

SHARPER IMAGE®

SLEEP IMPROVING WRISTBAND

Item No. 205350

Owner's Guide



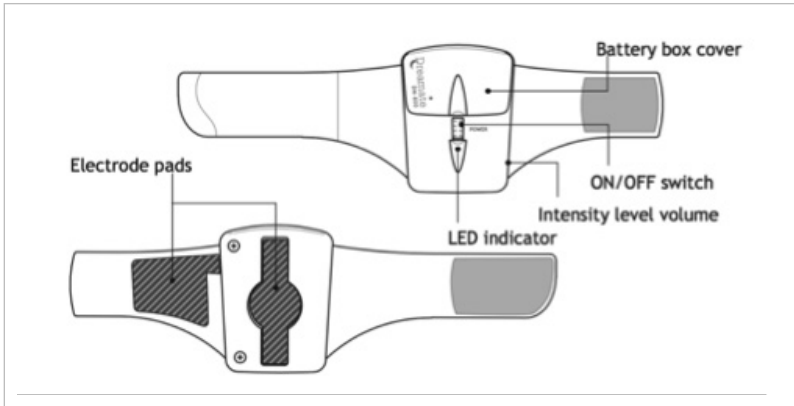
Thank you for purchasing the Sharper Image Sleep Improving Wristband. Based on ancient Chinese acupuncture principles, this biofeedback device uses a gentle electrical pulse to relieve stress, promote circulation and stimulate the production of melatonin, the body's natural sleep-inducing hormone. With regular use, your sleep should improve in 2 to 4 weeks. Please read this owner's guide carefully and save it for future reference.

Note: This device is not for use by those with a pacemaker.

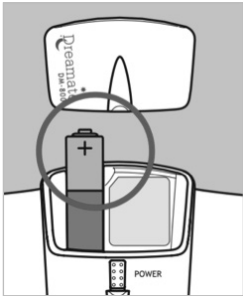
FEATURES

- Easy to use
- Compact, wireless and portable design
- Suggested by traditional Chinese acupuncture to reduce stress and help you sleep better
- Increases the duration and depth of sleep
- Drug-free and non-invasive
- Electrical stimulation plus vibration massage
- Micro-controlled integrated circuit regulates frequency of electrical pulses
- Anti-snore function
- 6,000 RPM vibration massage
- Runs on 1 included AAA battery
- Includes Conducting Gel

IDENTIFICATION OF PARTS



SET UP



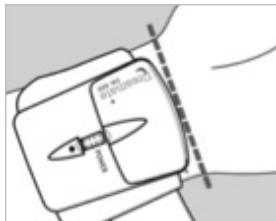
- To open the battery compartment, press down on the battery cover and push the battery cover forward.
- Insert the included AAA battery carefully, noting the proper polarity ["+" and "-"].
- Replace the battery cover.

INSTRUCTIONS FOR USE



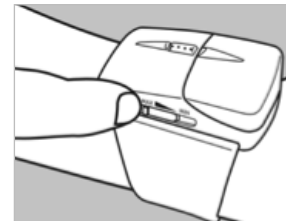
1. Add a small amount of the included Conducting Gel to the two black rubber electrode pads on the underside of the device.

Note: You may use essential oil instead. [Essential oil not included.]



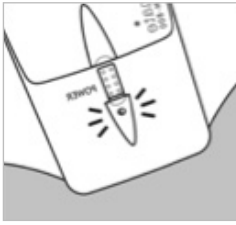
2. Wear the device on the inside of your left wrist [a.k.a. the "Sleeping Golden Triangle" position].

Align the front edge of the device with the horizontal line of your wrist as shown. The fit should be snug but comfortable.



3. Slide the intensity switch to the lowest level.

INSTRUCTIONS FOR USE [CONT.]



4. Press the Power button ONCE to enter Sleep Mode. In Sleep Mode, the device will vibrate at 6,000 RPM to relieve stress. In addition, it will deliver small electrical impulses to promote circulation and stimulate the production of melatonin, the body's own sleep-inducing hormone. Adjust the intensity to a level that is comfortable. Please be aware that the electrical impulses are transmitted in a cycle: from weak to strong, then from strong to weak. Then, the cycle repeats.

NOTE: In Sleep Mode the LED will flash GREEN continuously, indicating that the device is working properly. If the device is not flashing GREEN, there are two possible reasons:

- Flashing Red [slowly] = Indicates a poor connection. Add Conducting Gel and/or reposition the device on your wrist.
- Flashing Red [rapidly] = Battery Weak. Please replace the battery.

After 30 minutes in Sleep Mode, the device will stop vibrating and enter Anti-Snoring Mode. In Anti-Snoring Mode, the device remains off until it detects a loud sound of 65dB or more [such as snoring] three times in a row.

When the device detects snoring [three loud noises in a row], it activates the electrical pulse, causing you to roll over or shift position without waking up. When you roll over or shift position, your airway will become clearer, so you do not snore.

