

JETLOG®

Operation Manual / Bedienungsanleitung

JETLOG 24x7 PNE – Gopala™

WARNING

READ ENTIRE OPERATION MANUAL BEFORE USE AND CHECK ALL DISCLAIMERS!

THIS IS AN ALARM FOR POWERNAPPING
NOT AN ALERTNESS-MONITORING DEVICE!

ONLY USE FOR RESTING!
FAILURE TO USE AS DIRECTED COULD RESULT IN
SEVERE INJURY!

IN OPERATIONAL SETTINGS, ENFORCE ALL PRECAUTIONS AND PROCEDURES AS
PER RESPECTIVE GUIDELINES! ALWAYS SET AN EXTERNAL BACKUP ALARM!

WARNHINWEISE

VOR GEBRAUCH DIE GESAMTE BEDIENUNGSANLEITUNG LESEN!

DIES IST EIN WECKER FÜR KURZSCHLAF,
KEIN AUFMERKSAMKEITSÜBERWACHUNGSGERÄT!

NUR ZUR ERHOLUNG UND ZUM SCHLAFEN BENUTZEN!
SONST VERLETZUNGS- ODER LEBENSGEFAHR!

ALLE VORSICHTSMASSNAHMEN GEMÄSS DER JEWEILS GELTENDEN VORSCHRIFTEN
EINHALTEN! ALS BACKUP IMMER EINEN EXTERNEN WECKER STELLEN!

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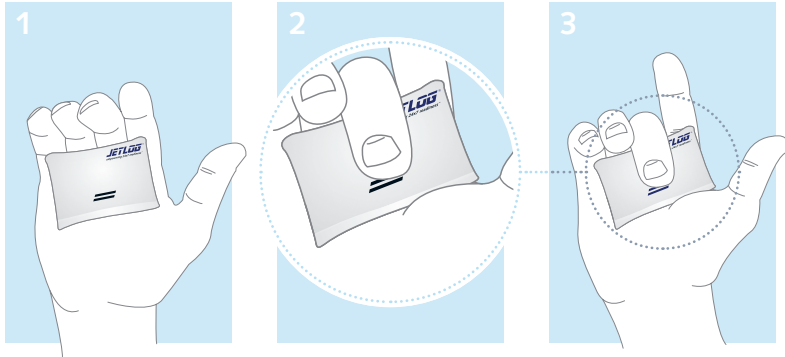
Inhalt

1-2-3 Instant Deployment

Pose Power-Napping-Enabler [PNE] with the JETLOG logo facing up into your palm.

Touch the black sensor stripes with fingertip of same hand continuously.

Position hand in a way that the fingertip may disengage from the sensor at any time.

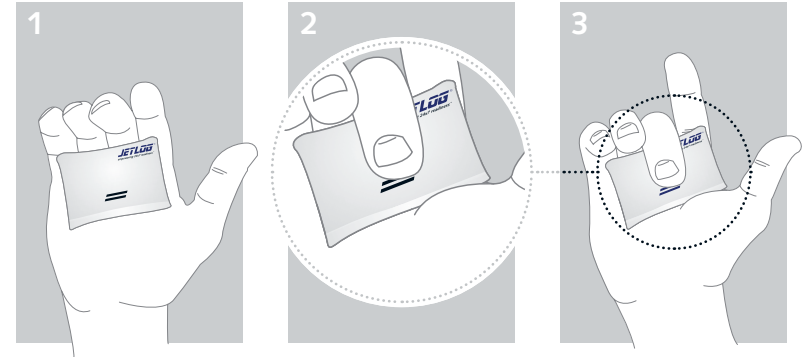


1-2-3 Sofortbenutzung

Power-Napping-Enabler [PNE] mit JETLOG Logo nach oben in Handfläche legen.

Schwarze Sensorstreifen mit der Fingerkuppe unnachlässig berühren.

Hand so positionieren, dass sich die Fingerkuppe jederzeit vom Sensor lösen können.



Function Overview

In order to provide Maximum Fatigue Recovery in Minimum Time™, The JETLOG 24x7 PNE incorporates two sensor areas [downside and two stripes] in conjunction with a vibration- and acoustic alarm. Per default, the PNE triggers an alarm after 40-min. [NASA-Nap] or after detecting a prior sensor condition [cross-functional].

