DreamCare

User's Manual

Health Monitor

Introduction

1. Functional characteristics

- Monitoring the parameters of human vital signs (respiration, heart rate, human state, etc.)
- Non contact detection, long-distance detection, detection through clothing.
- The measurement data is transmitted to the APP through WiFi.
- Low power consumption, low radiation power, high precision, simple interface and easy installation.

2. Monitoring parameters

a. Human state: absense, calm, quiet, small move- ments, continuous movements.
b. Respiratory rate: average number of breaths per minute.
c. Heart rate: average beats per minute.
d. Abnormal state: warning when vital signs is out of normal range.

3. Performance

a. Voltage: 12V
b. Power consumption: less than 1W
c. Radiation power: 0.05mw (about 0.1% of mobile phone radiation)

Device List

Including: device 1×, power adapter 1×, user's manual 1×

Use Guide

1. Download and install the application

Download and install “TuyaSmart” in APP store, or use “WeChat” scan the QR code below to download the APP.

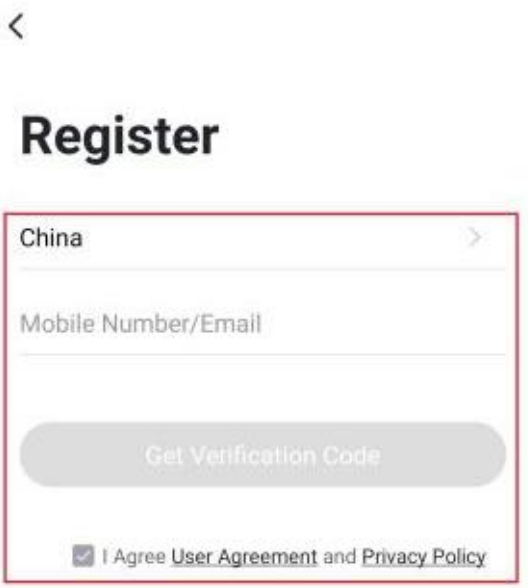
QR code:

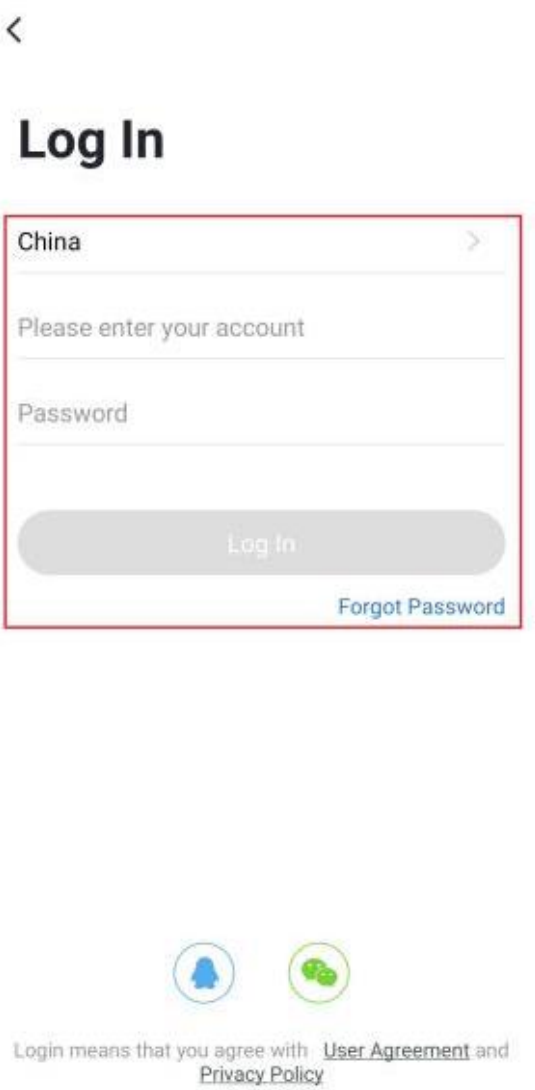
APP icon:

