

**Tip:** There is no way to manually switch off the device, after 3 minutes of no activity the device will automatically switch itself off.

after 3 minutes of not being used.

The POWERbreathe Smart Adaptor will switch off automatically

**3.3. Turning off the device.**

To charge the device take off the USB Port Cover and place somewhere safe. Using the supplied USB Charging Cable, charge the device from a wall charger, laptop or other low energy charging device that complies with the IEC 62368 1 standard. The LED will illuminate red to indicate it is in charging mode, when fully charged the red LED light will switch off. Unplug the USB charging cable and remember to cover the USB Port with the USB Port Cover.

**3.2 Charging the POWERbreathe Smart Adaptor.**

Alternatively scan QR code on packaging to download App.

On your iOS device, select the Apple Store app, in the search bar type in ActiBreathe App and install.

**For iOS devices:**

On your Android device, select the Play Store App, in the search bar type in ActiBreathe™ App and install.

**For Android devices:**

**3.1 Installing ActiBreathe App.**

**3. Device Set-up and User Instructions**

**Contact Information**

**Head Office:**  
POWERbreathe International Ltd  
Northfield Road, Southam,  
Warwickshire CV47 0FG, England, UK  
Telephone: +44 (0) 1926 816100  
[www.powerbreathe.com](http://www.powerbreathe.com)

**CE** HaB GmbH,  
Porschestra. 4,  
D-21423 Winsen an der Luhe,  
Deutschland.

**Distribution:**  
UK:  
HaB International Ltd.  
Northfield Road, Southam,  
Warwickshire CV47 0FG, England, UK  
Telephone: +44 (0) 1926 816100  
[www.habdirect.com](http://www.habdirect.com)

POWERbreathe International Ltd.  
(UK REP)  
Northfield Road,  
Southam,  
Warwickshire, CV47 0FG  
England, UK  
Tel: +44 (0)1926 816100  
Email: [enquiries@powerbreathe.com](mailto:enquiries@powerbreathe.com)  
[powerbreathe.com](http://powerbreathe.com)

**North America:**  
POWERbreathe  
Customer Service, Shipping  
& Warehouse  
7621 East Joy Road, Ann Arbor,  
Michigan  
48105, USA  
Telephone: +00 1 (0)734 996 5900  
[www.powerbreathe-usa.com](http://www.powerbreathe-usa.com)

**For other territories please visit:**  
[www.powerbreathe.com](http://www.powerbreathe.com)

Designed and Developed with pride in the United Kingdom



When red light turns off:	Charged
Continuously red:	Charging
Blue light flashing twice every second:	Connected
Blue light flashing once every 2 seconds:	Searching for device

**2.4 USB Micro charging indicator light (red).**

**2.3 LED Operation Light functions.**

**10. FCC Compliance Statement**

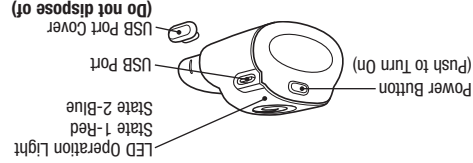
This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

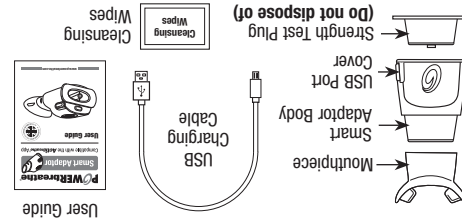
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.



**2.2. Functional Parts**

**Tip:** The POWERbreathe Smart Adaptor 'Strength Test Plug' will be pre-attached to the POWERbreathe Smart Adaptor during manufacturing, remember to remove and keep safe when not performing a breathing strength test.



**2.1 What's in the box.**

**2. Product Description**

**11. Limited Warranty**

Thank you for choosing a POWERbreathe product. We will provide comprehensive warranty service according to local laws and regulations.

Warranty coverage restrictions apply.  
For more details go to [www.powerbreathe.com](http://www.powerbreathe.com)  
To register your product, go to [www.powerbreathe.com/warranty](http://www.powerbreathe.com/warranty)

**12. Customer Service Contact**

Please do not send goods back to us without requesting an RMA number first, as we need an RMA number to be able to track your return. Any products returned without an RMA number may be rejected upon arrival.

Please note that issuing an RMA number is an acknowledgement of your request and does not imply acceptance of a warranty claim.

It is recommended that you speak to our friendly staff first at [enquiries@powerbreathe.com](mailto:enquiries@powerbreathe.com) to see if any issue can be resolved before sending any goods to us. Once a ticket is raised our team will be able to help you further. Please use the RMA number at all times when referring to the item.

