请注意

Please note

睡眠和身体测量记录供您个人参考，不能代替医生的诊断或治疗建议。如有不适，请咨询医生。

Sleep and body measurements are for personal reference only. They do not replace a doctor's advice.

广州爱霖生命科学有限公司

Guangzhou Ailin Life Science Co., Ltd.

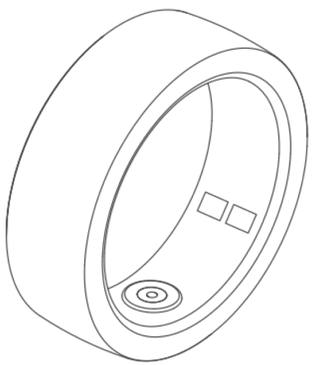
电话 Tel　020-89381226

官网 Website　xmianai.com

爱霖小眠

智能戒指使用说明

Smart Ring User Manual



连接、佩戴与同步

Pairing, wearing, and sync

设计页面 20 cm × 20 cm。若要 6 cm 成品，打印缩放选 30%。双面、长边翻转。裁切线以内为成品，中线对折后用书钉装订。

Designed at 20 cm × 20 cm. For a 6 cm booklet, print at 30%. Duplex, flip on the long edge. Trim inside the crop marks, fold the center line, and staple.

开始之前

Before you start

本说明告诉您怎样把小眠智能戒指连到「爱霖小眠」，并同步睡眠、心率和血氧。请按页码顺序操作，全程大约一两分钟。

This guide explains how to connect the Ailin Smart Ring to the Ailin Sleep app and sync sleep, heart rate, and blood oxygen. Follow the pages in order. It usually takes one or two minutes.

请先下载并安装「爱霖小眠」。用手机浏览器打开官网 https://xmianai.com ，进入「下载体验」，下载安装包。也可以直接打开 https://xmianai.com/xiaomian-latest.apk 。

Open https://xmianai.com in the phone browser, go to Download, and save the installer. Or open https://xmianai.com/xiaomian-latest.apk directly.

下载完成后点开安装包，按提示安装。若手机询问是否允许安装，请点允许。安装后打开「爱霖小眠」并登录。

Open the file and follow the prompts. If the phone asks for permission to install, tap Allow. Then open Ailin Sleep and sign in.

测量结果只供您了解自己的作息，不能代替医生的诊断或治疗建议。

Measurements are for your own reference. They are not for medical diagnosis or treatment.

遇到问题时

If something goes wrong

扫描不到戒指

The ring does not appear

确认蓝牙已打开、权限已允许、戒指有电，并且就在手机旁边。然后关闭蓝牙再打开，重新点「开始扫描」。

Make sure Bluetooth is on, permissions are allowed, and the ring is charged and beside the phone. Turn Bluetooth off and on, then tap Start scan again.

点了连接但失败

Connection fails

确认戒指在身边且已通电。可重启手机蓝牙后再试。不要用另一部手机同时连接它。

Keep the ring nearby and powered. Turn Bluetooth off and on, then try again. Do not connect it from two phones at once.

已连接，但没有昨夜睡眠

Connected, but no sleep from last night

确认前一晚戴着入睡，并在醒来后于本应用中同步。同步前不要用其他应用读取。

Wear it through the night, then sync in this app after you wake. Do not let another app read the ring first.

测了很久没有结果

A measurement takes too long

确认戒指戴在手指上，而不是放在充电座上。手指放松，再等待约 10 到 60 秒。

Wear the ring on your finger, not on the charger. Relax your hand and wait about 10 to 60 seconds.

仍无法完成时，请联系最后一页的电话，并说明手机型号，以及停在哪一步。

If it still fails, call the number on the last page. Please say which phone you use and where you stopped.

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Designed at 20 cm × 20 cm. For a 6 cm booklet, print at 30%. Duplex, flip on the long edge. Trim inside the crop marks, fold the center line, and staple.

测量与睡眠记录

Measuring and sleep

测量心率或血氧时，把戒指戴在手指上，手指放松，保持大约 10 到 60 秒。应用若提示「请取下佩戴」，请先从充电座取下，戴好后再测。

Wear the ring and wait about 10 to 60 seconds. If the app asks you to take it off the charger, do that first.

不要在充电座上测量。放在充电座上时，血氧、体温和心率变异可能没有结果。

Do not measure while the ring is on the charger. Blood oxygen, temperature, and heart rate variability may be missing.

记录睡眠时，请在入睡前戴好。醒来后打开爱霖小眠，再同步昨夜的数据。同步完成之前，不要用其他应用先去读取这枚戒指。

Wear it through the night. In the morning, sync in Ailin Sleep before opening another app.

电量若一直显示为「--」，请在已连接的状态下稍等几秒。仍不显示时，断开后重新连接一次。

If the battery stays on “--”, wait a few seconds or reconnect.

部件说明

Parts



① 透明树脂内托

Transparent resin inner tray

贴着手指的光滑内圈。

The smooth inner surface that rests on the finger.

② 血氧 / 心率传感器

Blood oxygen / heart rate sensor

内圈上的两枚小窗口。测量时这一面贴在掌心一侧。

Two small windows on the inner band. Face them to the palm side.

③ 磁吸充电口

Magnetic charging port

内圈上的圆形触点。充电线吸在这里。

The round contact. The charging cable attaches here.

④ 测试状态指示灯

Test status indicator

充电口旁边的小灯。颜色和闪烁表示充电或测量状态。

The small light beside the charging port. Its color shows charging or a measurement.

