Freespira Breathing System™

Quick Start Guide

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THE FREESPIRA BREATHING SYSTEM QUICK START GUIDE

This Quick Start Guide is a summary supplement to the Freespira Breathing System User Manual. Please refer to the User Manual for complete information about the System.

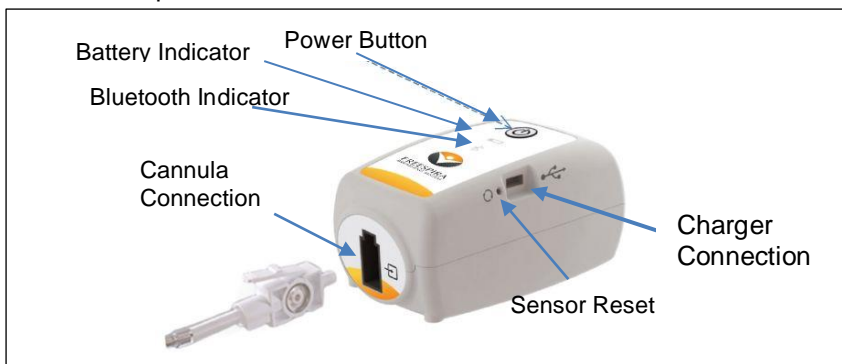Here is a description of the different features of the Sensor:

Figure 1. The Freespira Sensor

Power Button: Press the Power button for 3 seconds to turn the Sensor on or off. The light on the Power Button will turn GREEN if the Sensor turns on successfully. If the light on the Power button flashes ORANGE, it means that there is not enough charge remaining for one 17-minute breathing session and you must charge the Sensor before use.

Battery Indicator: When the AC Adapter/Charger is connected to the Sensor and plugged into an AC power outlet, the Battery Indicator light will blink GREEN until the battery is fully charged when the Battery Indicator light will stay a steady GREEN.

If the AC Adapter/Charger is not connected to the Sensor, the Battery Indicator light will only light up when the Battery needs to be charged. The Battery Indicator light will start flashing ORANGE if there is not enough remaining charge for one 17-minute breathing session.

Charging the Freespira Sensor: It is good practice to charge the sensor overnight every day after you finish the day's second session.

Bluetooth Indicator: The Bluetooth Indicator light will flash BLUE while it attempts, for 5 minutes, to connect with the Nexus 7 Tablet. If it is successful, the light will stay a steady BLUE. If it is unsuccessful, the Bluetooth Indicator light will turn OFF.

Cannula Connection Port: This is where you plug the Freespira CO_2 Cannula to the Sensor.

Reset Sensor: Is used when the Sensor does not turn on or operate. See User Manual.

Charger Connection: To charge the Sensor.

Exhaust Port (not shown) The Sensor will analyze your breath and the gases will exit through this port.

OPERATING INSTRUCTIONS

You will be guided with written and voice instructions through the 17-minute breathing session.

1. Find a place where you can sit quietly and will be able to focus only on the breathing session.
2. Attach the Freespira CO_2 Cannula to the "Cannula Connection" port on the Sensor.
3. Power on the Nexus 7 Tablet by pressing the Power Button (Figure 2) until you see a colored Google Logo.
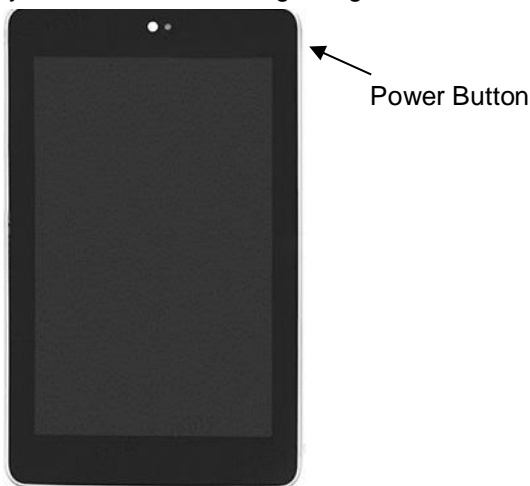

Power Button

Figure 2

4.   When the Start Screen is displayed, touch the BLUE Circle (PAHS Icon) on the top right to access the Freespira Mode (Figure 3).
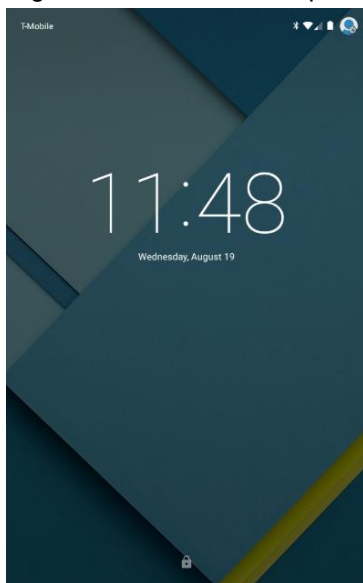

Figure 3

5.   Then touch the LOWER Circle (Freespira Icon) on the top right corner of the Screen (Figure 4).
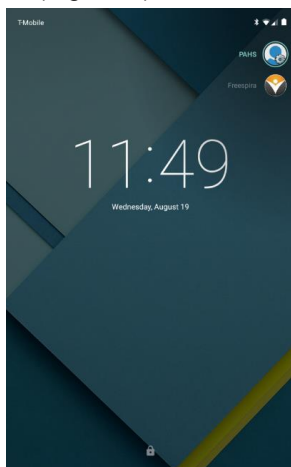

