Please contact us if you have
any questions or suggestions:
support@cosinuss.com

Visit us on:
support.cosinuss.com

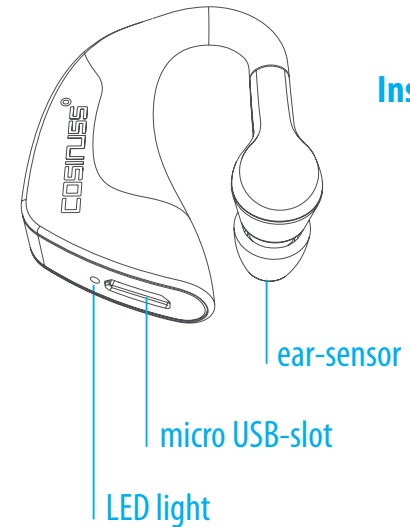*Please read the safety instructions carefully
before you start using your cosinuss° One!*

cosinuss°

vital signs . accurate . continuous . convenient

What's in the box

- cosinuss°One Sensor
- USB charging cable
- Hardshell-Case
- Instructions
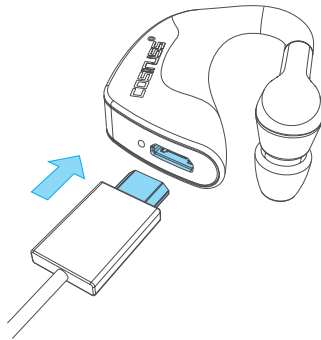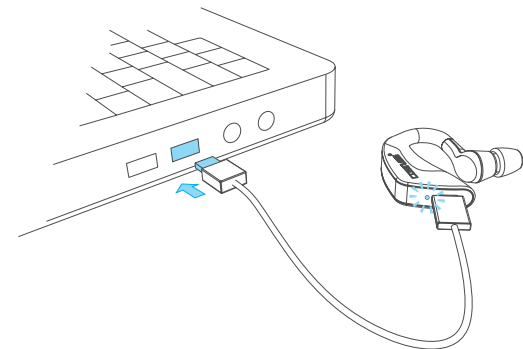- cosinuss°One App
  Android und iOS

Instructions

°One

(EN)

ear-sensor

micro USB-slot

LED light

Charging

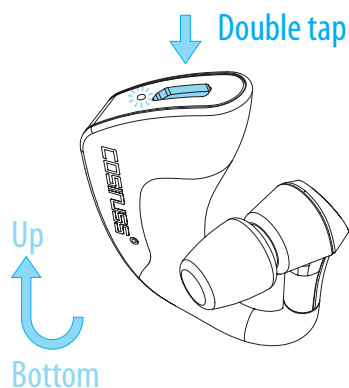**1** Insert the micro USB-plug into the opening on the bottom of the °One

2 Insert the other end of the charging cable into a USB-port (e.g. of a laptop or smartphone charger).

3 The LED light on the bottom is now constantly red.

4 Charging will be completed as soon as the red LED light turns off.

5 You can now unplug the charger.

Turning On your °One:

Turn your °One upside-down. The USB-slot needs to face upward. Double tap on the USB-slot. A blue LED light next to the USB slot will start flashing every three seconds. Your °One is now turned on.

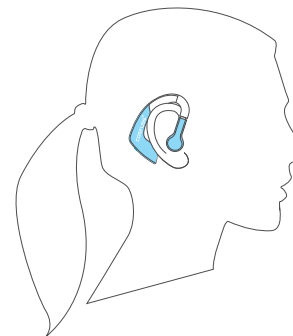**Double tap**

Up

Bottom

NOTE:
Your °One can only be turned on or turned off if the USB-slot is facing upward!