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开机与充电

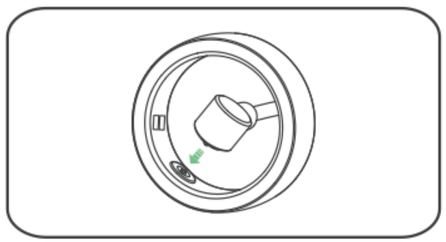
Power and charging

戒指没有单独的电源键。把充电线的磁吸头对准圆形充电口，吸住后指示灯闪烁，即表示已经开机。

There is no power button. When the magnetic cable attaches and the light flashes, the ring is on.

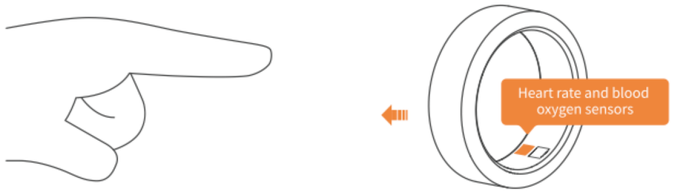
充电时红灯闪烁，充满后指示灯熄灭。请在有电之后再配对。配对和测量前，把戒指从充电座上取下。

Red flashes while charging and turns off when full. Take the ring off the charger before pairing or measuring.



怎样佩戴

How to wear



请选择戴着舒适的尺寸。建议戴在食指、中指或无名指上，数据会更稳定。

Choose a comfortable size. The index, middle, or ring finger is recommended.

把传感器贴在手指的掌心一侧，也就是图中橙色标出的位置。心率和血氧会更准确。

Place the sensors, marked in orange, against the palm side of the finger.

戒指应贴合手指，不要过松滑动，也不要勒得不舒服。入睡前戴好，醒来后再同步。

It should fit without sliding or feeling tight. Wear it before sleep and sync after you wake.

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指示灯

Indicator light

红灯闪烁

Red light, flashing

正在充电。充满前请保持连接充电线。

The red light flashes while charging. Keep the cable attached until the ring is full.

指示灯熄灭

Light off

已经充满，可以把戒指取下。

The light turns off when the ring is fully charged. You can take it off.

绿灯闪烁

Green light, flashing

正在检测心率。请保持佩戴，等待大约 10 到 60 秒。

The green light flashes during a heart rate test. Keep the ring on and wait about 10 to 60 seconds.

红灯闪烁

Red light, flashing

正在检测血氧。同样请戴在手指上，不要放在充电座上。

The red light flashes during a blood oxygen test. Wear the ring on your finger, not on the charger.

连接前请准备

Get ready

1. 下载、安装并登录

1. Download, install, and sign in

打开 https://xmianai.com ，在「下载体验」中下载安装包并完成安装，然后登录。未登录时，记录无法保存到您的账号。

Open https://xmianai.com, go to Download, install the app, and sign in. Until you sign in, records cannot be saved to your account.

2. 打开蓝牙并允许权限

2. Turn on Bluetooth and allow access

打开手机蓝牙，直到同步结束。不要开飞行模式。若手机询问是否允许查找附近设备，或是否允许使用位置信息，请点允许。位置信息只用于发现身边的蓝牙设备。

Keep Bluetooth on until sync finishes. Do not use airplane mode. If the phone asks to find nearby devices or to use location, tap Allow. Location is used only to find the ring.

3. 让戒指靠近手机

3. Keep the ring close to the phone

戒指先充电并取下充电座，放在手机旁边，距离不超过 1 米。

Charge the ring, take it off the charger, and keep it within 1 meter of the phone.

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配对

Pair the ring

打开爱霖小眠，按下面的顺序点按。按钮名称以应用里的文字为准。

Open Ailin Sleep and follow these labels in the app.

第一步　进入「设备」。还没有设备时，点「添加设备」。已经有其他设备时，点右上角加号。

Step 1. Open Devices. Tap Add a device, or the plus sign at the top right if you already have one.

第二步　在「穿戴设备」里点「小眠智能戒指」。页面会提示：开启蓝牙，将戒指靠近手机并确保已通电。

Step 2. Under Wearables, tap Ailin Smart Ring. Turn on Bluetooth, keep the ring close, and make sure it is powered on.

第三步　点「开始扫描」。请留在这个页面，扫描大约需要十几秒。

Step 3. Tap Start scan and stay on this page. Scanning takes about ten seconds.

第四步　在「发现的设备」中点「连接」。等到显示已连接，并出现电量，再进行下一步。

Step 4. Under Devices found, tap Connect. Wait until it shows Connected and the battery level.

若没有出现戒指，请确认有电、蓝牙已开、手机就在旁边，然后重新扫描。不要让两部手机同时连接同一枚戒指。

If the ring does not appear, charge it, keep Bluetooth on, and scan again. Do not connect it to two phones at once.

同步与再次连接

Sync and reconnect

连接成功后，点「同步」或「同步数据」。同步时请让应用留在前台，不要关闭蓝牙，也不要锁屏太久。完成后，可在设备页、首页或「报告」中查看。

Tap Sync and keep the app open. You can then see the record on Devices, Home, or Reports.

请在爱霖小眠中同步。若先用其他厂家的应用读取，戒指里尚未同步的记录可能会被清掉。

Sync in Ailin Sleep. Another app may clear records that have not been synced.

断开后，戒指仍留在「我的设备」中。下次直接点这枚戒指即可重新连接，一般不必再次扫描。

After you disconnect, the ring stays in My Devices. Tap it to connect again.

手机同一时间通常只保持一路蓝牙连接。若要改连其他设备，请先断开当前戒指。换手机时，先在旧手机上断开，再用同一个账号在新手机上扫描连接。

Keep one Bluetooth connection at a time. On a new phone, disconnect the old one, sign in, and pair again.

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