- [A]** After three seconds continuous touch of the sensor, the PNE switches on. Touching less than three seconds keeps it off.
- [B]** A single vibration indicates the PNE's readiness.
- [B1]** After that, the 40-min. NASA-Nap can be disabled within three seconds.
- [B2]** In order to do so, disengage from sensor after the first vibration and touch again within three seconds. A beep indicates the deactivation of the 40-min. NASA-Nap.
- [B3]** This setting sequence can be repeated as many times as needed.
- [C]** After all set, another vibration always indicates the start of the PowerNap. With continued touch of the sensor, the PNE will only initiate an alarm sequence if the fingertips disengage with the sensor stripes or after 40min. [if NASA-Nap disabled, only after sensor condition]. After nod-off, this point in time corresponds to a significant drop in muscle tension and cerebrum shut down, i.e., to deep sleep [Slow Wave Sleep - SWS] or - after 40min. - to the NASA-Nap.
Please refer to illustration on page 14
- [D]** A two-part alarm sequence with a 10 seconds pause takes place for about thirty seconds before the PNE switches off automatically. The first part consists of five vibrations, the second of five beeps.

Funktionsüberblick

Um Maximale Erholung in Minimaler Zeit™ zu gewährleisten, verfügt der JETLOG 24x7 PNE über zwei Sensorflächen [Unterseite und zwei Sensorstreifen] in Verbindung mit einem Vibrations- und akustischen Alarm. Der PNE weckt standardmäßig nach 40min. [NASA-Nap] oder nach vorhergehendem Sensorsignal [Cross-Funktional].

- [A]** Nach drei Sekunden Sensorsberührung schaltet sich der PNE automatisch ein. Bei einer Berührung von unter drei Sekunden bleibt der PNE aus.
- [B]** Eine einmalige Vibration signalisiert die Funktionsbereitschaft des PNE.
- [B1]** Danach kann der 40-min. NASA-Nap innerhalb von drei Sekunden deaktiviert werden.
- [B2]** Hierzu nach der ersten Vibration vom Sensor ablassen und innerhalb von drei Sekunden nochmals berühren. Ein akustisches Signal bestätigt die Deaktivierung des 40-min. NASA-Nap.
- [B3]** Diese Einstellungssequenz kann beliebig oft wiederholt werden.
- [C]** Nach der Einstellung bestätigt eine weitere Vibration den Beginn des PowerNap. Bei Weiterberührung emittiert der PNE erst dann eine Wecksequenz, wenn kein fortgesetzter Kontakt mit dem Sensor mehr stattfindet oder nach 40min. [bei deaktiviertem NASA-Nap nur nach Sensorsignal]. Dieser Zeitpunkt entspricht nach dem Einschlafen dem Abfall des Muskeltonus und des Ruhens des Cerebrums, d.i., der Tiefschlafphase [Slow Wave Sleep - SWS] bzw. nach 40min. dem NASA-Nap.
Siehe Illustration Seite 15
- [D]** Eine zweiteilige Wecksequenz mit 10 Sekunden Pause erstreckt sich über ca. 30 Sekunden bevor sich der PNE automatisch abschaltet. Der erste Teil besteht aus einer fünfmaligen Vibration, der zweite aus einem fünfmaligen Beep.

- [E] To turn the PNE off while in alarm sequence, touch the sensor at least for the duration of one vibration [2sec.]. The first buzz sequence consisting of five vibrations cannot be cut off. If cutting off within the vibration sequence or the pause, a beep acknowledges the cut off operation. If cutting off in beep sequence, the PNE shuts down immediately. If the 40min. default timer of the NASA-Nap mode triggered the alarm prior a sensor condition, the alarm sequence cannot be cut off.
- [F] For another PowerNap after an alarm sequence, just continue to touch the sensor stripes. The PNE will reinitiate within 15 seconds after the last alarm-vibration.

