SleepVibe™ Instructions

Congratulations on your purchase of SleepVibe™! You have taken a very smart step in helping to achieve a higher quality of sleep with less pain and fewer disturbances.

Important:

SleepVibe™ can be used in several ways, depending on your needs. ***Please read these instructions carefully so that you can make the best use of this innovative product.***

Please note:

The statements made regarding this product have not been evaluated by the Food and Drug Administration (FDA). The efficacy of this product has not been confirmed by FDA-approved research. This product is not intended to diagnose, treat, cure or prevent any disease. All information presented here is not meant as a substitute for, or alternative to, information from healthcare practitioners.

What is SleepVibe™?

SleepVibe™ is a revolutionary device that promotes uninterrupted, deep, restorative sleep by providing customizable vibrational “white noise” directly to your bedding.

How SleepVibe™ helps

SleepVibe™ is recommended to help with three key problems related to sleep:

1. **Pain caused by Peripheral Neuropathy (PN)**

   Peripheral Neuropathy refers to nerve damage that sometimes results from conditions such as diabetes, chemotherapy, infections, autoimmune diseases, physical injury, or simply the process of getting older. This damage interferes with the ability of nerves to effectively communicate, which can lead to tingling, numbness, and pain, especially at night.

   SleepVibe™ works to help sooth these sometimes shocking and startling pains that can occur when damaged nerves misfire, resulting in interrupted sleep. Using SleepVibe™ as directed helps to block the transmission of nerve impulses by these damaged nerves that can wake you up.

2. **Restless Legs Syndrome (RLS)**

   Restless Legs Syndrome causes unpleasant or uncomfortable sensations in the legs and an irresistible urge to move them. Symptoms are often most severe at night when you are lying in bed, making it difficult to fall asleep or return to sleep after waking up. Moving the legs or walking typically relieves the discomfort but the sensations often recur once the movement stops.

SleepVibe™ provides customizable vibrational therapy that helps to interfere with these unpleasant nerve impulses, allowing you to fall asleep - and stay asleep.

3. Vibrational noise

Maybe you have seen, or even used, auditory white noise generators as a stand alone device or as an app on your smart phone. These noise generators sometimes use the sound of rain, wind, or static to cancel out noises that might wake you up at night. Further, these sounds can help soothe you to sleep.

However, audible sound is only *part* of the problem. All sounds are accompanied by vibrations that are equally disruptive. When a door slams or a train rumbles by, there is a jarring vibration that occurs around the time the sound hits your ears. This vibration passes through the floor, into the bed frame, and on to the mattress, which can even act to amplify the vibration and wake you up. If you're a light sleeper, you may not even realize that it's actually vibrations that are awakening you from the sleep you need!

SleepVibe™ works by introducing customized vibrations to your bedding, thus cancelling out the vibrational component of disruptive noise.

Unpack SleepVibe™

Please familiarize yourself with SleepVibe™ by referring to **Figure 1** below:

