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Sonmol Respiratory Muscle Trainer (B0CQC85LT9)

Sonmol Respiratory Muscle Trainer User Manual

Model: B0CQC85LT9

INTRODUCTION

The Sonmol Respiratory Muscle Trainer is a device designed to help improve lung capacity and strengthen respiratory muscles through controlled breathing exercises. This manual provides comprehensive instructions for the safe and effective use, maintenance, and troubleshooting of your device.



Image: The Sonmol Respiratory Muscle Trainer, including the main device, a light blue travel case, the product box, a needle manometer, a connection tube, and a nose clip.

SAFETY INFORMATION

Please read all safety warnings and instructions before using the device. Improper use may lead to injury or device damage.

- Consult a healthcare professional before starting any new breathing exercise regimen, especially if you have pre-existing medical conditions.
- Do not use the device if you experience pain, dizziness, or shortness of breath. Stop immediately and consult a doctor.
- Keep out of reach of children.
- Clean the device regularly as per the maintenance instructions to prevent bacterial growth.
- Do not share the device with others to maintain hygiene.
- Store the device in a clean, dry place away from direct sunlight and extreme temperatures.

PRODUCT OVERVIEW

The Sonmol Respiratory Muscle Trainer consists of several key components:

Breathing Exercise Device: The main unit with adjustable resistance dials for inhalation and exhalation.

Needle Manometer: A pressure gauge used to measure Maximum Expiratory Pressure (MEP).

Connection Tube: Used to connect the manometer to the main device for extended use or better viewing.

Nose Clip: Used to prevent air leakage through the nose during exercises.

Travel Case: For convenient storage and portability.



Image: An illustration showing the individual components of the Sonmol Breathing Exercise Device: the main device, travel case, manometer, connection tube, and nose clip.

SETUP

Before first use, ensure all components are clean and dry.

1. Assemble the Device:

- **Option 1 (Manometer directly):** Insert the needle manometer securely into the designated port on the main breathing exercise device.
- **Option 2 (Manometer with tube):** For better viewing, connect one end of the clear connection tube to the manometer and the other end to the device's port. Ensure both connections are well-sealed to prevent air leakage.



Image: Visual guide demonstrating two ways to connect the manometer: directly to the device or via the connection tube for extended reach.

- 2. **Attach Nose Clip:** Place the nose clip on your nose to ensure all air passes through your mouth during exercises.

OPERATING INSTRUCTIONS

The device offers adjustable resistance levels for both inhaling and exhaling, and a specific setting for measuring Maximum Expiratory Pressure (MEP).

Resistance Levels

The device features resistance levels from 1 to 5 for both inhalation ("IN") and exhalation ("OUT"). Level 6 (or 'T' on some versions) is specifically for MEP testing.

- **Levels 1-5:** These are for daily lung training. The larger the number, the greater the resistance.
- **Level 6 (or 'T'):** This is the test level for Maximum Expiratory Pressure (MEP). Do not use levels 1-5 for MEP testing as they are not precise for this measurement.

RESISTANCE 5 LEVELS FOR BOTH INHALING AND EXHALING

Levels 1-5: The larger the number, the greater the resistance.

Level 6: Test level for Maximum Expiratory Pressure (MEP).



Image: Close-up view of the device showing the adjustable dials for setting inhalation and exhalation resistance levels from 1 to 5.

For Daily Lung Training

1. **Close the Port:** Ensure the port on the device is closed if not using the manometer.
2. **Set Resistance:** Start at level 1 on both the "IN" and "OUT" sides. Gradually increase the levels as your lung strength improves. Remember, higher numbers mean greater resistance.
3. **Positioning:** Hold the device comfortably. You can use it while lying, sitting, or standing.
4. **Breathing Technique:**
 - Place the mouthpiece firmly in your mouth, sealing your lips around it.
 - Inhale slowly and deeply through the device.
 - Exhale slowly and completely through the device.
 - Perform exercises as recommended by your healthcare professional or as per your training plan.