- [E] Zum Abschalten des PNE während der Wecksequenz, Sensorstreifen für mindestens die Dauer einer Vibration berühren [2Sek.]. Die Vibrationssequenz [5x] kann nicht abgebrochen werden. Der Abbruch während der Vibrationssequenz oder in der Pause wird mit einem akustischen Signal quittiert. Bei Abbruch während der Beepsequenz schaltet der PNE sofort aus.
- [F] Zum erneuten PowerNappen nach einer bereits erfolgten Wecksequenz, den Sensor einfach weiter berühren. Der PNE macht ca. 15 Sekunden nach der letzten Wecksequenz einen Neustart.

Function Chart

Step	sensor-touch	Duration (s)	Feedback	Status
A	yes	< 3	none	off
B	yes	> 3	1x vibration	aktiv
B1	yes	> 1	none	NASA-Nap on/off
B2	yes > 1 < 3	< 3	1 x beep	NASA-Nap off
B3	yes	> 3	1 x vibration	NASA-Nap on
C	yes	> 3	1 x vibration	PowerNap sensor active
D	no	< 1	5x vibration, 10s pause, 5x beep	alarm sequence
E	yes	< 2	1x beep (sensor condition)	alarm cut off
F	yes	> 15	sequence starting at B	active

Funktionsverlauf

Step	Sensorberührung	Dauer	Feedback	Status
A	Ja	< 3	kein	aus
B	Ja	> 3	1x Vibration	aktiv
B1	Ja	> 1	kein	NASA-Nap an/aus
B2	Ja > 1 < 3	< 3	1 x Beep	NASA-Nap aus
B3	Ja	> 3	1 x Vibration	NASA-Nap an
C	Ja	> 3	1 x Vibration	PowerNap Sensor aktiv
D	Nein	< 1	5x Vibration, 10s Pause, 5x Beep	Wecksequenz
E	Ja	> 2	1x Beep (Sensor signal)	Abbruch Wecksequenz
F	Ja	> 15	Sequenzstart ab B	aktiv

NASA Napping Policy

Fatigue

The term »fatigue« defines the decreased capability of doing physical or mental work, or the subjective state in which one can no longer perform a task effectively. If fatigue increases, performance becomes more variable and decisions less reliable:

- » **Reduced speed of physical reaction time and speed of thought processes**
- » **Increased tendency to make mental errors and flawed judgments**
- » **Increased false responding, or responding when a stimulus isn't present**
- » **Increased memory errors and lapses**
- » **Reduced vigilance and motivation**

NASA-Nap

These significantly damaging effects of fatigue prompted the US Congress in 1980 to request NASA Ames Research Center to study fatigue thus leading to the creation of »The NASA Ames Fatigue/Jet Lag Program«. In 1991, the name of the program was changed to the »Fatigue Countermeasures Program« in order to provide a greater emphasis on the development and evaluation of fatigue in general. As a result of »NASA Ames' Fatigue Countermeasure Program«, during which pilots were provided with a 40-min., preplanned, in-flight nap opportunity during cruise, the resting pilots maintained almost consistent performance night and day, at the end of flights, and after multiple flight legs. The limitation to 40-min. of sleep was designed to minimize the potential negative effects of naps and allowing an implementation into an operational environment.

NASA Kurzschlafrichtlinie

Müdigkeit

Der Begriff »Müdigkeit« definiert die herabgesetzte Fähigkeit physische oder mentale Arbeit zu verrichten, oder den subjektiven Zustand, in welchem man eine Aufgabe nicht mehr effektiv erfüllen kann. Mit zunehmender Müdigkeit wird die Leistungsfähigkeit variabler und Entscheidungen unzuverlässiger:

- » **Herabgesetzte physische Reaktionszeit und verlangsamte Denkprozesse**
- » **Erhöhte Tendenz zu mentalen Fehlern und Fehleinschätzungen**
- » **Mehr Fehlreaktionen oder Reaktionen ohne entsprechenden Stimulus**
- » **Vermehrte Gedächtnisstörungen und Gedächtnislücken**
- » **Verminderte Aufmerksamkeit und Motivation**