TuyaSmart

2. APP register and log in

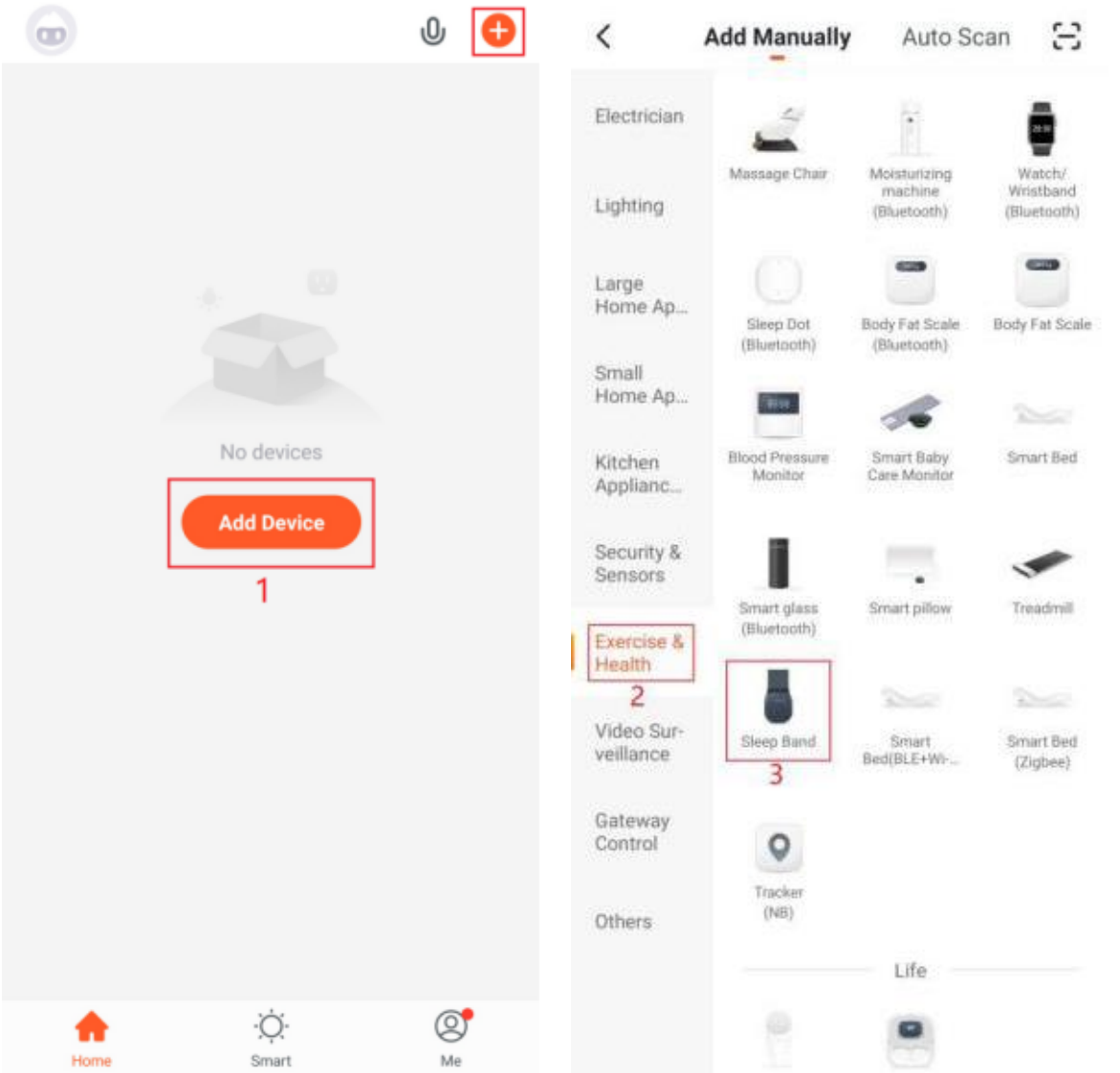
Open the downloaded “TuyaSmart” APP, fill in the information to register and log in. (You can quickly log in using "WeChat /QQ")





