ViATOM SB-SleepUA02

Viatom SleepU Rechargeable Wrist Pulse Oximeter User Manual

Model: SB-SleepUA02

1. INTRODUCTION

The Viatom SleepU is a rechargeable wrist pulse oximeter designed for continuous monitoring of blood oxygen saturation (SpO2) and heart rate. It provides advanced sleep analysis and real-time data, making it a valuable tool for personal health management. This manual provides detailed instructions for the proper use, maintenance, and troubleshooting of your SleepU device.

Image: The Viatom SleepU device, highlighting its lightweight and comfortable design, and its ability to monitor blood oxygen, pulse rate, and movement.

2. PRODUCT OVERVIEW

2.1 Components

The Viatom SleepU package typically includes the following items:

- SleepU Wrist Unit (Oximeter)

- Comfortable Ring Sensor
- USB Charging Cable
- User Manual

2.2 Key Features

- **Real-time Monitoring:** Provides continuous SpO2 and heart rate data.
- **Continuous Recording:** Records trends of SpO2 and heart rate over extended periods, unlike traditional finger oximeters.
- **Comfortable Design:** Lightweight wrist unit with a soft, comfortable silicone ring sensor that stays securely in place during sleep.
- **Adjustable Vibration Alert:** Can be configured via the app to vibrate if oxygen saturation levels fall below a preset threshold.
- **Integrated Memory:** Stores up to 4 sets of 10-hour data, allowing standalone operation without a smartphone.
- **App for Android and iOS:** The Vihealth app supports detailed data analysis and reporting.
- **Rechargeable Battery:** Offers up to 16 hours of battery life on a single charge.
- **Apple Health Synchronization:** Integrates with Apple Health for a comprehensive view of your health data.

SENSORE AD ANELLO CONFORTEVOLE

Monitor dell'ossigeno Wellue SleepU

Ossigeno nel sangue

Frequenza del polso

Ricaricabile

Memoria integrata

APP&PC

Brevettato Sensore ad anello

Image: The SleepU device worn on the wrist, illustrating its comfortable ring sensor and key functionalities like blood oxygen and pulse monitoring.

Unique Ring Sensor with Smart Vibration Alert

7%
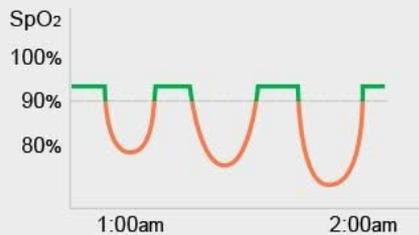
VS

Traditional Duckbill Sensor

- Sensor goes off easily
- The finger can not move freely
- Make your finger numb

Patented Ring Sensor

Internal adjustable vibration nudges you to wake gently , if SpO2 falls below your preset level.

Duckbil Sensor without Vibration

SpO₂
100%
90%
80%
1:00am   2:00am

Tired

Ring Sensor with Vibration

SpO₂
100%
90%
80%
1:00am   2:00am

Energetic

Image: A visual comparison highlighting the benefits of the unique ring sensor over traditional designs, emphasizing comfort and effective vibration alerts for improved sleep quality.

3. SAFETY INFORMATION

Please read all safety information carefully before using the device. Improper use may result in inaccurate readings or device damage.

- This device is intended for general wellness and health management. It is not a medical device and should not be used for diagnosis or treatment of any medical condition.
- Consult a healthcare professional for interpretation of results and before making any medical decisions.
- Keep the device out of reach of children and pets.
- Do not use the device in an MRI environment or in areas with high electromagnetic interference.
- Avoid vigorous exercise during measurement, as this may lead to inaccurate readings.
- Do not disassemble, repair, or modify the device.
- Use only the provided USB cable for charging.

4. Setup

4.1 Charging the Device

Before first use, fully charge the SleepU device. Connect the USB charging cable to the wrist unit and a standard USB power adapter (not included) or a computer USB port. The device display will indicate charging status. A full charge typically takes a few hours and provides up to 16 hours of continuous use.

