

# Here's how I work



## User manual

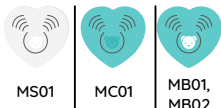
# USER MANUAL FOR THE SOUND DEVICE "The Humming Heart" type MS01, MC01, MB01, MB02

Thank you for choosing myHummy! Please read this manual carefully before use and keep for future reference.

## GENERAL INFORMATION

myHummy is a product designed to soothe and improve the sleep of babies and young children. The electronic sound device (the 'Humming Heart') generates white and pink noises which have been shown to enhance sleep. They have a soothing effect on babies and help them sleep better by masking other sounds. Babies associate these sounds with warmth, comfort and security they experienced while in their mother's womb. Every myHummy emits 5 types of sound: white noise, pink noise, ocean waves, rainfall, and amniotic fluid with heartbeat.. All settings can be changed by pressing the multi-function button on the device or via a mobile app (MB01 and MB02 models). The Humming Heart (MB01 and MB02) is linked with the app thanks to Bluetooth® Low Energy technology.

## TYPES OF HUMMING HEARTS



	MS01	MC01	MB01, MB02
5 types of white and pink noise	✓	✓	✓
Fade out after 60 minutes	✓	✓	✓
Sleep Sensor		✓	✓
Non-stop mode		✓	✓
Bluetooth (mobile app)			✓

### How to use your myHummy (quick guide):

- switch on and off: press the button for 1 second and release (the sound will play for 60 minutes).
- change the sound: double click.

- change volume: long press and release.

### MC and MB models:

- turn non-stop mode on: click 3 times in a row (you will hear a beep).
- turn non-stop mode off: switch the device off (press for 1 second).

### Additional functions available through the app (MB01 and MB02 models):

- control the duration of sound.
- switch the sleep sensor on and off.
- use the alarm mode to send notifications to your phone when your baby starts to cry (within bluetooth range).
- use the baby monitor mode to send notifications to your phone when your baby wakes up, even when the myHummy is not producing any sound (within Bluetooth® range).

## POWER SUPPLY

The Humming Heart is powered by three AAA 1.5V batteries or three AAA 1.2V rechargeable batteries. Batteries and charger are not included. Batteries must be installed and replaced by an adult.

- use brand new batteries.
- do not mix batteries of different brands, types and not equally discharged.
- only use alkaline AAA batteries with nominal voltage of 1.5V or rechargeable NiMH batteries with nominal voltage of 1.2V, i.e. Panasonic Eneloop BK-4MCE or Li-ion batteries with nominal voltage of 1.5V

### Replace batteries if:

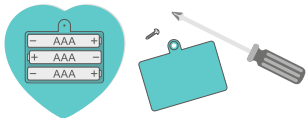
- sound quality deteriorates;
- sound volume drops;
- sound cuts off before the desired time;
- the sound device cannot be switched on;
- the Sleep Sensor does not work.

## BEFORE USE

1. open the flap on the sound device using a cross-head screwdriver (recommended size: PZ1). Using the wrong sized screwdriver or trying to over-tighten can damage the screw.
2. insert three AAA 1.5V batteries or 1.2V rechargeable batteries – please pay special attention to the correct position and polarity (+ / - marks). **Batteries should always be inserted from the coil spring's side**

(by compressing the spring). Check the batteries for damage before use. Damage to the insulating film of the battery may cause a short circuit and severe heating of the battery and/or the spring.

- carefully screw the flap back on to ensure the batteries are out of children's reach.



### REPLACING THE BATTERIES

To remove the batteries, gently move them towards the spring (compressing the spring) and lift the battery. Never remove the batteries from the side with the spring as this may cause damage to the spring or the battery. Under no circumstances should you attempt to pry the battery out with other objects as the battery may become damaged and unsafe. Damage to the insulating film of the battery may cause a short circuit and severe heating of the battery and/or the spring. Always check the batteries for mechanical damage before use.

### SWITCHING ON MYHUMMY

Press the multi-function button for approximately 1 second and release. Your MyHummy will start to emit sound. In manual control mode, turning the Humming Heart on will also activate the Sleep Sensor (MC and MB models). Other functions of the multi-function button are described further along in this leaflet.



### SLEEP SENSOR (MC AND MB MODELS)

The sound will automatically start to fade out after the device has been functioning for about 60 minutes (when activated manually). The sound will automatically fade out at a specified time (when set and activated with the mobile app - MB01 and MB02 models). After fading out, the Humming Heart will enter stand-by

mode with the Sleep Sensor mode on. If your baby starts to cry, the same sound will gently fade in until it reaches the previous volume level. The sound will play for another 60 minutes. This process will continue for the next 12 hours or until switched off. To turn the Sleep Sensor off, turn the sound device off by pressing the multi-function button or use the mobile app.

### NON-STOP SYSTEM (MC AND MB MODELS)

To activate the non-stop mode, turn on the device (hold the button for 1 second and release) and then click 3 times in a row - you will hear a beep which confirms the mode selection. The sound will play continuously for 12 hours. During this time, the sound device will not turn off (Sleep Sensor Mode is deactivated), nor will it change the volume or sound. After 12 hours, the volume will gradually fade out before switching off completely. You can turn the sound off at any time by holding the button for 1 second and releasing it. To deactivate the non-stop mode, please turn off the sound device by pressing the button for 1 second and releasing it. After switching off, the sound device defaults back to the Sleep Sensor mode. The Non-Stop Mode and Sleep Sensor Mode can never be active at the same time.