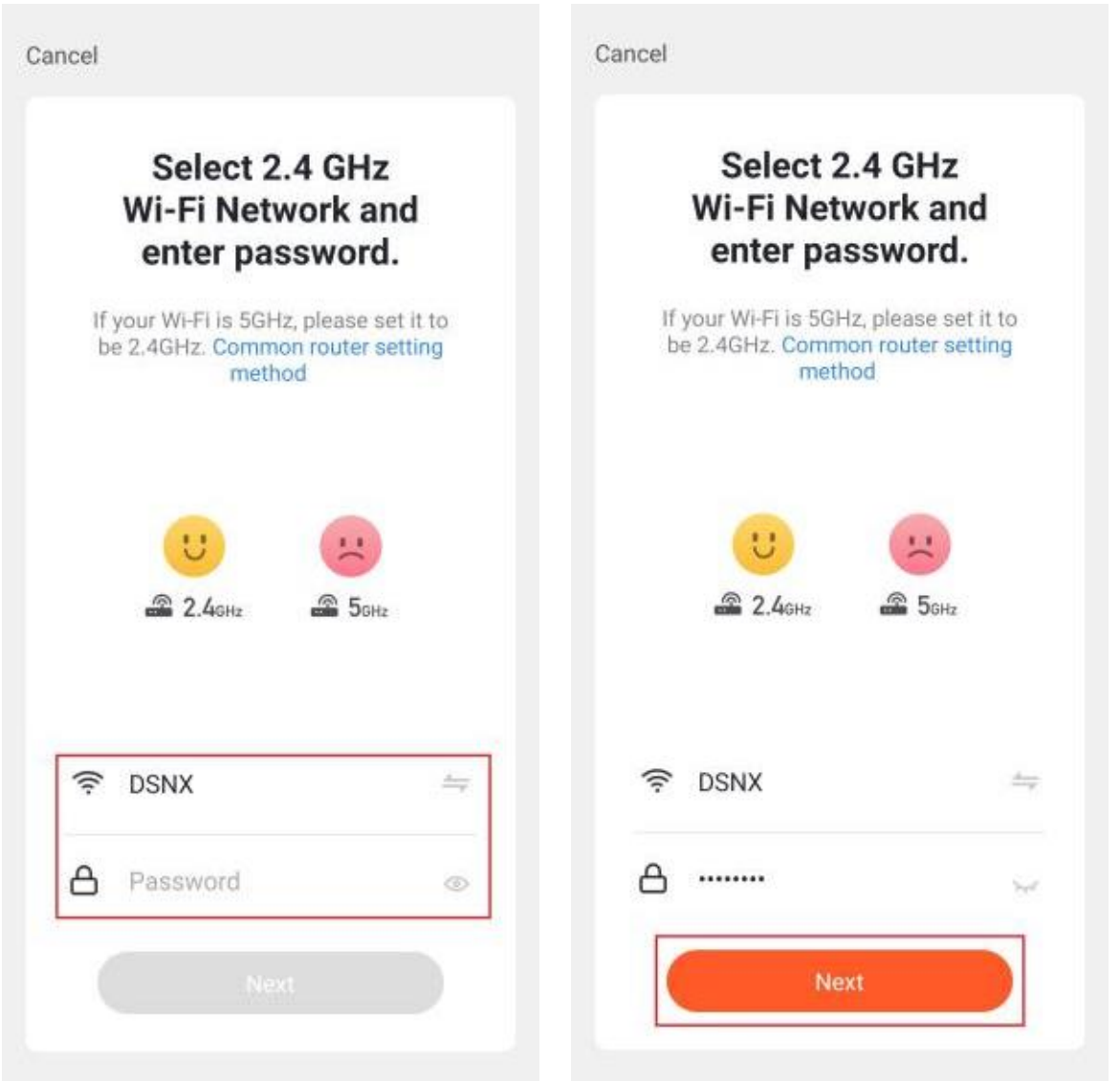
3. Add device

In the “Home” interface, click “Add Device” (or the plus icon in the upper right corner), and select “Sleep Band” in the “Exercise & Health”column.



