

## Introduction

The BuzzPOD is a small two part device worn around the chest and which detects when you are sleeping on your back delivering a vibration to shift you onto your side.

**The sleep position monitoring Trial** is a 7-night test that determines :

- BuzzPOD **effectiveness** in keeping you off your back.

## Quick Guide

- Wear the device for 7 nights.
- The first 2 x nights vibration is DISABLED.
- The next 5 x nights vibration is ENABLED.
- Then post the unit back to us for data analysis and we generate your effectiveness report.
- The report will show normal time on your back (nights 1 and 2) compared with time on your back nights 3-7 when vibration is active.

**\*DO NOT** plug the BuzzPOD into a computer as the batteries are **NON-RECHARGEABLE**.

## 1: Turning On the BuzzPOD (Night 1)

Please follow the Instructions below (see Fig. 1).

- 1.1** Push the BuzzPOD (gently) partially out of the larger pocket on the chestband (Fig. 2) until the ON/OFF switch slot is exposed. This slot is near the other end from the white cable entry.
- 1.2** Using a small straight tool (e.g. pen tip, paper clip, or sim card tool) slide the ON/OFF switch just inside the slot towards the white cable end of the box.
- 1.3** The BuzzPOD should immediately **buzz 4 times > flash brightly 2 times per second** for approximately **45 seconds > buzz twice > flash less brightly once per second**.
- 1.4** Push the BuzzPOD back into the pocket

**The BuzzPOD is now ready to wear.**

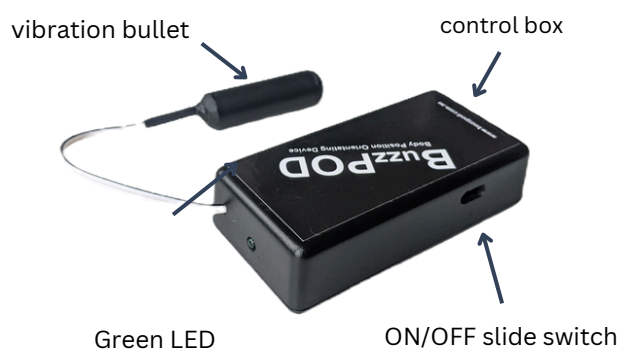
Note:

To ensure the last 2 buzzes are noted, keep your finger pressed against the buzzer pocket after the first 4 buzzes.

This sequence **must occur**. Else switch off, wait 5 mins then start again.

Once it is operating correctly the LED it will be flashing **once per second** until you switch off after 7 nights.

**\*\*Note DON'T turn the BuzzPOD OFF until the end the 7 night Trial period.**



**Fig 1:** BuzzPOD schematic



**Fig 2:** Exposing the switch slot

## 2: Wearing the BuzzPOD

After switch on, insert the BuzzPOD and vibrating bullet securely in their pockets, wrap the chestband around your chest.

Ensure that:

- The BuzzPOD control box is in it's pocket at the front of the chestband (i.e. not hidden behind) with the cable and LED pointing towards your chin.
- The vibration bullet is in it's pocket which is hidden behind the chestband and is therefore pressing against your night shirt

Tighten/loosen the chestband strap until it's firm and comfortable. Clamp down the velcro tag to secure the strap tension. Fig 3 shows the required configuration.



**Fig 3:** Correct positioning and attachment

## 3: The 7-Night Procedure

- Wear the BuzzPOD for 7 nights.
- During the day, place the BuzzPOD (still in it's pouch) on a bedside table with the BuzzPOD control box pocket facing down.
- The BuzzPOD will not vibrate when you go on your back for the first 2 nights. On the 3rd night the vibration will be enabled and the BuzzPOD will vibrate each time you go onto your back. This will remain so until the end of the Trial.
- If the flashing upsets you at night, cover the LED with a piece of black tape.
- After night 7 turn the device off by moving the slide switch back to the OFF position (Fig. 1)
- Then post it back in the self-addressed Express Post Pack so that we can generate your report from the 7 nights of recorded sleeping position data..

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