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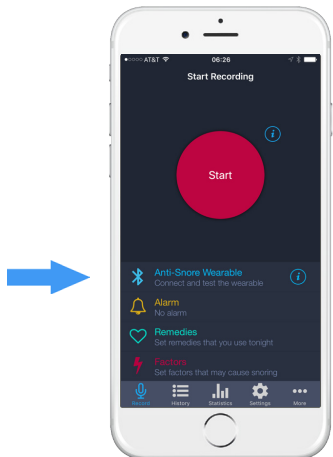


## Anti-Snore Wearable Quick reference guide

Please read this Quick Reference Guide before using the Anti-Snore Wearable!

1: Download the app by going to [doisnore.app.link/ASW](https://doisnore.app.link/ASW) or search for "Do I Snore" in the App Store (Apple) or Google Play Store (Android).

2: Start the app and go to the Anti-Snore Wearable menu (in the start screen)

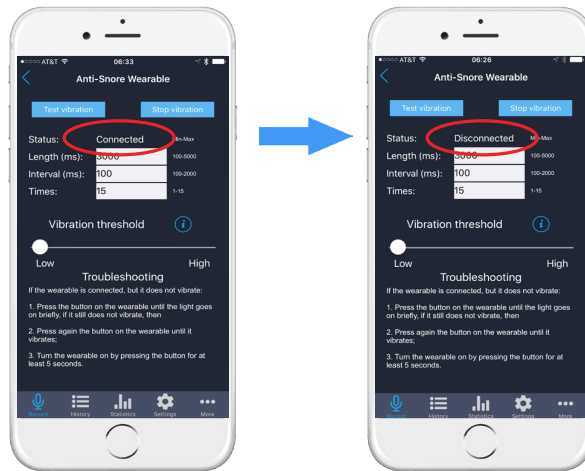


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3: Place the Anti-Snore Wearable close to your smartphone

4: Turn on the Anti-Snore Wearable by pressing the upper left button for > 5 seconds, the blue light should (shortly) turn on.

5: Now the app will automatically pair with your Anti-Snore wearable, the status should change from "Disconnected" to "Connected".



6: Put the Anti-Snore Wearable in the armband and put it around your upper arm. If you want to turn to your left side, put it on your right arm and vice versa.

7: Go back to the start screen and press the red "record" button to start a recording, the Anti-Snore Wearable should vibrate to let you know it's still connected.

8: Place your smartphone next to your bed not to far away from your head and connect it to a power source. Please note the recording will start automatically after 30 minutes to give you enough time to fall asleep.

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9: The next morning you can stop the recording by using the "Stop recording" slider, the Anti-Snore Wearable will vibrate once more and will be turned off automatically.

### How does it work

The Anti-Snore Wearable is a device that will train you to sleep more on your side, this will potentially stop or reduce your snoring, because your tongue will fall more sideways when sleeping on your side.

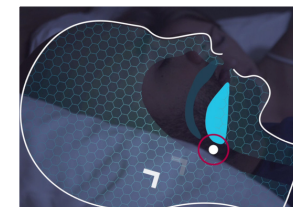
**Best results** are seen if the wearable is worn every night for **8-12 weeks**. When the app detects a snoring sound, it will make the Anti-Snore wearable vibrate.

The vibration will trigger the person to turn to the side (assuming the person only snores on his back), but shouldn't wake you up. If the vibration wakes you up, please adjust the vibration length and the number of vibrations in the Anti-Snore Wearable menu in the app.

Please note, you will not always realize the next morning that the Anti-Snore Wearable vibrated. This is because the vibration can arouse you during sleep and can trigger a reaction of your body, but doesn't wake you up. It's like tickling somebody with a feather on the nose during sleep, triggering the person to scratch his nose without opening his eyes. If you use the anti-snore wearable every night for 8-12 weeks your body can slowly be **trained** to sleep more on your side.



Tongue partially obstructing the airway, because of sleeping on back. Causing the snoring.

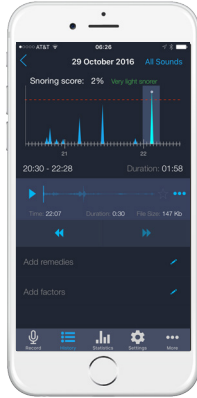


Tongue falls more sideways opening the airway when sleeping on the side. Stopping the snoring.

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**Changing vibration threshold:**

You can set the vibration threshold in the Anti-Snore wearable menu by changing the slider from low too high. We advise to start with the lowest threshold as possible, meaning it could also vibrate with very soft snoring sounds. You can adjust the threshold the second night to a higher level to make the wearable vibrate only for louder snoring sounds.