NASA-Nap

Diese signifikant negativen Effekte von Müdigkeit haben den US Kongress 1980 veranlasst, das NASA's Ames Research Center mit Müdigkeitsstudien zu beauftragen, was zur Gründung des »The NASA Ames Fatigue/Jet Lag Program« führte. 1991 wurde der Name des Programms in »Fatigue Countermeasures Program« geändert, um den Schwerpunkt auf die Entwicklung und Bewertung von Müdigkeit im Allgemeinen zu legen. Das »NASA Ames' Fatigue Countermeasure Program« gab Verkehrspiloten eine 40-minütige, geplante Schlafgelegenheit während des Reisefluges. Als Ergebnis demonstrierten diese Piloten fast konsistente Leistungsfähigkeit, Tag und Nacht, am Ende der Flüge und nach mehreren Strecken. Die Begrenzung auf 40 Minuten zielte neben der Vermeidung von potentiell negativen Effekten, auf die transparente Implementierbarkeit in operationale Umgebungen.

NASA Napping Policy / Negative Effects

Negative Effects of Naps

The most significant negative effect of napping is *Sleep Inertia*. It includes the *grogginess*, *disorientation*, and *sleepiness* that accompany awakening from SWS [Slow Wave Sleep - deep sleep] and the sweating and headaches from awakening out of intense dreaming [REM - Rapid Eye Movement]. *Sleep Inertia* is associated with an initial performance decrement immediately upon awakening from SWS or REM and lasts until regular sleep cycles are obtained.

The severity of these effects is mainly related to the duration of SWS, intensity of REM and circadian time [internal body clock] of the sleep episode.

The occurrence of SWS and REM is related to the circadian rhythm. Any circadian disruption, which is caused by e.g., multiple time-zone crossings or irregular duty hours, results in an uncertainty when SWS and REM will occur and therefore increases the risk of experiencing *Sleep Inertia*.

Since the »NASA-Nap« is only a timed nap, NASA's operational validation of strategic sleep episodes limited to 40-min. resulted in peaks of up to 20% of pilots experiencing SWS. As all individuals have unique physiological characteristics and do not enter sleep stages uniformly, an ordinary timing of a nap is an outdated solution. Another negative consequence of an improper timed nap is the effect on subsequent sleep episodes: While a nap will improve waking alertness, performance and wellbeing, it increases subsequent sleep loss by disrupting later sleep episodes.

NASA Kurzschlafrichtlinie / Negative Effekte

Negative Kurzschlafeffekte

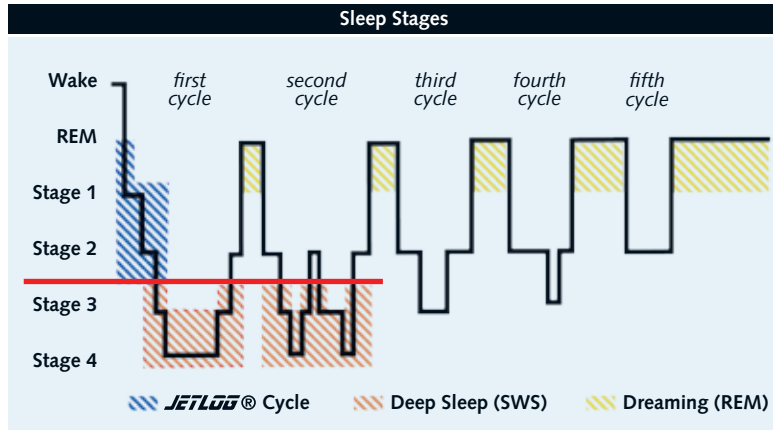
Der negativste Effekt von Kurzschlaf ist Schlaftrunkenheit. Generisch betrachtet sind dies die Symptome nach dem Erwachen aus der Tiefschlafphase [Slow Wave Sleep - SWS] wie Trägheit, Desorientierung, Schläfrigkeit, Kopfschmerz, und schlechte Laune, sowie Schwitzen und visuelle Halluzinationen nach dem Erwachen aus REM [*Rapid Eye Movement* – Traumschlaf]. Schlaftrunkenheit führt zu einem unmittelbaren Leistungsabfall nach dem Erwachen aus SWS oder REM und kann bis zum Erfahren eines regulären Erholungsschlafs anhalten.

Die Schwere der Effekte hängt hauptsächlich von der Dauer des SWS, Intensität von REM und der körpereigener Zeit [Circadiane Zeit – »innere Uhr«] des Schlafes ab.

