

Your Sleep Partner

Somno-Art Device is a medical device that records an adult's heart rate and forearm movements while sleeping.



1 - Somno-Art Device

Somno-Art Device is composed of:

- a recorder
- an arm sleeve allowing the recorder to be worn

1 - Recorder



- (a) Memory LED
- (b) Recording LED
- (c) Battery LED
- (d) Bluetooth button
- (e) Event button
- (f) USB port
- (g) ON/OFF button

2 - Arm sleeve



- (h) Recorder fixation straps
- (i) Velcro strip
- (j) See-through textile window to visualize the LEDs and buttons

2 - Installation of the device



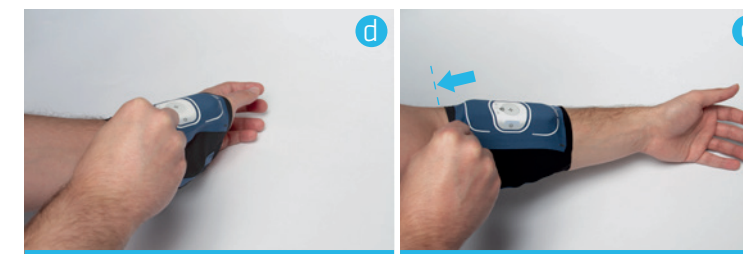
Fully recharge the device before first use.

1 - Insert the recorder into the fabric

Open the arm sleeve completely using the Velcro strip (a) and fit the recorder in by inserting the extremities of the recorder into the fixation straps provided for that purpose (b).

Once the device is in place, fold on the left Velcro strip onto the device and close the arm sleeve with the right Velcro strip (c).

3 - Start-up and calibration



2 - Wear of the device

Choose the non-dominant arm (left arm for a right-handed person). Start by positioning the scratch strip and pull it on the forearm. The device should be placed on the upper forearm (d).

**!** The device should be worn on a clean and uninjured skin

Tighten as required using the velcro strip on the textile arm sleeve (e). Do not tighten too much but enough so that the device does not move when the arm is pointed downwards. Preferably, the main sensor should be placed on the inside the forearm.



1 - Starting the device

To turn on the device in manual functioning, press the ON/OFF button for 2 seconds.

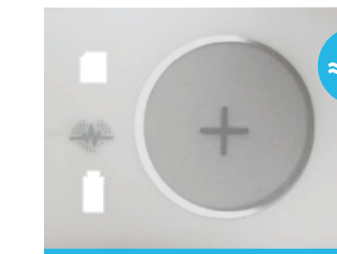
The device will briefly vibrate twice and automatically display the operating state of the device for 10 seconds.

**i** In automatic functioning, the device turns on automatically and cannot be turned on outside of the programmed recording hours, except to display the memory and battery status.

2 - Display of the device status

The operating state of the device is displayed for 10 seconds and shows the following information:

- 🔋 Battery level
- 📁 Memory level



During calibration, the LEDs flash white one after the other. Once the calibration is complete, all LEDs light up in green for 4 seconds.

**i** During this phase, it is recommended not to move the arm. Calibration lasts around 1 minute and takes longer in case of movements. If all LEDs light up continuously in orange, it means calibration has failed. Turn off the device (press the ON/OFF button for 5 seconds), place it again on the forearm and turn it back on (press the ON/OFF button for 2 seconds).

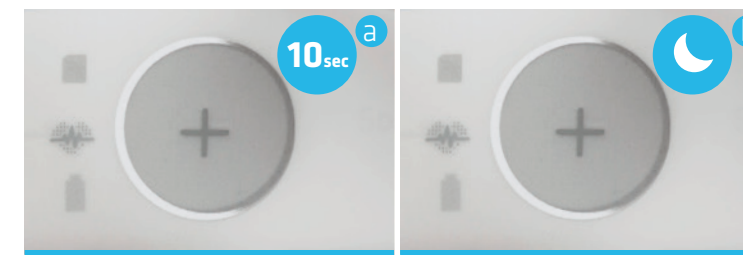
! WARNINGS

- Do NOT open, tamper with nor modify the device.
- Do NOT under any circumstance charge the device while it is being worn.
- Do NOT use the device if you are allergic to one of its components.
- Do NOT wear the device over a wounded or unclean skin.
- Do NOT place the device in contact with water under any circumstance, be it cleaning or otherwise .
- Do NOT tighten too much the textile arm sleeve.
- Do NOT expose the device to extreme temperatures (below 10°C and above 40°C).
- Do NOT expose to high humidity rate (outdoors by +30% and +75%) .
- In case of device malfunction or deterioration, get in touch with the Somno-Art support team.