You need to record at least one night to create a base-line for the app to work with different thresholds. After recording one night and setting the threshold to a higher modulus, a redline will appear in the history screen of the first recorded night. Go to Menu->Recording-> Choose the recorded night. Please note that there won't be a red line visible when threshold is set to the lowest level possible.

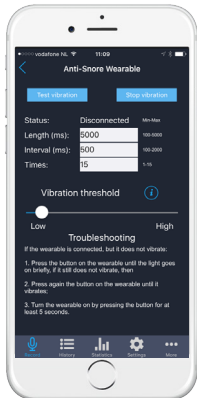
Snoring sounds above the red line will trigger the wearable to vibrate, snoring sounds below the red line will not trigger the wearable to vibrate.

**Setting the alarm:**

You can set an alarm in the app to wake you up, this is the alarm of your smartphone. The time of the alarm should be within the total recording time (7-8 hours). You can change the total recording time in the menu Settings->Recording->Stop Recording after.

**Changing Vibration pattern:**

You can change the vibration pattern in the Ant-Snore Wearable menu. You can change the length, interval and number of vibrations. The length and interval is set in milliseconds, meaning if you would set the length to



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5000 milliseconds, one vibration will have a length of 5 seconds. The maximum setting for the vibration is a length of 5 seconds with an interval of 2 seconds for 15 times, meaning the Anti-Snore Wearable will vibrate for over a minute after a snoring episode of minimum 30 seconds. These longer vibration settings could awake your bedpartner, if this is the case we advise you to change the vibration pattern to a length of 200 milliseconds with an interval of 150 milliseconds and a total of 15 times.

**How do I change the battery?**

You can open the wearable and replace the coin battery, please see this video how to change the battery: <https://youtu.be/Y0GQMct1y2s>. In addition when changing or replacing the battery adhere the following instructions & information applies:

- Install only new batteries of the same type in your product (CR2032)
- Failure to properly insert the battery in its compartment may shorten the life of the battery or cause the battery to leak
- Do not dispose of batteries in fire
- Batteries should be recycled or disposed of as per state and local guidelines

**Intended use and indications for use**

**Intended Use**

The Anti-Snore Wearable (ASW) is designed to eliminate or reduce simple snoring. Snoring most often is a result of the tongue partially obstructing the airway when sleeping on your back (supine position).

While you are awake, the upper airway is normally open. But for some people, their upper airway is partially obstructed while they sleep. When air flows through a partially obstructed airway, vibrations can occur, producing the noise commonly known as snoring.

The Anti-snore Wearable is specifically designed to give a vibration to the body when the smart phone "Do I Snore" app detects a possible snoring episode of longer than 30 seconds. The vibration can trigger the person to change body position (from supine to side position). In most cases the airway will be less obstructed when sleeping on your side.

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**Indications for Use**

The Anti-snore Wearable is indicated for use by adults whom primarily sleep on their back and only snore when they sleep on their back. The Anti-snore wearable is designed for home use.

**Contraindications**

- Sleep position therapy may be contraindicated in some individuals with the following pre-existing conditions.
- Severe neck or shoulder pain
  - People who also snore when sleeping on their side

**When NOT to Use the Anti-snore Wearable and Possible Side Effects**

- The Anti-Snore Wearable is NOT intended for use as a treatment for breathing disorders such as asthma, emphysema or Chronic Obstructive Pulmonary Disease (COPD) or Sleep Apnoea or Positional Sleep Apnoea.
- The Anti-Snore Wearable is NOT intended for use as a treatment for snoring caused by a deviated nasal septum, acute or chronic nasal congestion, abnormal repositioning of the jaw, or enlarged tonsils.
- The Anti-Snore Wearable is NOT intended for use by children or infants.
- If both bedpartners snore, this device should not be used, because the snoring of the bedpartner will potentially make the anti-snore wearable vibrate when the person wearing the ASW is not snoring.

If the Anti-Snore Wearable does not reduce your snoring problem after 12 weeks, you should visit your Health Care Provider (HCP) and ask his advice before continuing to use the Anti-snore wearable.

**Adverse Effects**

- Users should report unusual chest pain, severe headache, or increased breathlessness to their HCP (Health Care Professional). A painful neck or shoulder may require temporary discontinuation of usage of the Anti-Snore Wearable. The following side effects may arise during the course of therapy:
- Waking up because of the vibration, causing sleep deprivation, adjusting the vibration threshold can eliminate this problem.
  - Neck or shoulder pain, because of changed sleep position.