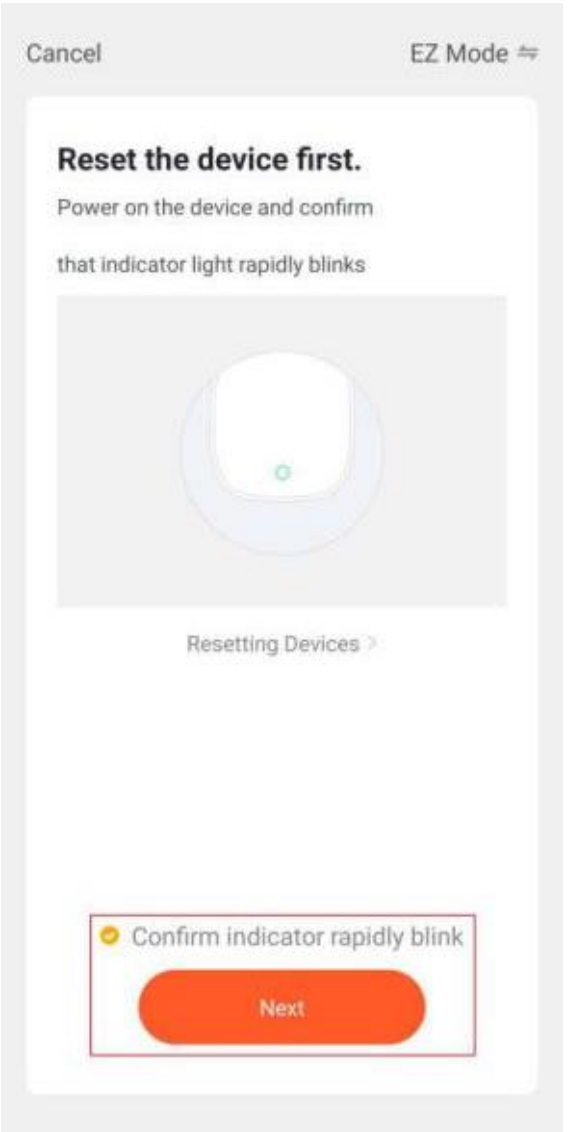
4. Select network

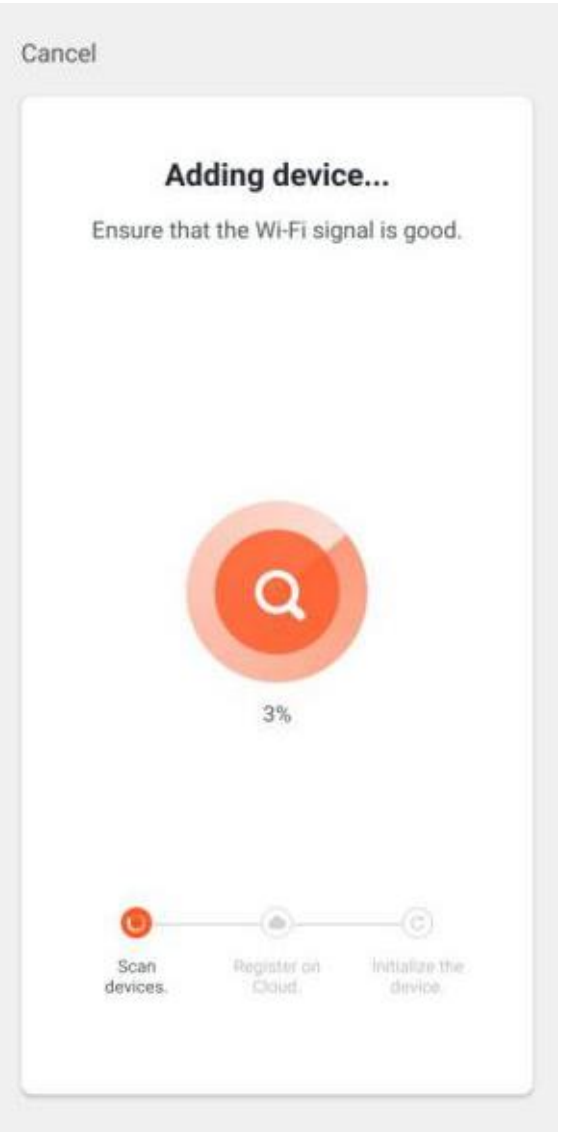
Guarantee that the mobile phone is connected to 2.4G WiFi, select the same WiFi on the APP, fill in the relevant information correctly and confirm.



