

dh beauty SMY-003

dh beauty Sleep Aid Wristband Watch Device User Manual

Model: SMY-003

1. INTRODUCTION

The dh beauty Sleep Aid Wristband Watch Device is designed to assist in improving sleep quality and promoting relaxation through low-intensity microcurrent pulse stimulation. This device aims to stimulate acupoints, helping users fall asleep faster and achieve deeper, more restful sleep. Its innovative wrist-wear design makes it lightweight, comfortable, and easy to use.

This manual provides essential information on the proper use, setup, maintenance, and troubleshooting of your sleep aid device. Please read it thoroughly before first use to ensure optimal performance and safety.

2. SAFETY INFORMATION

Please observe the following safety precautions to prevent injury or damage to the device:

- Do not use the device if you have a pacemaker, implanted defibrillator, or any other implanted electronic device.
- Consult a healthcare professional before use if you have any pre-existing medical conditions, especially heart conditions, epilepsy, or skin sensitivities.
- Do not use the device on broken, irritated, or sensitive skin.
- Keep out of reach of children.
- Do not disassemble or modify the device. Unauthorized modifications may cause damage or injury.
- Use only the provided charging cable and a compatible power source (DC 5V).
- Avoid exposing the device to extreme temperatures, direct sunlight, or moisture.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. PRODUCT OVERVIEW

3.1 Components

- Main Device Unit (with display and buttons)
- Adjustable Wristband
- Microcurrent Electrodes (on the underside)
- Type-C Charging Port

3.2 Controls and Indicators

The device features intuitive buttons and a clear display for easy operation.



Figure 1: Device Buttons and Display

- **Power Button:** Press and hold for 1 second to power on/off.
- **Mode Button:** Press to cycle through Soft, Standard, and Powerful modes.

- **Time Button:** Press to select timing options: 10 minutes (10M), 20 minutes (20M), or 30 minutes (30M).
- **EMS Indicator:** Lights up when the microcurrent stimulation is active.
- **Battery Indicator:** Displays current battery level.



Figure 2: Microcurrent Electrodes

4. SETUP

4.1 Charging the Device

Before first use, fully charge the device. The device features Type-C fast charging.

1. Connect the provided Type-C charging cable to the charging port on the device.
2. Connect the other end of the cable to a USB power source, such as a charging adapter, computer USB port, or power bank (DC 5V).
3. The battery indicator on the display will show charging status. A full charge provides approximately 15 hours of

use time.

4.2 Wearing the Device

Proper placement ensures effective stimulation.



Figure 3: Correct Wearing Position

1. Place the device on your wrist, similar to a watch.
2. Ensure the two metal electrodes on the underside of the device are in direct contact with your skin.
3. Adjust the wristband for a comfortable yet secure fit. It should not be too tight or too loose.

5. OPERATING INSTRUCTIONS

Follow these steps to use your dh beauty Sleep Aid Wristband:



Figure 4: Device in Use

1. **Power On:** Press and hold the Power button for 1 second. The EMS light will illuminate, indicating the device is active.
2. **Select Timing:** Press the Time button to choose your desired session duration: 10 minutes (10M), 20 minutes (20M), or 30 minutes (30M). The recommended use time is 15 minutes per session.
3. **Select Mode:** Press the Mode button to select the intensity level: Soft, Standard, or Powerful. Start with Soft mode and gradually increase if desired.
4. **Begin Session:** Once timing and mode are set, the device will begin its operation.
5. **Automatic Shutdown:** The device will automatically power off once the selected timing duration is complete.
6. **Manual Shutdown:** To turn off the device manually at any time, press and hold the Power button.

6. MAINTENANCE

Proper care will extend the life of your device.

- **Cleaning:** Wipe the device, especially the electrodes, with a soft, dry cloth after each use. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** To maintain battery health, avoid fully discharging the battery frequently. Charge the device regularly, even if not in frequent use.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Device does not power on.	Low battery; Power button not pressed long enough.	Charge the device fully. Press and hold the Power button for at least 1 second.
No sensation or weak sensation.	Electrodes not in full contact with skin; Mode set too low; Dry skin.	Ensure electrodes are firmly against the skin. Increase the mode setting (Standard or Powerful). Lightly moisten skin if very dry.
Device shuts off unexpectedly.	Battery is low; Session time completed.	Recharge the device. This is normal if the set timing has elapsed.
Display is not working.	Device is off; Malfunction.	Ensure the device is powered on. If problem persists after charging and restarting, contact customer support.

If the problem persists after trying these solutions, please contact customer support.

8. TECHNICAL SPECIFICATIONS

Feature	Specification
Product Name	Watch type sleep aid
Model Number	SMY-003
Color	Black
Product Mode	Soft / Standard / Powerful
Recommended Use Time	15 minutes / time
Working Time Options	10 / 20 / 30 minutes
Use Time (Battery Life)	15 hours

Feature	Specification
Battery Capacity	150mAh / DC 5V
Charging Method	USB Type-C charging
Material	Plastic
Package Dimensions	6.97 x 3.23 x 1.38 inches
Item Weight	5.29 ounces

9. WARRANTY AND SUPPORT

Your dh beauty Sleep Aid Wristband Watch Device is covered by a manufacturer's warranty against defects in materials and workmanship. Please refer to the product packaging or contact your retailer for specific warranty terms and conditions.

For technical support, troubleshooting assistance, or warranty claims, please contact dh beauty customer service through the contact information provided with your purchase or on the official dh beauty website. Please have your model number (SMY-003) and proof of purchase ready when contacting support.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question