



SLEEP DEVICE GUIDE

For Better Sleep. Better Balance. Better You.



HOW TO USE



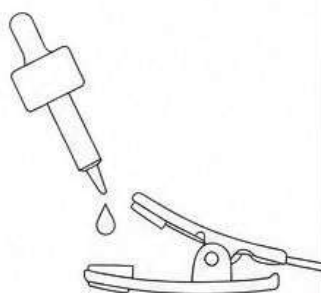
1



Connect the electrode cable

Connect the electrode cable to the main unit, and install the gasket on the ear clip electrode.

2



Wet the gasket

Wet the gasket with saline solution.

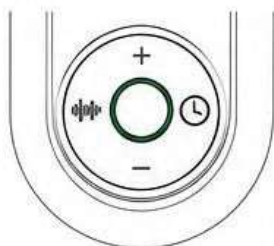
3



Attach the ear clip

Clip the ear clip to your earlobe. Both clips are the same and can be used on either ear.

4

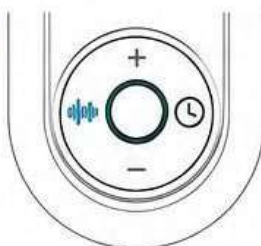


Power Button

Long press the power button to turn on the device.

Press any button to wake up the screen in standby mode. The device will automatically shut down after 10 minutes of inactivity.

5

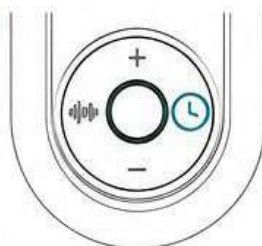


Mode Button

Short press the mode button to switch modes.

After selecting the mode, short press the start button to begin. Use the "+" and "-" buttons to adjust the intensity (9 levels available).

6



Timer Button

Short press the timer button to choose the duration.

For best results, we recommend using the device for 20 minutes before going to bed.



SAFE & EASY TO USE

Gentle stimulation to help you relax and enjoy deeper, more restful sleep.

