



Getting started with Readiband 4

Know your organization's sleep. Make better decisions to reduce on-the-job accident risk.

“With sleep, we reset our memory, reduce metabolic demand on the brain, and stay alert. Nothing is more fundamental than that.”

Dr. David Dinges

Sleep researcher and Professor at the
University of Pennsylvania School of Medicine

Table of Contents

What you'll need to get started	4
Meet Readiband 4	5
Meet Readiband 4 - sizing chart	7
Getting started	8
Getting started - syncing data	12
Protect your iPad from unauthorized use	13
Syncing data FAQs	14
Charging Readiband 4	16
Regulatory and safety notices	17
More about the Readiband 4	19
Contact information	20

What you'll need

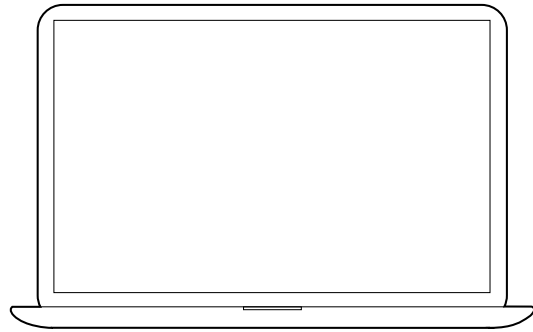
Readibands

To capture sleep data.



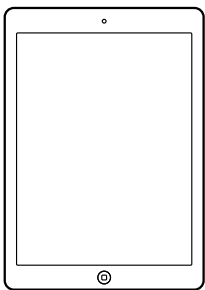
A computer and Fatigue Science account

To manage users and view sleep and fatigue analytics. You may have already received an email invite to set up an app.fatiguescience.com account. If not, contact your Account Manager.



iPad and charger

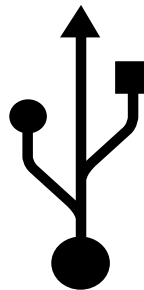
To set up Readibands for your athletes and sync data from the bands via Bluetooth.



Name	Model numbers
iPad Air 2	A1566 or A1567
iPad Mini 4	A1538 or A1550

USB charging port(s)

