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Bluetooth® Heart Rate Monitor Manual

Thank you for purchasing the Sunlighten Bluetooth Heart Rate Monitor. Now you can monitor your heart rate and caloric burn on your Android Control Panel during 3-in-1 sauna sessions!

How to Use Your Sunlighten Heart Rate Monitor

Heart Rate Detection:

» The plastic electrode areas on the reverse side of the strap detect heart rate
» The connector sends the heart rate signal to the receiving device

How To Wear Heart Rate Monitor:

1. Moisten the electrode areas of the HRM strap
2. Attach the connector to the strap
3. Adjust the strap length to fit tightly but comfortably
4. The strap should be positioned just below the chest muscles
5. Check that the moist electrode areas are firmly against your skin

Pairing your HRM to your Sunlighten Android Control Panel

Prerequisite: In order to pair this device, your Android Control panel must be updated to Android 4.4 or greater. To verify the version of Android software on your control panel press the "Settings/Set-up" icon from the bottom and select the "Configure your wireless connection" option. Scroll down and press the "About Tablet" option. Ensure your version of Android is 4.4 or greater. If it is please proceed to the next steps below.

If it is not 4.4 please refer to the update instructions at www.sunlighten.com/android-update.html.

With Android 4.4 your Heart Rate Monitor is ready to pair:

1. Ensure your HRM is properly worn as indicated above in the "How to wear the HRM" section.
2. Turn on Bluetooth on your Android Control Panel: On the Android Control Panel press the "Settings Set-Up" icon and select the "Configure your Wireless Connection" option. Press the "On/Off" button on the Bluetooth section.
3. Pair the HRM - From the Home screen on the Android Control Panel press the blue "Sync" button in the left hand dial. You should see a dialogue box of "Searching". Once the HRM is found you should see a confirmation dialogue box that says "Connected to Device".
4. Your heart rate and calories burned will display in the left hand dial of the home screen.

    NOTE: If you are having issues pairing devices go to the "Settings/Set-Up" icon located at the bottom and select "Configure your wireless connection". Press the Bluetooth option and it should automatically search for new devices. After a few seconds it should display your HRM. Press the name of your HRM to pair. If it doesn't display your HRM, press the "Search for Devices" icon in the top right corner. After it is paired you can return to the Home screen and see your heart rate.

Bluetooth Signal and Battery Power

When sending a Bluetooth signal, the HRM is using battery. To save battery, disable the Bluetooth signal by separating the monitor from both ends of the strap.

Replacing the battery:
1. Unscrew the casing (usin a coin works well) and remove the battery from the HRM.
2. Insert the new battery upside down in the casing. Leave it upside down for a few seconds.
3. Flip the battery right-side up to its correct position.
4. Reinstall the battery and screw on the case cover, ensuring to retain the gasket, which keeps a watertight seal.

Cleaning your HRM Strap

We recommend that you regularly wash your strap to keep it in top working condition. Use cool water and mild soap (such as dish soap or laundry detergent) and rinse again with cool water. Please air dry the strap! Sunlighten recommends that you air dry the strap after working out. This will also help keep the strap in good condition.

Troubleshooting

Problem: Why is my HRM not synced?
Ensure that Bluetooth is enabled on your ACP and you are wearing the HRM properly.

Problem: My Bluetooth Heart Rate Monitor won't stay connected.
If the HRM is having trouble staying connected, the following troubleshooting steps can help you reset the HRM and/or Android Control Panel and bridge a new connection.

To reset the Heart Rate Monitor:
1. Remove the battery from the monitor.
2. Flip the battery upside down and reinstall in the casing. Leave it upside down for a few seconds.
4. Remove the battery and flip it right-side up to its correct position.
5. Reinstall the battery and screw on the case cover.

To reset the Android Control Panel:
1. Press and hold the power button in the lower right corner of the Android Control Panel.
2. Select the option of "Reboot".

Bluetooth Connection Factors: *If you attempted the troubleshooting steps above and are still having trouble syncing your HRM, please try some of the troubleshooting steps below.*

Moisten the sensor strips
Make sure the electrodes (the smooth portion of the strap) are wet when you place them against your skin.

Reposition the strap
If the sensor is having trouble getting a strong and consistent read, it may be too loose, slipped out of position or became too dry. Try different positions to determine the location for the best read.

Replace the battery
Depending on your usage level, the battery will eventually fail, and should be replaced with a 2032 lithium coin battery. A failing battery can be indicated by a reading of "0", a reading that does not change when it should, or an inability to sync with the app.

Wash the strap
Hand wash the strap with cool water and hang to dry. (Do not put the strap in the dryer!) Build-up of dirt, sweat and oil can cause connection issues.

Avoid disruption from other devices
Pair your HRM at a distance of at least 10 meters from other smart phones. Other Bluetooth devices may disrupt a connection to your Android Control Panel.

Still experiencing trouble after trying these suggestions?
Please visit: http://www.sunlighten.com/customer-care.html

Specifications
- Physical size: 34.7 cm × 3.4 cm × 1.1 cm
- Weight: 44 g
- Water Resistance: 10 m
- Transmission range: Approximately 3 m
- Battery: User-replaceable CR2032 (3 volts)
- Battery Life: approximately 2.5 years (1 hour per day)
- Radio frequency/protocol: Bluetooth 4.0 Low Energy
  Accuracy may be degraded by poor sensor contact, electrical interference or receiver distance from the transmitter.

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