The power and Bluetooth indicators will turn off once the device is successfully powered off.

3. Battery Instructions

(1) Checking the battery level Once powered on or the power switch is pressed, you can determine the battery level by checking the color of the power indicator.

A yellow power light indicates the device battery is low and requires charging.



A green power light indicates the device has sufficient battery and does not require charging.



To check the specific battery level, connect the device to the Sleepplus app and view from your phone.

2018-09-21 08:22 75%

(2) This device uses a rechargeable polymer lithium battery.

(3) It takes roughly two hours to fully charge the battery.

(4) After the USB charging cable is plugged into the charging dock, place the product on the charging dock to charge. A flashing power indicator indicates the device is charging, while a steady light indicates charging is complete.

4. Bluetooth Connection and Data Syncing

(1) The device can only be connected to the mobile app when it is in pairing mode. Once powered on or the power switch is pressed, the Bluetooth indicator will flash for 10 seconds indicating the time the device remains in pairing mode.

(2) Ensure your phone's Bluetooth is turned on.

(3) Open the Sleepplus mobile app and ensure your phone is close to the device. Follow the instructions on the app to bind and connect the device. The connection is successful if the Bluetooth indicator stops flashing but remains lit.

(4) Once your device is successfully connected to the mobile app, data will be automatically synced to the mobile app on your phone. After data syncing is complete, the device will automatically disconnect from Bluetooth and the Bluetooth indicator will turn off.

(5) Only iPhones with iOS 7.0 or above or Android phones running 4.3 or above are supported. If your phone is Android 7.0 or above, please enable the Location function to connect to the device and sync data.

5. Wearing Instructions

(1) Tear off the protective film on the electrodes and stick them to the correct position on your throat, as shown below.



(2) Power on the main component and attach it to the electrodes. Ensure that the power switch is on the inner side nearest your throat, as shown in the image above.



(3) If you find that the anti-snoring effects are inadequate, please try readjusting the position of the device.

(4) It is recommended to shave any hair on the chin and throat before use. The adhesive applying part should also be scrubbed with soap or water to ensure it is clean and comfortable to use.

6. App Download Instructions

How to download:

- (1) iPhone: Search for Sleepplus via the App Store to download and install the app.
- (2) Android: Search for Sleepplus in Tencent MyApp or Google Play to download and install the app.
- (3) Scan the QR code below.



Sleepplus

8. Precautions

- (1) Use and store the device in a normal temperature range (-10°C to +50°C).
- (2) Keep the device away from sources of ignition or high temperatures (electric heaters, microwaves, ovens, etc.).
- (3) Keep the device away from high impact or strong vibration to avoid damage.
- (4) Do not use chemicals, detergents or other products to clean the device. Keep the device dry; do not wash it.
- (5) Do not attempt to remove or replace the built-in lithium battery on your own so as to avoid damage.
- (6) Do not throw the device into fire so as to prevent the possibility of an explosion.
- (7) This device is not a toy. Please keep it out of the reach of children to prevent misuse or other hazards from occurring.

7. After-sales Service

- (1) This product is covered under a one-year warranty from the date of purchase.
- (2) Artificial damage is not covered by warranty.
- (3) It is recommended to maintain a two-week trial period, with the first week as the adjustment period.
- (4) The Electrode is disposable, it needs to replace with a new piece per night. You can go to VVFLY official website www.snorecircle.com/shop purchase the replacement.electrodes.

9. Declaration of Hazardous Substances or Elements

In accordance with the relevant regulations and requirements of the Administrative Measures on the Control of Pollution Caused by Electronic Information Products of the People's Republic of China, the following table includes the component names of the electronic product and the toxic and hazardous substances contained within.

Component Name	Toxic and Hazardous Substances and Their Concentration					
	Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Hexavalent Chromium (Cr ⁶⁺)	Polybrominated Biphenyls (PBB)	Polybrominated Diphenyl Ethers (PBDE)
Housing	○	○	○	○	○	○
Buttons	○	○	○	○	○	○
User Manual	○	○	○	○	○	○
Standard Battery	○	○	○	○	○	○
Electrodes	○	○	○	○	○	○
Package box	○	○	○	○	○	○
Metallic Components	○	○	○	○	○	○

1. "○" indicates that the concentration of the hazardous substance in all homogeneous materials in the component is below the limit requirement of the SJ/T11363-2006 standard.

2. "×" indicates that the content of the toxic and hazardous substance in at least one homogeneous material of the component exceeds the limit requirement of the SJ/T11363-2006 standard.

Environmental Friendly Use Period

Component	Environmental Friendly Use Period
Smart Electronic Muscle Stimulator	○

* The above use period is based on normal operating conditions (temperature/humidity)

Product Standard: Q/YZFD 003-2018

FCC Caution

§ 15.19 Labelling requirements. 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.

§ 15.21 Information to user.

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

§ 15.105 Information to the user.

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.

* RF warning for Portable device:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.