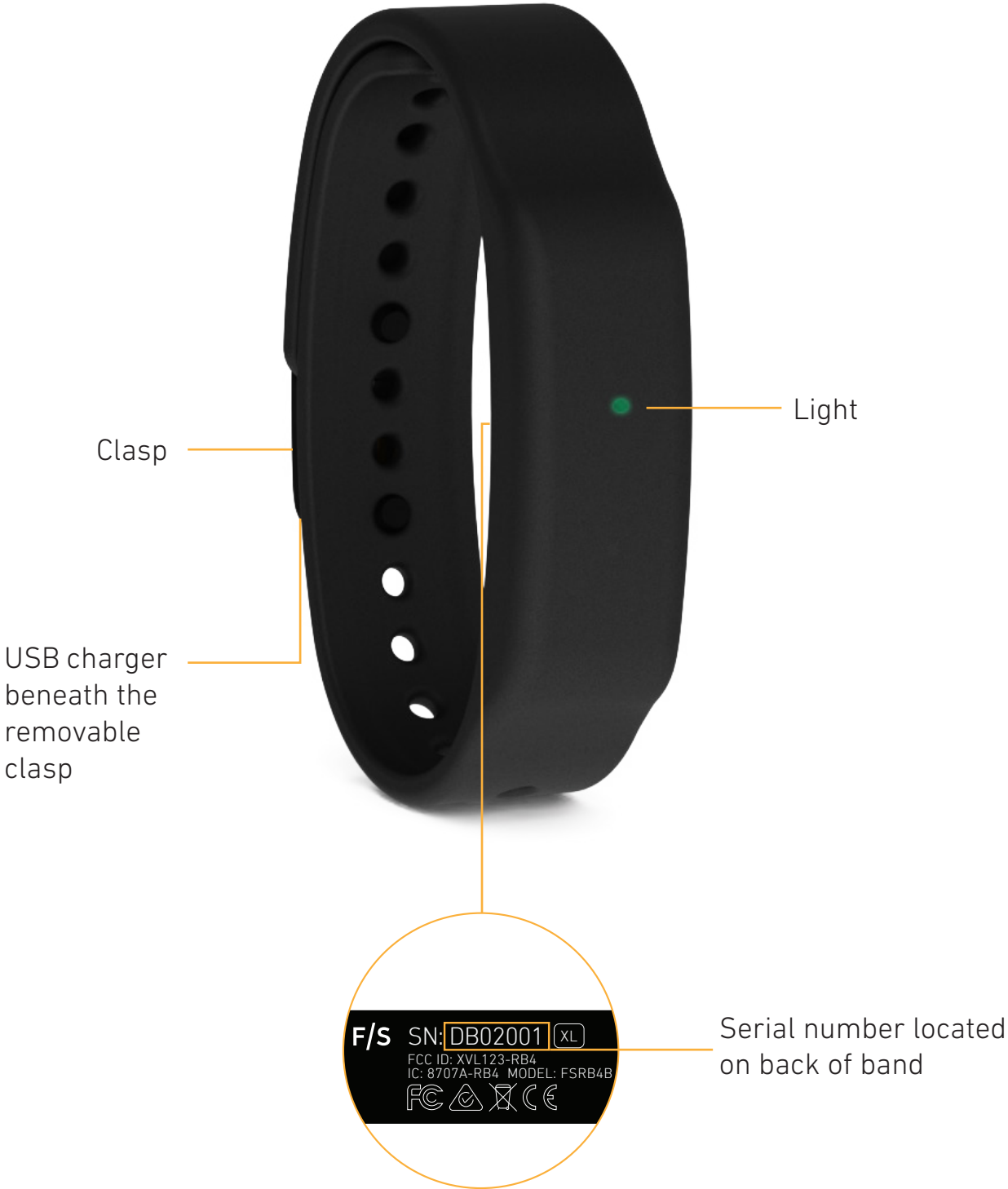
To activate and charge your Readibands. You can use a computer, a USB wall plug, or a USB powerbar to charge multiple bands at once.



Using your own iPad

To check compatibility, match the model number found in Settings > General > Regulatory, with the list above.

Meet the Readiband 4





Splash resistant and durable

Designed for the rigors of elite athletics and heavy industry. The Readiband is rain and splash resistant. However, please remove the Readiband before showering, swimming, or any activities that involve submerging the band in liquid.



The battery lasts up to 15 days



It tracks your workers' sleep and nothing else

The Readiband tracks wrist movement to determine when and how well your workers sleep. That's it. It has no idea where they are or what they're up to.



It should be worn 24/7

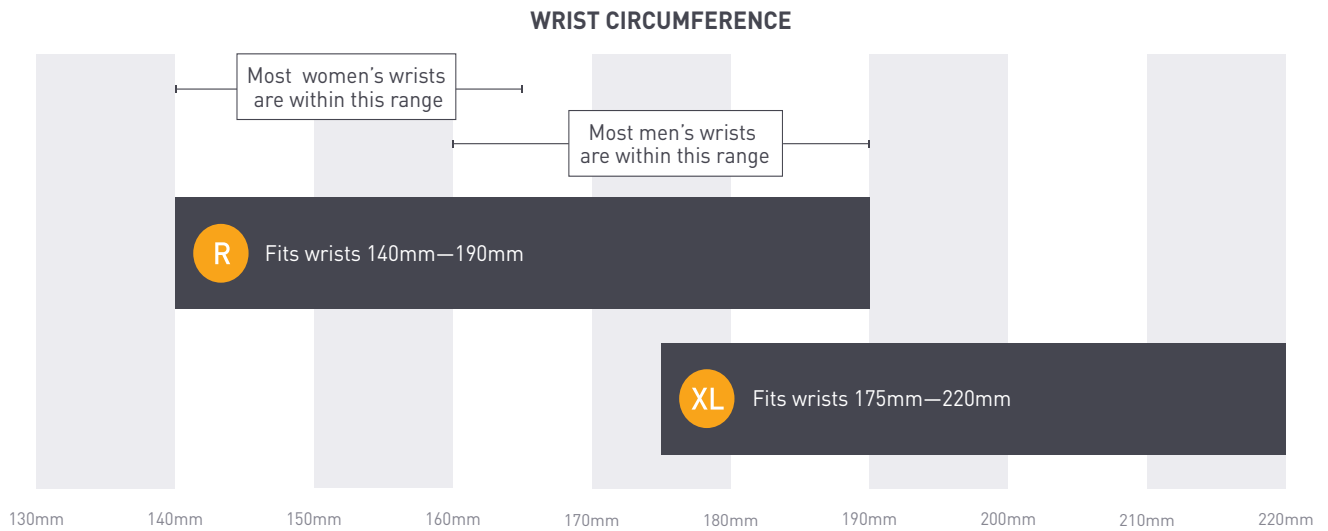
The Readiband provides the most accurate sleep and fatigue results if worn 24/7 and should only be taken off for work tasks that prohibit jewelry or watches.