Das Auftreten von SWS und REM richtet sich nach dem circadianen Rhythmus. Jede circadiane Störung welche z.B. durch Zeitverschiebungen oder unregelmäßige Arbeitszeiten hervorgerufen wird, erhöht die Unberechenbarkeit bezüglich des Auftretens von SWS oder REM. Damit steigt die Wahrscheinlichkeit Schlaftrunkenheit zu erfahren. Da der »NASA« Kurzschlaf lediglich chronologisch getimt wurde, befand NASA's operationale Auswertung, dass bis zu 20% der Piloten SWS erfahren hatten.

Ein anderer negativer Effekt eines schlecht getimten Kurzschlafs ist seine Auswirkung auf darauffolgende Schlafepisoden: Während Aufmerksamkeit und Leistungsvermögen nach einem Kurzschlaf erhöht werden, führt dieser nach durchlaufen von SWS zu Schlafentzug in späteren Schlafepisoden.

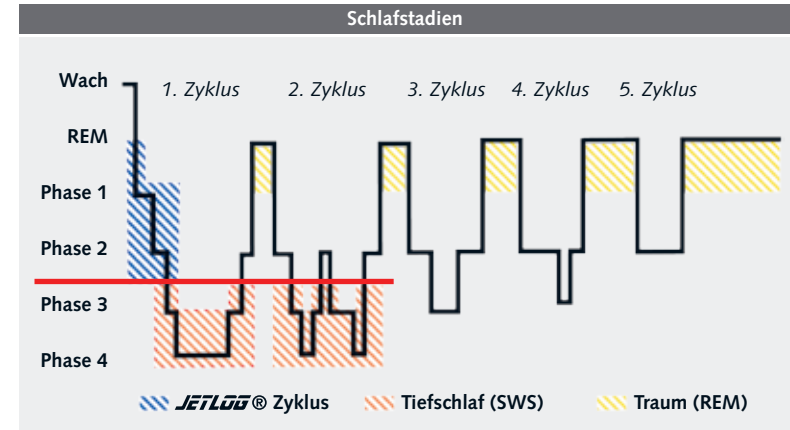
NASA Napping Policy / Sleep Stages



JETLOG Cycle

With JETLOG's multiply awarded and internationally patented technologies to avoid SWS and REM, alertness as well as efficiency levels are increased by up to 75% in average. This corresponds to bridging fatigue for up to six hours without negative effects to occur.

NASA Kurzschlafrichtlinie / Schlafstadien



JETLOG Zyklus

Mit JETLOG's mehrfach ausgezeichneten und international patentierten Technologien zur Vermeidung von SWS und REM, werden Aufmerksamkeit sowie Leistungsvermögen im Mittel um 75% gesteigert. Damit wird Müdigkeit um bis zu sechs Stunden überbrückt, ohne dass negative Effekte auftreten.

General Handling and Maintenance

The JETLOG 24x7 PNE is a sensitive measurement instrument. CAUTION: DO NOT OPEN! Keep sensor surface always clean. There must be no contamination of the sensor areas with greasy substances nor must excessive wetness interact with the device. For cleaning, especially for sensor areas, use gently moistened cloth under soft touch. Battery replacement must be performed by JETLOG Corporation only.

Specifications

Type	Power-Napping-Enabler (PNE)
Model	Gopala™ NanoTouchTronic™
Function	Deep Sleep and REM prevention
Compliance	NASA Napping Policy
Origin	Made in Germany
Power	DC 3V Battery
Weight	about 15 g (0.53 oz) including Battery
Dimension	about 65W x 47D x 13H mm (2.56" x 1.85" x .51")
Battery Life	under 1x daily use: minimum 2 Years (720 Cycles) non-used: maximum 12 years
Operating Temp	-20°C to +50°C (-4°F to 122°F)
Ambient Humidity	maximum 80% RH
G-Specification	shock resistant

Allgemeine Handhabung und Wartungshinweise

Der JETLOG 24x7 PNE ist ein empfindliches Messgerät. ACHTUNG: NICHT ÖFFNEN! Die Sensorflächen müssen stets sauber sein. Insbesondere dürfen keine fettigen Substanzen und keine Nässe an oder in das Gerät gelangen. Zur Reinigung, speziell der Sensoren, ein geringfügig angefeuchtetes Tuch vorsichtig mit leichtem Druck anwenden. Einen Batteriewechsel nur von JETLOG Corporation durchführen lassen.

