

\*you can find e-version of this Manual on website nozzerwatch.com ("Documents" page)



**NOZZER™**  
The anti-sleep watch

Dear Customer!

Congratulations on purchasing the anti-sleep NOZZER™ Watch – a high-efficiency and versatile device, which will become a reliable assistant, to help you through your daily activities. Read this operation manual carefully and keep it for future use. Other users are recommended to read, and closely follow the instructions provided within it.

With Best regards, UMBROSYS Company.

### 1. What is NOZZER? (appliance/device)

1.1. NOZZER Watch – is the world's first reliable device capable of preventing sleep (including short-time - "microsleep") effectively and universally in all situations where conditions of monotonous activity can arise. Some examples may include:

- Driving a car or any other type of vehicle;
- Attending meetings and/or public events;
- Performance of duties, (ie: law enforcement or armed forces, etc.);
- Lectures, lessons;
- Additional everyday activities

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1.2. NOZZER surpasses all existing anti sleep systems due to the following properties:

#### NOZZER

Reduces drowsiness;  
Versatile  
Reliable, operates without failure;  
Usage is not noticeable to other;  
Protected IP67 and compact housing;  
Built into sport wrist watch;

#### Other devices

Only reports the presence of drowsiness;  
Limited in application;  
Frequent fails and errors due to sensors;  
Immediately conspicuous;  
Clumsy, fragile housing;  
No additional functions;

#### 1.3. ATTENTION:

1.3.1 NOZZER is not designed for longtime sleep deprivation.

1.3.2 The purpose of NOZZER is to reduce the "appearance of drowsiness" in conditions of monotony, when it is necessary to stay awake, but no possibility to rest, in short periods of up to 1-2 hours.

1.3.3 NOZZER has pronounced effect against drowsiness at any level of fatigue; But applying device is not recommended when high and extreme levels of fatigue (ie: more than one day without rest). If however, by force of circumstances/nature of professional activity, your occupation commonly causes/promotes drowsiness that you are required to work through, these are the types of situations that we recommend you first check your individual reaction to different intensity modes of the NOZZER watch, by simulating the target situation in a safe environment.

1.3.4 In assessment of the situation, only rely on your own decisions backed up by personal experience with your NOZZER device. The Manufacturer is not responsible for loss of benefit, or damage caused by misuse of the device.

1.3.5 Thus, NOZZER does not abolish the need for a normal sleep. Please remember, even 15 minutes of rest can considerably improve your general state. If however, there is no possibility to rest and drowsiness occurs suddenly, NOZZER will rescue you.

1.3.6 This circumstance makes NOZZER a vital device, which is recommended for people who live an active lifestyle. Tell your relatives and acquaintances about NOZZER, conduct a demonstration of its effectiveness - it can help them in the future to avoid material loss or harder consequences due to accidentally falling asleep.

1.3.7 **DEVICE AND SOFTWARE, SERVICES AND FUNCTIONS ARE ONLY DESIGNED FOR HEALTHY USERS, MAINTAINING A HEALTHY LIFESTYLE AND IS NOT DESIGNED FOR DISEASE OR DISEASE STATES DIAGNOSTICS, AS WELL AS FOR TREATMENT, COMPLICATIONS REDUCING OR PREVENTING DISEASES.**

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1.4. NOZZER Watch (digital device TENS) refers to the group of electrostimulators. Its main functions, the anti-sleep effect, is performed by electric stimulation of nerve pathways (TENS). For this purpose, the device has two built-in electrodes, designed for direct contact with the skin without the use of additional current conductive substances. Location of electrodes is such that current does not affect the muscles, nor does it cause their unwanted contraction.

1.5. The TENS term - transcutaneous electric nerve-endings stimulation - is described as an impulse acting through the skin that creates an electric excitement of the nerves. TENS is approved as scientifically proven, effective, non medicamentous, under proper application having no side effects of the method.

Using of NOZZER very effectively suppresses the appearances of drowsiness (by 70% - look "Documents" on nozzerwatch.com) when used properly. The best results are achieved at medium-high level of fatigue (at the time of activation of the device, should be no more than one day without sleep). At more considerable level of fatigue the effect of NOZZER also remains high, but in this case follow the recommendations in clause 1.3.

#### 2. Contraindications 2.1. ATTENTION!

NOZZER (and all digital devices TENS) is contraindicated to apply in the following cases:

- when implanted electrical devices (for example, heart rhythm simulator)
- when presence of metal implants (or ask your doctor)
- For people using insulin pumps
- at high temperature (for example, above 39°C)
- when known or acute cardiac rhythm disorders and other disorders of excitement and conducting impulses in heart
- when seizures (for example epilepsy)
- during pregnancy
- when cancerous diseases
- after operations
- when acute skin or chronic diseases (damages or inflammations), (for example when painful and painless inflammations, redness, skin rash (for example allergy), burns, hittings, edemas, on open and healing wounds, on post-operation scars in the process of healing)
- in bathrooms or when bath or shower taking
- Do not use after alcohol consumption
- when simultaneous connection to high-frequency surgical aid.

