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> Sonmol Lung Trainer User Manual

## Sonmol B0CLDLPHY9

# Sonmol Lung Trainer with Travel Case User Manual

Model: B0CLDLPHY9

Brand: Sonmol

## INTRODUCTION

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The Sonmol Lung Trainer is a device designed to assist in strengthening respiratory muscles, thereby improving lung function and overall breathing capacity. This manual provides comprehensive instructions for the proper use, setup, and maintenance of your lung trainer to ensure effective and safe operation.



Image: The Sonmol Lung Trainer device shown alongside its product packaging.

## WHAT'S INCLUDED

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Your Sonmol Lung Trainer kit includes the following components:

- Breathing Exercise Trainer
- Needle Manometer (for measuring Maximum Expiratory Pressure)
- Connection Tube (to connect the manometer)
- Nose Clip (to facilitate mouth breathing)
- Travel Case (for convenient storage and portability)

## WHAT'S INCLUDED?



Image: A visual representation of all items included in the Sonmol Lung Trainer package: the breathing exercise trainer, needle manometer, connection tube, nose clip, and travel case.

## PRODUCT OVERVIEW AND WORKING PRINCIPLE

The Sonmol Lung Trainer operates by adjusting the resistance levels to the airflow, which in turn trains your respiratory muscles. By providing resistance during both inhalation and exhalation, the device helps to increase the strength and endurance of these muscles.



Image: An exploded view diagram showing the internal components of the Sonmol Lung Trainer and how resistance levels are adjusted by changing the size of the airflow channel.

The device features five distinct resistance levels for both inhaling and exhaling, allowing users to progressively increase the intensity of their lung training.

# 5 RESISTANCE LEVELS

for both inhaling and exhaling



Image: Close-up views of the Sonmol Lung Trainer's dials, indicating the five adjustable resistance levels for both inhalation ('IN') and exhalation ('OUT').

## SETUP AND ASSEMBLY

1. **Unpack Components:** Carefully remove all items from the travel case.
2. **Inspect Device:** Ensure the breathing exercise trainer and all accessories are clean and free from damage.
3. **Attach Nose Clip (Optional):** If desired, place the nose clip on your nose to ensure breathing occurs only through your mouth during training.
4. **Connect Manometer (for MEP measurement):** For measuring Maximum Expiratory Pressure (MEP), firmly connect the needle manometer to the designated port on the breathing trainer using the connection tube. Ensure a secure fit to prevent air leakage.

# CONNECT TUBE OFFERED

for the elderly with far sightedness  
and presbyopiato see more clear.

Monitor real-time exhaling  
pressure or check your progress  
after training with the connec-  
tion tube to help the elderly with  
far sightedness or presbyopiato  
see more clearly



Image: A person demonstrating how to connect the breathing trainer to the needle manometer using the provided connection tube, ensuring a clear view for reading results.

## OPERATING INSTRUCTIONS

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For optimal results, use the Sonmol Lung Trainer twice daily for 5-10 minutes per session. Consistent use can lead to noticeable improvements within two weeks.

### Daily Lung Training (Inhaling and Exhaling)

1. **Adjust Resistance:** Close the port on the device. Start at level 1 on both the 'IN' (inhaling) and 'OUT' (exhaling) sides. Gradually increase the resistance levels as your lung strength improves. Higher numbers indicate greater resistance.
2. **Position Device:** Place the mouthpiece comfortably in your mouth, ensuring a tight seal with your lips.
3. **Breathe:** Inhale deeply through the device, then exhale fully through the device. Maintain a steady and controlled breathing pattern.

## INHALING TRAINING SEPARATELY

1. Adjust the dial corresponding to "OUT" to level 6.
2. Adjust the dial corresponding to "IN" to the desired training level.
3. Start your training.

Note: Inhale through your mouth only; exhalation method is unrestricted.



Image: A visual guide demonstrating how to adjust the resistance levels for daily lung training and a person using the device for combined inhalation and exhalation exercises.

