

sonu

Drug-free, Personalized, Rapid Relief
from nasal congestion due to allergies



Instruction Manual

PACKAGE CONTENTS

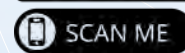
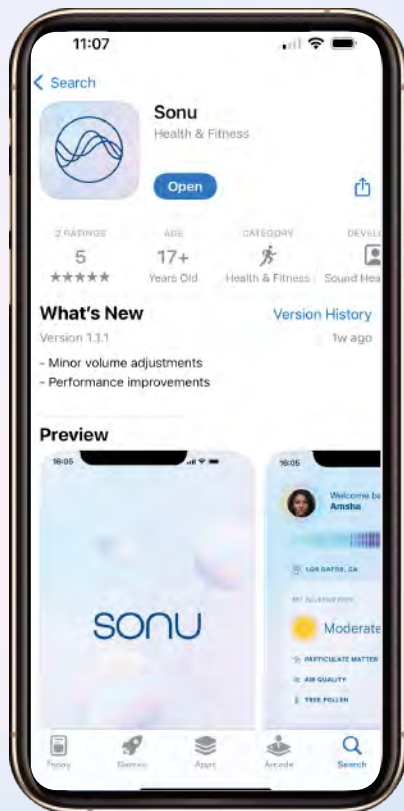


- SONU band
- USB-C charging cable
- Instruction Manual

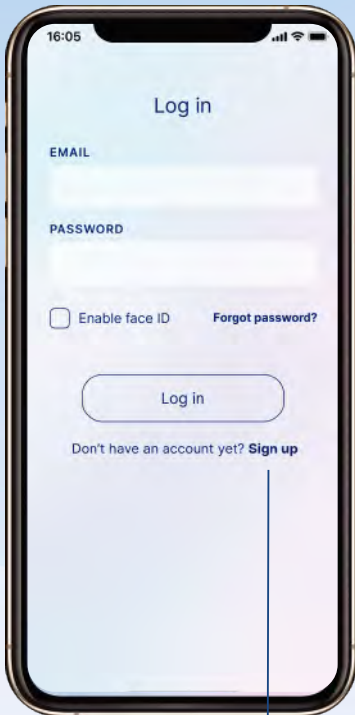


SETUP AND USE

- Verify that your smartphone is compatible with the SONU App. You will need an iPhone 10(x) or later.
- Download and install the 'SONU' App from the Apple App Store or scan the QR code on the box.



CREATE ACCOUNT



Click on the 'Sign Up' link in the App to create an account.

A desktop browser window showing the 'Create Your Account' form on the SoundHealth website. The form includes fields for 'NAME' (First and Last), 'AGE', 'GENDER', 'ETHNICITY', 'EMAIL', 'PASSWORD', 'COUNTRY CODE', and 'PHONE'. A 'SIGN UP' button is visible in the top right corner of the page. A blue arrow points from the 'Sign up' link in the app screenshot to the 'Create Your Account' heading on the desktop page.

CHARGE BAND

Locate port



Charge band until the orange LED turns OFF



Charging



Charged

TURN ON BAND

Find the button through the band fabric, then press and hold the button to turn the band ON.



BLUETOOTH PAIRING

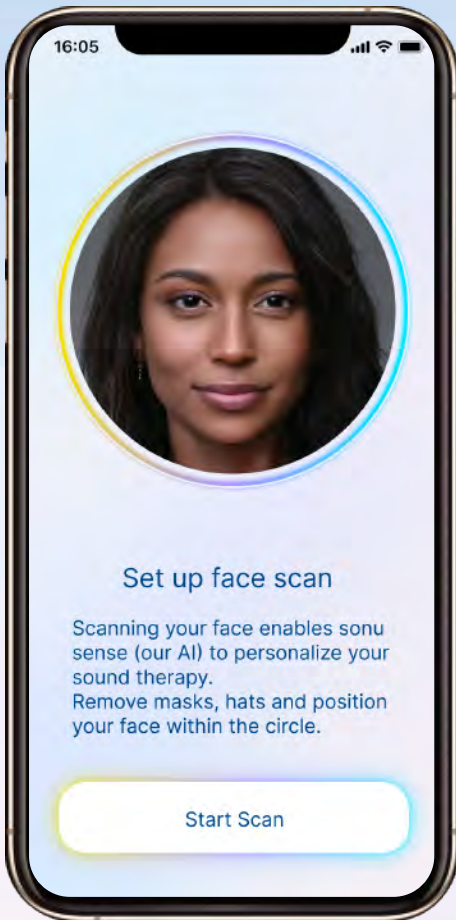
Press and hold the power button until the Light Emitting Diode (LED) flashes green. This indicates the band is in pairing mode and ready to connect to the iPhone via Bluetooth.



