



SLEEP WAVE

THE WAVE OF THE FUTURE FOR BETTER SLEEP



Operating Guide

Manufactured in the USA



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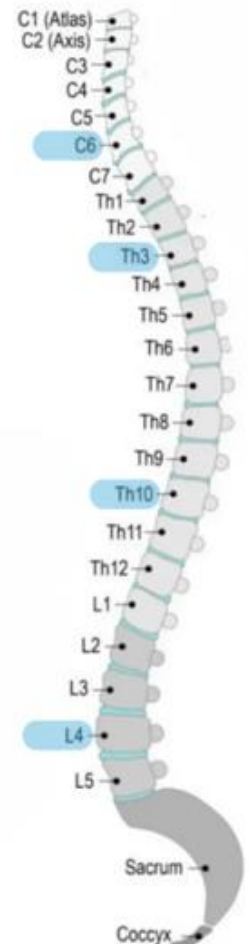
How Sleep Wave Works

RF Sensory Stimulation

The Sleep Wave System implements a 28KHz patented Attenuated Low-Frequency Sensory (ALFS) stimulation protocol whereby spinal energy stimulating frequencies in the bandwidth 22Hz to 17KHz are modulated onto a 28KHz carrier. These frequencies are all within the audio spectrum, but the non-audible Sleep Wave technology creates a noise-free environment where these relaxing frequencies are converted into low-intensity magnetic waves.

Stimulating the Body's Energy Points

Sleep Wave' technology targets the main body energy points, which lie in a linear pathway along the spine at L4, Th10, Th3, C6 vertebrae locations. The System uses an ALFS scheme to elevate, tune, and stabilize the body's energy points, promoting relaxation, quality sleep, and extended time in the deep sleep cycle (the body's natural healing and restorative mode).



Spinal Model with
Vertebrae Location

What to Expect



Reduced Sleep
Onset Time
(Fall Asleep
Faster)



Improved Sleep
Continuity (Less
Fragmented
Sleep)



More Time Spent
in Deep Sleep
(Body's
Restorative Mode)



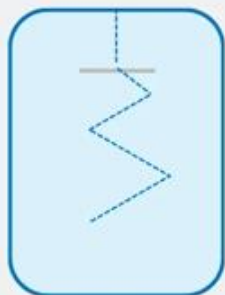
Improved Overall
Sleep Quality
(Feel Better &
More Energetic)

Readjusting poor sleep patterns takes time. Results vary from person to person. Results become more apparent after 30 nights of consecutive use.

What Is Included with the System



Sleep Wave
Controller



Sleep Wave
Fitted or
Travel Pad



Power Cord
and
Controller Cable



Sleep Wave
Operating
Guide

Sleep Wave Mattress Set Up

Follow the steps below to correctly set up Sleep Wave on your mattress

1

Unfold Sleep Wave fitted pad or travel pad

2

Connect the controller cable to the fitted pad or travel pad

See Image 1

3

Position the fitted pad or travel pad flat on the bed

4

Adjust the fitted/travel pad to ensure the connector is over the mattress head edge

5

Place a pillow on your mattress, making sure the black line is visible

See Image 2

6

Remove the pillow from the bed and make sure the fitted/travel pad is flat on your mattress

7

Place your sheets over the fitted/travel pad, making sure to keep the it in place

8

Place your pillow back on the bed, making sure it is aligned with the black line

9

You are ready to move on into the next step: Operating your Sleep Wave (next page)