## Separate Inhaling Training

1. **Set Exhale Resistance:** Adjust the dial corresponding to "OUT" to level 6 (maximum resistance, effectively closing it).
2. **Set Inhale Resistance:** Adjust the dial corresponding to "IN" to your desired training level (1-5).
3. **Begin Training:** Inhale deeply through your mouth only. Exhalation method is unrestricted.

## EXHALING TRAINING SEPARATELY

1. Adjust the dial corresponding to "IN" to level 6.
2. Adjust the dial corresponding to "OUT" to the desired training level.
3. Start your training.

Note: Inhale through your mouth only; exhalation method is unrestricted.



Image: A diagram showing the correct dial settings for performing separate inhaling training, with the 'OUT' dial set to level 6 and the 'IN' dial set to a desired resistance level.

## Separate Exhaling Training

1. **Set Inhale Resistance:** Adjust the dial corresponding to "IN" to level 6 (maximum resistance, effectively closing it).
2. **Set Exhale Resistance:** Adjust the dial corresponding to "OUT" to your desired training level (1-5).
3. **Begin Training:** Exhale fully through your mouth only. Inhalation method is unrestricted.

# TO MEASURE YOUR MEP:



1. Firmly connect the breathing trainer to the needle manometer to ensure there is no air leakage.



2. Switch to level T (or 6 on the latest product version) on both "IN" & "OUT" sides.



3. Blow hard and forcefully through the mouthpiece, and read the value the needle points to get you MEP.

**Only level T or 6 is for MEP testing. Do not switch to 1-5 levels as they are not precise.**

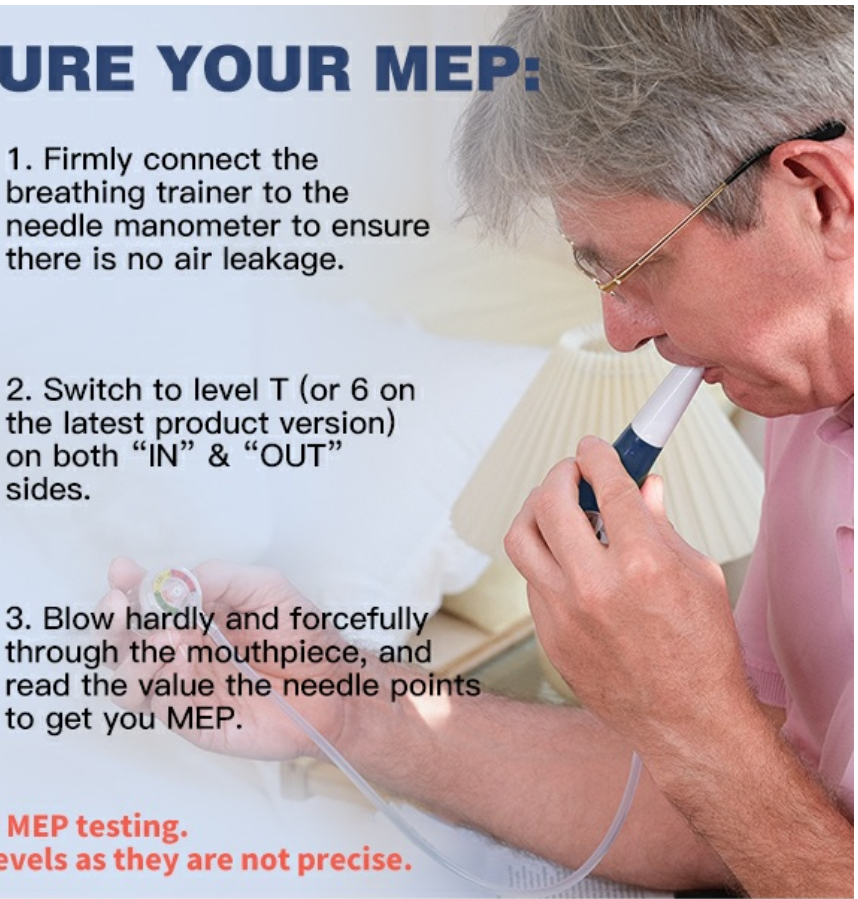


Image: A diagram illustrating the correct dial settings for performing separate exhaling training, with the 'IN' dial set to level 6 and the 'OUT' dial set to a desired resistance level.

