

Sleep Mask



User's Guide

Customer Support

<http://www.happy-electronics.eu/>

info@happy-electronics.eu

Content

| | |
|---------------------------|---|
| Introduction..... | 2 |
| Requirements..... | 2 |
| Package content..... | 2 |
| Advice and warnings..... | 2 |
| First start..... | 2 |
| Special functions..... | 3 |
| Lucid dreaming..... | 3 |
| Anti-snoring effects..... | 3 |
| Sunrise alarm..... | 3 |

Introduction

Congratulations on purchasing Sleep Mask – the ultimate device which allows you to use up the potential of Sleep as Android application. This guide will help you set up and operate the device.

Requirements

- Android that supports USB OTG
- Android 3.2 and higher.

Package content

- Glasses with USB and microUSB adapter
- 2 year guarantee
- 30-Day Money-Back Guarantee
- User's Manual

Advice and warnings

- To ensure proper functioning, keep the device clean.
- Be careful when cleaning the device, don't let moisture get to the diodes. You alone are responsible, if you destroy the device cleaning it.
- Protect the device from fire, water and extreme temperatures.
- The mask is not made of any health damaging materials.
- The device was carefully tested, it cannot hurt you while sleeping.
- The package of the Sleep Mask is recyclable and must be handled in accordance with local laws.
- All unrecyclable parts of the Sleep Mask must be handled in accordance with local laws.
- Keep the device out of the reach of children.
- Don't keep the devices connected, if you're not using it.

First start

- Run the Sleep as Android application.
- Connect the small black box to the **black** connector via USB.
- The **red** connector can be plugged into adapter, so the mask doesn't consume your smartphone's battery.
- Connect the cable to the micro USB port of your Android device. A diode lights on.

Sleep Mask – user's guide

- In the application, go to the settings and choose the mask.
- Now you can start the session.
- Disconnect the glasses, when the session is over. Remove the cable from your Android device carefully.

If you have any problem with the Sleep as Android application, please send us a report and we will help you solve it

Using the Mask as a mind machine

- Connect the Mask to your smartphone. You can use the delivered cable or any USB OTG/micro USB cable.
- In this case, there is no need to use an adapter.
- Run the Mindroid application. You can download it and get more information on Google Play.
- Allow the application to use an external USB device in case a pop-up window appear, select the Mask in the settings in order to use it as external glasses.
- Now you can start the session. Remember to have your eyes closed during it.



More information and all the guides are to find here:

<https://sites.google.com/site/sleepasandroid/doc>

<https://www.happy-electronics.eu/support/support-sleep-mask/>

Special functions

The mask is an accessory to the Sleep as Android application. Thanks to it, you can enjoy some special functions and light effects as well as visual stimulation that helps falling asleep.

Lucid dreaming

This technique can help you to get some control over your dream. First, you should do some research and go through available internet resources to get the general idea about it. Then you can start training.

The training focuses on often controlling the fact that you're awake, getting used to the cues and on

Sleep Mask – user's guide

remembering your dreams.

The Sleep as Android application can give you the cue, if turned on, in several ways including light effect. It's so timed, that the cue comes in the phase of sleep most rich on dreams.

Anti-snoring effects

The application recognizes when you are snoring. If the function is turned on, it will give you a stimuli which should make you stop. Several ways are available including a light effect.

Sunrise alarm

A very gentle way of waking up. Light effect similar to sunrise, from low red to bright yellow instead of annoying noise of alarm clock.

