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Sleep Connection Anti-Snore Wristband & 3D Sleep Mask Bundle (ASIN: B0F32P1V23)

Sleep Connection Anti-Snore Wristband & 3D Sleep Mask User Manual

Comprehensive instructions for optimal use and care.

Introduction

Welcome to the Sleep Connection user manual. This guide provides detailed instructions for the safe and effective use of your Anti-Snore Wristband and 3D Sleep Mask. Please read this manual thoroughly before using the products to ensure proper operation and to maximize your sleep quality.

Product Overview

Sleep Connection Anti-Snore Wristband

The Anti-Snore Wristband is designed to detect snoring and gently stimulate the user to encourage a change in sleeping position, thereby reducing snoring. It features adjustable intensity levels for personalized comfort and an automatic shut-off function.

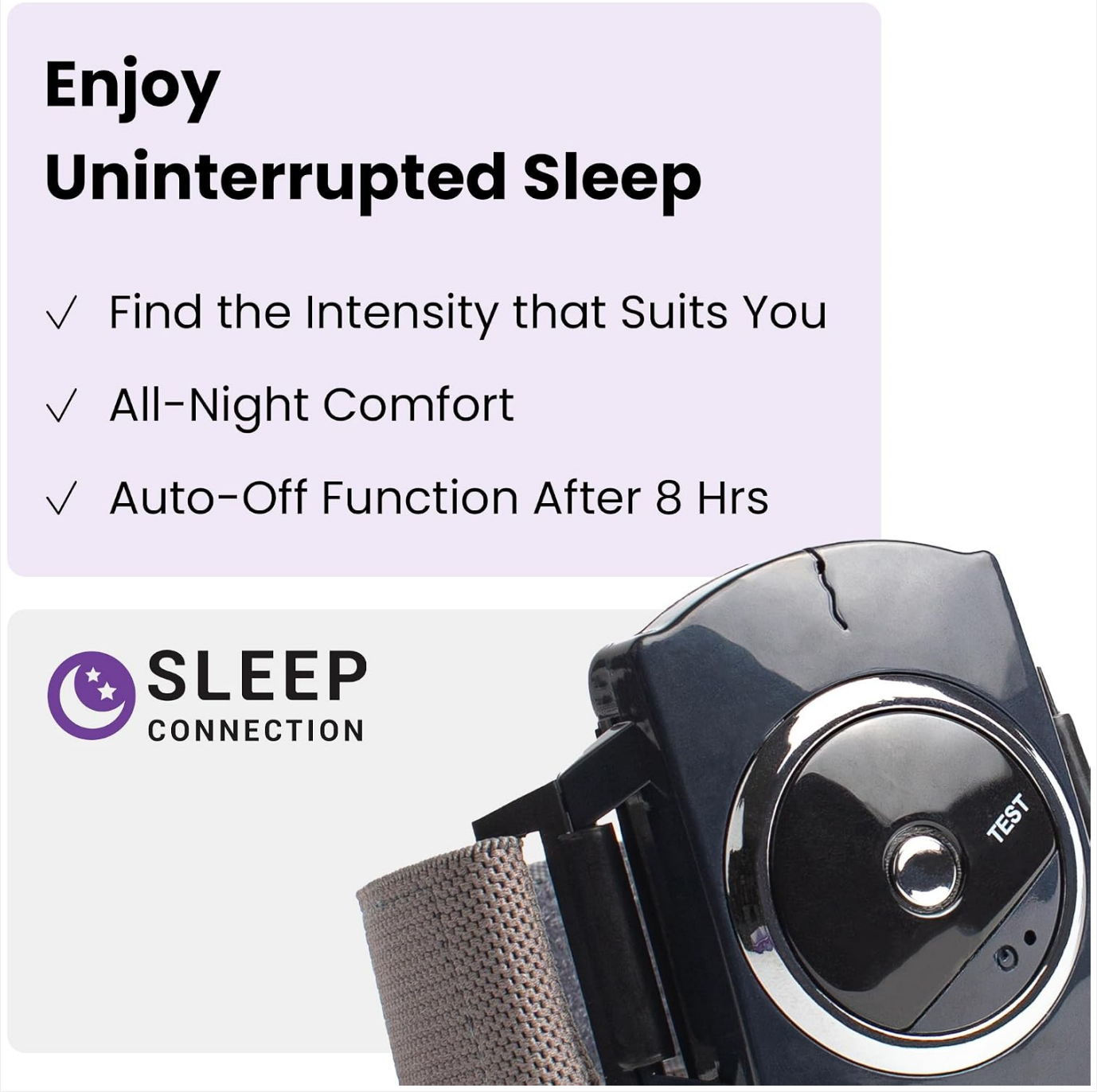


Image: The Sleep Connection Anti-Snore Wristband highlighting its key features: adjustable intensity, all-night comfort, and an auto-off function after 8 hours.



Image: A visual representation of the components included with the Anti-Snore Wristband: an adjustable wrist strap, a set of adhesive electrodes, an instruction booklet, and a mini screwdriver for the battery compartment.



Image: The Anti-Snore Wristband with callouts indicating its quiet operation, stylish and comfortable design, ease of use, and adjustable intensity levels.

Sleep Connection 3D Sleep Mask

The 3D Sleep Mask is designed to provide complete darkness and comfort for restful sleep. Its contoured design with deep eye sockets ensures zero pressure on the eyes and allows for comfortable eye movement, protecting eyelashes.



Image: The 3D Sleep Mask showcasing its design elements: premium foam, an adjustable head band for a perfect fit, ultra-thin sides with a 15-degree tilt, deep eye sockets, and an updated nose contour.



