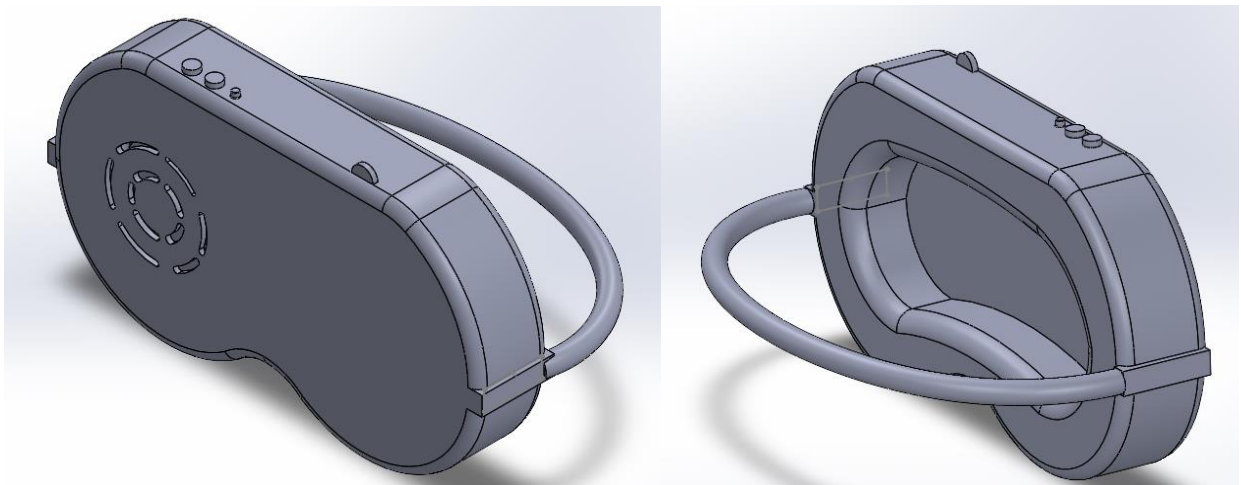


# How to Use the Smart-Heat-Relief Mask

Prototype name: Smart-Heat-Relief Mask



## Brief introduction:

This sleeping mask is undoubtedly the best for any sleep enthusiast, with all the cutting-edge features for a great night's sleep. By utilizing Bluetooth technology, this sleeping mask can wake the user up with its configurable alarm app. Through the application, sleep patterns can also be analyzed, thus further enhancing sleep quality. Additionally, the mask can be heated up to provide a more comfortable night's sleep while remaining at a regulated temperature through a small fan on the face of the device. With its rechargeable battery, the mask can last multiple days, making it ideal for long trips.

## Cautions and Safety notices:

- Do not use if you sleep on your stomach
- Do not use or leave near water
- This device is flammable, do not use or leave near high heat
- Do not replace as a normal alarm
- Do not cover mouth with the mask, it may be a choking hazard
- Do not give or leave within the reach of children, as it may cause suffocation
- Do not wash the mask with the electronics inside, as it may be an electrocution hazard
- Do not share the mask with other users, as this may lead to a transferring of infectious diseases such as pinkeye.
- Do not use the mask if you have any medical implants or devices such as pacemakers
- If any portion of the case is broken or damaged, replace the electronic case of the mask



## List of Materials

- Arduino Nano
- Mask lining for electronics
- Zipper
- Charger
- Piezo Buzzer
- Jumper wires
- ADC
- Case
- Bluetooth capability (connect to phone)
- Fabric (Silk)
- Elastic

## Step by Step instructions:

### Setup

1. Remove all components from their packaging.
2. Charge the masks electronic insert.
3. While the electronic insert is charging download the “Happy Sleeper” app
4. Once fully charged, connect the device to the app.
5. When you are ready to use the device, slip the electronics box into the top compartment of the mask.
6. Push down until you hear a click. This means the electronics are secure.
7. The device is now ready for application setup. (See Application Usage)

