



# URGOnight

## User Manual

### Charging

1. Please charge the headband for at least 1 hour before the first use.
2. Only use the charger and cable provided with the URGOnight headband by the manufacturer.
3. The URGOnight headband can only be charged when it is switched off.
4. The URGOnight headband must not be worn when charging, unplug the headband from the charger before use.

### Water, moisture, heat

1. Do not use the URGOnight headband near water or when you are wet, especially when your head/hair is wet.
2. Do not immerse the URGOnight headband in liquid of any kind, or placing it in a dishwasher or washing machine.
3. The URGOnight headband is not water resistant but may be wiped down with a damped cloth for cleaning.
4. Do not leave the URGOnight headband near any heat sources, such as radiators, heat registers, stoves or other apparatus that produce heat, such as audio amplifiers or televisions.

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### CONFORMITY

The declaration of conformity and any other regulatory documents specific to other countries are available on our website: [urgonight.com](http://urgonight.com)

### SAFETY

The device is compliant according to these standards: EN IEC 62368-1:2018

### RADIO & ELECTROMAGNETIC INTERFERENCE

The device is compliant according to Electromagnetic compatibility (EMC) tests:

- EN 55032 :2015/EN 55035 :2017/ETSI EN 301489-1 V2.1/ETSI EN 301489-17 V2.2/ETSI EN 300528 V2.1

- CFR 47 Part 15 Subpart B - Radio frequency devices

### WARNING TO USERS IN THE UNITED STATES

Federal Communication Commission Interference Statement 47 CFR Section 15.105(b)

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

### SUMMARY OF IMPORTANT SAFETY NOTES

- Before using the URGOnight headband, make sure to read and follow these instructions, see all warnings, and keep this document for future reference.
1. If you are travelling by air, the URGOnight headband must be transported in your carry-on baggage, do not place them in your checked baggage.
  2. Do not use the URGOnight headband while it is charging.
  3. Do not use the URGOnight headband when your head/hair is wet, or near water.
  4. Do not use the URGOnight headband if it has been damaged or altered.
  5. Only use accessories that are specified by the manufacturer.
  6. Do not place the URGOnight headband on open wounds, sores or rashes, or over swollen, red, infected or inflamed skin irritations. If any skin irritations occur in using the URGOnight headband, you should stop using it immediately.
  7. Follow cleaning recommendations outlined in the cleaning section.

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### PRODUCT

#### Product Operation

To get started with your URGOnight headband, please refer to the Starter Guide enclosed in the packaging.

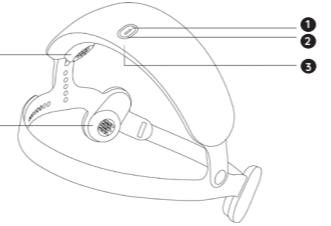
#### Product Description

URGOnight was designed to encourage and teach you how to take control of your sleep by using neurofeedback in an autonomous way. The URGOnight headband measures your brain activity by detecting electrical impulses with 4 dry sensors (electrodes) that provide 4 channels of Electroencephalogram (EEG) data.

The URGOnight mobile application will guide you to set up your headband, take you through the exercises and help you keep track of your progress. URGOnight is intended to be used during the day and has been designed to be easily transported anywhere you like.

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### Headband



1. **ON/OFF Power Button:** Gently press once to switch the headband on. To switch off, hold down the button for more than 2 seconds.

#### 2. LED (color indications):

- Flashing orange: There might be a problem with your battery, please contact customer support
- Flashing white: the URGOnight headband is on and searching for mobile phone pairing
- Still white: Paired with the mobile application, ready to start
- Still orange: Charging
- Still orange + green: Fully charged

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- Flashing orange: There might be a problem with your battery, please contact customer support

**Note:** In order to optimize your battery, the URGOnight headband will automatically switch off after 2 minutes. It will switch back on if you move it or if you gently press the on/off button.

3. **USB connector:** It is positioned under the URGOnight headband.

4. **2 Top Electrodes:** One on each side

5. **2 Bottom Electrodes:** One on each side

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### Technical Specifications

<b>Size</b>	One Size Fits All, adjustable (front, sides and back)
<b>Head Circumference</b>	520 mm to 620 mm (20.47" to 24.40")
<b>Electrodes</b>	4 dry gold plated and retractable electrodes for high quality signal measurement and optimal comfort
<b>Weight</b>	160g
<b>Materials</b>	Hypoallergenic Silicone, Fabric
<b>Battery Life</b>	Up to 6 hours, equivalent to 2 weeks of recommended use
<b>Battery Charge</b>	3 hours to reach 100% full charge
<b>Connectivity to Application</b>	Bluetooth 4.0 low energy
<b>URGOnight Application Compatibility</b>	Apple iOS 11 and later or Android 5 and later

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### Product Cleaning

1. Clean only with a non-abrasive, lint-free cloth. If needed, you can lightly dampen the cloth with water, and soap-free cleanser to clean the headband. Always air dry the band well before putting it back on.
2. Do not use detergents or cleaning gels, which might degrade the surface of the electrodes.

### SAFETY & WARNINGS

Read and understand all instructions in this document.

#### Battery

1. The URGOnight headband is equipped with two Lithium Polymer batteries of 350mAh.
2. If you are travelling by air, you must carry the URGOnight headband in your carry-on baggage, do not place them in your checked baggage.

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use while walking down the street or driving. Failure to pay full attention during walking or the operation of your vehicle could result in death, serious injury, or property damage. You assume total responsibility and risk for not following this operating instruction.