For Daily Lung Training

- * Close the port on the device.
- * Start at level 1 on both sides, gradually increasing the levels. The higher the number, the greater the resistance.
- * 1–5 resistance levels on both inhaling and exhaling sides are for daily lung training.



Image: A visual guide illustrating the correct way to set resistance levels for daily lung training, showing the "IN" and "OUT" dials.

VISUAL BREATHING TRAINING



Exercise your lung muscles with the lung trainer.



Monitor your lung strength in real-time using the needle manometer.



Image: A man demonstrating the use of the Sonmol breathing trainer, with the needle manometer attached, for visual breathing training.

For MEP Measuring (Maximum Expiratory Pressure)

The needle manometer allows you to monitor your lung strength in real-time by measuring your MEP.

1. **Connect Manometer:** Firmly connect the needle manometer to the breathing trainer. Ensure there is no air leakage.
2. **Set to Test Level:** Switch the resistance dial to level 6 (or 'T') on both the "IN" and "OUT" sides. This is crucial for accurate MEP measurement.
3. **Perform Test:** Place the mouthpiece firmly in your mouth. Take a deep breath, then blow hard and forcefully through the mouthpiece. Read the value indicated by the needle on the manometer to get your MEP.

Note: The needle may not move if your lungs are too weak. In such cases, continue with daily lung training at lower resistance levels and gradually increase your lung capacity before re-attempting MEP measurement.

For MEP Measuring



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



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



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

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

Note: The needle doesn't move if your lungs are too weak. Please do lung muscles training first and gradually increase your lung capacity. If you have any questions about using the device, feel free to contact us. We're available 24/7 to assist you.

Image: A step-by-step visual guide on how to measure MEP, including connecting the manometer, setting the device to the test level, and performing the forceful exhalation.

NEEDLE MANOMETER

Range: 30-210 cmH₂O



Connect the manometer to the breathing trainer securely. Blow as hard as you can to test your Maximum Expiratory Pressure (MEP).

Image: A close-up of the needle manometer with a lung diagram in the background, illustrating its function in measuring pressure (range 30-210 cmH₂O).

MAINTENANCE AND CLEANING

Regular cleaning is essential for hygiene and to ensure the longevity of your device.

1. **Disassembly:** Separate all components: the main device, mouthpiece, manometer, connection tube, and nose clip.
2. **Washing:** Wash all components (except the manometer, which should only be wiped clean) with warm water and mild soap. Rinse thoroughly to remove all soap residue.
3. **Drying:** Allow all components to air dry completely before reassembling or storing. Ensure no moisture remains inside the device or tube.
4. **Storage:** Store the clean and dry device in its travel case in a cool, dry place.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No resistance felt during breathing.	Resistance dials set to level 0 or lowest setting; air leakage.	Adjust resistance dials to a higher level (1-5). Ensure mouthpiece is sealed properly and nose clip is used. Check for cracks or damage.
Manometer needle does not move during MEP test.	Device not set to level 6 (or 'T'); insufficient force; air leakage.	Ensure dials are set to level 6 ('T'). Blow more forcefully. Check all connections for air leaks. If lungs are very weak, continue daily training at lower resistance.
Difficulty cleaning the device.	Components not fully disassembled.	Disassemble all removable parts before washing. Use a small brush for hard-to-reach areas if necessary.

SPECIFICATIONS

Product Dimensions: 3.14 x 2.36 x 6.3 inches

Product Weight: 7.37 ounces

Resistance Levels: 5 adjustable levels for inhalation and exhalation (1-5), plus a test level (6/T) for MEP.

Manometer Range: 30-210 cmH₂O (for needle manometer version)

Model Number: B0CQC85LT9

Brand: Sonmol

WARRANTY AND SUPPORT

For any questions, concerns, or support regarding your Sonmol Respiratory Muscle Trainer, please contact Sonmol customer service. While specific warranty details are not provided in this manual, please retain your proof of purchase for any warranty claims.

You can often find support contact information on the product packaging or the official Sonmol website. We are committed to assisting you with your product.