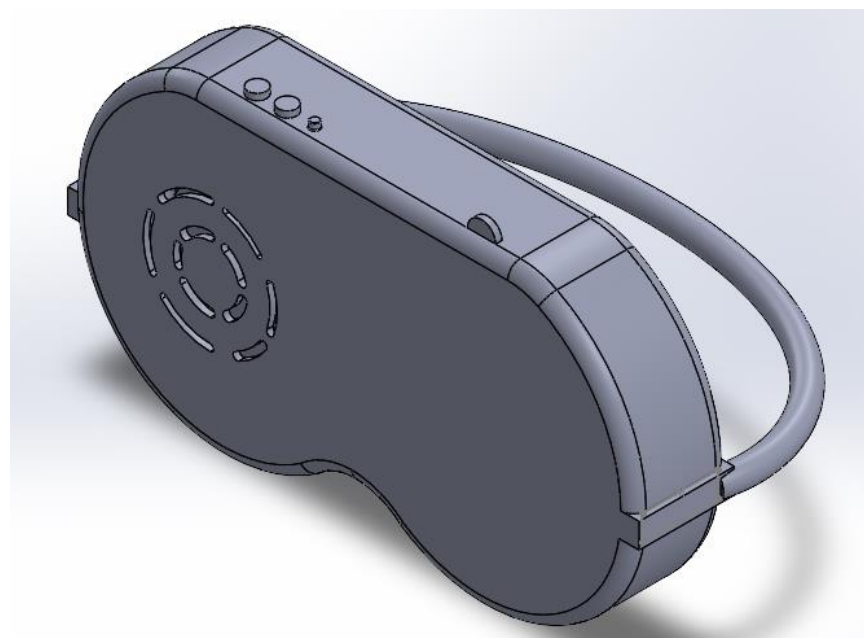
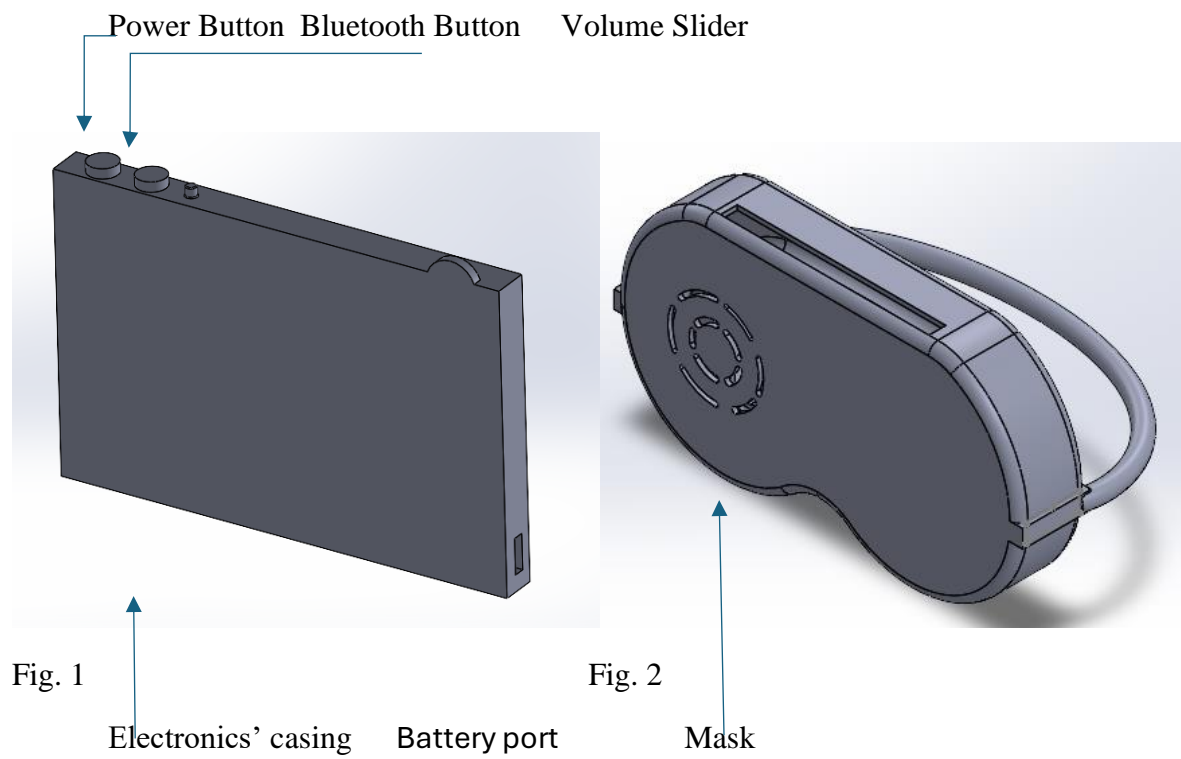