If you're just getting started with the Readiband Platform, ask your Account Manager about the fatigue risk management education tools we have available to use with your employees.

Meet the Readiband 4 - sizing chart

Our band comes in two sizes: XL and Regular (R).



Getting started

1. Fully charge all your bands

Plug into a USB until the light flashes green. This will take 10-90 minutes per band.

2. Create user accounts

In a web browser, sign in to app.fatiguescience.com to create accounts for each of your employees

The screenshot shows a web browser window with a modal form titled "Add new user". The form contains the following fields and options:

- First name:** Jeff
- Last name:** Keller
- Email:** jeff.keller@email.com
- Location:** Springfield Trucking Co
- Role:** Readiband Wearer (with a dropdown arrow and a link to "Learn about roles")
- Expiry:** Expiration date
- Disable account
- Invite user to activate account (highlighted with an orange box)
- Buttons:** Save, Cancel

TIP

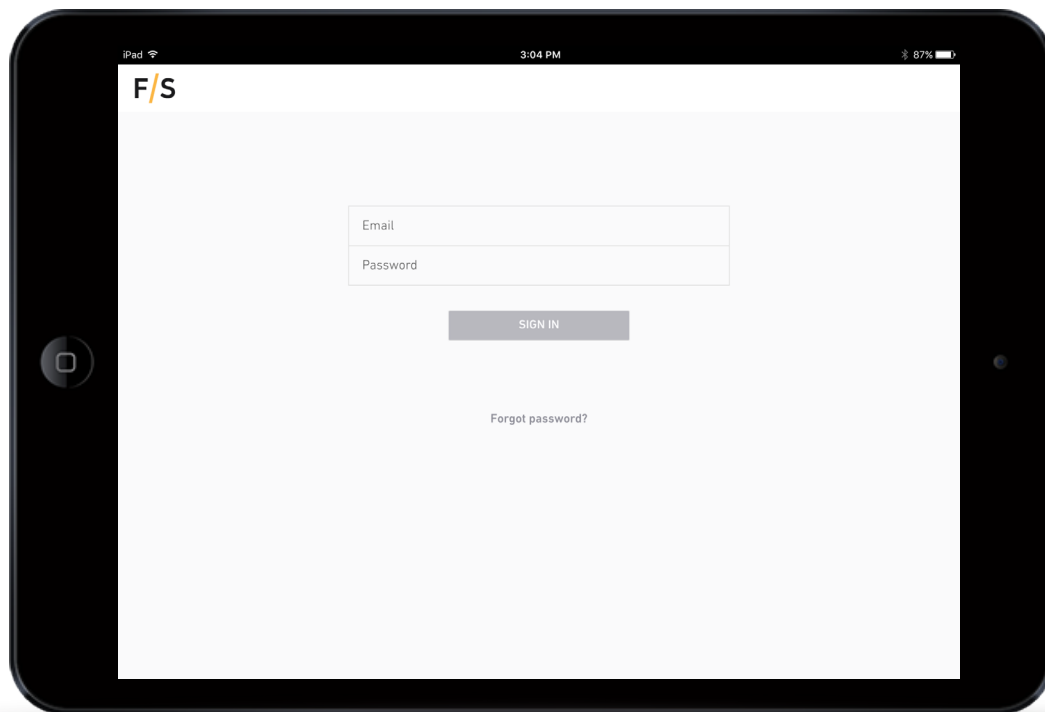
If you want your employees to have access to their personal sleep reports, invite them to login by checking the box at the bottom of the Add new user window.