Spezifikationen

Typ	Power-Napping-Enabler (PNE)
Modell	Gopala™ NanoTouchTronic™
Funktion	Tief- und Traumschlaf Prävention
Standard	NASA Kurzschlafrichtlinie
Ursprungsland	Deutschland
Strom	DC 3V Batterie
Gewicht	ca. 15 g (mit Batterie)
Maße	ca. 65 x 47 x 13 mm (Breite x Tiefe x Höhe)
Batterielebensdauer	bei 1x täglichen Gebrauch: mindestens 2 Jahre (720 Zyklen) ungenutzt: maximal 12 Jahre
Betriebstemperatur	-20°C bis +50°C
Luftfeuchtigkeit	maximal 80% RL
G-Spezifikation	stoßsicher

Warranty and Disclaimers

You purchased a product with Limited Lifetime Quality Warranty [USA only – all other countries 30 years]. Please refer to specific warranty and disclaimer information further down. For all other questions and/or concerns, please visit www.jetlog.com and/or contact us at info@jetlog.com.

LIMITED LIFETIME QUALITY WARRANTY [USA ONLY]: JETLOG Corporation [»JETLOG«] warrants to the original end user [»Customer«] that under normal and intended use this JETLOG 24x7 PNE will be free from defects in workmanship and materials for indefinite period of time after the date of original purchase. JETLOG's sole obligation under this Limited Lifetime Quality Warranty shall be, at JETLOG's discretion, to replace the defective product with a comparable product, repair the product, or if neither repair nor replacement is reasonably available, to refund to Customer the purchase price paid for the product. JETLOG warrants any replaced or repaired product for a period of ninety [90] days from shipment. All products that are replaced become the property of JETLOG. **OBTAINING WARRANTY SERVICE:** Customer must contact JETLOG at support@jetlog.com within the applicable warranty period to obtain a Return Material Authorization [RMA]. Dated proof of original purchase will be required. JETLOG is not responsible for products or parts received without a Return Material Authorization. Products or parts shipped by Customer to JETLOG must be sent prepaid and packaged appropriately for safe shipment with the RMA number clearly visible on the outside of the package, and it is recommended that they be insured or sent by a method that provides for tracking of the package. The replaced, repaired product or part will be shipped as soon as reasonably possible, which will be no later than thirty [30] days after JETLOG receives the original product or part from Customer, or JETLOG will provide a full refund of the original purchase price. Repaired or replacement products or parts will be shipped to Customer at JETLOG's expense. The repair and replacement process for products or parts in locations outside of the United States will vary depending on Customer's location.

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This product is designed and sold for recreational and relaxation purposes only and must be used strictly in accordance with the instructions set out in the Operation Manual. No statement made by us in relation to this product, or by any other party associated with our product, whether on our website or our manufacturer's literature enclosed in our packaging or anywhere else, should be construed as a representation, warranty or any claim whatsoever, whether expressed or implied that the product is intended for the diagnosis, treatment, cure, mitigation or prevention of any disease, ailment, defect or injury of the human body. To the extent allowed under applicable law, we, including but not limited to our servants, agents, employees and other parties associated with this product, assume no liability for any risk involved in the use of the product. We make no warranty expressed or implied, other than the product conforms to applicable standard specifications. Please read and observe Warnings, Cautions, Instructions, and Notes in the Operation Manual before using The JETLOG 24x7 PNE!

WARNING: This is an alarm for PowerNapping not an alertness monitoring device. ONLY use for resting. If resting in operational settings, enforce any precautions and procedures as instructed per respective guidelines. FAILURE TO USE THIS PRODUCT AS DIRECTED COULD RESULT IN SEVERE INJURY.



24x7 Service

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Full Replacement

+ Battery + NanoTouchTronic™	€ 29.99
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Komplett austausch

+ Batterie + NanoTouchTronic™	€ 29,99
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