### Operating Conditions

1. Temperature range: -20°C/-4°F to 30 °C/86°F
2. Charging Temperature: 0°C/32°F and above
3. Humidity: 40 - 95%

4. Electrical Specifications for charging:

- Voltage input min/max: 4.5V - 5.5V DC (direct current)
- Voltage nominal input: 5V DC (direct current)
- Power input: 5W

5. Do not use other charging adapters unless it meets the following specifications:

- Input: 100 - 240V - 50/60 Hz 0.4A
- Output: 5V 1000 mA
- Model: MKC-050100DEXU
- Certified: IEC 60950-1 or IEC 62368

6. The charger must be easily accessible as its power plug acts as a disconnector.

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### Do not open, modify or repair

#### Health Considerations

URGOnight is not a medical device and is not designed to treat any medical condition.

If you are diagnosed with one of the following conditions (non-exhaustive list), please consult your doctor prior to using URGOnight:

1. Depression
2. Organic sleep troubles: apnea, hypopnea, restless syndrome, narcolepsy, hypersomnia, Kleine-Levin syndrome, somnambulism, nocturnal eating troubles

3. Pathologies disturbing sleep: cancer, degenerative, autoimmune, inflammatory, chronic or acute, hormonal disturbances
4. For users that have a medical implant, the signal of your URGOnight training may be inaccurate, please consult your doctor.

5. Epilepsy: If you are epileptic, please check with your neurologist if URGOnight is suitable for your condition. As the brainwaves trained with URGOnight are close to the beta waves, that might cause seizures in some epileptic people.

#### CAUTION:

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

#### Headband Application

Do not place the URGOnight headband on open wounds, sores or rashes, or over swollen, red, infected or inflamed skin irritations. If any skin irritations occur in using the headband, you should stop using it immediately and consult your doctor.

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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 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 URGOnight 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.

#### NO UNAUTHORIZED MODIFICATIONS

47 CFR Section 15.21

**CAUTION:** This equipment may not be modified, altered, or changed in any way without signed written permission from URGOTECH. Unauthorized modification may void the equipment authorization from the FCC and will void the URGOTECH warranty.

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This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment and meets RSS-102 of the IC radio frequency (RF) Exposure rules. This equipment has very low levels of RF energy that is deemed to comply without testing of specific absorption rate (SAR).

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# URGOnight

## Notice d'utilisation

### Chargement

1. Veuillez charger le bandeau pendant au moins 1 heure avant la première utilisation.
2. Utilisez uniquement le chargeur et le câble fournis avec le bandeau URGOnight par le fabricant.
3. Le bandeau URGOnight ne peut être chargé que lorsqu'il est éteint.
4. Le bandeau URGOnight ne doit pas être porté pendant le chargement. Débranchez le bandeau du chargeur avant de l'utiliser.

### Eau, humidité, chaleur

1. N'utilisez pas le bandeau URGOnight à proximité de l'eau ou lorsque votre tête ou vos cheveux sont mouillés.
2. Ne plongez pas le bandeau URGOnight dans un liquide quel qu'il soit, et ne le passez pas au lave-vaisselle ou au lave-linge.
3. Le bandeau URGOnight n'est pas résistant à l'eau, mais il peut être nettoyé à l'aide d'un chiffon humide.
4. Ne laissez pas le bandeau URGOnight à proximité de sources de chaleur, notamment radiateurs, bouches d'air chaud, poêles ou autre appareil produisant de la chaleur, notamment amplificateurs audio ou téléviseurs.

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### CONFORMITÉ

La déclaration de conformité et les autres documents réglementaires spécifiques à d'autres pays sont disponibles sur notre site Internet : [urgonight.com](http://urgonight.com).

### SÉCURITÉ

Le dispositif est conforme aux normes suivantes : EN IEC 62368-1:2018

### INTERFÉRENCES ÉLECTROMAGNÉTIQUES ET RADIO

Le dispositif est conforme aux tests de compatibilité électromagnétique (CEM) :

- EN 55032:2015/EN 55035:2017/ETSI EN 301489-1 V2.1/ETSI EN 301489-17 V2.2/ETSI EN 300328 V2.1

- CFR 47 Partie 15 Sous-partie B - Dispositifs à radiofréquence

### AVERTISSEMENT À L'ATTENTION DES UTILISATEURS AUX ÉTATS-UNIS

Déclaration de la Commission fédérale des communications relative aux interférences

CFR 47 section 15.105(b)

Cet équipement a été testé et s'est révélé conforme aux limites définies pour un appareil numérique de Classe B, en vertu de la Partie 15 des règlements de la FCC. Ces limites sont définies pour offrir une protection raisonnable contre

CFR 47 section 15.121

CFR 47 section 15.210

CFR 47 section 15.209

CFR 47 section 15.208

CFR 47 section 15.207

CFR 47 section 15.206

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CFR 47 section 15.122

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CFR 47 section 15.120

CFR 47 section 15.119

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CFR 47 section 15.116

CFR 47 section 15.115

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CFR 47 section 15.112

CFR 47 section 15.111

CFR 47 section 15.110

CFR 47 section 15.109

CFR 47 section 15.108

CFR 47 section 15.107

CFR 47 section 15.106

CFR 47 section 15.105

CFR 47 section 15.102

CFR 47 section 15.101

CFR 47 section 15.100

CFR 47 section 15.99

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