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#### 2.2. Before use consult your consulting physician when:

- acute diseases especially in case of suspicion or presence of arterial hypertension, clotting disorders, tendency to thromboembolism as well as when malignant neoplasms
- when any skin diseases
- unexplained chronic disease states regardless of part of body
- diabetes
- any sensation disorders with hypalgesia (for example when metabolic disorders)
- simultaneously conducted medical treatments
- occur when stimulation complaints
- Persistent skin irritations due to prolonged stimulation with electrodes placement in the same place

#### 2.3. Use NOZZER exclusively:

- for humans
- for the purposes for which it has been designed and by the method described in this user's manual only.
- for external use

#### 2.4. PRECAUTIONS:

- Do not use the device in water or wet.
- Moisture and dust protection: The device is equipped with moisture and dust protection according to IP67 standard. Do not submerge device in water of more than 1m for a period of more than 30 minutes. Thoroughly wipe soaked device and/or wet hands, prior to using the device. If the device is exposed to impact of any liquids (except fresh water), rinse it immediately in fresh water and thoroughly wipe it with a soft tissue, otherwise it can begin to operate incorrectly, or inconsiderable defects can arise on its housing.
- Do not expose device to direct sunlight or high temperatures.
- The device is designed for personal use.
- If the device does not function properly, arise weaknesses or strong pain discontinue use immediately.
- Do not use this device at the same time with other devices which transmit electrical impulses to the body.
- Skin pretreatment with gels, creams and other substances is not recommended, because it can cause unwanted/unintended steps of current.

Quickly disappearing skin redness under electrodes when long-term application of NOZZER is not dangerous and can be explained by local intensification of blood circulation. If you discontinue use, the skin state will normalize within one hour. But if redness persists and inflammation or itching arise, consult a doctor promptly, and prior to further use of the device.

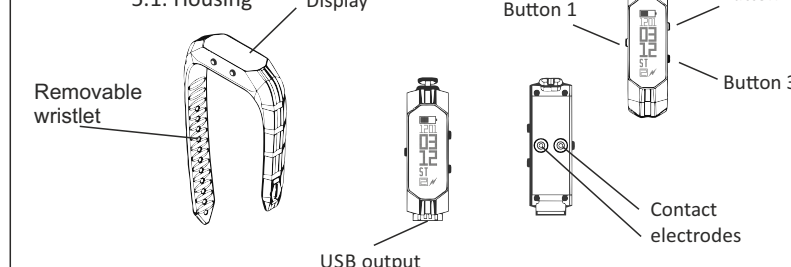
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### 3. Damage

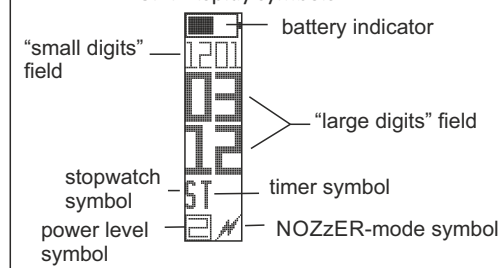
- In case of doubts about potential device damage, DO NOT USE it, contact the trade organization that sold you the device, or at specified address of technical support service.
- Periodically check the device for absence of damage or wear signs. In the event of discovery of such signs, or in case of device misuse, prior to reuse, device must be sent to manufacturer or trade organization promptly.
- Immediately switch the device off if it is out of order or there are faults in operation.
- DO NOT ATTEMPT to open and/or repair the device, under any circumstances. Trust technical support service or authorized trade organizations only, to perform such repairs. Customer's Non-compliance to these practices, leads to loss of warranty.
- Manufacturer is not responsible for damage caused by unqualified or improper use.

#### 4. Device's appearance

##### 5.1. Housing



##### 5.2. Display symbols



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### 5. Charging the battery

- The device is powered from built-in lithium polymer battery.
- Prior to first use charge the battery.
- The device uses a wireless charging method by means of a USB output hidden under the wristband strap. To access Device USB, disassemble Device from wristband, by slowly pulling down lower part of the strap. Insert it into USB port of Desktop PC or powerbank, and wait until device is fully charged, according to indicator in the upper side of display – it should be fully painted.