5. Reset and add device

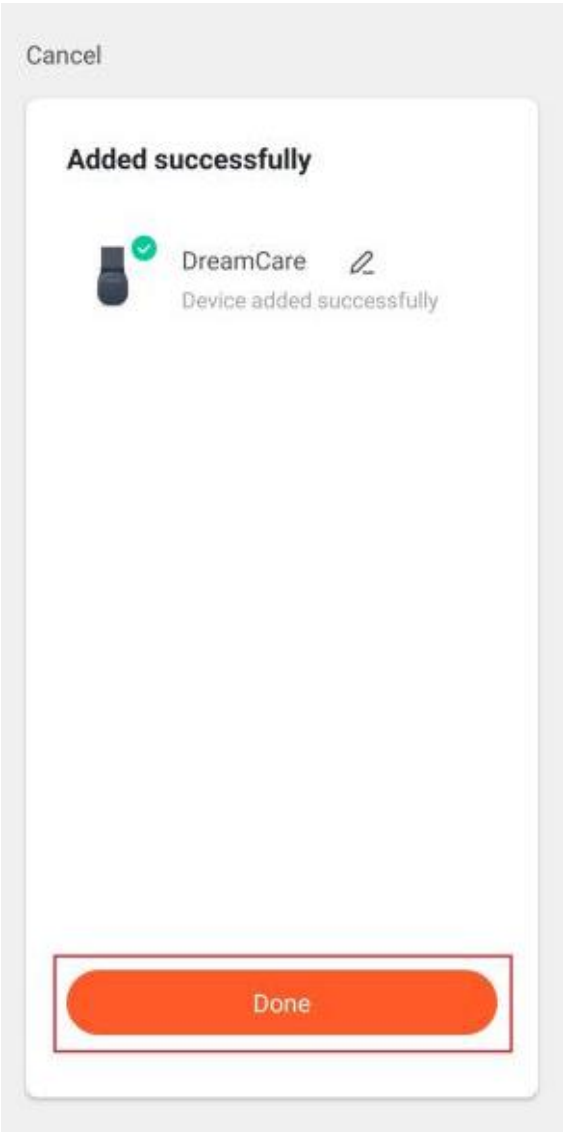
Power on the device, press and hold the reset key (beside the power socket) for more than 3 seconds, the red LED light rapidly blinks, click “confirm indicator rapidly blink”, and “Next”,then start scaning and adding device.