4.2 Wearing the Device

The SleepU device consists of a wrist unit and a ring sensor. For accurate readings, follow these steps:

1. Place the wrist unit comfortably on your wrist, similar to a watch.
2. Insert your thumb or index finger into the silicone ring sensor. Ensure the sensor is snug but not too tight, allowing for comfortable blood circulation.
3. Connect the ring sensor cable to the wrist unit. The device will automatically power on and begin measurement once the sensor is properly connected and placed on a finger.

Image: Step-by-step guide on wearing the sensor, connecting to the app, and important usage tips.

4.3 App Installation and Pairing

To access detailed data and reports, download the **Vihealth** app from the App Store (iOS) or Google Play Store (Android).

1. Download and install the Vihealth app on your smartphone.
2. Enable Bluetooth on your smartphone.
3. Open the Vihealth app and follow the on-screen instructions to add your device. Select "SleepU" from the list of available devices.
4. The app will automatically pair with your SleepU device.

5. Operating Instructions

5.1 Starting Monitoring

Once the device is charged and worn correctly with the ring sensor connected, it will automatically begin monitoring. The small display on the wrist unit will show real-time SpO2 percentage and heart rate (BPM).

5.2 Understanding Readings

The device continuously tracks your blood oxygen levels and pulse rate. Normal SpO2 levels are typically between 95% and 100%. Pulse rate varies by individual and activity level.

Image: The SleepU device tracking blood oxygen and pulse rate throughout the day, providing continuous health insights.

5.3 Vibration Alerts

The SleepU device features an integrated vibration alert system. You can set custom SpO2 thresholds within the Vihealth app. If your oxygen level drops below the set threshold, the device will vibrate to alert you. This feature is particularly useful for monitoring during sleep.

Image: Real-time notification feature, where the device vibrates to alert the user if oxygen levels fall below a preset threshold.

5.4 Continuous Monitoring

The SleepU is designed for continuous monitoring, especially during sleep. It records data throughout the night, providing a comprehensive overview of your SpO2 and heart rate trends. This data is crucial for understanding sleep patterns and potential health concerns.

Image: The SleepU device providing smart adjustable vibration alerts to help improve sleep quality by monitoring SpO2 levels.

6. APP AND PC SOFTWARE

6.1 Vihealth App (iOS & Android)

The Vihealth app offers a user-friendly interface for viewing, analyzing, and managing your health data. It provides detailed reports, multi-parameter analysis, and unlimited storage for your readings.

- **Real-time Data:** View current SpO2 and heart rate.
- **Historical Data:** Access all recorded data, with options to view weekly, monthly, and yearly trends.
- **O2 Score:** Provides an O2 score and trends based on your oxygen levels.
- **Detailed Reports:** Generates comprehensive reports with graphs and statistics, including time spent below certain SpO2 levels.

Free APP for iOS & Android

Detailed Report/ Multi parameter/Unlimited Storage/ User Friendly

Image: The free Vihealth app for iOS and Android, offering detailed reports, multi-parameter analysis, and a user-friendly interface.

Indicatore di batteria del dispositivo.

Il campanello suona per ricordare quando il livello di ossigeno è inferiore a un valore predefinito.

I dati sono raccolti ogni 4 secondi.

Image: App interface displaying device battery status, oxygen level alert settings, and data collection intervals.

Image: App interface allowing users to view all historical data and O2 score trends over different time periods.

1 Visualizza tutti i dati storici, clicca per vedere informazioni più dettagliate.

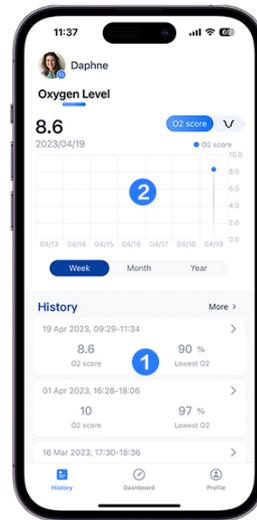2 Visualizza il punteggio O2 e le tendenze dell'O2 su base annuale, mensile e settimanale.

Image: Detailed view within the app, showing specific SpO2 and pulse rate data, including distribution and time spent below critical oxygen levels.

