

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.

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Maes: www.maes.de

SAFE AND SOUND MICRO FEATURES

- third party laboratory tested with a full frequency response from 700 MHz -9 GHz
- measurement range < 0.1 to > 1,000,000 $\mu\text{W}/\text{m}^2$
- push button for fast visual RF measurements via 4 LEDs
- alarm feature: 8 threshold settings for RF exposure
- adjustable alarm vibration intensity - 4 levels
- ability to detect very short pulses (< 5 μs) including 5G low and mid band
- long battery life: up to 3 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. When the unit is On, view your RF exposure level by pressing the button. The LEDs will indicate RF exposure levels for 5 seconds. To view your exposure levels continuously (display mode) for 1 minute, press and hold the button for 2 seconds.

Note: When 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.

ALARM CONFIGURATION

1. To set the alarm exposure levels and vibrate intensity levels, enter the **utility menu** by pressing and holding the button for 12 seconds. All LEDs will flash.

Set RF exposure level threshold

2. From the Utility Menu:
Press and hold the button for 2 seconds to enter the RF Exposure Threshold menu. Press the button to cycle through and select the RF Threshold levels indicated by the LEDs. Review the EXPOSURE GUIDELINES colour chart for power level references. To save your selected RF Exposure Threshold level, press and hold for 2 seconds. Your unit will enter the Vibrate Intensity menu and begin to vibrate.

Set Vibrate intensity

3. With your unit in the Vibrate Intensity menu, press the button to cycle through and select the Vibrate Intensity level. Green is the lowest and Red is the highest. To save your selected Vibrate Intensity level, press and hold for 2 seconds. Your unit will return to the Utility Menu and all LEDs will flash.

EXIT the Utility Menu:

4. Press and hold for 5 seconds. Your unit will now begin measuring and operating with your desired settings.

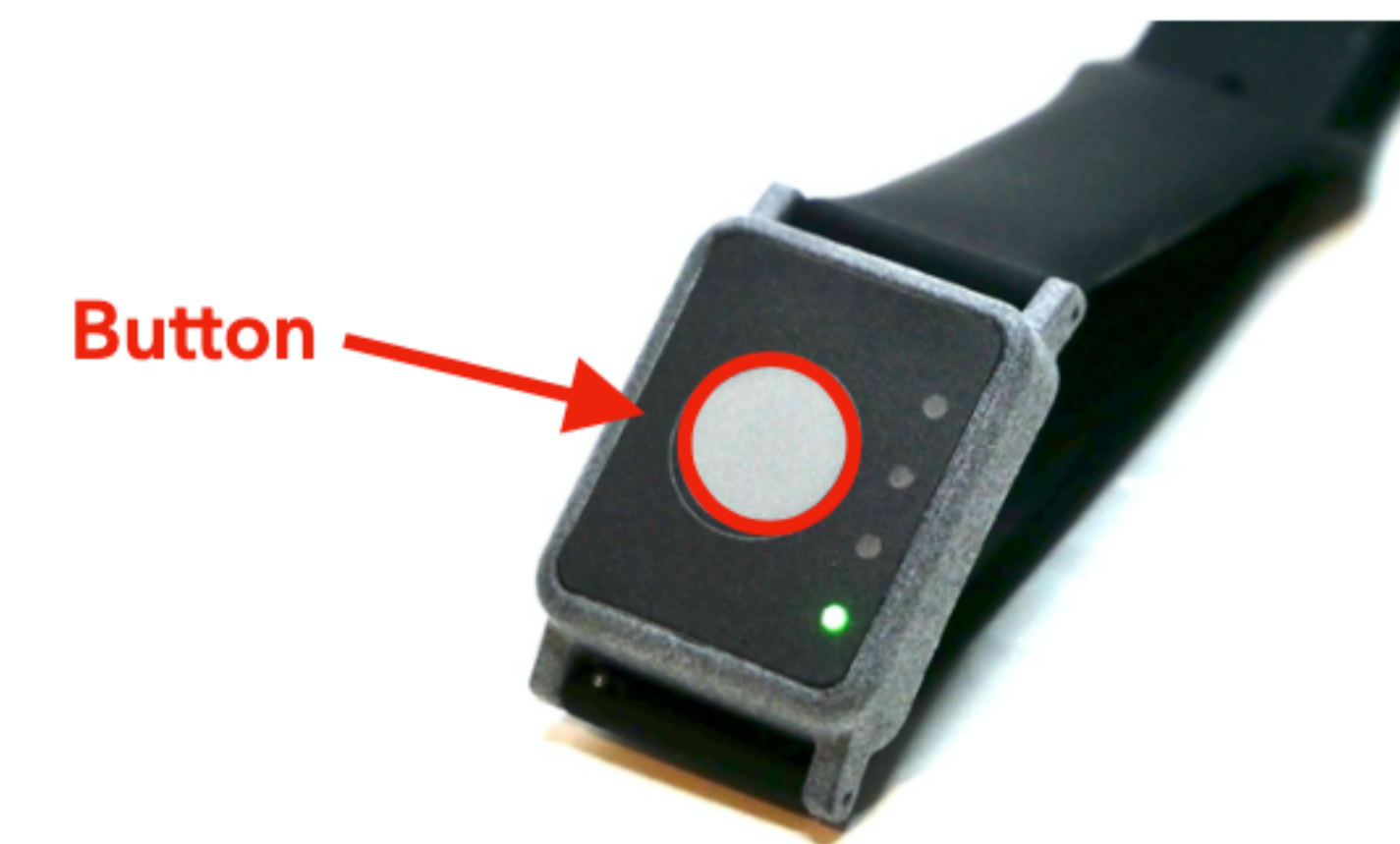
To Power OFF the unit completely, press and hold for 5 seconds.

NOTES

When the unit is On, 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.

When in display measurement mode the LEDs will be on, but the unit will not vibrate.

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



Exposure Guidelines

Peak Values

Red (Fastest Flash)	>1,000,000 $\mu\text{W}/\text{m}^2$
Red (Fast Flash)	100,000 -1,000,000 $\mu\text{W}/\text{m}^2$
Red (Flash)	10,000 - 100,000 $\mu\text{W}/\text{m}^2$
Red	1000 - 10,000 $\mu\text{W}/\text{m}^2$
Orange	100-1000 $\mu\text{W}/\text{m}^2$
Yellow	10-100 $\mu\text{W}/\text{m}^2$
Green	1-10 $\mu\text{W}/\text{m}^2$
Green (Flashing)	< 1 $\mu\text{W}/\text{m}^2$