3. Set up your internet connection

Go to **Settings** > **Wi-Fi**. Enable Wi-Fi and find your network in the list below. Follow the prompts to set up your internet connection.

4. Sign in to the Sync app

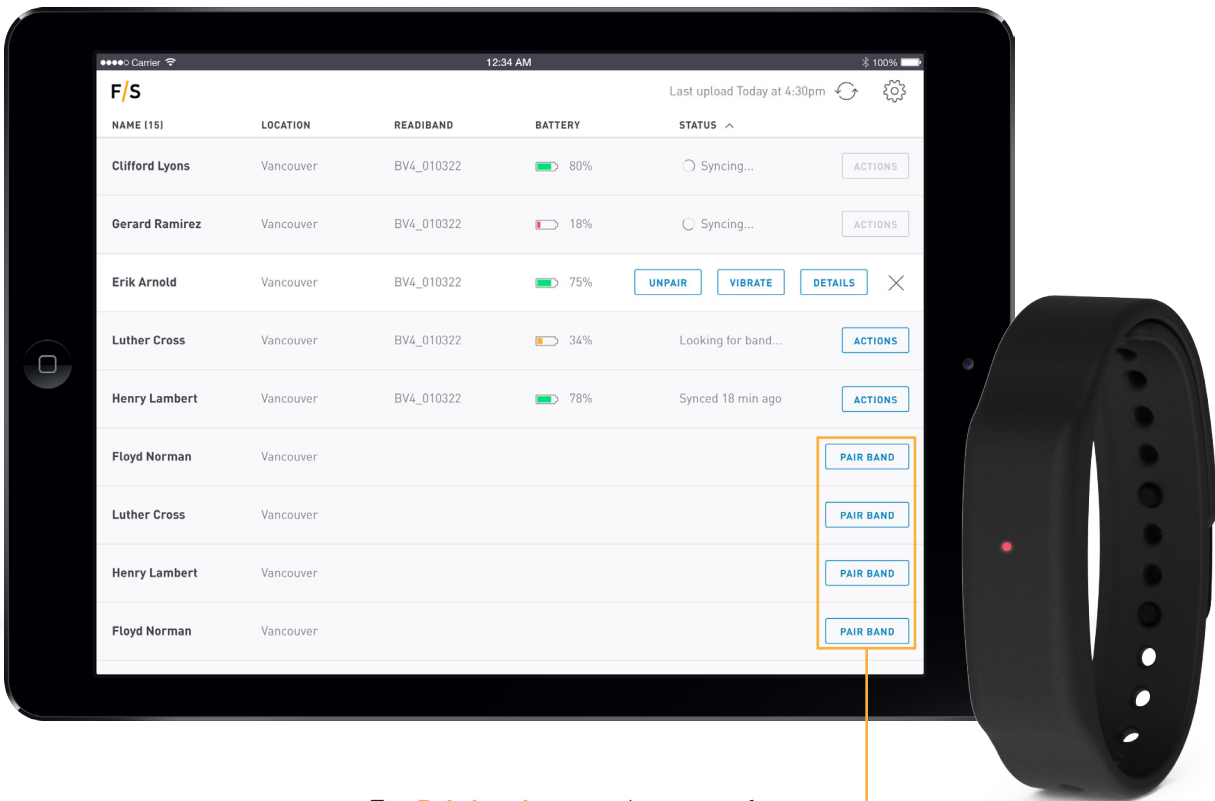
Open the app and login using the same credentials as you do for **app.fatiguescience.com**.



5. Pair each band with a user

The app will list all users that have been added to your account. Each Readiband needs to be paired with a specific user.

