

## 耳廓穴位點壓儀 簡易操作指南

可穿戴之耳部穴位指壓設備：一側為自動按壓組合，另一側為耳罩。

### 配戴

1. 視需要調整頭箍長度。
2. 將壓力旋鈕的白色刻度調至水平位置（1級壓力最低）。
3. 將自動按穴組合覆蓋耳廓，另一側配戴耳罩固定。

### 移除

- 將壓力旋鈕的白色刻度調回至水平位置（1級壓力最低）。
- 按下開/關按鈕，取下耳廓穴位點壓儀。

### 電源開關

- 開動前確保電池關閉按鈕沒有按下。
- 按下開/關按鈕（電池指示燈（電源指示燈顯示穩定的藍色）。
- 如藍色指示燈開始閃爍，表示電池需要充電。

### 壓力調節

- 一共5級。
- 白色刻度在水平位置為1級（最低）。
- 旋鈕順時針旋轉增至2,3,4,5級強度。
- 建議由低到高逐步適應。

### 充電

- 不要按下電池關機按鈕。
- 使用USB充電線充電器。
- 充電時電池指示燈將顯示紅色，並充滿電後將變為綠色。

詳細資料請參閱說明書。

# 耳廓穴位點壓儀（Auricular Acupressure Device - AAD）說明書

## 一般說明

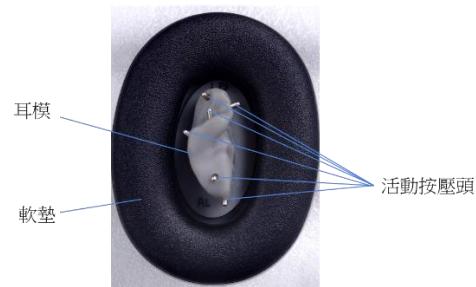
此耳廓穴位點壓儀為提供針對性的耳穴按壓治療的裝置。此裝置配備一條頭箍，頭箍一側連接自動耳穴按組合，另一側則為耳罩（見圖一）。自動耳穴耳穴按組合設有活動的按穴壓力頭，用以刺激耳部相應穴位（見圖二）。控制鍵的位置如圖三所示。該裝置運轉 6 分鐘後會自動停止。使用者每次通常可以進行 1 到 2 個循環，具體次數取決於個人的接受程度。建議每天使用該裝置 2 到 3 次，每週 6 天（第 7 天休息），並持續使用 2 週。使用者控制按鈕的位置如圖四所示。



圖一



圖二



圖三



圖四

## 調整鬆緊舒適度

耳廓穴位點壓儀的尺寸可以透過伸縮位於頭帶上的長度調整臂(4)來調節，以適應您的頭部(圖五)。



圖五佩戴與移除

**佩戴：**在配戴裝置前，將壓力調節旋鈕(1)上的白色指示條調整至水平位置(圖六)，以達到最小穴位壓力設置，確保舒適使用。



圖六

將耳廓穴位點壓儀戴在頭上，使自動穴位按摩裝置的耳模與耳廓貼合(圖七)。然後，將耳罩套在另一邊的耳朵上(圖八)。



圖七



圖八

**移除：**與佩戴時類似，在脫下(移除)設備之前，將壓力調節旋鈕(1)的白色指示條旋轉到水平位置，以最大限度地減少穴位壓力\* (圖六)。

\*有關壓力調節的更多詳細信息，請參閱下面的壓力調節部分。

## 電源開關

請確保電池關閉按鈕 (3) 沒有按下，如電池關閉按鈕 (3) 被按下，電池將與裝置斷開連接，裝置不通電。然後再按下開/關按鈕 (5) 開啟或關閉耳廓穴位點壓儀（圖九）。AAD 工作時，電池指示燈（電源指示燈）(2) 將顯示穩定的藍色。如果 AAD 開啟後藍色指示燈開始閃爍，表示電池需要充電。

建議在將耳廓穴位點壓儀存放於包、盒或箱子中時，按下電池關閉按鈕斷開電池連接，以避免因其他物體誤按開/關按鈕而導致設備意外開動。這在您攜帶設備搭乘飛機時是一項安全預防措施。



圖九

## 壓力調節

耳廓穴位點壓儀的穴位按壓強度可透過壓力調節旋鈕 (1) 進行調整。當旋鈕上的白色指示條處於水平位置時，穴位按摩強度設定為最小等級 (1 級) (圖十)。若要增加壓力，只需順時針旋轉壓力調節旋鈕至 2 級至 5 級，如圖十一所示。穴位按摩強度可在設備運作過程中進行調節，並可隨時按下開/關按鈕停止設備運作。



圖十



圖十一

## 充電方法

在未按下電池關機按鈕的情況下，請使用 USB 充電線將 USB-C 輸入連接埠 (6) 連接至充電器或其他適當的電源。充電時電池指示燈將顯示紅色（圖十二），並充滿電後將變為綠色（圖十三）。



圖十二



圖十三

## Auricular Acupressure Device Quick Operation Guide

Wearable device for targeted auricular acupressure with an automatic pressure unit on one side and an ear cover on the other.

### Donning

1. Adjust headband length if needed.
2. Set the white marker of the pressure adjustment knob's to horizontal position (level 1, minimum pressure).
3. Put on the automatic pressure unit to cover the ear; wear the ear cover on the other side.

### Doffing

- Set the white marker of the pressure adjustment knob's back to the horizontal position (level 1, minimum pressure).
- Press the ON/Off button and remove the device.

### Turning On/Off

- To turn On, ensure that the Battery Shutoff button is not pressed.
- Press the On/Off button to start operation (solid **blue** light).
- Flashing **blue** light, battery needs to be charged.
- To turn off, press On/Off button.

