

# Manual Sleep Position Trainer

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## The Sleep Position Trainer (SPT) by NightBalance

The SPT is a small and light medical aid for the treatment of positional apnea. The SPT is worn around the chest with a comfortable and ergonomic torso strap. It gently trains you by softly vibrating when you sleep on your back, reminding you subconsciously to switch to a different sleeping position. This way apnea is prevented which helps you feel more refreshed and energetic during the day.

### 01 SPT

- On/off-button.
- Port for charger and USB cable.
- Indicator light.

### 02 Switch on

- Press once to switch on the SPT.
- The indicator light (LED light) slowly blinks green when the SPT is switched on.

### 03 LED light

- Green** SPT is ready for use.
- Orange** Recharge before next use.
- Red** Check website for troubleshooting: [nightbalance.com/support](http://nightbalance.com/support)

### 04 Torso strap

- Center the pocket on front of your torso, just below the chest.
- Pull the strap through the buckle and fasten with Velcro.
- Position the SPT with the arrow facing up and towards you into the pocket.
- Close the pocket flap.

### 05 Sleeping with the SPT

**Falling asleep period**

- Fall asleep in any position you prefer.
- The 30 minute falling asleep period starts once you switched the SPT on and you lay down.

**During sleep**

- After the falling asleep period the SPT starts with vibrational feedback.
- The SPT adjusts the vibrational intensity to your sleeping behavior.
- Turn over from your back when the SPT vibrates.

**Pause mode**

- Activate the 20-minute pause mode by turning the strap 90° for 5 seconds or by getting up.

### 06 Reading out sleep data

Make sure the SPT is switched on.

**Number of vibrations during the past night**  
Press once and count the number of **blue blinks**.

**Number of times on your supine during the past night**  
Press twice and count the number of **white blinks**.

### 07 Switching off

Press and hold until the white light stops blinking (3 blinks).

### 08 Charging

**Orange:** Charge the SPT with the charger, or by connecting it to your computer with the USB cable.

### A. SPT Comfort Program

The SPT Comfort Program consists of three fases.

- 01 Analyse fase (night 1-2)**  
No vibrational feedback, only measures % of time slept on your back.
- 02 Build-up fase (night 3-9)**  
Gradual build-up of vibrational feedback, decrease in % of time slept on your back.
- 03 Position training fase (night 10+)**  
Vibrational feedback everytime you sleep on your back.

### B. Auto-level adjustments

The SPT automatically monitors your responsiveness to vibrations. The SPT adjusts the intensity of the vibrations to suit your responsiveness.

### C. SPT Software

- Place the installation USB-stick or download the SPT Software from the website: [nightbalance.com/support/software](http://nightbalance.com/support/software)
- Install and start the software.
- Connect the SPT to your computer.  
**Warning:** Before connecting the SPT to the computer, you must install the software.

### D. Legend for LED light during use

- Green (slow blinking)** Ready for use.
- Orange (slow blinking)** The device needs to be charged for the next night.
- Red** Go to [nightbalance.com/support](http://nightbalance.com/support) for troubleshooting.
- Blue (blinking)** Number of vibrations during the past night.
- White (blinking)** Number of times on your back during the past night.

### E. Legend for LED light during charging

- Green** Fully charged and ready for use.
- Green (blinking)** Charging, but ready for use.
- Orange (blinking)** Charging, battery still low.
- Red** Go to [nightbalance.com/support](http://nightbalance.com/support) for troubleshooting.
- Pink** Warning: Do not disconnect the device from the computer.