Controlla i dati specifici di O2 e PR.

<90% Time: Tempo trascorso con SpO2 inferiore al 90%.

Add notes: Se hai diversi modelli, questo ti aiuterà a distinguere tra questi dati.

6.2 PC Software and Reports

The SleepU device also supports PC software for more in-depth analysis and report generation. You can download the software from the official ViATOM website.

- **Data Download:** Connect your device to a PC to download recorded data.
- **Comprehensive Reports:** Generate detailed sleep reports in PDF or CSV format.
- **Professional Analysis:** The software provides advanced graphical representations of SpO2 and heart rate trends, O2 score, and other relevant metrics.
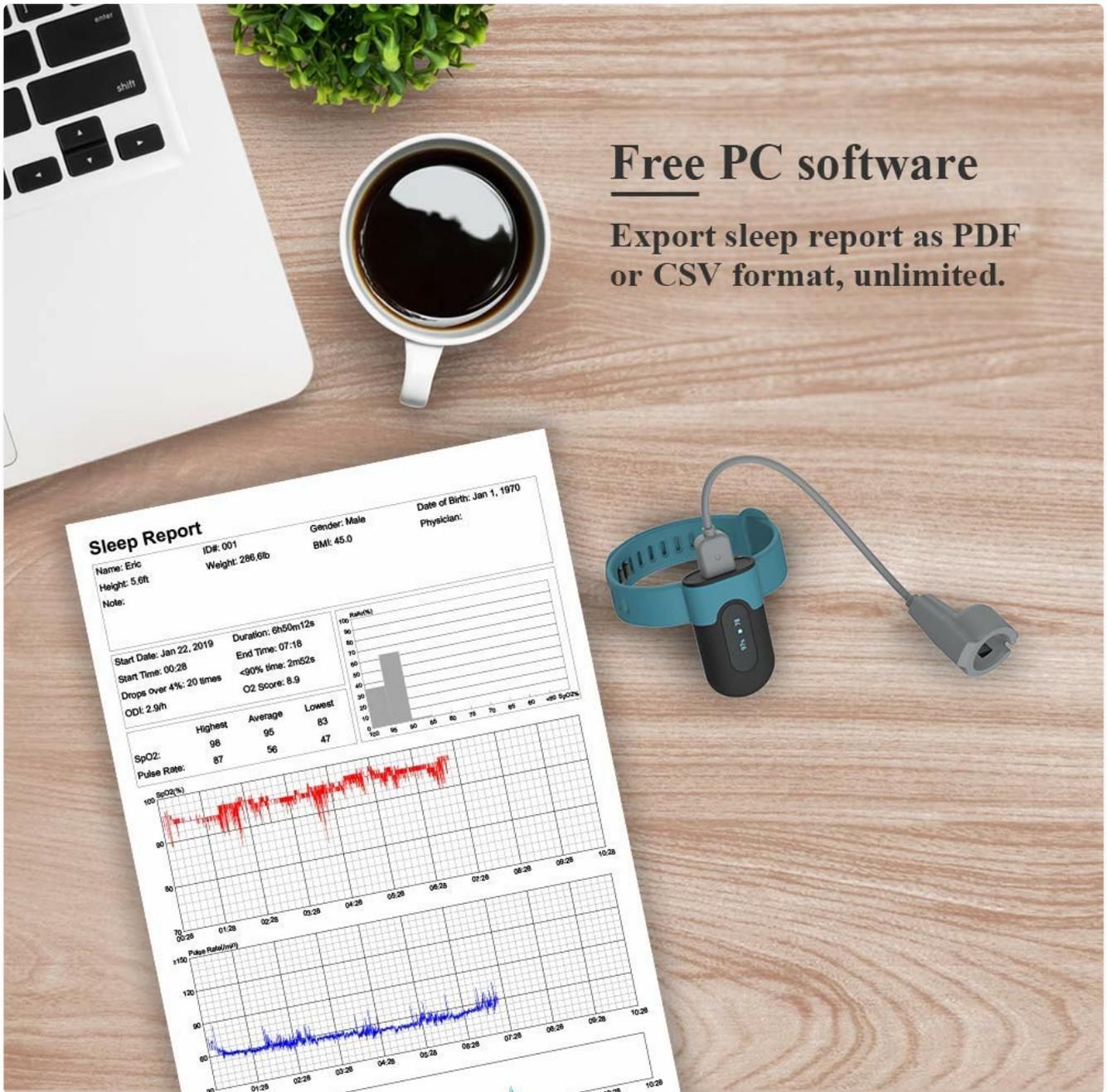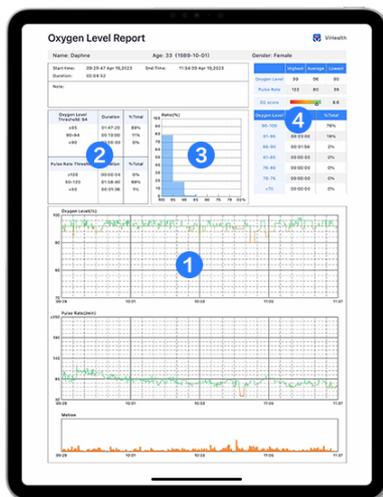
Image: The SleepU device seamlessly integrates with both smartphone apps and PC software for comprehensive sleep report generation.