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## 4 - Recording



### 1 - Start of the recording

Once the calibration is complete, the recording sequence starts and the recording LED flashes according to the heart rate for 10 seconds (a).

### 2 - Switching to discreet mode

If no button is pressed during a period of 20 seconds, the device will automatically switch to discreet mode.

Even though the LEDs are not on, the device is still recording (b).



### 3 - Exiting discreet mode

A short press on the ON/OFF button exits discreet mode during the recording. The lights are turned on for 10 seconds, displaying the following information:

- Memory level
- Heart rate
- Battery level



### 4 - Mark an event

During a recording, press the Event button for 2 seconds to mark an event at that moment.

For example, if the user gets up to drink some water or to go to the toilet, they can mark an event in order to report it.

To indicate that the event has been taken into account, the device vibrates twice slowly.

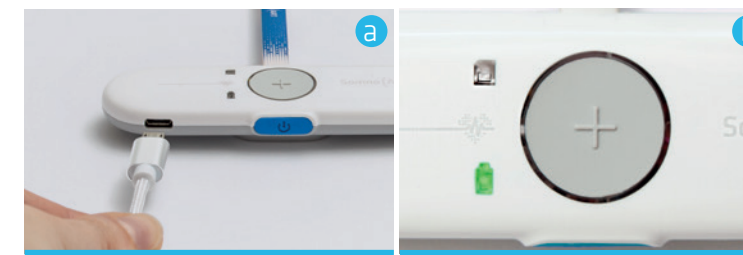


### 5 - Stopping a recording

In **manual** functioning, the recording can be stopped by holding the ON/OFF button down for more than 5 seconds. The operating state of the device is displayed for 5 seconds and then the device turns off.

In **automatic** functioning, the device stops automatically once the stop time is reached. It will also display the operating state before turning off.

## 5 - Charging



The recorder is recharged by connecting it to the USB port of a computer (a).

**Before charging the recorder, always remove it from the arm.**

The battery LED lights up green and flashes while charging. Once fully charged, the battery LED stops flashing and stays green (b).

## 6 - Cleaning

The recording device is intended to be cleaned and disinfected using the disinfectant wipes provided.

The arm sleeve is intended to be returned to the person in charge of monitoring.

## 7 - Meaning of the LEDs

### Calibration and recording

	<b>Device calibrating:</b> Do not move and wait for the calibration to finish
	<b>Calibration failed:</b> Turn off the device (press the ON/OFF button for 5 seconds), place it again on the forearm and turn it back on (press the ON/OFF button for 2 seconds)
	<b>Calibration successful</b>
	<b>Device is calibrated and recording data</b>

### Mémoire

	<b>Memory full</b> <b>Less than 8 recording hours remaining:</b> Return the device to the doctor or the person in charge of monitoring
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	<b>Memory almost full</b> <b>Less than 16 recording hours remaining:</b> Return the device to the doctor or the person in charge of monitoring
	<b>Sufficient memory to record</b>

### Critical failure

	<b>Critical failure</b> <b>The device is no longer capable of recording :</b> Return the device to the doctor or the person in charge of monitoring.
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### Battery

	<b>Battery very low - no recording :</b> Charge the device.
	<b>Batterie low (&lt; 16h):</b> Charge the device.
	<b>Batterie charging:</b> Wait until the device is fully charged.

	<b>Battery charged sufficient power:</b> Disconnect the device.
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### Bluetooth (Only for health professionals and qualified persons)

	<b>Bluetooth has been turned on and is ready to pair:</b> Wait 1 minute for the device to shut down.
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