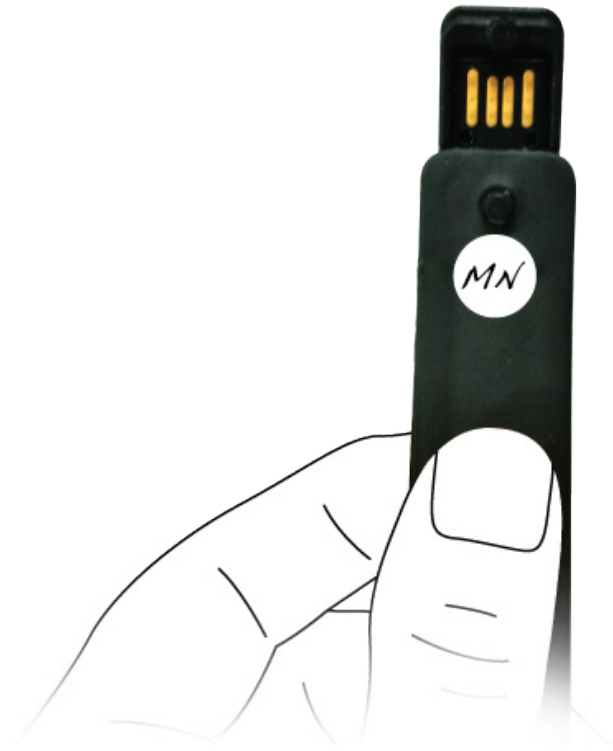
You'll be asked to select an XL or Regular length band for each user.



Tap **Pair band** next to the name of any user and follow the prompts to confirm pairing.

6. Write the paired user's name on the band

There are stickers included in your package. Use a permanent marker to write their initials.



7. Distribute each paired band to its associated user

That's it. The band will start recording sleep intel as soon as it's clasped on the intended user's wrist.



When swapping bands around amongst different users

If you need to switch a band to a new user, be sure to first unpair it, then pair to the new user.

Getting started - syncing data

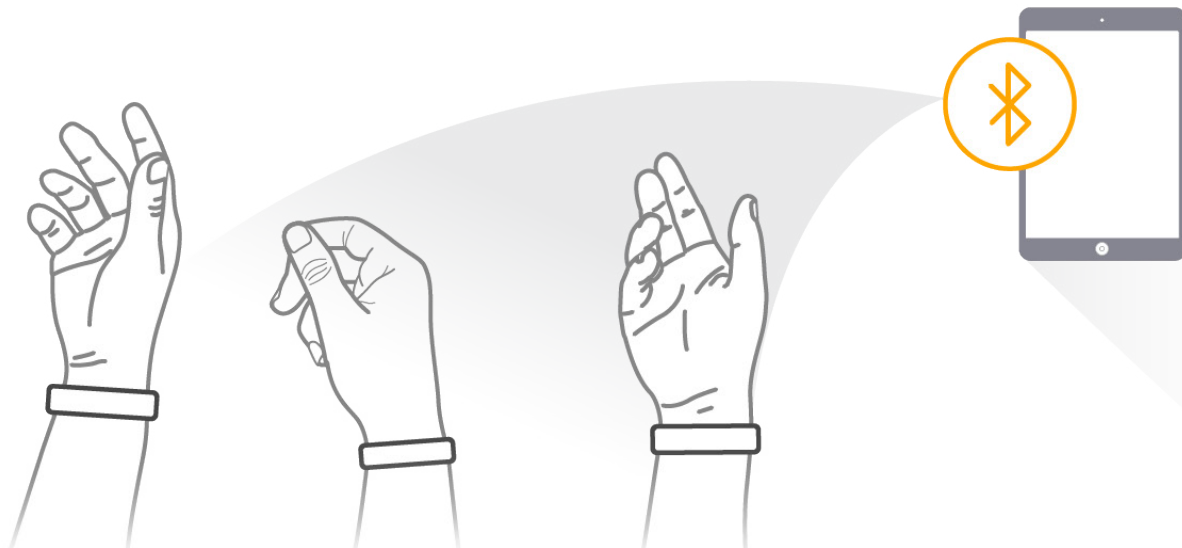
The Sync app has two primary jobs:

1

It manages the pairing and unpairing of Readibands.

2

It captures data continuously when a Readiband is within approximately 40' (13m).



TIP



Position the iPad in a location where your Readiband users consistently spend a significant amount of time in daily e.g. common meeting areas, locker room, cafeteria.



