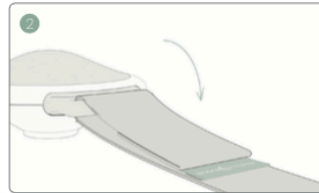
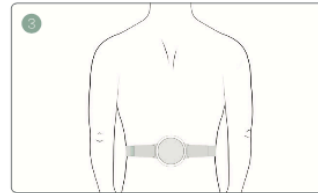


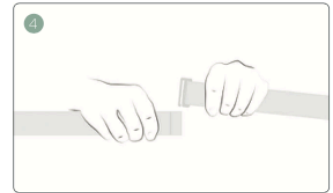
Fully charge the Snore-Breaker.



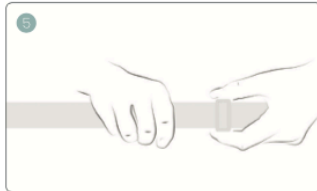
Attach the strap to the Snore-Breaker.



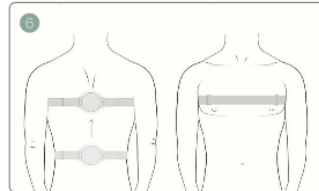
Position the Snore-Breaker with the white side against your back.



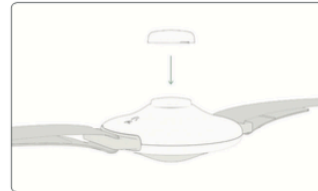
Close the strap at the front of your body.



Adjust the strap to the desired length.



Move the Snore-Breaker in position between the shoulder blades.



Attach the cap when a more powerful transmission of the vibrations is desired.

- ⚠ Note: read the full manual before use.
- 🕒 Note: Snore-Breaker will only start to emit vibrations when the button is pressed for 30 seconds.
- CE The product complies with the European EMC and RoHS-guideline
- EN Visit [www.snore-breaker.com](http://www.snore-breaker.com) for the English manual.

**Introduction**

Read this manual before using the Snore-Breaker. Keep this manual for future reference.

**Operation**

The Snore-Breaker has been specially developed to prevent back snoring; it changes the sleeping position from the back to the side position. When you turn on your back during sleep, the Snore-Breaker will give off light vibrations in different rhythms after 30 seconds, until you turn away from the back. In this way snoring in the supine position is prevented. Once you have changed position, the Snore-Breaker is deactivated. The Snore-Breaker responds to the normal sleeping rhythm. You may have to get used to sleeping with the Snore-Breaker during the first nights.

**Usage**

1. Fully charge the Snore-Breaker, using the supplied adapter with adapter cable. See "Charging" later in this manual.
2. Attach both strap parts to the Snore-Breaker. Pass each strap part through a silicone loop of the Snore-Breaker (from the white side to the grey side) and close the push button.

3. Position the Snore-Breaker with the white side against the back, so that the grey side faces away from the body.
4. Bring both strap parts forward along the side and close them at the front of the body with the sliding clip.
5. Adjust the strap to a desired length with the adjustment clip. Make sure that the strap is tensioned enough to keep the Snore-Breaker in place when used during the night.
6. Move the Snore-Breaker to a position between the shoulder blades. The band is positioned around the chest, just below the armpits.
7. Enjoy snore-free nights!

**Charging the battery**

The Snore-Breaker contains a rechargeable battery. A fully charged Snore-Breaker battery lasts 10 days. The indicator light will flash to red at 20% remaining battery power. Please note, battery life varies from user to user and other factors.

To charge the Snore-Breaker battery, plug the USB-A connector (large end) of the adapter cable into the USB port of the adapter. Then plug the USB-C connection (small end) of the adapter cable into the USB port of the Snore-Breaker battery. Plug the adapter into a grounded power source and make sure the

Snore-Breaker battery is in a safe place and on a stable surface while charging. It takes about 3 hours to fully charge the Snore-Breaker.

**Meaning of the indicator light:**

- Flashing green: charging.
- No light while charging: fully charged.
- Flashing red: almost empty.

**Carrying position**

For optimal effect, the Snore-Breaker should be worn directly against the skin, positioned between the shoulder blades.

**Cap**

The cap can be attached to the white side of the Snore-Breaker if a more powerful transmission of the vibrations is desired. There is a small opening in the cap to remove it.

**Cleaning**

Disconnect both strap parts from the Snore-Breaker. Clean the belt by hand washing, only use water. Only allow the belt to air dry and do not iron the belt.

Clean the Snore-Breaker outside with a dry cloth. Never use water, cleaning agents, abrasives or disinfectants.