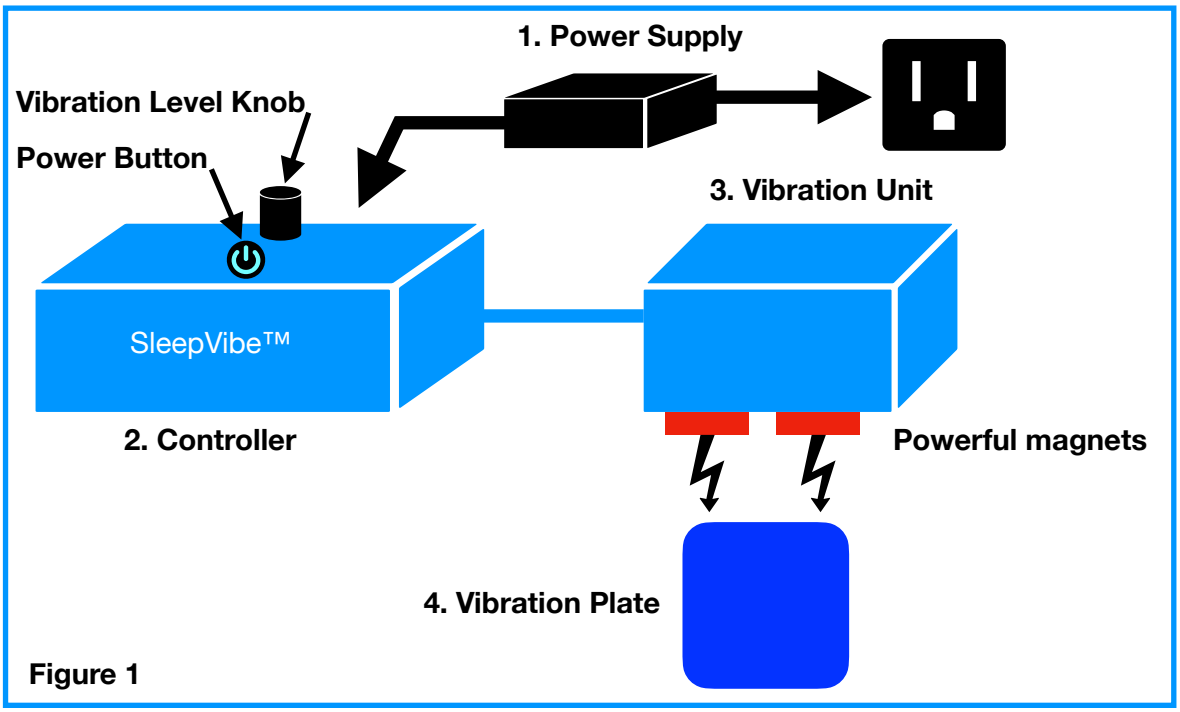


Figure 1

SleepVibe™ consists of four parts:

1. **Power Supply**

   Insert the round barrel plug into the power port on the back of the **Controller**. Then insert the ∞ shaped plug of the power cord into the box component of the **Power Supply**.

2. **Controller**

   When SleepVibe™ is plugged into a live household electrical receptacle, the **Power Button** on the top of the **Controller** will illuminate. This tells you that SleepVibe™ is ready to use. There is also a **Vibration Level Knob** for adjusting the vibrational intensity of SleepVibe™ from **LO** to **HI**.

3. **Vibration Unit**

   This unit provides the vibrational therapy to help you attain restful, pain-free, uninterrupted, and restorative sleep. The bottom of the unit is fitted with two VERY POWERFUL MAGNETS. These magnets hold the **Vibration Unit** in place on your bed.

4. **Vibration Plate**

   This felt covered metal plate is used to hold SleepVibe™ safely in place on your bed by sandwiching your mattress pad and bed clothes securely between the magnets on the base of the **Vibration Unit** and this plate.

Set Up SleepVibe™

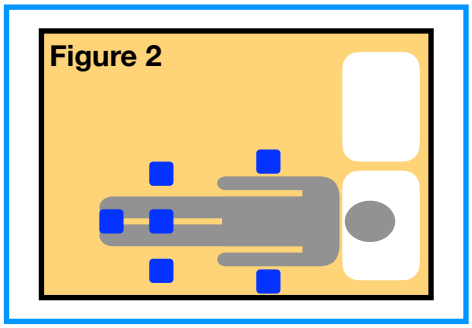
Before following these instructions, bring SleepVibe™ to your bed. Now, carefully ***SLIDE*** the **Vibration Plate** from under the **Vibration Unit** and set the **Vibration Unit** aside.

Don't put any metal objects near the **Vibration Unit**! It has very powerful magnets underneath. **If you have a pacemaker, or any implanted medical device that is susceptible to magnetic fields, do not put the Vibration Unit near the location of any such device.**

1. Position the Vibration Plate:

There are many ways to position your SleepVibe™ based on your primary use of the device. Please start with one of these suggested setups. (Over time, you may find that moving the **Vibration Unit** to a different location may work better for you.)

A. Peripheral Neuropathy (PN) or Restless Legs Syndrome (RLS): (Figure 2)



It's important to position the **Vibration Unit** near where you experience the most pain or discomfort:

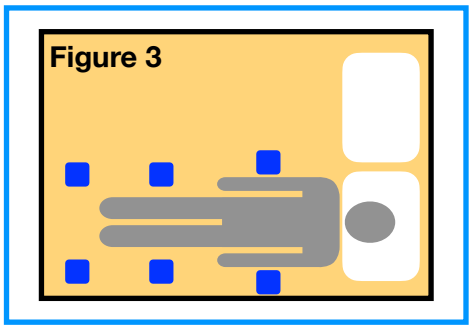
Feet: Slide the **Vibration Plate** *under* any mattress pad or topper, directly against the mattress, between where your feet usually rest during sleep.

Left/Right leg: Slide the **Vibration Plate** *under* any mattress pad or topper, directly against the mattress, to the left or right of where your leg usually rests during sleep.

Both legs: Slide the **Vibration Plate** *under* any mattress pad or topper, directly against the mattress, between where your legs usually rest during sleep.

Left/Right arm: Slide the **Vibration Plate** *under* any mattress pad or topper, directly against the mattress, to the left or right of where your arm usually rests during sleep.

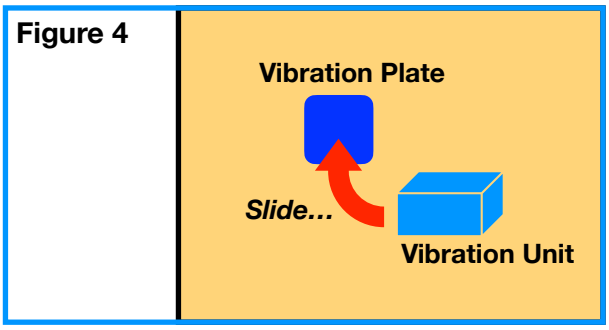
B. Vibrational Noise: (Figure 3)



To provide ambient vibration that blocks disruptions that can awaken you, slide the **Vibration Plate** *under* any mattress pad or topper, directly against the mattress, at a lower corner or lower center point of the mattress. You can also try placing the **Vibration Plate** to the left or right of where your legs or torso usually rest during sleep.

