

## moonbird MBPROV1

# Moonbird Breathing Tool User Manual

MODEL: MBPROV1

This manual provides detailed instructions for the safe and effective use of your Moonbird Breathing Tool.

## Introduction

The Moonbird is a science-based, portable, and rechargeable breathing tool designed to guide you through breathwork exercises for relaxation, stress reduction, and improved sleep. It gently expands and contracts in your hand, providing a tactile rhythm to synchronize your breathing.

## Key Features

- **Guided Breathwork:** Tactile feedback helps slow down breathing for immediate calm.
- **Sleep Support:** Promotes relaxation before bed for deeper, more restful sleep.
- **Stress & Tension Relief:** A natural method to manage daily stress and quiet the mind.
- **Wellness Insights (Optional App):** Connects with the Moonbird app to track heart rate, HRV, and coherence data.
- **Portable & Rechargeable:** Compact, screen-free design for use anywhere, anytime.



A person sits calmly, holding the Moonbird device, demonstrating its use for relaxation.

## What's in the Box

Your Moonbird package includes:

- Moonbird Breathing Tool
- Magnetic USB-A Charging Cable
- Protective Pouch
- Quick Start Guide (Access to Moonbird App details)

### What's in a box?

- Moonbird
- Click-on charging cable
- Moonbird protection bag
- User manual



An image showing the Moonbird device, its magnetic charging cable, and accompanying documentation laid out next to the product box.

## Setup

### Initial Setup

1. **Charge the Device:** Connect the Moonbird to the magnetic USB-A charging cable. Plug the USB-A end into a compatible power adapter (not included). The device requires approximately 3 hours for a full charge.
2. **Power On:** Gently shake the Moonbird to activate it. A green light will illuminate, indicating it is powered on.

3. **Download the App (Optional):** For advanced features and guided exercises, download the "moonbird" app from your device's app store (compatible with iOS 10+ and Android 8.0+).
4. **Pair with App:** Open the Moonbird app and follow the on-screen instructions to pair your device via Bluetooth® 5.0 Low Energy (BLE).

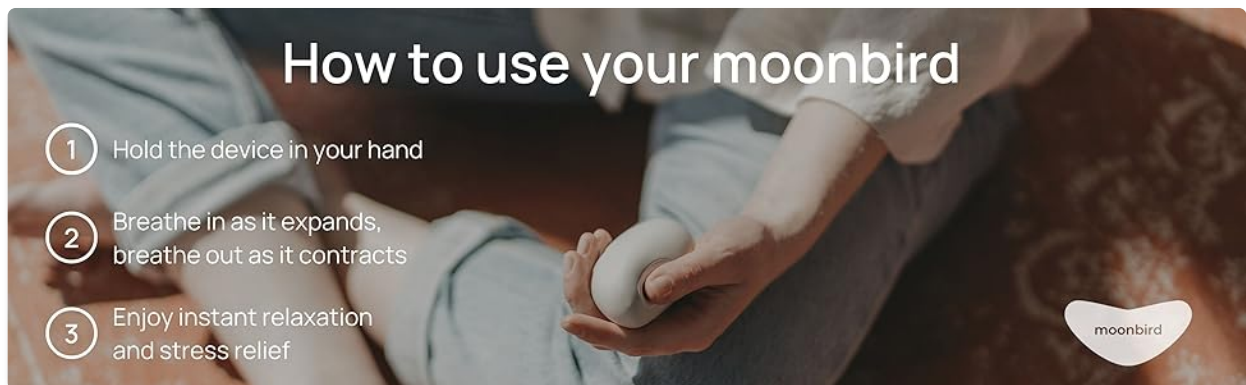
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This video provides a step-by-step guide on how to set up your Moonbird device, including charging, powering on, and connecting it to the companion mobile application for the first time.

## Operating Instructions

### Using Your Moonbird

1. **Hold the Device:** Hold the Moonbird comfortably in the palm of your hand.
2. **Synchronize Breathing:** As the Moonbird gently expands, inhale slowly. As it contracts, exhale slowly. Match your breathing rhythm to the device's movement.
3. **App-Guided Sessions (Optional):** If using the app, select a breathing exercise (e.g., balanced breathing, sleep, anxiety). The app will provide audio guidance and visual feedback on your heart rate, HRV, and coherence.
4. **Sensor Placement:** For accurate biofeedback data, ensure your thumb is firmly placed on the sensor located on the device.



A visual guide illustrating the correct way to hold the Moonbird and align your breath with its physical movements for effective use.



A hand gently grips the Moonbird, highlighting the ergonomic design and how it fits in the palm for tactile feedback.

## Maintenance

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### Care and Maintenance

- **Cleaning:** Wipe the Moonbird with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners.
- **Water Exposure:** Avoid exposing the device to water beyond its specified waterproof rating. It is not designed for submersion.
- **Storage:** Store the Moonbird in its protective pouch when not in use to prevent damage. Keep it in a cool, dry place.
- **Battery Life:** A fully charged Moonbird provides up to 2 hours of use (approximately 6 x 20-minute sessions). Recharge when the device indicates low battery.

## Troubleshooting

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### Common Issues and Solutions

#### **Device Not Turning On:**

Ensure the device is fully charged. Gently shake the Moonbird to activate it. If the issue persists, try recharging it for a longer period.

#### **Unable to Connect to App:**

Make sure Bluetooth is enabled on your smartphone. Ensure the Moonbird is powered on and within range of your phone. Restart both the app and the Moonbird device.

#### **Inaccurate Biofeedback Data:**

Confirm your thumb is firmly placed on the sensor during the exercise. Ensure the sensor area is clean and free from obstructions.

#### **Device Not Expanding/Contracting:**

Check if the device is powered on and fully charged. If the issue continues, contact customer support.



A user holds the Moonbird and their smartphone, illustrating the process of checking device status and app connection for troubleshooting.

## Specifications

### Technical Specifications

Feature	Detail
Model Number	MBPROV1
Product Dimensions	4.8 x 2.13 x 1.73 inches
Item Weight	0.71 ounces (0.02 Kilograms)
Battery	1 Lithium Ion battery (included)
Battery Life	Up to 2 hours (approx. 6 x 20-minute sessions) per charge
Charging Time	3 hours with magnetic USB-A cable
Connectivity	Bluetooth® 5.0 Low Energy (BLE)
Compatibility	iOS 10+ and Android 8.0+
Power Source	Battery Powered
Color	Soft White
Material Type	Silicone
Manufacturer	Moonbird BV

## Your pocket-sized stress and relaxation coach



A clear image of the Moonbird device, showcasing its soft white color and ergonomic design.

## Safety Information

### Important Safety Guidelines

- Do not use the Moonbird as a toy.
- Avoid exposure to water beyond its specified waterproof rating. It is not designed for submersion.
- Use the device only as intended for guided breathwork and relaxation.
- This product is not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult a healthcare professional for any medical concerns.

## Warranty and Support

## Warranty Information

For warranty details and support, please refer to the official Moonbird website or contact Moonbird customer service directly. Keep your proof of purchase for warranty claims.

## Customer Support

For further assistance, troubleshooting, or inquiries, please visit the [Moonbird Store on Amazon](#) or the manufacturer's official website.