Image: The 3D Sleep Mask highlighting its benefits: complete darkness for deeper sleep, zero pressure for total comfort, and its soft material that is gentle on skin and eyelashes.

Setup and First Use

Anti-Snore Wristband Setup

1. **Install Battery:** If the product is new, insert the battery into the wristband's compartment using the provided mini screwdriver.
2. **Attach Electrode:** Securely attach an adhesive electrode to the anti-snoring wristband.
3. **Prepare Electrode:** Remove the protective film from the adhesive electrode. It should feel slightly sticky.
4. **Test Intensity:** Set the wristband to level 1 and test. If the pulse is too weak, increase the setting and test again. You should feel a slight pulse.



Image: A visual guide demonstrating the steps for using the Anti-Snore Wristband, including battery installation, electrode attachment, and intensity adjustment.

3D Sleep Mask Setup

The 3D Sleep Mask is ready for use directly out of the packaging. Adjust the headband for a comfortable and secure fit that blocks out all light without applying pressure to your eyes.



Image: A person wearing the 3D Sleep Mask while resting in bed, demonstrating how the mask provides complete darkness for an enhanced sleep experience.

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Video: This video illustrates the features and proper use of Sleep Connection Eye Masks, demonstrating how to adjust and wear the mask for optimal comfort and light blocking.

Operating Instructions

Using the Anti-Snore Wristband

1. **Wear the Wristband:** Secure the wristband comfortably on your wrist before sleep.
2. **Automatic Detection:** The device automatically detects snoring sounds.
3. **Gentle Stimulation:** Upon detecting snoring, the wristband emits a gentle electrical pulse to encourage a position change.

4. **Adjust Intensity:** If snoring persists, gradually increase the intensity level the following night until effective. The device has 7 intensity levels.
5. **Auto-Off Function:** The wristband will automatically turn off after 8 hours of continuous use to conserve battery.

Using the 3D Sleep Mask

1. **Position the Mask:** Place the mask over your eyes, ensuring the contoured cups align with your eye sockets.
2. **Adjust Headband:** Use the adjustable strap to secure the mask around your head. It should be snug enough to block light but not cause discomfort.
3. **Ensure Darkness:** Verify that no light penetrates the mask, especially around the nose bridge.



Image: A close-up of a person wearing the 3D Sleep Mask, illustrating the deep eye sockets that prevent pressure on the eyes and protect eyelashes.

Care and Maintenance

Anti-Snore Wristband Care

- **Cleaning:** Wipe the wristband unit with a soft, dry cloth. Do not immerse in water.
- **Electrode Replacement:** Replace adhesive electrodes as needed to maintain optimal conductivity and hygiene.
- **Battery Replacement:** Replace the AAA battery when the device indicates low power or stops functioning.
- **Storage:** Store the wristband in a cool, dry place away from direct sunlight.

3D Sleep Mask Care

- **Washing:** Hand wash the mask gently with mild soap and cold water. Do not machine wash or tumble dry.
- **Drying:** Air dry flat in a shaded area. Avoid direct sunlight.
- **Storage:** Store the mask in its provided pouch or a clean, dry place to protect its shape and fabric.

Troubleshooting

Anti-Snore Wristband

- **No Pulse/Weak Pulse:**
  - Check battery: Ensure the battery is correctly installed and has sufficient charge.
  - Check electrode: Make sure the adhesive electrode is firmly attached and has good contact with the skin. Replace if worn out.
  - Adjust intensity: Increase the intensity setting on the device.
- **Device Not Detecting Snoring:**
  - Ensure proper placement: The wristband should be worn snugly on the wrist.
  - Check sensitivity: The device's sensitivity might need adjustment (refer to the full instruction manual for advanced settings).

3D Sleep Mask

- **Light Leakage:**
  - Adjust fit: Ensure the adjustable headband is tightened sufficiently to prevent gaps.
  - Reposition mask: Gently adjust the mask on your face to ensure the nose contour and eye cups are properly seated.
  - Check for damage: Inspect the mask for any tears or deformities that might cause light leakage.
- **Discomfort:**
  - Loosen strap: If the mask feels too tight, loosen the adjustable headband.
  - Check positioning: Ensure the mask is not pressing on your eyeballs or eyelashes. The deep eye sockets are designed to prevent this.

Specifications

Sleep Connection Anti-Snore Wristband & 3D Sleep Mask Bundle

Feature	Detail

Feature	Detail
Product Name	Anti-Snore Wristband & 3D Sleep Mask Bundle
Brand	Sleep Connection
ASIN	B0F32P1V23
Anti-Snore Wristband Features	Adjustable intensity settings (7 levels), Automatic snore detection, Gentle electrical pulse stimulation, Auto-off after 8 hours.
3D Sleep Mask Features	Contoured design, Deep eye sockets, Light-blocking, Adjustable headband, Soft fabric.
Color	Black
Material Features	Contoured, Light-blocking, 3D-shaped
Unit Count	2 Count (Wristband + Mask)

Important Safety Information

- Do not use if you have a pacemaker or other implanted electronic devices.
- Consult a healthcare professional before use if you have any medical conditions, especially heart conditions, epilepsy, or skin sensitivities.
- Not suitable for children. Keep out of reach of children.
- Discontinue use if you experience any discomfort, skin irritation, or adverse reactions.
- The Anti-Snore Wristband is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease or health condition.
- Do not use the 3D Sleep Mask if it causes pressure or discomfort to your eyes.
- 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.

Warranty and Support

For warranty information, product support, or to purchase replacement parts (such as adhesive electrodes), please refer to the official Sleep Connection website or contact customer service through your retailer. Keep your purchase receipt for warranty claims.

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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.

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