Pair the band with the iPhone using the Bluetooth Settings on the phone or using the in-app pairing process which may take up to 30 seconds.

SCAN YOUR FACE

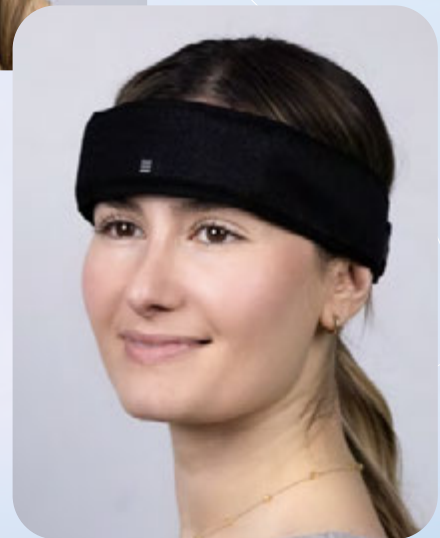
Scan your face by following instructions on the SONU app to find your unique resonant frequency.



WEAR BAND

Band fit guide

Positioning the band on the forehead with a snug fit is important for treatment efficacy. You should adjust the band to ensure that it does not slip side to side when you turn your head. To avoid discomfort at the contact points, **do not overtighten.**



WEAR BAND

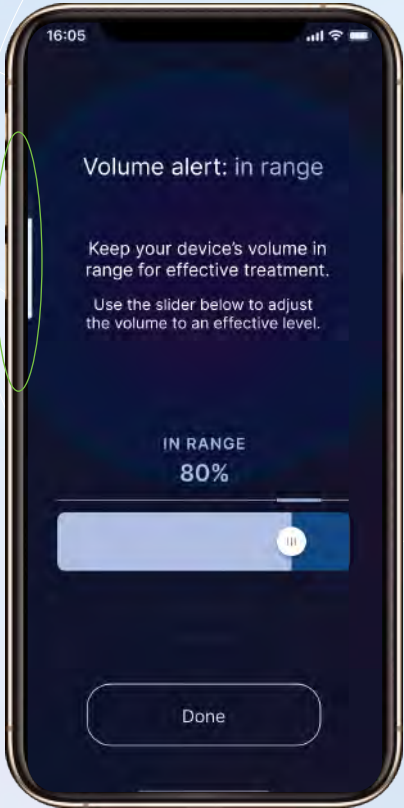
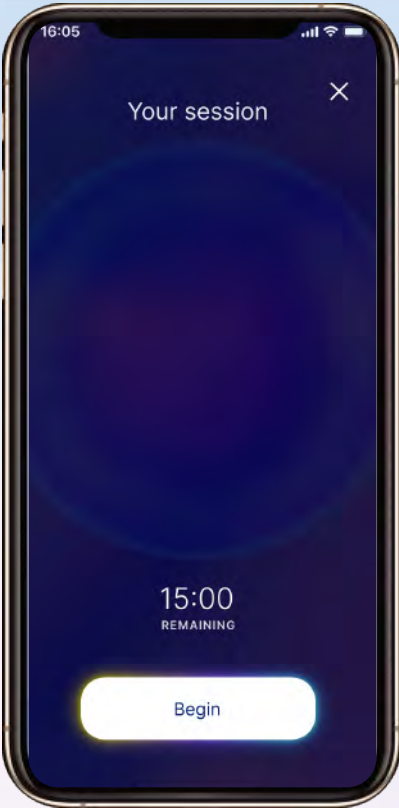
Band Positioning

Make sure that the silver markers on the band aligns with the middle of your forehead right above your brow line as shown in the figure below.



BEGIN TREATMENT

Recommended treatment is 15 minutes, twice a day for relief of nasal congestion. You can the adjust volume using the buttons on your iPhone.



TREATMENT COMPLETION

When the treatment is complete, remove the band. To disconnect the band press and hold the power button for a few seconds or plug in the charging cable to the band.

For support or assistance, email us at support@soundhealth.life