



SITA Calm Effect

SITA Calm makes it easier and faster to achieve a state of relaxation. It allows you to concentrate on your own breathing, while isolating you from external stimuli. As a result, the body begins to search for its own optimal rhythm (biofeedback). Breathing becomes calm, deep and steady. This optimal natural rhythm is transferred to the entire body, which goes into a state of deep relaxation. Depending on the breathing rhythm read from the sensor, SITA Calm changes the state of the relaxation LEDs and bio sound.

Turning On/Off

Hold down the ONE Touch button for a minimum of 3 seconds to turn the device on. The information LED will light up in red (default) or the last colour defined in the SITA application. Readiness for operation is indicated by continuous LED illumination and a continuous bio sound. To turn off the device, hold down the ONE Touch button for a minimum of 3 seconds. Automatic shutdown occurs when charging is interrupted and when the battery charge level drops below 20%.

Sleep Mode

The device enters the sleep mode about 1 minute after the last detected breath. It is signaled by the information LED flashing green. The device wakes up from the sleep mode when a breath is detected or by pressing the ONE Touch button once.

Using SITA Calm Without the Mobile App

SITA Calm can be used without a connection to the mobile app. The device works in the mode of factory settings - 50% bio sound volume, 50% light brightness of relaxation LEDs in red colour.

Using SITA Calm With the Mobile App

SITA Calm works with the SITA mobile app via Bluetooth® connectivity. The device is visible under the name "SITA Calm." Pairing SITA Calm with the app (Android or iOS): Launch SITA Calm. In the SITA App, register/log in the user. Go to Settings (cog icon) -> Device configuration -> pair -> in the list of available devices select "SITA Calm." The next time you launch SITA Calm it will connect automatically. You can check the connection status with the mobile app by pressing once the ONE Touch button. The blue colour of the information LED indicates connection, while the colour red no connection with the mobile application.

Software Update (OTA - Over The Air)

Software update is possible via the SITA mobile application. The availability of a new software version can be checked in the application settings. During the update, the information LED flashes blue. Once the update is complete, the device is automatically turned off. A minimum of 50% battery charge is required for the software update.

Battery Charging

If a low battery level is detected (below 20%), the information LED flashes ten times in red, then the device shuts down. Charging should be done using the included USB-C cable. When the device is connected to the charging information LED flashes pulsatingly in yellow. During charging, only connection to the SITA mobile app is possible. The state of the battery charged above 90% is indicated by the status LED glowing green continuously. Remember, for the sake of battery efficiency, charge the SITA Calm device at least once a year, even when not in use. In order to properly charge the device, connect it with a USB cable to a suitable charger.

Technical Specification

Bluetooth® version	5.0
Power supply	Lithium-Polymer rechargeable battery 3.7V/110mAh
Battery runtime	5h minimum*
Charging time	Approx. 1h
Battery life	Approx. 500 cycles
Charging socket	USB-C
Bio sound frequency	192 ± 5Hz
Charger parameters	5V, 150mA minimum
Operating temperature	+5°C to +30°C
Storage temperature	+0°C to +40°C
Device weight	90g

*battery runtime may be reduced with high bio sound volume and LED brightness settings

Positioning the Breathing Sensor

For correct collection of breathing information, position the sensor at a distance of 0.5 cm from the unobstructed nostril, so that the sensor does not touch the skin of the face or facial hair. The sensor cup should face the exhaled air.

Resetting the Device

Press the reset button to restore factory settings.

Additional Features of the SITA Calm Device



- adjustment of the colour and brightness of the relaxation LEDs
- adjustment of bio sound volume
- remote update of the device software
- percentage view of battery charge

Technical Support

Technical support for the device can be reached at www.sita.pl/wsparcie or by writing to wsparcie@sita.pl.

Warranty

The product comes with a 12-month warranty. Detailed warranty terms and conditions can be found at www.sita.pl/wsparcie. Claims should be made by following the information found at www.sita.pl/reklamacje.

Recycling

After use, this product cannot be disposed of with normal municipal waste. It should be disposed of at a special electronic waste collection point.

Manufacturer

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SITA

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