Free PC software

Export sleep report as PDF or CSV format, unlimited.

Image: The free PC software allows users to export sleep reports in PDF or CSV format for unlimited analysis and sharing.

1. La tendenza di ossigeno nel sangue e frequenza cardiaca.

2. Viene calcolato dal tempo trascorso con il livello di ossigeno compreso tra il 95–100%, diviso per il tempo totale di misurazione.

3. Durata dei livelli di ossigeno nel sangue superiori al 94% e inferiori al 94%, frequenza cardiaca superiore a 120 e inferiore a 50.

4. Livelli massimi/minimi/medi di SpO2 e frequenza cardiaca durante la misurazione.

Image: An example of the Oxygen Level Report, detailing blood oxygen and heart rate trends, O2 score, and duration of specific oxygen levels.

7. Maintenance

7.1 Cleaning

- Wipe the wrist unit and ring sensor with a soft, dry cloth.
- If necessary, use a cloth lightly dampened with water or a mild disinfectant. Do not immerse the device in liquid.
- Avoid using abrasive cleaners or solvents.

7.2 Storage

- Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep the device in its original packaging or a protective case when not in use.

7.3 Battery Care

- Charge the device regularly, even if not in frequent use, to maintain battery health.
- Avoid completely draining the battery for extended periods.

8. Troubleshooting

If you encounter issues with your Viatom SleepU device, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device not turning on	Low battery; Sensor not connected properly	Charge the device; Ensure the ring sensor is securely connected to the wrist unit.
Inaccurate readings	Improper sensor placement; Movement during measurement; Cold fingers	Ensure the sensor is snug on the finger; Remain still during measurement; Warm your hands if they are cold.
Cannot connect to app (Bluetooth)	Bluetooth off; Device not in pairing mode; App issues	Ensure Bluetooth is enabled on your phone; Restart the SleepU device and the app; Try re-pairing the device in the app settings.
No data recorded	Device not worn correctly; Battery drained; Memory full	Ensure proper wearing and sensor connection; Charge the device; Sync data to app/PC to clear memory.

9. Specifications

Feature	Detail
Brand	ViATOM
Model Name	SB-SleepUA02
Measurement Range (SpO2)	0% to 100%
Battery Life	Up to 16 hours

Feature	Detail
Battery Type	1 Lithium Polymer battery (included)
Dimensions (L x W x H)	9L x 7W x 9H cm
Manufacturer	Viatom
Country of Origin	China

10. WARRANTY AND SUPPORT

10.1 Warranty

The Viatom SleepU device comes with a **2-year manufacturer's warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.
Please retain your proof of purchase for warranty claims.

10.2 Customer Support

For technical assistance, warranty claims, or any questions regarding your SleepU device, please contact ViATOM customer support through their official website or the contact information provided with your product packaging.
You can also visit the ViATOM brand store on Amazon for more information and resources.