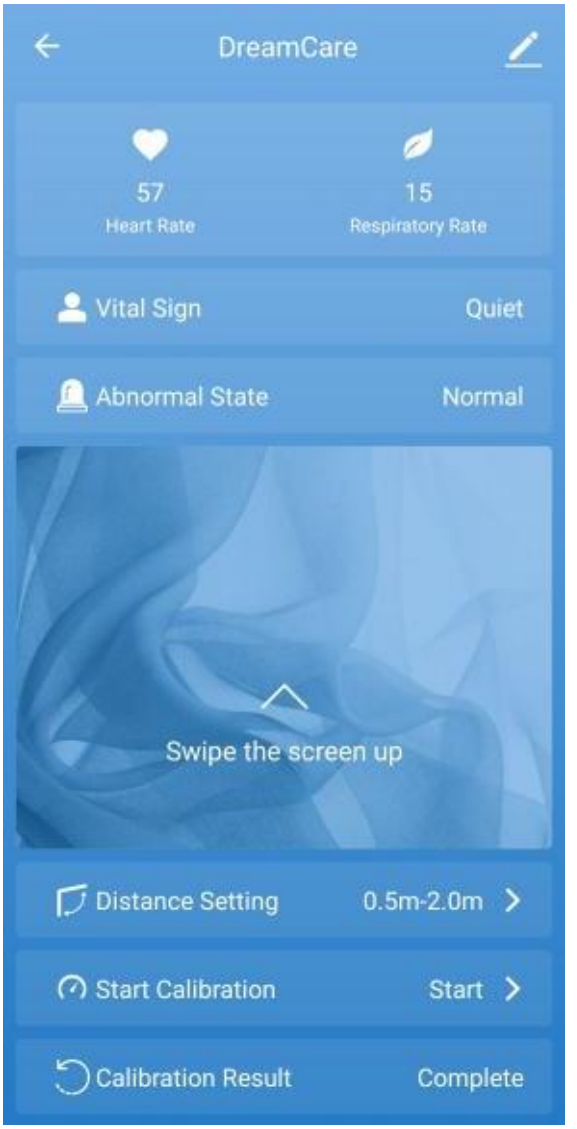




Use

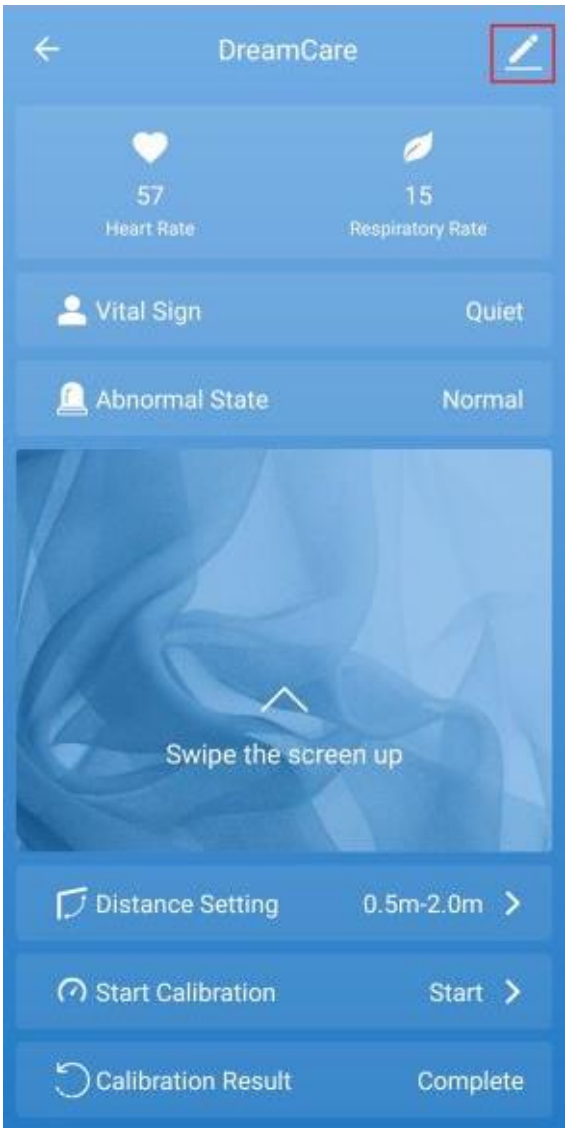
After adding successfully, click "Complete" to enter the human body monitoring page.

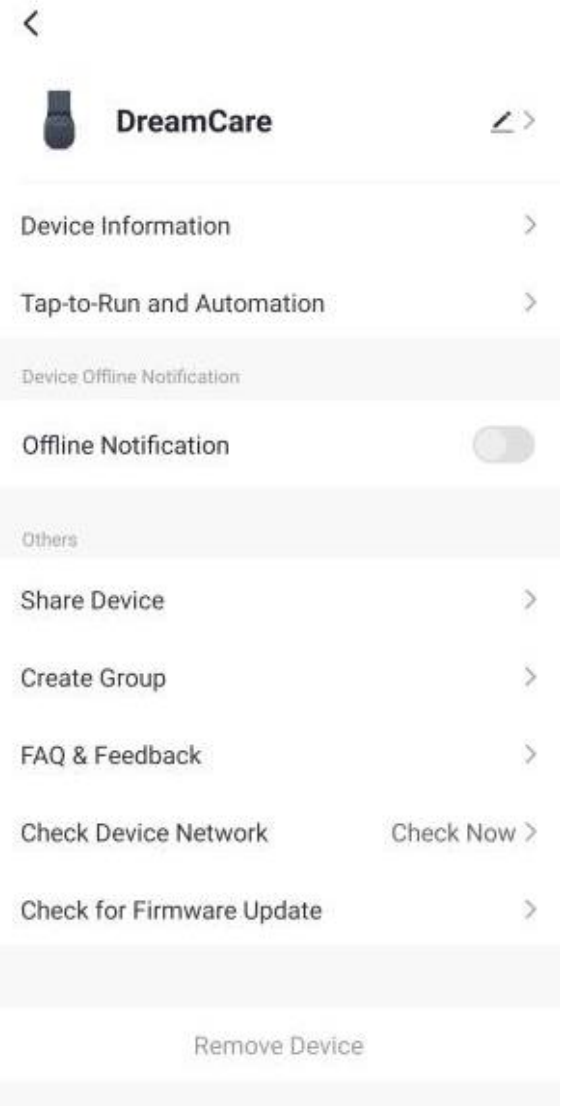




6. Device Setting

Click the "Modify" icon in the upper right corner to enter the device Settings page. You can modify the device name, offline reminder, Shared device, firmware upgrade, etc.

