



## MindMind BiBi Compact Breathing Tool User Manual

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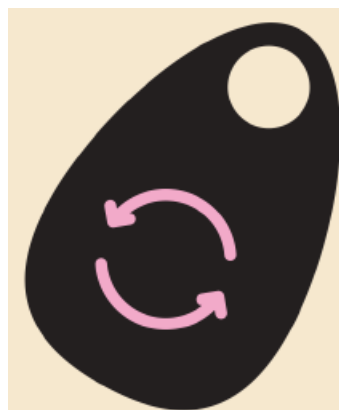


### MindMind BiBi Compact Breathing Tool



## Using Instructions

### 1. Flip



- To Wake Up BiBi.

### 2. Double tap



- To select exercise 1 – 4.
- See QR code for more details.

### 3. Shake



- To start the exercise.
- **Duration:** 2 minutes.

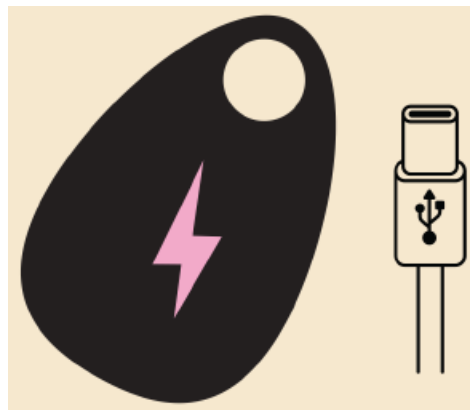
#### 4. Shake again to stop



- If you wish to stop the exercise before it is completed.
- Otherwise, BiBi turns off by itself after a short while.

#### 5. Charging

Insert the USB-C in socket to charge:



- **Red:** Discharged.
- **Green:** Fully charged.

### How to Use BiBi

1. Connect BiBi to a power source with the provided cable. BiBi will be in deep sleep when you receive it, and it will only wake up when it is plugged into an electrical outlet.
2. During normal operation, BiBi is activated by simply turning it over in your hand a bit.
3. Select one of the four built-in exercises by double-tapping BiBi.
  - **Green:** Balanced Breathing (5s in, 5s out)
  - **Yellow:** Extended exhale / Relax (4s in, 6s out)

- **Blue:** Box Breathing (4s in, 4s hold, 4s out, 4s hold)
  - **Pink:** Deep calm (4s in, 7s hold, 8s out)
4. Start BiBi by shaking it gently.
  5. You can stop an exercise by shaking BiBi gently again.
  6. Exercises run for two minutes and end with a small rainbow.
  7. BiBi turns off by itself after one minute of inactivity.
  8. When BiBi is out of power, connect it to a power source.
  9. **Red light indicator:** Depleted. Green: Fully charged.

## Tips

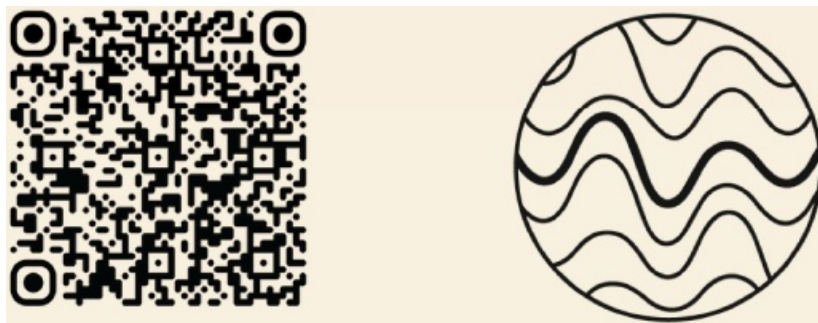
### Tips for Safe, Responsible, and Effective Use of BiBi

1. BiBi is charged via USB-C charging with a maximum of 3A and 3.7V. The LiPo battery has a capacity of 480mAh.
2. Use at Your Own Risk: Use BiBi for breathing exercises at your own risk.
  - The results of the exercises may vary from person to person, and it's important to monitor your own comfort and well-being during the exercises. Stop if the exercises or usage make you uncomfortable.
3. **Health Advice:** Using BiBi and breathing exercises in general can have many positive aspects. However, it's important to understand that this is not psychological treatment or therapy. Before you start using BiBi or make changes to your breathing practices, it is recommended to consult a healthcare professional, especially if you have existing health issues or are pregnant.
4. **Electronic Device:** BiBi is an electronic device, and therefore it is important to handle it carefully and avoid exposing it to strong shocks, vibrations, or extreme temperatures, as this can affect the device's performance.
5. **Avoid Water and Moisture:** Keep BiBi away from water and moisture, as the device is not waterproof.
6. **Charging Warning:** Only use the provided USB-C cable to charge BiBi. Using other cables can damage the device or cause overcharging, which could lead to harm. Also, do not leave the device connected to a power source once it is fully charged. This can damage the battery and reduce the lifespan of the device.
7. **Battery Warning:** When BiBi is out of power, it cannot be turned on until it is recharged. Avoid leaving the device completely discharged for extended periods, as this can affect the battery's lifespan.
8. **Note:** By using BiBi, you accept these disclaimers and agree to use the device responsibly and in accordance with the instructions. We do not take responsibility for any damages that may occur due to improper use of BiBi or failure to follow safety precautions.
9. If you experience issues with BiBi, you can contact our customer support at [support@mindmind.life](mailto:support@mindmind.life) for further assistance.

## More information

- [www.MindMind.life](http://www.MindMind.life)
- **Producer:** MindMind Aps
- **Product name:** BiBi – Breathing Buddy Storegade 77, 3790 Hasle, Denmark
- **CVR Number:** DK43426311
- [support@mindmind.life](mailto:support@mindmind.life)
- +45 2040 1094

Scan



## User Guide

Scan QR code for more details and languages.



Scan



Documents / Resources



[MindMind BiBi Compact Breathing Tool](#) [pdf] User Manual

BiBi\_DK\_EN\_DE, BiBi Compact Breathing Tool, BiBi, Compact Breathing Tool, Breathing Tool

## References

- [User Manual](#)

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