Fig. 3

## Application Usage:

### How to use the device

1. Power on the device
2. Install the “Happy Sleeper” app on the app store or google play store
3. Pair the device with the application
4. Go into the app and pair your device using the Bluetooth button (figure 4)



Fig. 4

### How to set up the alarm:

1. Tap on the “Alarm Setup” button
2. Scroll through the selections to set up your desired alarm time
3. Press on the complete set up button (Figure 5)
4. Your alarm has been set up!
5. To change the alarm sound, click on the alarm button to change it (figure 5)



Fig. 5

### To check the sleep data

1. Tap on the “Sleep Analysis” button (figure 6)
2. A graph should appear displaying your sleep data from the previous night



Fig. 6

### To check the sleep data

1. Tap the “Heat” button (figure 7) to turn it on
2. Tap again to turn it off



Fig. 7

### Configure the volume

1. Locate the volume control disk (figure 1)
2. Spin the disk in the direction of the desired output, + to increase the volume, and – to decrease the volume

Following the setup and programming of the device, you can use it as a regular sleeping mask. When the device has been successfully programmed, at the time selected an alarm will go off waking the user up.

## Maintenance information

- If the mask needs to be washed:
  1. Remove the electronic device (figure 1) from the mask (figure 2) You can do this by pushing down on the electronics box and it should spring up.
  2. Wash the fabric of the mask
  3. Dry the mask
  4. Reinsert the electronic device to the mask (Figure 3)

### Charging:

1. Remove the electronics from the mask. This can be done by pushing down on the top half of the electronics case. The box should spring up
2. After removing the case, find the USB-C plug on the bottom left side of the device
3. Plug your USB-C charger into the charging port.
4. The light indicator on the top of the case shows the battery life. With 4 light modes  
Red = 0% – 45% Yellow = 45% - 75% Blue = 75% - 80% Green = 80% - 100%

For better battery life, try to charge the device to no more than 80%

### Configuration:

#### Alarm

1. If any changes need to be made to the alarm system open the app on your phone
2. Click on the alarm button (Figure 5)
3. Change the alarm time using the scroll feature
4. Click save to change your alarm time

## Conclusion

Our sleeping mask is perfect for sleep. We recommend it to everyone. Using its Bluetooth technology, it acts like an alarm. Sleeping is enhanced through the mask's heating technology. In addition, through our app the mask analysis your sleeping patterns thus increasing sleep quality. The mask is washable, and the electronics are removable. The battery lasts for multiple days without recharging. Be aware of the safety requirements for a device such as don't pour water on the electronics, do not use it in a flammable place and keep the device away from children. For maintenance wash the mask without the electronics every month and recharge the battery when the battery is low. Thank you for purchasing the Smart-Heat-Relief mask, and we hope that you enjoy it for years to come!

Any relevant back matter (such as troubleshooting information, if needed)

How long should the device last

- 6 to 8 hours

How often should I charge the device

- Charge every night for optimal use

Can I sleep face down with the device

- We don't recommend users who sleep on their stomach to use our device as the plastic would be uncomfortable pushing up against your face as you sleep. Our device should be used sleeping on your back or side.

Contact company if there are any issues with the device

- If any issues or complications arise from usage of the device, immediately stop using the device and contact us at [company@companyextension.net](mailto:company@companyextension.net).

How to change the volume

- To change the volume of the alarm, find the roller at the top of the electronics case rolling the scroll towards the + will increase the volume and – will decrease the volume.

How should I wash the mask (laundry settings)

- Wash the mask on low tumble

What type of battery does the device use?

- The sleep mask uses its own unique lithium-ion rechargeable battery.

In case the battery is damaged what to do.

- If a battery is damaged, immediately stop using the device it powers, disconnect it from any charger, and handle it with extreme caution. Dispose of it through a designated battery recycling facility. Contact the manufacturers.

Copyright/ trademark information.

Type of charger that is needed

- The device includes its own USB-C type charger in the box; however, any USB-C type charger will function.

How long is the warranty on the device



- The device comes with a two-year limited warranty

What kind of wall outlet can the device be plugged into to charge?

- The device can only be plugged into a 120V wall outlet.