


## Headband Care

### Charging Your Zeo Headband

When you are not using the headband, place it on the bedside display to recharge. The battery icon will flash when the headband is positioned correctly.

### Replacing the SoftWave™ Sensor Pad

The sensor pad should be replaced periodically.

Zeo will notify you when a new sensor is recommended. You can view the number of nights until a sensor replacement is needed in the "Sensor Pad Life" screen in the  menu.

Your Zeo comes with one replacement sensor pad. Additional sleep sensors can be ordered at [www.myZeo.com](http://www.myZeo.com)

### Cleaning the Headband

The headband fabric can be hand washed with a delicate fabric cleaner and cold water. Unsnap the plastic pod before washing the headband strap and sensor pad. Let the fabric air dry thoroughly before using again.

### Headband Safety

Zeo does not alter your sleep in any way during the night. It has been laboratory tested and complies with all standards for digital and wireless devices.



Personal  
Sleep Coach



## Headband Basics

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## Wearing Your Zeo Headband

1. Put the headband on at a tight size setting.
2. The gray pads should rest on the center of your forehead. Make sure not to trap any hair under the sensor.
3. Loosen the strap until you reach a comfortable and secure fit.



Zeo works best when the sensor on your forehead does not move around while you sleep.

### Headband Tips

- Put the headband on once you are in bed and ready to turn the lights out to ensure an accurate recording of Time to Z.
- If the headband falls off your head during the night, try tightening it the next night.
- Use the gray dots on the strap as a sizing guide.
- You can use the soft fabric tubes to provide extra comfort around your ears, or you can remove them altogether.
- With long hair, the headband should be worn under the hair, or with a ponytail through the two straps.



Headband under the hair



Hair through two straps