Image 1

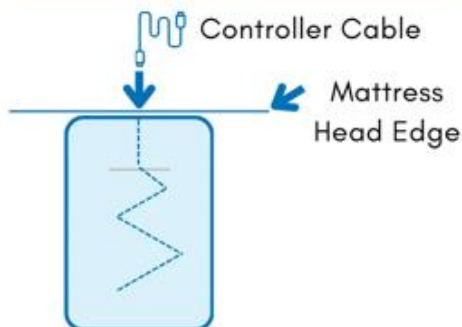
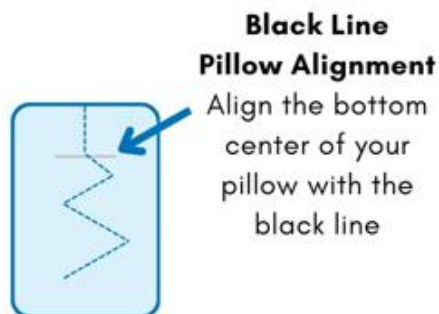
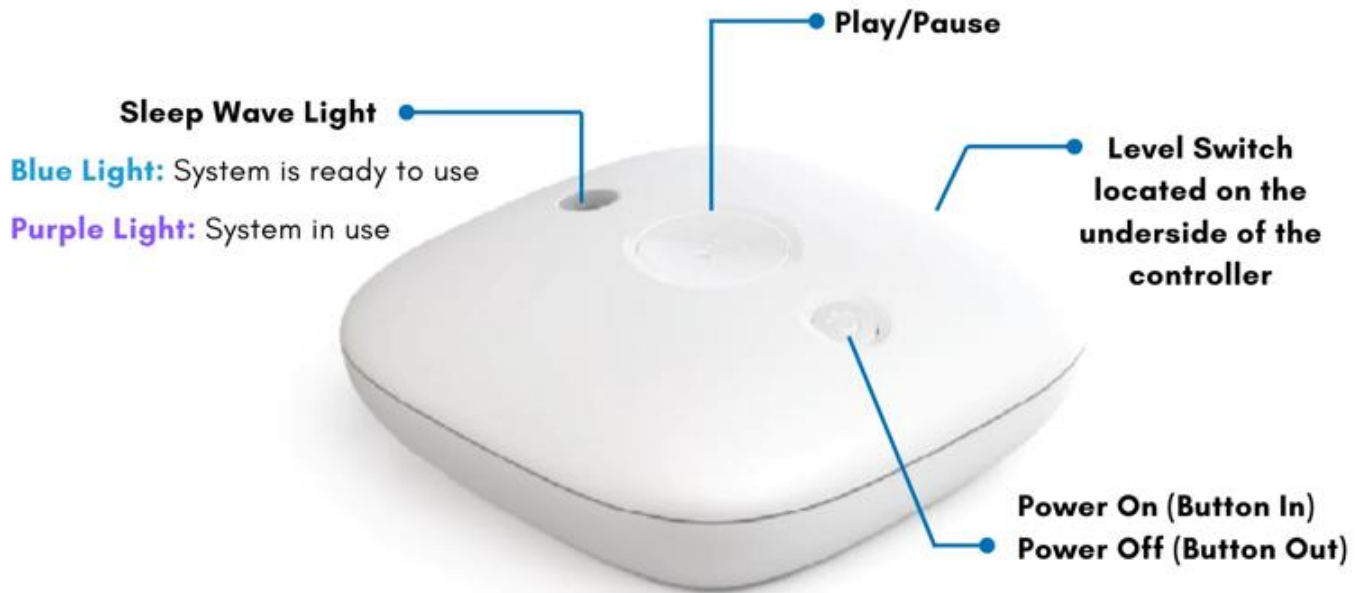


Image 2



Operating Sleep Wave



Follow the following steps to correctly set up and operate the Sleep Wave controller

1

Check to make sure the Power Button is Off (Button Out)

2

Connect the controller cable to the controller
See Image 1

3

Connect the power cord to the controller, to the power outlet
See Image 2

Image 1

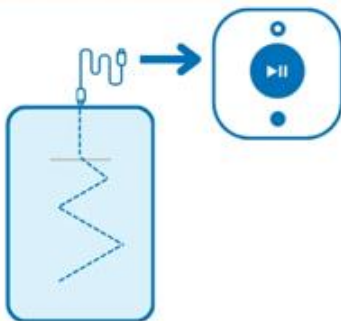
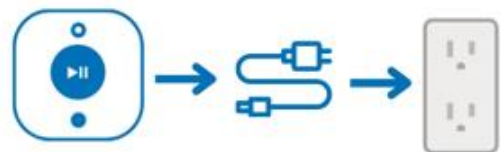


Image 2



4

Place the controller near to your bed, on a flat surface, such as a nightstand

5

Press Power On button to turn the System On. You should see a **Blue Light** appear

6

Press the Play Button and the light will change to **Purple**, indicating the system is now working

USE AND CARE INSTRUCTIONS AND NOTES

NOTE 1: SYSTEM LIGHTS:

A **Blue Light** indicates that the system is on but NOT transmitting frequencies yet.

A **Purple Light** indicates the system is operating and ready to use (transmitting frequencies).

NOTE 3:

Just turn **On** the system when ready to use.

When you are done using the system, turn the system **Off** by pressing the Power Off button.

Make sure the light is Off.

NOTE 2:

The controller light is a gentle light to prevent disturbing your sleep. You might have to look closely to see when the light is **blue** or **purple**.

NOTE 4:

Should you leave your bed for over 10 minutes during use, please **Pause** the system.

Simply press the Play/Pause button when you get up and press the Play/Pause button when you return to bed, to reset the system.

Make sure the system light is **purple**, indicating the system is ready to use.

TROUBLESHOOTING

Identifying Possible Issues and Troubleshooting:

ISSUE 1: On awakening, the controller light should be **Purple** (unless the system was paused). A **Blue** light on awakening indicates a power drop or surge during the night. Restart the system to fix the issue.

ISSUE 2: A flashing **Purple** light indicates an issue reading the frequencies. Restart the system to fix the issue.

ISSUE 3: If the system's light turns or flashes **Red**, simply restart the system to fix the issue.

Issues 1, 2, and 3 are **rare** and should fix themselves by restarting the system.

If restarting the system doesn't fix issues 1, 2, or 3, or if these issues repeat themselves often, please contact us at info@sleepwavetechnologies.com

How to restart/reset the System?

Turn the system Off by pressing the Power Off button and turn the system back On by pressing the Power On button.

