

Harmonic Industries

Research

Sleep-Mate3



Sleep-mate3 Operating Instructions

Components List

- 1x sleep mate unit
- 1x Electrode lead
- 2x Ear clips
- 1x power charging leads
- 1x Mains power adaptor
- 1x Operating Instructions



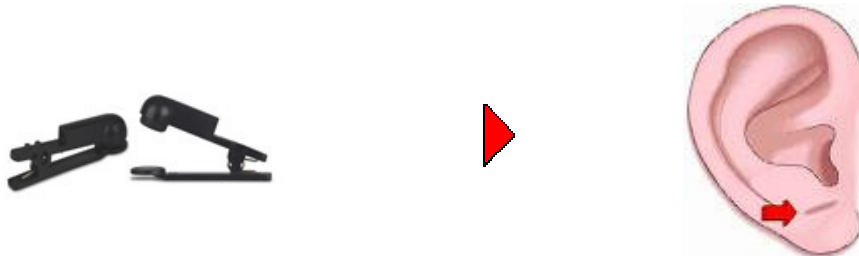
Connect the ear clips to the electrode lead.

Plug the electrode lead into the output of the unit

Prior to clipping the ear clips onto the ear lobes, make sure the earlobes are clean and free from dirt

Wet the earlobes with saline (salty water) or saliva.

This will create a suitable conductivity between the earlobe and electrodes.



Press the on/off button once to turn the unit on

The green LED on the soft/Wake –up settings will flash

This is asking you to select the desired program.

Eg. Press the **up/down button** to select desired program

Wake-up, Insomnia, Sleep, Catnap.

Once this has been selected press the on/off button to confirm.

The Led will go back green soft/wake-up option but the led will stay on.

You are now ready to select the desired intensity.

Press **.up/down. button** in short second long increments to increase the intensity level. Each increment will require 4 to 6 presses

(do not press quickly) or a simple guide press once, count 1000, twice, 2000, third, 3000 and finally fourth time) the LED will raise to the next desired intensity level

This is now operating at the desired time and intensity times are pre-set for each program.

To turn the unit off at any time, simply hold down the **.on/off. button** for 3 seconds and all power will shut down.

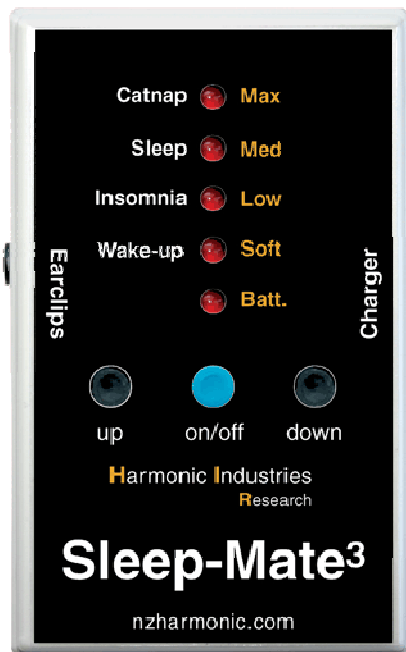
A fully charged battery should last for a couple of weeks.

To charge the unit plug the charger lead into the unit and plug the USB end into the white power adaptor.

The unit is best charged for 24-48 hours. You can even leave it on charge when not in use, this way it will always be fully charged when you decide to use it.

You can charge the unit more quickly by using a 6 volt 500mA charger (not supplied). This will take several hours to charge.

Sleep- Mate 3



26 mins aprox Catnap

Takes you down into Delta holds you there for 10 mins then brings you back up

20 Mins aprox Sleep

Takes you down to 5hz then lets your drop off naturally

23 Mins aprox Insomnia

Takes you way down to 0.05 hz very low delta your body will do the rest

15 mins Aprox Wake up

Feeling Drowsy need to wake up, become more alert

Fully portable with Rechargeable batteries included