**PRODUCT SPECIFICATIONS**

Snore-Breaker	
Dimensions	93 x 80 x 35 mm
Weight	approx. 55 grams
Material	ABS + PC, SI
Operating temperature	0-50 degrees Celsius
Vibration speed	7.800-15.600 rpm
Battery type	Rechargeable lithium polymer
Battery capacity	70 mAh
Usage time	approx. 10 days
Complete charging time	approx. 3 hours

**Adapter and adapter cable**

Input voltage	100-240V 50-60Hz 0.3A
Output adapter	5V - 1A
Adapter type	Euro plug, USB-A
Adapter cable length	100 cm
USB port product	USB-C
Safety standard	CE Certification
EMC	IEC 60601-1-2 approved

**Band**

Adjustable (excl. stretch)	70-106 cm
Strap closure type	Sliding clip
Strap material	70% nylon, 30% elastane

This product must not be treated as household waste. Therefore, hand it over to the applicable collection point for the recycling of electrical and electronic equipment. This helps the conservation of natural resources.

**Warnings**

Warnings that are not followed could cause injury to the user or damage the product and accessories.

- Opening of or changes to the product or accessories not authorized by Snore-Breaker B.V. may change the operation of the products. After unauthorized changes, the warranty expires and Snore-Breaker B.V. does not guarantee the operation of the product and any damage or injury caused by the product.
- Snore-Breaker B.V. is not liable for damage or injury caused by improper use or failure to read the warnings. Any use of the Snore-Breaker and accessories other than stated in the manual is considered improper use.
- All risks associated with the use of the Snore-Breaker are exclusively for the user.
- Always keep the Snore-Breaker and accessories out of the reach of children.
- Due to the risk of swallowing and suffocation, the Snore-Breaker and accessories must always be kept in a safe place, out of reach for children.
- Only use the equipment accessories supplied by Snore-Breaker B.V.
- The Snore-Breaker and strap should only be positioned and attached as stated in this manual.

Do not position and attach the Snore-Breaker and strap on or around other body parts.

- Due to the risk of pinching, the belt should not be adjusted and fastened too tightly.
- Before using, wearing or cleaning the Snore-Breaker, the Snore-Breaker must be disconnected from the power source.
- Use Snore-Breaker and accessories externally only.
- Avoid dropping, hitting, impact, shock, strong force, stretching, misuse and swallowing of the Snore-Breaker and accessories and do not use sharp objects or other means that could cause damage to the product or the user.
- To prevent damage to, lying around or loss of the Snore-Breaker and accessories, the Snore-Breaker and accessories must always be stored in the original packaging, in a safe place and in a dry environment.
- Do not expose the Snore-Breaker, adapter and adapter cable to moisture, dirt, dust, liquids and chemicals. Do not expose the tire to chemical (liquid) substances.
- Do not expose the Snore-Breaker and accessories to fire. Do not expose, use or store the Snore-Breaker and accessories at temperatures below 0 or above 50 degrees Celsius.

- In all cases, avoid wetting the USB port, adapter cable and adapter.

- If damage is visible or suspected to the Snore-Breaker or accessories, do not use the Snore-Breaker and accessories or do not charge the Snore-Breaker.
- Only use grounded power sources to charge the Snore-Breaker.
- Do not wear the Snore-Breaker and the strap on damaged skin.
- Always consult the treating physician before using the Snore-Breaker in combination with a pacemaker or other medical implant. The electromagnetic emission from the Snore-Breaker may possibly interfere with the medical implant.
- We advise users with a special physical or mental condition to contact their treating physician before using the Snore-Breaker.
- In the event of an allergic reaction to Snore-Breaker materials or accessories, immediately discontinue use and consult a specialist.
- If you have any questions or if anything is unclear about these instructions, please contact Snore-Breaker B.V.

**Pay attention**

- In this manual, accessories do always mean supplied accessories delivered by Snore-Breaker B.V. (adapter, adapter cable, strap, top cap).

- The Snore-Breaker is only intended to prevent back snoring. Severe snoring can be a sign of obstructive sleep apnea or another breathing disorder. Consult a specialist if you suspect obstructive sleep apnea or other breathing disorders.

- Avoid excessive stretching of the strap and silicone strap holders.
- Stretching and sudden release of the belt can cause damage to the user or bystanders.
- To prevent damage to the Snore-Breaker and to prevent damage to the user by sharp parts, the Snore-Breaker must never be opened.
- In case of damage to the Snore-Breaker and accessories, contact with any sharp parts should be avoided.
- Disconnect the Snore-Breaker from the power source when the Snore-Breaker is left unattended.
- Wear the Snore-Breaker if you sweat excessively over clothing. Vibrations may be transmitted in a reduced manner.

**Support**

For more information, visit [www.snore-breaker.com](http://www.snore-breaker.com) or send an email to [info@snore-breaker.com](mailto:info@snore-breaker.com). We are happy to help you.