

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 7th day for rest), and with an intervention period of 2 weeks.*** The locations of the user controls are demonstrated in Fig. 4.



Fig. 1

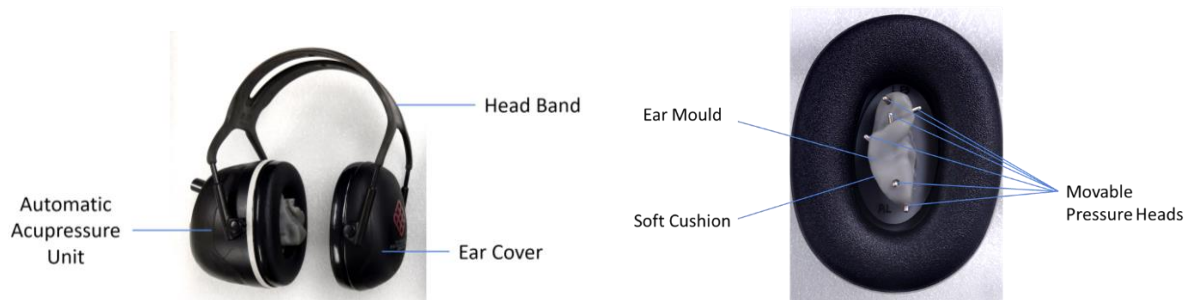


Fig. 2

Fig. 3



Fig. 4

Adjustment to Fit Individual Head Size

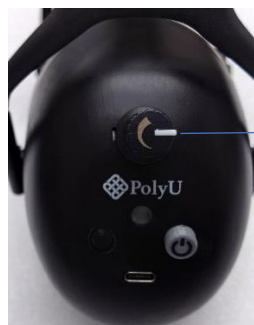
The size of the AAD can be adjusted to fit your head by extending or retracting the Length Adjustment arms (4) located on the headband (Fig. 5).



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.



White mark on
horizontal position

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.



Fig. 9

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