Keep the iPad plugged in. Because it's continually looking for and syncing data with nearby Readibands, the battery is going to be working hard.



Ensure it has a strong and reliable Internet connection.



Be sure to screen lock your iPad.

Protect your iPad from unauthorized use

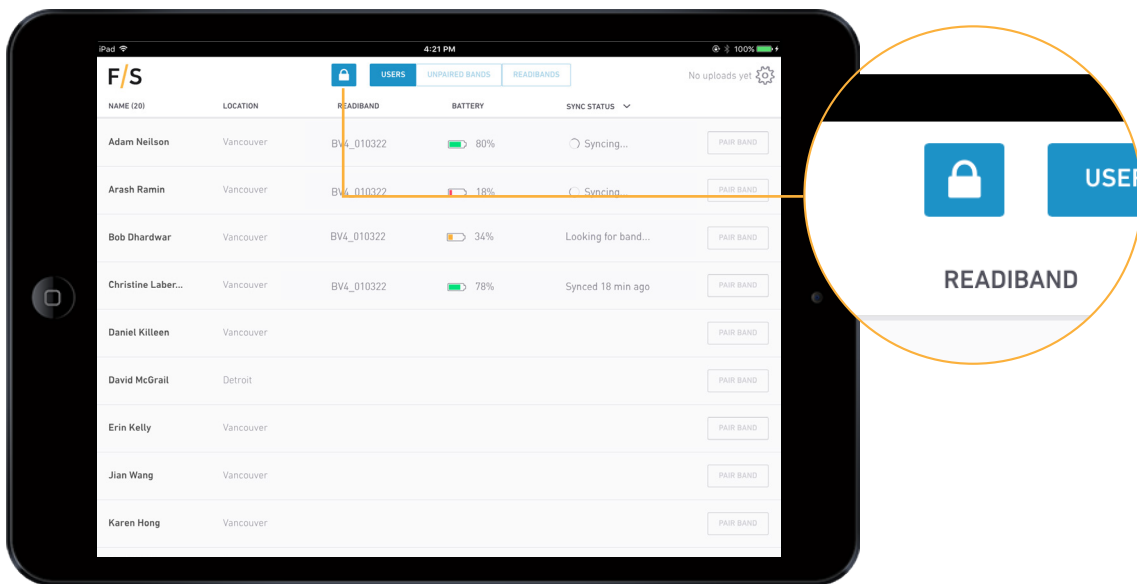
The Sync app PIN prevents unauthorized users from doing things like pairing and unpairing.

How is it activated?

The PIN is activated by your Account Manager. The 4-digit numeric code is randomly generated and applied to all locations, iPads, and manager accounts within your company.

What to expect once the PIN is activated

A lock icon will appear in your Sync app as shown below. By default, your app will be locked, preventing unauthorized access to the Sync app features. To unlock, tap the lock icon and enter the 4-digit PIN. The Sync app will automatically lock after 5 minutes of inactivity.



Where the PIN can be found if forgotten

The PIN is available in the Readiband App. For those who have it installed on their mobile phone, the PIN can be found on the Manage screen. Access it by tapping the band icon in the top righthand corner.

Alternatively, it's accessible at app.fatiguescience.com. Navigate to View Profile from the dropdown menu under the account name. This is located at the top right of the screen.

Syncing FAQs

How long does it take to sync with an individual band?

It depends on how long it's been since the last sync occurred. Generally speaking, it takes approx. 15 seconds to sync 24hrs of sleep data.

Does it sync data from multiple bands simultaneously?

Yes. It can sync up to nine bands at a time.

What happens if someone walks out of range of the iPad while it's actively syncing data from their Readiband?

It will capture what it can, then move on to the next band in range. The next time it connects, it will pick up where it left off.

What if the iPad's not connected to the Internet?

It will cease syncing as an internet connection is required.

Can I have multiple iPads running?

Yes, but they should not be in the same specific location.

Can I use the iPad for other things while it's syncing?

Absolutely. The Sync app is designed to run in the background on your device, so you can use other apps without interrupting the sync process.

How do I transfer a Readiband from one person to another?