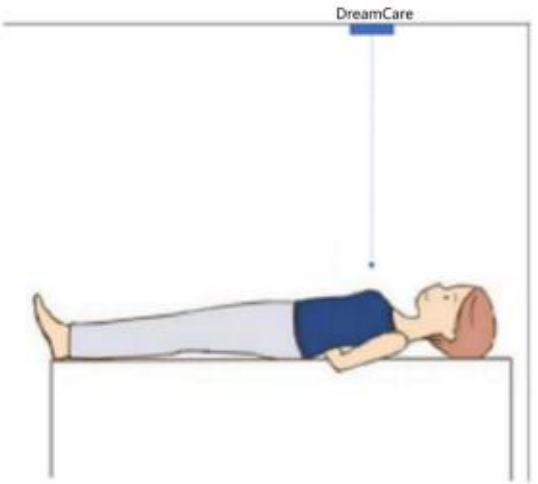




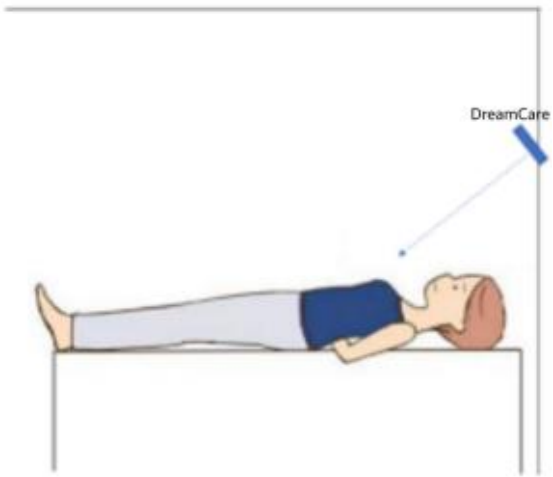
Device Mounting

To achieve the best monitoring performance, the equipment should be facing the human body. The following mounting methods are recommended:

1. Mounted on the ceiling: keep the device above the human chest.



2. Mounted on the wall: keep the normal of the device point to the human chest, and the mounting height is 1-1.5m away from the bed (not the ground).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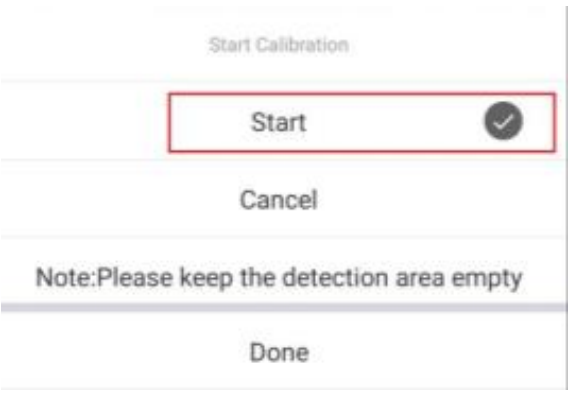
Distance setting and calibration

In the monitoring page, swipe up the bottom of the screen to set monitoring distance and calibrate the device.



Notes

1. Calibration shall be carried out after the first installation or the device is moved, and all personnel shall leave the monitoring area during calibration;
2. The real-time heart rate and respiratory rate can only be displayed normally after people entering the monitoring range of the device and keep quiet for 1 minute;
3. If the APP interface is updated, please refer to the actual interface;
4. If the monitoring data is abnormal, recalibrate the device;
5. Take care to avoid metal objects blocking the device.

FCC warning：

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

NOTE: 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.

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

The devices has been evaluated to meet general RF exposure requirement, the device can be used in portable exposure condition with restriction.

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