Video Tutorial

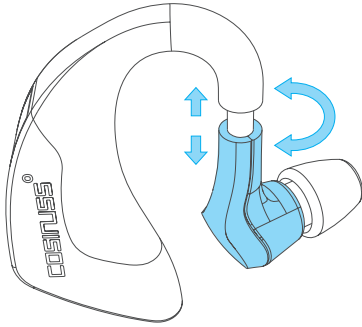http://www.cosinuss.com/de/support#video-tutorials

Adjusting your °One

1 Let your °One sit on top of your left or right ear conch. Make sure that the larger casing sits behind your ear. The head of the white ear-sensor should now face towards the front.

2 Now turn the white ear-sensor into your ear canal. Adjust it carefully to the right and to the left and by pulling it down. In the end it should fit comfortable.

3 Push the ear-sensor a bit deeper into your ear canal so it fits nice and firmly.

NOTE:
Accurate measurements are only possible if your ear-sensor sits firmly in your ear canal. The cosinuss°One App will show you how good the °One is positioned in your ear.

NOTE:
Never rotate the white ear-sensor completely inward into case direction, especially when you are adjusting your °One. This will damage the sensor!

Connecting with your device

1 Turn on your °One.

2 Put it in your ear as instructed under „Adjusting your °One"

3 Connect it with your smartphone, training watch or any other suitable device. Please follow the instructions in the manual of your receiving device. The °One is compatible with devices that feature either a Bluetooth Smart or an ANT+ connectivity.

4 Start your activity on your device and GO!

NOTE:
If you are trying to connect your cosinuss°One to an ANT+ enabled device, please make sure that there is no other active device using ANT+ or Bluetooth Smart within a distance of approx. 10 meters surrounding you.
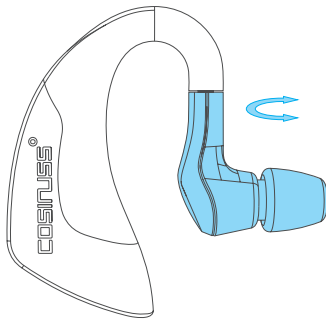
Your cosinuss°One is already attached to a device via Bluetooth, but you want to connect it to another device via ANT+? In this case, please disconnect or turn off the Bluetooth connection of your receiving device. After that, turn off and restart your °One. It will now be visible sending an ANT+ signal.
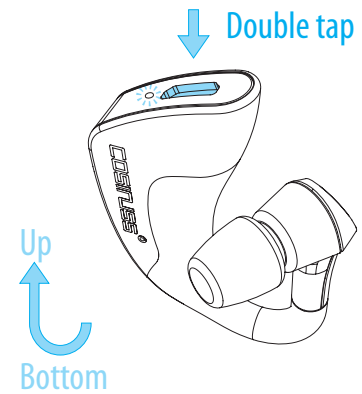cosinuss.com/compatibility

Stoping measurements

Taking your °One out

Carefully pull the sensor head out of your ear canal and turn it around so that the ear-sensor is facing forward. Take the °One off your ear conch.

Care

Cleaning

Clean the case, as well as the head of your °One carefully by only using a slightly wet cloth.

NOTE:
The °One is not impermeable to splashwater.

Turning the sensor off

Turn your °One upside down. The USB-slot needs to face upward.
Double tap on the USB-slot. The blue LED light next to the USB slot will now stop flashing. Your °One is now turned off.

cosinuss°One App

Download the cosinuss°One App for free.
It´s available for Android and iOS. Take a look in your Google Play or App Store.

Most importantly: Your cosinuss° One App delivers the newest updates for your cosinuss°One via over-the-air transmission.

The cosinuss° One App is tracking all basic parameters during your training sessions and is additionallyshowing you:
- the accuracy of the measurements,
- which is depending on the positioning of the °One in your ear,
- the charging status of the battery pack,
- your heart rate and body temperature.

Double tap

Up

Bottom

Technical data

Vital signs:	Heart rate, body temperature, heart rate variability.
Connectivity:	ANT+, Bluetooth Smart (4.0)
Battery Life:	Approx. 10 hours
Battery Charging:	Approx. 1 hour
Radio frequenzy:	2.4 GHz
Weight:	6.5 Gramms
Size:	4,5 x 3,8 x 1,8 cm (HWD)