**Head Office:**  
POWERbreathe International Ltd  
Northfield Road, Southam, Warwickshire  
CV47 0FG, England, UK  
Telephone: +44 (0) 1926 816100  
Email: [customer-support@powerbreathe.com](mailto:customer-support@powerbreathe.com)  
[powerbreathe.com](http://powerbreathe.com)

The POWERbreathe Smart Adaptor evaluates breathing strength so you can monitor the improvements in your breathing training. It also links some of our breathing trainers (sold separately) to the ActiBreathe App that supports and guides your breathing training, helping you train more efficiently with real time feedback.

**1.2 POWERbreathe Smart Adaptor**

results by the use of the equipment herein. Intended to diagnose, cure or prevent any disease. Individual results may vary. No claims are made or implied in the use or you may have regarding a medical condition. This product is not advised of your doctor or other health provider with any questions exercise only. Any other use is not recommended. Always seek the advice of your doctor or other health provider with any questions is designed to be used with compatible devices for breathing The POWERbreathe Smart Adaptor device is not a toy. This product

**1.1. Disclaimer**

Thank you for choosing the POWERbreathe Smart Adaptor. Our team worked diligently to ensure the highest quality, and we trust you'll find it meets your expectations.

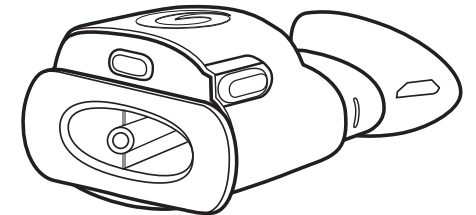
**Dear Customer,**

**1. Introduction**



Compatible with the **ActiBreathe** App

**User Guide**



### 3.4. Checking the remaining battery charge.

You can check the remaining battery charge of the rechargeable battery via the ActiBreathe App.

It is recommended that the POWERbreathe Smart Adaptor should be put on charge if the battery is below 25%.

### 3.5. How to Bluetooth® pair the POWERbreathe Smart Adaptor to a mobile device.

Before attempting to connect the POWERbreathe Smart Adaptor to a mobile device make sure the Smart Adaptor is switched On and Bluetooth is activated on the mobile device. Ensure both devices are less than 1m apart.

#### To pair

When signing up for the first time one will be guided through making a wireless connection between the POWERbreathe Smart Adaptor and ones mobile device.

- From the ActiBreathe App **Home** tab, click on **My Device**
- In the **My Device** tab click on **Edit** button
- You will be presented with a **POWERbreathe Survey** form. Fill in the form and click **Continue**
- In the **Device Setup** tab select your breathing trainer and click **Next**
- Follow the instructions and click on the **Pair** button to pair the POWERbreathe Smart Adaptor with the ActiBreathe App. Wait until the **Connected** message appears to confirm pairing.

5

### 4.2. Battery Care

If the device is not used for long periods, we recommend charging the device every 2 months to ensure battery performance remains optimal.

## 5. Product Specifications

### 5.1. Basics

Model .....	POWERbreathe Smart Adaptor
Dimensions (not including mouthpiece).....	L50mm x H28mm x W42mm
Weight .....	22g
Operating time.....	Up to 7 hours
Charge time .....	Approximately 2 hours
Battery .....	Rated Capacity 28mAh Lithium-ion
Wireless connection.....	Bluetooth v4.2
Bluetooth profile .....	APTX, A2DP, AVRCP
Contains FCC ID.....	A8TBM71S2

### 5.2. Material

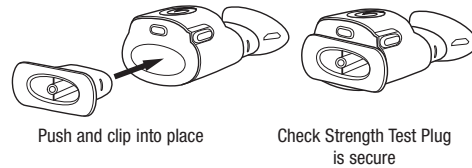
Main body .....	ABS / TPE
O-Ring .....	Nitrile rubber
Mouthpiece.....	TPE
Strength Test Plug .....	ABS
USB port cover .....	TPE
Case .....	EVA

9

**Tip:** You should only need to pair your POWERbreathe Smart Adaptor once.

### 3.6. Connecting the POWERbreathe Smart Adaptor Strength Test Plug to the device.

You can use your POWERbreathe Smart Adaptor with the Strength Test Plug to do a Breathing Strength Test. This will evaluate the strength of your breathing muscles.



### 3.7. Connecting the POWERbreathe Smart Adaptor to a POWERbreathe compatible breathing device.

The POWERbreathe Smart Adaptor has been designed to attach to a variety of compatible POWERbreathe products:  
 POWERbreathe Plus (all levels)  
 POWERbreathe EX1 (all levels)  
 POWERbreathe Shaker Deluxe



6

## 6. Disposal



This symbol means that according to local laws and regulations your product and/or its battery shall be disposed of separately from household waste.