Figure 4

6. Slide your finger across the LOCK Icon (Figure 5) which allows access to the Freespira App.
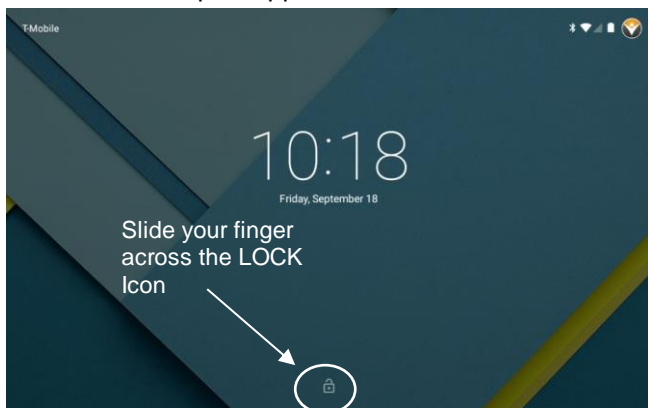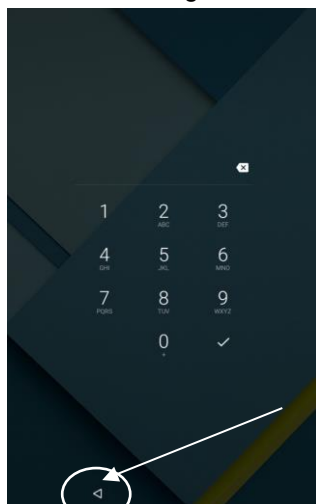

Figure 5

NOTE: If the BLUE Circle (PAHS) is pressed accidently, the Number Pad will be displayed. Touch the BACK Button and you will be returned to the Screen as shown in Figure 3 and repeat Step 5.

7. Start the Mobile App by touching the Freespira Mobile App Icon (Figure 6).

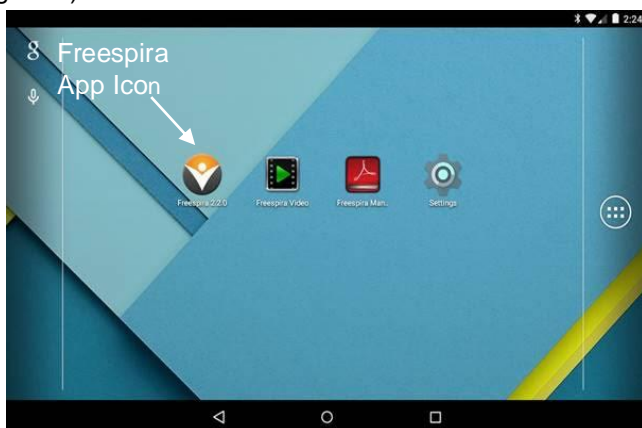Figure 6

8. At this point, the Freespira Home Screen will appear (Figure 7).

Figure 7

9 To start a session, turn on the Freespira Sensor and press START on the Home Screen. The Sensor and the App communicate using Bluetooth and will connect automatically when you press **Start.** (Figure 7).

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10. Every time you power on the Freespira Sensor, there are 4 stages of preparation before it is ready to take readings from your breath. Those 4 stages are:

> **"1 – CO_2 sensor warming up – Please Wait"** This message flashes while the Sensor reaches operating temperature (typically 1-2 minutes)

> "2 – CO_2 sensor stabilizing: Ready in 2:00" This is a 2 minute waiting period.

> "3 - Calibrating the CO_2 sensor to room air. Ready in 0:20 or Less"

> **"4 – Waiting for breaths"** When you see this message and hear a "chime", you can put on the Cannula and start your Breathing Session.

11. Put on the Cannula. Insert the two tiny prongs of the nasal Cannula snugly into each of your two nostrils. The prongs are curved, orient the prongs either curving away from or toward you, depending on which is more comfortable for you.

12. Wrap the Cannula tubing around the back of each ear. Secure the Cannula by sliding the connector upward.

13. Press **Start** and the Freespira Breathing Instructions screen appears (Figure 9) with an audio Welcome message telling you the rate of the pacing tones.
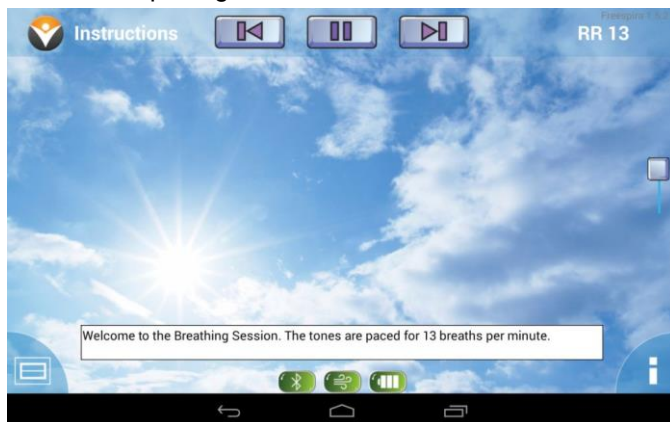

Figure 9

14. You will now be guided visually and audibly through the three stages of the treatment, Baseline (2 minutes), Pacing (10 minutes) and Transition (5 minutes).

CUSTOMER ASSISTANCE

If you have questions about the Freespira Breathing System, please refer to the complete User Manual. If you are still experiencing problems, our Customer Support team members are available to assist you. Send us an email at cs@pahealthsciences.com or call 925.594.8404.