

Quick Start Guide

1 Push the **selection button** to turn on the sleep coach. The LED lights will begin flashing. It is now in profile selection mode.

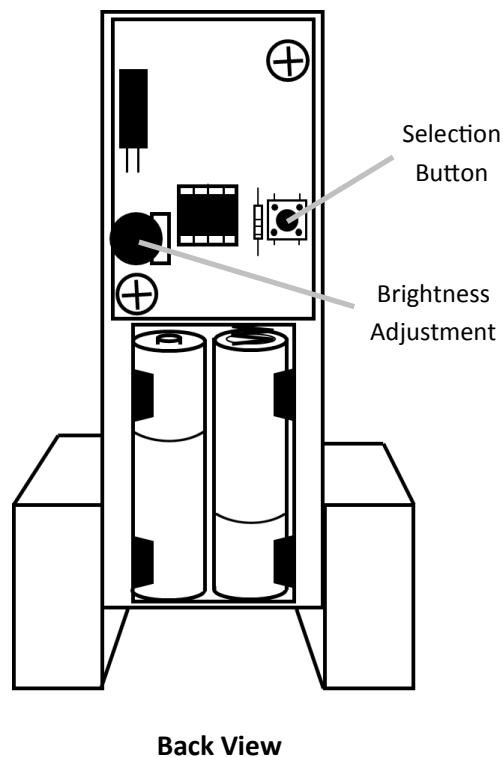
2 Push the **selection button** to cycle through the 4 profiles and off. The profiles are indicated by the speed of the flashing lights.

Slower flashing = longer profile

3 **Hold the selection button** to begin sleep coaching once the desired profile has been selected.

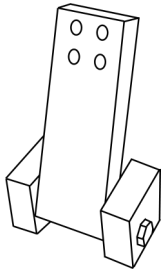
4 Adjust the brightness with the **brightness adjustment wheel**. It is recommended to shine the light through your eyelids as you try to sleep.

5 The sleep coach will automatically turn off after the chosen profile ends. To turn it off before then, press the button.



Profiles

| Total Session Length (min) | Initial Breath Length (s) | Final Breath Length (s) |
|----------------------------|---------------------------|-------------------------|
| 7 | 6 | 10 |
| 14 | 6 | 12 |
| 21 | 6 | 14 |
| 28 | 6 | 16 |



Sinusoidal Sleep Lamp

Use calming sinusoidal patterns of light to train your breathing

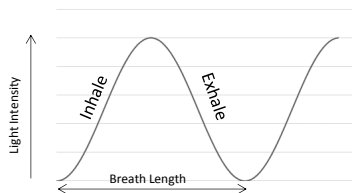
How to Use the Sleep Lamp

The sleep lamp trains your breathing to help induce sleep. As the lamp increasing in brightness, breathe in. Once the brightness reaches a peak and begins to dim, breathe out. The breathing rate will get slower as time passes, with the final breath length depending on the profile chosen.

Turning on the Sleep Lamp and Choosing Profile

The default mode for the sleep lamp is a power-saving sleep mode. To turn the lamp on, simply push the button on the back of the lamp. This will bring you to the profile selection mode. The 4 different profiles are:

| Total Session Length (min) | Initial Breath Length (s) | Final Breath Length (s) |
|----------------------------|---------------------------|-------------------------|
| 7 | 6 | 10 |
| 14 | 6 | 12 |
| 21 | 6 | 14 |
| 28 | 6 | 16 |



The current profile selection is indicated by how fast the lights blink. The fastest blinking pattern indicates the 7 minute session, and the slowest blinking indicates the 28 minute session. Cycle through the profiles by pushing the button. If there is no activity within 60 seconds, the lamp will enter the power-saving sleep mode. When the desired profile is reached, hold down the button for 3 seconds to begin breath coaching. To turn off the lamp during coaching, push the button. After the session, the lamp will automatically enter sleep mode.

Brightness Selection

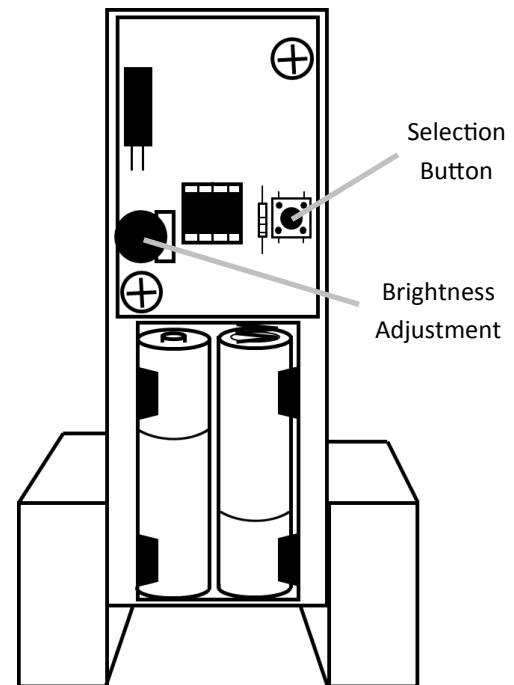
Use the brightness adjustment dial on the back of the lamp to control the maximum brightness of the lamp. There are several uses of the lamp depending on the brightness selected:

Sleep Coach With Eyes Closed - Point sleep lamp at your face and increase brightness to maximum. Close your eyes and follow the pattern of light.

Sleep Coach With Eyes Open - Point sleep lamp at ceiling or wall, lower brightness and follow pattern of light with your eyes open.

Meditation Coach - Point lamp at wall or at face. Select brightness for comfort and follow the pattern of light with eyes open or closed.

Experiment to find other uses for the lamp.



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