## Measuring Maximum Expiratory Pressure (MEP)

The needle manometer allows you to measure your Maximum Expiratory Pressure (MEP), providing an objective measure of your expiratory muscle strength. The MEP range for this device is 30-210 cmH<sub>2</sub>O.

1. **Connect Manometer:** Firmly connect the breathing trainer to the needle manometer using the connection tube, ensuring there is no air leakage.
2. **Set Resistance:** Switch both the "IN" and "OUT" dials to level 6 (or 'T' on older versions) for MEP testing. Levels 1-5 are not precise for this measurement.
3. **Perform Test:** Place the mouthpiece in your mouth and blow hard and forcefully through it. The needle on the manometer will indicate your MEP value.

## APPLICABLE FOR

people suffering from respiratory issues, the elderly, adults, children, singers, athletes, smokers and more.



Image: A step-by-step visual guide on how to connect the manometer, set the device to level 6 for MEP testing, and

forcefully exhale to read the MEP value on the manometer.

## BENEFITS AND APPLICABILITY

Regular use of the Sonmol Lung Trainer can contribute to several respiratory health benefits:

- Improve Lung Capacity
- Reduce Breathlessness
- Enhance Oxygen Uptake
- Boost Sleep Quality
- Promote Relaxation
- Facilitate Airway Clearance



Image: A graphic displaying six icons, each representing a key benefit of using the lung trainer, such as improved lung capacity and reduced breathlessness.

This device is suitable for a wide range of individuals, including those suffering from respiratory issues, the elderly, adults, children, singers, athletes, and smokers.



Image: Four distinct images depicting different user groups, including families, individuals with coughs, singers, and people experiencing shortness of breath, illustrating the broad applicability of the lung trainer.

## MAINTENANCE AND CLEANING

To ensure hygiene and prolong the life of your Sonmol Lung Trainer, regular cleaning is recommended:

- **After Each Use:** Disassemble the mouthpiece and any detachable parts. Wash them with warm, soapy water. Rinse thoroughly under running water.
- **Drying:** Allow all components to air dry completely before reassembling or storing.
- **Storage:** Store the clean and dry device in its travel case in a cool, dry place away from direct sunlight.
- **Avoid Harsh Chemicals:** Do not use abrasive cleaners, solvents, or harsh chemicals, as these can damage the device.

## TROUBLESHOOTING

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If you encounter issues with your Sonmol Lung Trainer, consider the following:

- **Difficulty Breathing Through Device:**
  - Check the resistance level settings. Ensure they are not set too high for your current capacity.
  - Verify that the device is clean and free from obstructions.
- **Manometer Needle Not Moving (during MEP test):**
  - Ensure the manometer is securely connected to the breathing trainer with no air leakage.
  - Confirm that both 'IN' and 'OUT' dials are set to level 6 for MEP testing.
  - Ensure you are exhaling forcefully enough.
- **General Malfunction:** If the device appears damaged or is not functioning as described, discontinue use and contact customer support.

## SPECIFICATIONS

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- **Product Dimensions:** 3 x 2 x 6 inches
- **Product Weight:** 6.35 ounces
- **Manufacturer:** Sonmol
- **ASIN:** B0CLDLPY9
- **MEP Measurement Range:** 30-210 cmH2O
- **Resistance Levels:** 5 adjustable levels for both inspiratory and expiratory muscles

## IMPORTANT SAFETY INFORMATION

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- Consult with a healthcare professional before starting any new breathing exercise regimen, especially if you have pre-existing medical conditions or respiratory issues.
- Do not share the device with others to prevent the spread of germs.
- Keep out of reach of children unless under direct adult supervision.
- Discontinue use if you experience pain, dizziness, or discomfort during exercise.
- Use the device only as intended and described in this manual.

## WARRANTY AND SUPPORT

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For warranty information, technical support, or any questions regarding your Sonmol Lung Trainer, please refer to the contact information provided with your purchase or visit the official Sonmol website. Please retain your proof of purchase for warranty claims.