You first have to unpair a band from the original user. Our system will automatically ensure all data is captured off the band first. Once you've done that, that band is now available to pair with someone new.

Can my employees download the Sync app?

Only managers can sign in to the Sync app at this time. However, your employees can log in to app.fatiguescience.com through their mobile web browser, or download the Readiband App to their phones from fatiguescience.com/app to view their own data.

How do I clean a Readiband?

Use soap and warm water or an isopropyl alcohol wipe to clean a Readiband.

What do I do if the app can't find my Readibands?

Bands in factory sleep mode and/or with low battery won't be detected by the app. To wake the bands from factory sleep mode, plug them into a USB port for a few seconds until the light flashes. The slow pulsing light that follows indicates battery status. Keep the bands plugged in until the pulsing light turns green, then use the app to pair.

If you're still having trouble, contact help@fatiguescience.com.

Charging Readiband 4

Please charge your Readibands before getting started with your deployment. All bands are shipped with a partial charge.

A full charge takes up to 90 minutes. If a battery depletes below 20% it will stop recording data to help preserve power. Please keep them charged above this point.



- **Green light flashing**
The battery is fully charged
- **Orange light flashing**
Indicates the battery is charging

Regulatory and Safety notices

FCC WARNINGS

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.

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.
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: The manufacturer is not responsible for any radio or tv interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

Per FCC 15.19(a)(3) and (a)(4) 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.

Per FCC 15.21, The user manual or instruction manual for an intentional or unintentional radiator shall caution the user that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC RF Radiation Exposure Statement

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter.

"To comply with FCC RF exposure compliance requirements, this grant is applicable to only Mobile Configurations. The antennas used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter."

CANADA

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

1. This device may not cause interference, and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence.

L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage, et
2. L'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

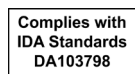
EUROPEAN UNION (EU)

Declaration of Conformity with Regard to the EU Directive 1999/5/EC Fatigue Science is authorized to apply the CE Mark on the Readiband 4, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC and other applicable Directives.



Compliant with the standard R&TTE 99/CE/05
Conforme à la norme R&TTE 99/CE/05

SINGAPORE



SAFETY STATEMENT

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12: 2011.

- Built-in battery precautions
- Your Readiband 4 features a built-in battery, which is not user replaceable. Tampering with your product or attempting to open it will void the warranty and can result in a safety hazard.
- Charge the battery using a computer, powered hub, or power supply that is certified by a recognized testing laboratory.
- Charge the battery in accordance with the instructions supplied within this guide.

DISPOSAL AND RECYCLING INFORMATION



The symbol on the product or its packaging signifies that this product must be disposed of separately from ordinary household waste at its end of life. Please kindly be aware that it is your responsibility to dispose of electronic equipment at recycling centers to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

- Do not dispose of your Readiband 4 with household waste.
- Disposal of the packaging and your Readiband 4 should be done in accordance with local regulations.
- Batteries are not to be disposed of in the municipal waste stream.



Li-ion



More about the Readiband 4

Technical specifications

Model: RB4 Readiband Actigraph

Power Input: Individual charger: 5 VDC, 0.25 amp MAX

Power Input: Multi-charger: 5 VDC, 0.25 amp MAX

Internal Battery: Li-ion rechargeable battery

Transmitter: 2.4 GHz ISM Band

Operating Environment: 0°C to +55°C (+32°F to +131°F), 0-95% relative humidity (non-condensing)

Storage Environment: -40°C to +75°C (-40°F to +167°F), 0-95% relative humidity (non-condensing)

Safety Information

The following list shows how to maintain your Readiband, together with precautions to take.

- **DO NOT** wear the Readiband on broken, damaged, or irritated skin.
- Remove immediately if skin irritation or rash occurs.
- **DO NOT** dispose of the Readiband by incinerating it or by placing it in the trash. If the band is punctured or damaged, immediately cease use.
- **DO NOT** wear Readiband while playing contact sports.
- Battery charging should always be monitored.



730-1133 Melville St
Vancouver, BC V6E 4E5
Canada

fatiguescience.com
Tel: +1 (604) 408-0085

Technical Support:

help@fatiguescience.com
fatiguescience.com/help