

# Silent Night

The easy way to a good night's sleep and to ensure consideration to your sleeping partner.



The Silent Night kit contains the following items:-

- 1 Silent Night 'watch' control unit
- 1 lithium Battery
- 1 Conductive gel

Snoring most commonly occurs when persons sleep on their back, or remain in the same position.

A change of sleeping position can often stop a person snoring.

Silent Night Snore Stopper is designed like a watch with an adjustable Velcro strap. There are no sharp edges, which can harm persons or their partner's while asleep, or which can get caught up in any bed linen.

Simply put on Silent Night before going to sleep and press button to activate.

Silent Night works by detecting snore sounds and sending out weak electrical impulses to the wrist, which will normally cause the person to move and change sleeping positions without waking up. The Silent Night is completely painless.

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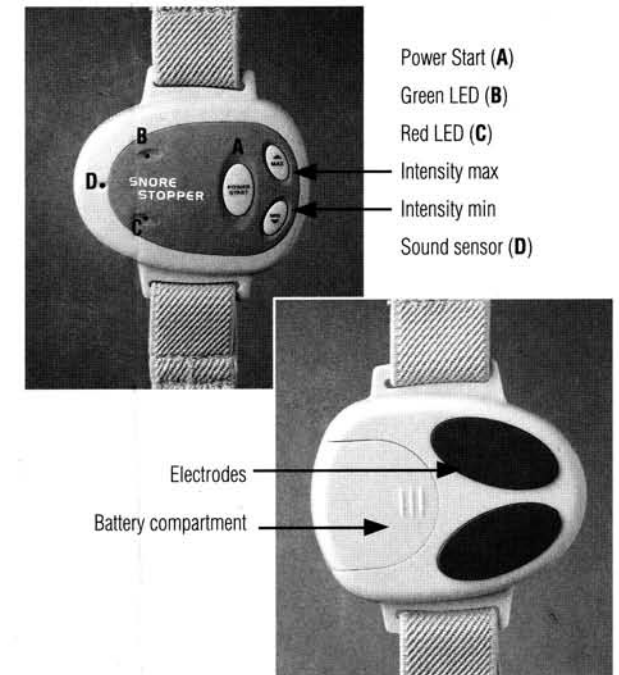
## Instructions for Use

1. Remove battery compartment, which is situated on the underneath side.
2. Insert CR2032 Lithium battery provided with printed surface on the battery facing upwards.
3. Replace battery compartment.
4. Apply coat of contact gel to each black electrode situated underneath Snore Stopper.
5. Place on either wrist using comfortable Velcro strap. Adjust strap so is firmly attached but comfortable – strap should not feel in any way tight.
6. Press "Power Start" and hold down until green LED flashes. You will feel the electronic impulses, which are transmitted to your wrist via the electrodes. The electronic impulses are memorised at the previous intensity level setting. Press "Max" or "Min" button to adjust intensity so you can feel at a comfortable level.
7. Press "Power Start" to confirm intensity level selected.  
Unit is now ready to use.
8. Test unit by making a "snoring sound". You will feel impulses are activated for around three seconds and green LED light will flash. Unit will then deactivate until such time as it hears a further "snoring sound".
9. To turn off unit keep "Power Start" depressed until red LED flashes.
10. To reset or change the intensity level, press "Power Start" and keep depressed until green LED flashes. Then follow steps 5 to 7 again.
11. Unit will automatically switch off after 8 hours.
12. After use, wipe away all surface contact gel from back of unit using a damp cloth or tissue.

**Remember that the idea of the Snore Stopper is that these impulses will be enough to make you change sleeping positions but not to wake you up!**

## Caution

1. Do not use or place unit near any open flames. (Any form of fire or candles etc).
2. Do not immerse unit in water i.e. do not use in the bath or while washing hands. In the event that Snore Stopper is accidentally immersed in water, it should be returned immediately to Atlantic Horizon.
3. In the event that Silent Night is not used for a long period, then remove the battery from the battery compartment to ensure there is no corrosion.



## Replacement Batteries

Snore Stopper uses model CR2032 3 volt Lithium battery. Batteries can be obtained from most drug stores.

## Replacement Contact Gel

Replacement Contact Gel can be obtained from Atlantic Horizon. Phone the Helpline on 562 948 1144 to obtain information.

## Technical Data

Model No. AH 5217  
Power Source: Lithium Battery Type CR2032 3 Volts  
Complies to: EN 61000-6-1: 2001 EN 61000-6-3: 2001  
Conforms to: EMC Regulations (Electro Magnetic Compatibility Directive 89/336 EEC)

## Repairs and Services

If the unit is damaged, return to point of purchase. Do not tamper with wires or attempt to open Control Unit.

## Guarantee

The SilentNight is guaranteed for one year against original factory faults in material and workmanship. If repairs are necessary as a result of accident or misuse this is not included in our guarantee.

Important: This undertaking is in addition to consumer's statutory rights and does not affect those rights in anyway.

The SilentNight Snore Stopper is manufactured in China.