#### 6. Operations with device menu

"NOZZER Watch" is a fully autonomous device for control of which, connection to a smartphone or other third-party device is not required. "NOZZER Watch" has a number of functions performed via menu, including:

- "NOZZER" anti sleep mode
- Current time + Calendar date
- Stopwatch
- Timer
- Silent alarm clock (electric alarm clock)
- Audiosonic alarm clock
- Adjustment of "Sound" parameter - sound volume of buttons
- Adjustment of "Power" parameter - current strength level of impulses.

The "NOZZER Watch" is equipped with OLED display.

In the absence of actions with buttons the display turns off in 7 seconds, by pressing any button the display is activated.

##### 6.1. Menu control scheme:

- Short press of Button 1 - transition between menu items;
- Long press of Button 2 - editing of current menu option;
- Short press of Button 2 - increase the editable parameter to 1;
- Short press of Button 3 - decrease the editable parameter to 1;
- Another short press of Button1 - move to the next option/exit the editing.

Transition between menu items is performed circle-wise.

When transition to stopwatch, symbol "S" appears.

When transition to timer, symbol "T" appears.

When transition to electric alarm clock, symbol appears. When the electric alarm clock is activated it remains on the display permanently.

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When transition to audiosonic alarm clock, symbol appears. When the audiosonic alarm clock is activated, it remains on the display permanently.

When transition to "Power" editing, symbol P1, P2 or P3 is displayed. Set value is displayed permanently in all operating modes.

#### 7. Using of "NOZZER" anti-sleep pulses mode

7.1. Make sure that the device has been charged.

7.2. For normal contact of electrodes use them on dry and clean skin. Prior to use you should remove hair on the skin area under electrodes.

7.3. In the program of NOZZER pulses mode the smart system of adaptation to skin resistance is used. You will feel its operating first several seconds after activation of anti-sleep mode as fast pulse pulsating, which than will change by Set pace of pulses.

7.4. "NOZZER" anti- sleep pulses mode is activated by long press of Button 3 from any menu item. Herewith, on the display the symbol appears, on the Large field digits shown the values of Impulses rate, measured in seconds (upper pair of digits) and Level of impulses strength (lower pair of digits). On the line of Small digits, current time is displayed. The Deactivating of "NOZZER" pulses mode is also performed by long press of Button 3. If the pulses mode operates with no load (without contact of electrodes with skin), it will automatically turn off within 30 seconds.

7.5. Strength of impulses. Adjustment of Strength level depends on the individual subjective feel of each separate user and determined by a large number of values; such as: the user's age, the blood circulation in their skin, the thickness of their skin as well as the quality of their contact with the electrodes. In practice, setting should be effective and correspond to current level of fatigue - from slight tingle to more intense sensations. For long term use, adjustment of temporary processes of adaptation and application scope may be required. **Please note: the stronger the sensations - the better the anti-sleep effect.**

7.6. Determine the appropriate level and sublevel of pulse strength.

The NOZZER program has 99 levels of pulse Strength. You can change the levels in the menu or in the real time when anti-sleep mode is working. Consistently test the levels from 20 to 99 (99 is strongest) until you find the one that provides a sufficient effect. Try internal and external sides of your wrist.

Up by 1 – by short press of Button 3;

Down by 1 – short press of Button 2.

Selected settings of Strength are saved to next launch of anti sleep mode.

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7.7. Determine appropriate Pulses rate.

The NOZZER program has 6 values for Pulse pace which differ by time interval between pulses and denote these intervals in seconds, respectively:  
3 – 5 – 7 – 10 – 15 and R  
R – (Random) – is a random interval between pulses, where each new pulse comes through the interval selected randomly (5 general values of the Rate).  
Value of Pulses pace is changeable in real time by short press of Button 1 (circle-wise).

#### 8. Technical data.

Specifications	IP67 protection
Max current: 2mA	OLED display
Working time:	Li-Pol battery
- waiting mode - more than 90 days	Wireless charging
- active mode - 8-15 hrs	

Carefully read the Manual before using

#### 9. Disposal.

Devices containing batteries must be disposed by placing into special designated containers, special waste collection points or through dealers of electrical goods. You must dispose this device in accordance with the requirements/specifications of the government. Disposal of the device should be performed in accordance with requirements of the Directive 2002/96/EC "Waste Electrical and Electronic Equipment" (WEEE). Necessary information can be obtained by contacting the appropriate local government body.

#### 10. Warranty

We provide warranty on defects in materials and manufacturing for a period of 12 months since the day of sale;

The warranty does not cover:

- cases of damage caused by misuse
- general wear & tear of parts
- defects of which the customer was aware on the moment of purchase
- cases of customer's own fault.

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Developed by Umbrosys Co.  
Assembled in China

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