### Pressure Adjustment

- 5 levels
- White marker at horizontal position is level 1 (minimum pressure) .
- Turn pressure adjustment knob clockwise to **increase pressure to levels 2,3,4,5.**
- Start low and ramp up gradually.

### Charging

- With the Battery Shutoff Button unpressed.
- Use a USB charging cable to charge the device.
- **Red** battery light while charging, **green** battery light when fully charged.

Please refer to the Manual for detail information.

# Auricular Acupressure Device (AAD) Manual

## General Description

The Auricular Acupressure Device (AAD) (Fig. 1) provides targeted acupressure therapy. The device consists of a headband that connects an automatic acupressure unit and an ear cover on the other side (Fig. 2). The automatic acupressure unit features movable pressure heads to stimulate the acupoints (Fig. 3). ***The device will stop automatically after operating for 6 minutes. The user usually can go for 1 to 2 cycles each time, depending on the acceptance level of the individual user. It is advised to use the device 2 to 3 times per day, 6 days per week (the 7<sup>th</sup> day for rest), and with an intervention period of 2 weeks.*** The locations of the user controls are demonstrated in Fig. 4.



Fig. 1



Fig. 2

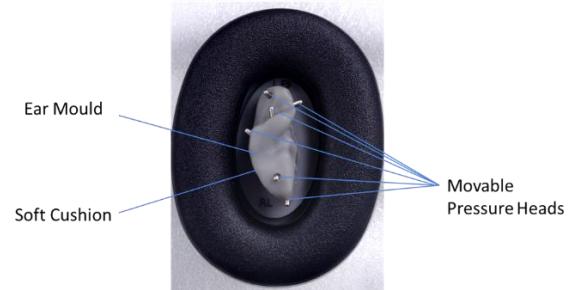


Fig. 3



Fig. 4

### **Adjustment to Fit Individual Head Size**

The size of the AAD can be adjusted to fit your head by extending or retracting the Length Adjustment arms (4) located on the headband (Fig. 5).



Fig. 5

### **Donning & Doffing**

**Donning:** Before donning the device, adjust the white indicating bar on the Pressure Adjustment Knob (1) to a horizontal position (Fig. 6) for minimal acupressure setting, ensuring comfortable use.

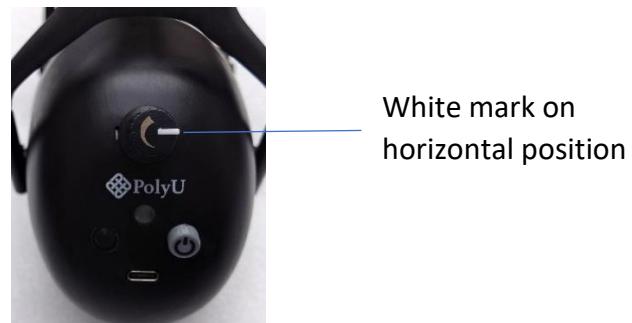


Fig. 6

Wear the AAD on your head so that the ear mould of the Automatic Acupressure Unit fits properly over your ear shell (Fig. 7). Then, position the Ear Cover over the ear on the other side (Fig. 8).



Fig. 7

Fig. 8

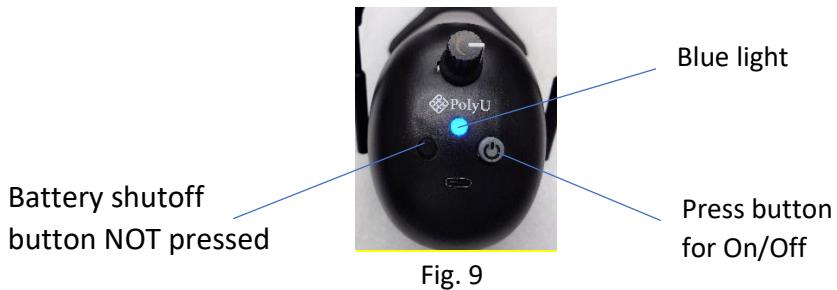
**Doffing:** Similar to donning, turn the white indicating bar of the Pressure Adjustment Knob (1) to a horizontal position to minimize the acupressure\* (Fig. 6) before doffing (removing) the device.

\*For more details regarding pressure adjustment, please refer to the **Pressure Adjustment** section below.

## Turning On & Off

Ensure that the Battery Shutoff button (3) is not pressed. If the Battery Shutoff button (3) is pressed, the battery will be isolated from the device, and no electrical power is supplied. Then press the On/Off Button (5) to power the AAD on or off (Fig. 9). When the AAD is operating, the Battery Light (Power Indicator) (2) will show a solid blue color. If the blue light starts flashing after the AAD is turned on, it means the battery needs to be charged.

***It is advised to press the Battery Shutoff button to disconnect the battery when you store the automatic auricular acupressure device in a bag, case or box to avoid unexpected powering on of the device due to the ON/Off button being pressed by other objects. This can be a safety precaution when you carry the device on a flight.***



## Pressure Adjustment

The acupressure intensity of the AAD can be adjusted using the Pressure Adjustment Knob (1). When the white indicating bar on the knob is in a horizontal position, the acupressure is set to the minimal level (level 1) (Fig. 10). To increase the pressure, simply turn the Pressure Adjustment knob clockwise to levels 2 to 5, as illustrated in Figure 11. The acupressure can be adjusted while the device is in operation and can be stopped any time by pressing the ON/Off button.



Fig. 10



Fig. 11

## Charging the AAD

With the Battery Shutoff Button unpressed, connect the USB-C input port (6) to a charger or suitable power source using a USB charging cable. The Battery Light will display red while charging (Fig. 12) and will turn green when the device is fully charged (Fig. 13).



Fig. 12



Fig. 13