## 7. Declaration of Conformity

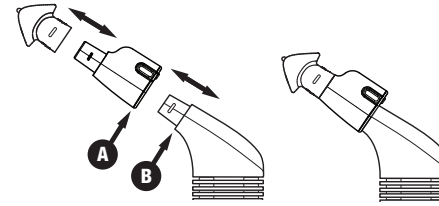
POWERbreathe International Limited declares that the "POWERbreathe Smart Adaptor" is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <https://www.powerbreathe.com/qr-smartadaptor-declaration-of-conformity/>



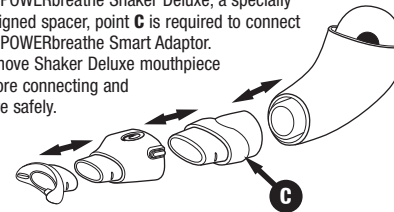
10

Ensuring that there is no obstruction in the POWERbreathe Smart Adaptor airway and the POWERbreathe compatible device has no mouthpiece attached, firmly push the POWERbreathe Smart Adaptor point **A** to POWERbreathe compatible device point **B**. Firmly attach mouthpiece to POWERbreathe Smart Adaptor.

**Tip:** Ensure the POWERbreathe Smart Adaptor is the right way round, with the POWERbreathe 'Swirl' facing upwards.



For POWERbreathe Shaker Deluxe, a specially designed spacer, point **C** is required to connect the POWERbreathe Smart Adaptor. Remove Shaker Deluxe mouthpiece before connecting and store safely.



7

## 8. Troubleshooting

### The POWERbreathe Smart Adaptor will not switch on.

If your POWERbreathe Smart Adaptor will not switch on, the battery may be completely flat. Follow procedures in section 3.2 to recharge the device.

### Unable to pair mobile device with the POWERbreathe Smart Adaptor:

- Make sure the device is fully charged
- When pairing, make sure the mobile device is within 1m of the POWERbreathe Smart Adaptor
- Enable Bluetooth® pairing on the mobile device
- Wait for the POWERbreathe Smart Adaptor to turn off, leave for 15 seconds and turn back on. Restart your phone. Repeat pairing process.

### Why does the POWERbreathe Smart Adaptor disconnect?

- Smart Adaptor has very low battery, follow procedures in section 3.2 to recharge the device.
- Interference from other devices within 2.4Ghz or 5GHz bands
- Too many apps open within your device, causing interruptions to service. Close unused apps.
- The distance between the mobile device and POWERbreathe Smart Adaptor may be over 1 meter, try moving closer
- Low battery power on your mobile device causing the connection to be unstable
- Try restarting your device to clear memory cache built up

11

## 4. Care and Maintenance

### 4.1. Cleaning

**Warning!** Never use scouring pads, abrasive cleaning agents or aggressive liquids such as petrol or acetone to clean the appliance. POWERbreathe Smart Adaptor is not suitable for dishwasher or autoclave use or any cleaning process using high temperatures (including very hot water). Do not submerge the main body of the Smart Adaptor in water.

The Smart Adaptor is not designed to be, nor supplied as, sterile.

- Make sure the USB Port Cover is plugged into the USB Port and the device is switched off before cleaning the device
- Firstly, remove the mouthpiece from the main body of the Smart Adaptor. Using the wipes provided or other suitable cleansing wipes, the mouthpiece and main body of the Smart Adaptor should be wiped down, removing any visible soiling and pay special attention to the mouthpiece area and airway
- A cleansing solution (suitable for cleansing baby bottles) can be used to clean the mouthpiece only. Remove from the Smart Adaptor before submerging the mouthpiece.
- Once the device has been wiped, dry with a clean cloth. Pay particular attention to drying hard to reach places such as the airway opening. Place the device with the POWERbreathe Swirl facing upwards, in a place where air can circulate until completely dry
- When not in use, place your POWERbreathe Smart Adaptor in the supplied protective case
- Wipe clean after each use

8

## 9. FAQ

### Excessive saliva while training – what can I do?

- After each inhalation and/or exhalation pause for a few seconds to clear saliva
- Take the device out of the mouth after inhalation and/or exhalation and swallow
- You might want to take the trainer out of your mouth while swallowing.

### My results vary a lot, is this normal?

The action of breathing is by its very nature extremely variable and difficult to control accurately. When you first start training, you may find that your results vary widely between different training sessions. As you get used to the action of breathing against a resistance with maximum effort, you should find that your results become more consistent and controllable. You may still find that there is variation from day to day, depending upon your physical condition and state of mind on a particular day, just as with any other form of exercise.

### Can more than one person use the same POWERbreathe Smart Adaptor?

For hygiene reasons, we recommend that users do not share the same POWERbreathe Smart Adaptor. However, it is possible to use a bacterial viral filter like the POWERbreathe Trysafe Filter every time someone new uses the device.

12