



# **J Style Smart Sleep Belt**

## **Function Description**

### **Model No.: JA-1657**

### **Joint Chinese Ltd**

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**【English Name: J Style Smart Sleep Belt】**

J Style Smart Sleep Belt is the official application for J-Style Smart Sleep Product Series with Function as below:

Functions:

- Real-Time Sleep Quality Monitoring

- (1) In bed / off bed state can precisely identify whether the user is on bed or off bed.
- (2) Heart rate & breath rate Graphic will show the real time heart rate / breath rate change in waveform.

- Daily Sleep Quality Analysis

- (1) Display the daily sleep quality data, including total on-bed time, off-bed time, sleep time awake time, deep sleep, light sleep and awake period, average heart rate, average breath rate and how long did it take to go to sleep;
- (2) Based on the data above, it can tell the user whether sleep quality is good, normal or poor.
- (3) The Heart Rate graphic will show change of the heart rate during sleep, and will mark the highest heart rate value and lowest heart rate value for reminder;
- (4) The Breath Rate graphic will show change of the breath rate during sleep, and will mark the highest breath rate value and lowest breath rate value for reminder;
- (5) Track your movements with vivid graphic based on body turn & toss during sleep;
- (6) Tips & Advice on how to improve sleep based on user sleep status;

- **Weekly Sleep Quality Analysis**

- (1) Tell the user the sleep quality on daily basis in weeks
- (2) Tell the user the average sleep time and average deep sleep time on a weekly basis.
- (3) Tell the user the change of the average heart rate & breath rate during sleep for every day of the week.

- **Monthly Sleep Quality Analysis**

- (1) Tell the user the sleep quality on daily basis in month.
- (2) Tell the user the average sleep time and average deep sleep time on a monthly basis.
- (3) Tell the user the change of the average heart rate & breath rate during sleep for every day of the month.

- **Sleep Plan**

- (1) Set your preferred sleep plan to form a good habit.
- (2) Sleep music setting to help on sleep quality.
- (3) Alarm setting to set the sleep alarm and wake-up alarm.
- (4) Smart alarm setting will wake up user during light sleep at the right time.

- **Setting**

- (1) Set the user info and change the account info;
- (2) Device pairing and re-selection settings;
- (3) Firmware upgrade function;
- (4) Data sharing to Health Kit, the user can open the APP button switch, the step information will be uploaded to Health Kit;
- (5) About, provide information about product development company;
- (6) Language setting, with Chinese / English for option.

## **FCC Statement**

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-- Consult the dealer or an experienced radio/TV technician for help

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.