NOTE: After 8 hours, the device will turn off automatically to conserve power.

POWER BUTTON

The Power Button has three different settings:

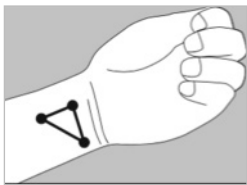
- Press once = Goes to Sleep Mode for 30 minutes, then Anti-Snoring Mode for 8 hours
- Press twice = Goes directly to Anti-Snoring Mode for 8 hours
- Press three times = Off

GENERAL USAGE TIPS



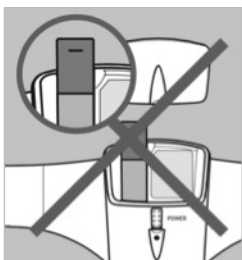
- Go to bed close to the same time each night.
- Use the device in Sleep Mode for 30 minutes before going to sleep.
- After use, wipe the black rubber pads with a soft cloth and store the device in its original box for safe keeping.
- Sleep should improve after 2 to 4 weeks of use.

WHAT IS THE SLEEPING GOLDEN TRIANGLE?



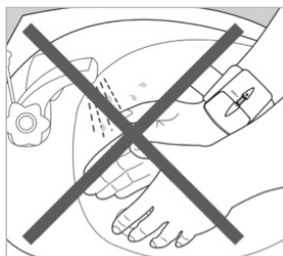
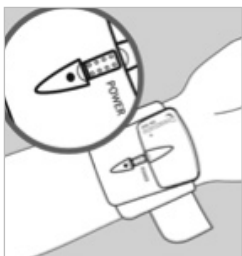
The Sleeping Golden Triangle refers to traditional Chinese acupuncture, which states there are three special sleep-aid points located on the inner wrist: the Shern-Men Point, the Day-Ling Point and the Ney-Guan Point. The Shern-Men Point is located along the “Heart Meridian” and is responsible for the mental health and function of the circulatory system. The Day-Ling and Ney-Guan Points are located along the “Peri-Heart Meridian,” and help maintain the normal function of the heart. These three special sleep-aid points form a triangle that many believe is responsible for calming the mind, relieving stress and inducing sleep.

TROUBLESHOOTING



1. If the LED indicator does not come on, or you do not feel the vibrating massage, please check the following:
 - A. Is the battery properly installed?
 - B. Is the battery low? If so, replace with a new one.
2. If the points mentioned above are checked, and the device still does not work as intended, please contact Sharper Image Customer Service.

WARNINGS



- Make sure the device is powered off **BEFORE** placing it on your wrist.
- **DO NOT** wash your hands while wearing the device.
- When putting on the wristband, pull the belt gently.
- **DO NOT** use this product with another medical electronic device **AT THE SAME TIME**.
- This device should be kept out of the reach of children at all times.
- If irritation develops on your skin, discontinue use.
- **DO NOT** dispose of batteries with household waste. Consult your local authorities for proper disposal.
- Always use the specified accessories in the manual. The use of other parts not approved by the manufacturer may be hazardous.
- **DO NOT** try to repair the device. There are no user serviceable parts inside.
- Heart disease patients **SHOULD NOT** use this device except under advice of a medical doctor.
- **DO NOT** place the device in the mouth, neck and eyelid region.

WARNINGS [CONT.]

- This device is NOT suitable for persons implanted with cardiac pacemakers, and those monitored by electronic equipment (e.g. ECG monitors and ECG alarms)
- Patients with acute diseases and infectious diseases SHOULD NOT use this device.
- Patients with severe skin diseases or sensitive skin, or those in a state of bleeding SHOULD NOT use this device.
- Operation in close proximity (e.g. 1m) to short wave therapy equipment may produce instability in the device output. [All electrical specifications are $\pm 20\%$ 1,000 \circ load]
- Design and specifications are subject to change without notice.

Note: This device complies with the electromagnetic compatibility requirement of EN 60601-1-2 as specified in EEC Directive 93/42/EEC

SPECIFICATIONS

Equipment type: Internal power supply BF type equipment

Executive standard: SD-C02-6

Output strength: Output peak voltage minimum 1.10V-1.5V, maximum 5.50V-6.60V

Output mode: Fixed type output, every 16 seconds/time, from weak to strong, and then strong to weak

Output waveform: Turned from small to big then to small again for continuously rectangle wave, cycle way output

Service time: 8 hours automatic shutdown

Vibration method: 2 second vibration, then 0.5 second shut down [continuous action]

Power supply: 1.5V AAA battery

Operating environment: 10°C - +40°C, 30%-85% RH

Save environment: -20°C - +50°C, 10%-90% RH

Transportation environment: -10°C +50°C, 35%-85%RH

CUSTOMER SERVICE

Sharper Image branded items purchased from SharperImage.com include a 1-year limited replacement warranty. If you have any questions not covered in this guide, please call Customer Service at 1 (877) 210-3449.

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