### MOBILE APP (MB01 AND MB02 MODELS)

This feature is available on selected models only: MB01, MB02 (green Humming Heart with a white logo). You can use your phone as a "remote control" for myHummy. You will need to pair your phone with the Humming Heart via Bluetooth®. The connection will remain active for 72 hours since the last interaction. When the sound device has not been used for a long period of time, it enters stand-by mode. To reconnect, please use the multi-function button. To reconnect, press the multi-function button.

### DOWNLOADING THE APP (MB01 AND MB02 MODELS)

In order to download the myHummy mobile app, use your smartphone to visit this website: <http://app.myhummy.com> There, you will find links to download the app, further instructions, answers to frequently asked questions and a contact form to get in touch with our technical support team if you need any assistance.

## ADJUSTING THE VOLUME

Your myHummy has approximately 15 volume levels (depending on the chosen sound). To change the volume, press and hold the button until the sound reaches the desired volume and release the button. Repeat to change the volume up and down. The sound device will store your previously selected sound and volume level when it automatically restarts or is manually turned back on. Volume level returns to default after the batteries have been exchanged.

## CHANGING THE SOUND

To change the sound, press the button twice quickly.

## INSERTING THE HUMMING HEART

The sound device is only meant to be used when placed securely in the pocket of myHummy or in the travel pouch. myHummy bears feature two types of openings: one with zip, and one with velcro. The zip or velcro opening for humming device pocket can be located at the back of the bear under the seam of its clothes.

To open and close the pocket, please open the velcro or slide the zip. Please note that zip/velcro must be always closed to prevent the child from getting to the Humming Device.

## WASHING INSTRUCTIONS

All myHummy products are made from high quality, machine washable materials.

### **ATTENTION! Always ensure you have removed the sound device from the pocket before washing.**

If the sound device has come into contact with water, it must not be used and should be discarded according to the disposal regulations for electronic goods.

MyHummy myHummy products can be washed at max. 40°C/ 104°F and the travel pouch up to 60°C/ 140°F. To maintain the original shape of the product, slightly stretch the material after washing. Make sure the pocket is completely dry before inserting the sound device.

- Do not tumble dry
- Do not iron
- Do not dry clean

## WARNING!

The sound device is not a toy!

- The sound device should only be used when placed securely in the pocket of myHummy.
- Keep the device out of children's reach.
- Always check that the pocket is closed before giving the product to a child.

## BATTERY SAFETY

- Keep batteries out of reach of children
- Installing, replacing and charging the batteries should be performed by an adult
- Check the batteries for damage before use. Damage to the insulating film of the battery may cause a short circuit and severe heating of the battery and/or the spring.
- Only use alkaline batteries of the highest quality or rechargeable batteries NiMH or Li-ion (recommended: Panasonic Eneloop)
- All batteries must be of the same type
- Don't mix old and new batteries
- Don't mix rechargeable batteries with different charge levels
- Check the polarity of batteries (+/-)
- Never charge single-use batteries - this may cause leaks or explosion
- When charging rechargeable batteries always use a correct charger
- Remove batteries from the toy before charging
- Don't expose batteries to hot temperatures, direct sunlight or any sources of heat!
- Don't dispose of batteries in a fire
- If the sound device is not in use for a prolonged period of time, remove the batteries
- Depleted batteries need to be removed from the device and disposed of safely
- Used batteries should be disposed of in a suitable recycling point and not in household waste
- Do not short circuit power terminals in batteries or rechargeable batteries

**IMPORTANT:** Always keep your child's safety in mind!

## BEFORE THE FIRST AND EVERY USE

Before giving the product to a child, always check all of its parts for defects. If any defects are found, stop using the product immediately and contact the manufacturer. Packaging is not part of the product and

is not a toy. Before giving the toy to a child, remove all packaging.

### BABY SLEEP SAFETY

It is not recommended for babies to sleep with soft toys inside their cots or bassinets. We suggest placing the myHummy next to your child's cot or bassinet or using it as a cot attachment. myHummy bears have two types of openings: one with zip and one with velcro. The zip to pocket for Humming device is located on the back of the teddy bear, under the seam of its clothes. The myHummy bears feature a secure lock, preventing the child from getting into the humming device. The zip can be opened by gently pushing the slider until the pocket is open and you can insert the humming device. When the humming device is inside the bear there is no need to take it out again until you need to change the batteries or wash the bear. The device can be controlled by pressing the teddy bear. The velcro to open the pocket for the sound device can be found at the back of the bear, underneath the seam of its clothing. Once in, the sound device can be operated from within the bear and needs to be taken out only to change batteries or wash the teddy.

### BLUETOOTH® SAFETY (MB01 AND MB02 MODELS)

The sound device features Bluetooth® Low Energy 4.0 and 5.0, with a maximum burst power of 1mW. It emits 2000 times less power than a mobile phone featuring GSM 900MHz and 1000 times less power compared to a mobile phone featuring GSM 1800 MHz. The Bluetooth® Low Energy module does not transmit data continuously but in short bursts and at specified intervals. The maximum power output of the module is 1mW and may be less. According to current research, the use of Bluetooth® LE is considered safe for health, although children should not be exposed to prolonged, close contact with a mobile phone.

*This equipment is marked with the selective sorting symbol relating to the disposal of electrical and electronic equipment. The product should be handed over to a selective collection system conforming to the Guideline 2002/96/EC (WEEE), so that it can be either recycled or dismantled in order to reduce its impact on the environment. Electronic products not undergoing selective sorting are potentially*

*dangerous to the environment. For more information about recycling, please contact your local authorities.*

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