Due to the Electronic Nature of the Sleep System

DO NOT WASH - DO NOT DRY-CLEAN

SPOT CLEAN ONLY by blotting the stain. Apply a stain remover to a clean white cloth and blot the stained area. Use another clean white cloth dampened with water to blot again to rinse. Let the cover dry completely.

Repeat the process if needed.

Output Level Settings Guide

Four Output Levels

Sleep Wave comes with four Output Levels.

Levels One to Three are used overnight for sleep management.

Level Four is used during day time (30-40 minutes) for a boost of energy.

See details below on how to use and adjust the Output Levels.

Level 1

We recommend to start with **Level One** during the **first 60-nights** to allow the body get used to the system.

Level 2

After 60 consecutive nights of use, we recommend to increase the output to **Level Two**.

Level 3

After a further 90 consecutive nights in Level Two, you can go ahead and increase to **Level Three**.

Level 4

Use **Level Four** only for 30-40 minutes during day time for an energy boost. Do not expect to sleep when using Level Four.

If you feel any discomfort, restless, excess body heat, or headaches when going up a level, you can always go back to the previous level and allow more time for your body to adjust.

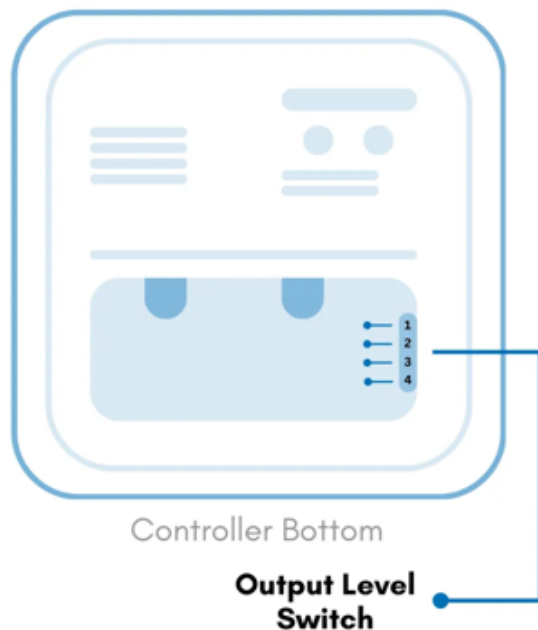
Adjusting Output Levels

The output level switch is located on the bottom of the controller.

SAFETY FIRST: To change the level, first disconnect the power cord from the power supply and from the controller to ensure that there is no power flowing through.

Then, flip the controller up side down to access the switch panel.

Using the tip of a pen or similar object move the setting to the level you desire.



A NEW SLEEP EXPERIENCE

Sleep Wave is a powerful device that will change your sleep experience over time. Every person responds differently to the system. While some see results right away, others take at least 30 nights to see any improvement. While adjusting to the system and transitioning into a healthier sleep pattern, you might experience some small side effects, including warmth in your body during sleep, short-period headaches, and perspiration. These side effects are rare and will reduce as your body adjusts to the system.

To help your body adjust to the system, make sure to stay hydrated and limit the intake of alcohol and caffeine before using the system. Be patient and consistent and you will start noticing the benefits of having a quality night's sleep in your energy levels and in your overall wellness.

Controller Specifications

Vin: 12V_{DC} regulated power supply

Bandwidth: 37Hz to 28KHz

V out: 4.039V_{AC} Carrier Freq: 28.4 kHz I out: 25.04μA

Disclosure and Disclaimer:

Proper and standard use as provided in the OPERATING GUIDE is important. This sleep-aid product transmits frequencies to create the stated effect. Improper use can lead to the negative side effects. Reported negative side effects have been limited to headaches for short periods of time, restlessness, nausea, and perspiration. It is advisable to stop using the Sleep Wave System if any side effect occurs. Negative effects are rare. Always check with your doctor before using our products. We make no medical or healing claims. The results may vary based on medications taken, system setting used, or predisposition to certain frequencies.

This product is not intended to diagnose, treat, cure, or prevent any disease. If you are ill or in poor health, see your doctor immediately and always check with your doctor before using our products.

Warning

Proper and standard use as provided in this OPERATING GUIDE is important. This product transmits frequencies to create the stated effect. Improper use can lead to negative side effects. Any negative side effects have been limited to headaches for short periods of time, restlessness, nausea, and perspiration. It is advisable to stop using Sleep Wave if any side effect occurs. Sleep Wave side effects are rare. Always check with your doctor before using the product.

Dear Customer,

Sleep Wave™ has been rigorously tested for safety concerns. Specifically, compliant to IEC 60601-1 Medical Electrical Equipment (Part 1) General requirements for basic safety and essential performance and compliant to IEC 62233:2005 – Measurement of electromagnetic fields of household appliances and similar apparatus with regard to human exposure. Sleep Wave complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Caution

If you use **implanted or supported medical devices and have complex medical circumstances, or are suffering from medical conditions, or if you are pregnant, or considering for use with children, you should **consult with your doctor** first prior to using Sleep Wave**



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