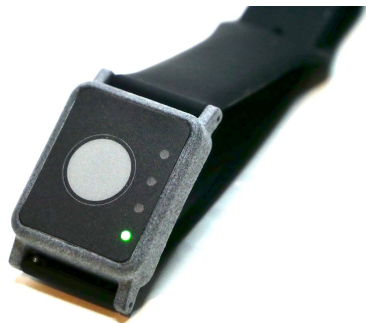


Safe and Sound Micro

700 MHz - 9 GHz
Wearable Broadband RF
Detector / Alarm



Operation Guide

To Configure Your Micro Follow this link:



BACKGROUND:

Biological damage from microwave radiation at a cellular level occurs at levels much lower than the current government safety standards. They only consider the heating of tissue to be a health concern. This meter reflects the latest science and Building Biology standards.

Environments with high levels of RF are often a reality now. The goal is to reduce your exposure as much as possible. This is especially important in sleeping areas.

Copyright:

Institute of Building Biology + Sustainability IBN: www.buildingbiology.com

Baubiologie Maes: www.maes.de

SAFE AND SOUND MICRO FEATURES

- third party lab tested with a full frequency response from 700 MHz -9 GHz
- measurement range < 1 to > 1,000,000 $\mu\text{W}/\text{m}^2$
- push button for fast visual RF measurements via 4 LEDs
- alarm feature: 7 threshold settings for RF exposure
- ability to detect very short pulses (< 5 μs) including 5G low and mid band
- long battery life: up to 14 days in silent mode, up to 2 days in alarm mode
- rechargeable Lithium Ion battery

ABOUT

Safe Living Technologies is pleased to introduce the Safe and Sound Micro RF Detector. It is designed to meet our professional standards of accuracy and reliability - all in a comfortable wearable package with discrete, active measurement and alarm feature.

This device represents the latest in compact RF detection technology. It has been tested in multiple third party labs and in both anechoic and reverberation chambers. The body shadow effects and temperature variation have been compensated for in the calibration of each device.

This sensitive device is capable of measuring potentially harmful RF or microwave radiation from any continuous or pulsed digital source. Please visit our website www.safelivingtechnologies.com for more information.

OPERATION

There is only one button located in the centre face of the device. To turn On the unit, press the button. After one minute, the LEDs will turn off and it will go into "alarm" mode.

To turn off the unit, press and hold the button for 5 seconds.

When any of the LEDs are on, the vibrate function is disabled.

CHARGING

The Safe and Sound Micro will automatically turn itself off when the battery is low. To charge, use the included (or any) adapter and USB-C cable. The LEDs will indicate the current charge level. The charge is complete when all the LEDs are on. **We recommend daily charging in your routine.**

If the battery is extremely drained, it can take a few minutes for the Safe and Sound Micro to wake up after plugging it in for charging.

NOTES

When the unit is On in alarm mode, the Safe and Sound Micro will continually and discretely monitor your RF exposure levels. If RF is detected above your set threshold, it will vibrate. In silent mode, it will not vibrate, and it will only display RF levels when the button is pressed.

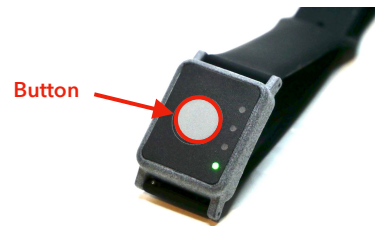
Be aware that covering the face of the Safe and Sound Micro with your hand or body can reduce its sensitivity.

ALARM CONFIGURATION

To set the alarm exposure level at any time, simply press the button 2 to 8 times as shown in the chart below. The unit will "echo" the number of presses entered by vibrating the same number, and displaying the applicable LED RF level indicator.

Press #	Alarm Threshold
2	10 $\mu\text{W}/\text{m}^2$
3	100 $\mu\text{W}/\text{m}^2$
4	1,000 $\mu\text{W}/\text{m}^2$
5	10,000 $\mu\text{W}/\text{m}^2$
6	100,000 $\mu\text{W}/\text{m}^2$
7	1,000,000 $\mu\text{W}/\text{m}^2$
8	Silent Mode

To view your exposure levels continuously (display mode) for 1 minute, simply press the button once. After one minute, it will return to alarm mode.



Exposure Guidelines

Peak Values