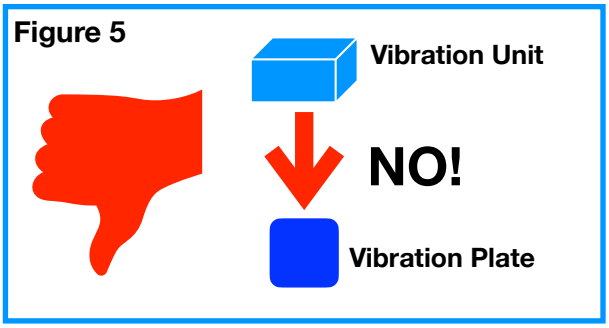
2. **Attach the Vibration Unit: (Figure 4)**

   SLIDE the **Vibration Unit** over the bed sheets until it is centered on the **Vibration Plate**.



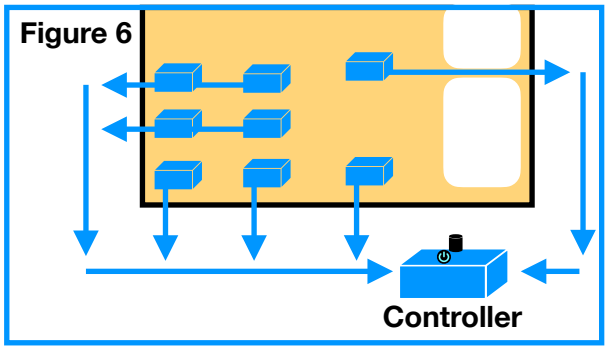
DO NOT SNAP THE VIBRATION PLATE AND VIBRATION UNIT TOGETHER! **(Figure 5)**

The magnets are very powerful, and their force can catch your hands or skin in between them, possibly causing a bruise. This can also damage SleepVibe™. Always ***SLIDE*** the **Vibration Unit** on and off of the **Vibration Plate**.



3. **Route the cooling tube: (Figure 6)**

   Route the cooling tube that connects the **Vibration Unit** to the **Controller** in the shortest path off the bed that allows you to easily access the controls during use.



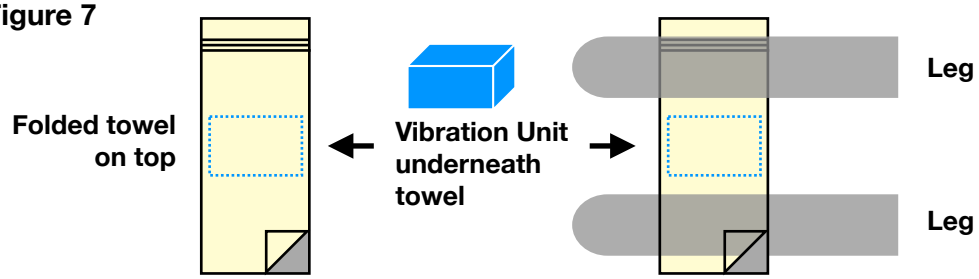
4. **Cover with a folded towel (suggested):**

   If you are using SleepVibe™ for Vibrational Noise (C), skip this step.

   Fold a hand towel in thirds lengthwise and place on top of the **Vibration Unit**:

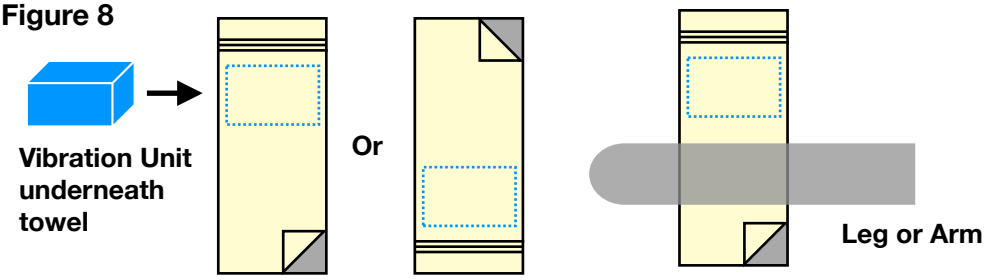
   If the **Vibration Unit** is positioned between your legs, center the folded towel on the **Vibration Unit** and place one leg on top of the folded towel on either side (Figure 7).

Figure 7



   If the **Vibration Unit** is positioned to the left or right of an arm or leg, place one third of the folded towel on the **Vibration Unit** and place your arm or leg on the remaining two-thirds of the folded towel (Figure 8).

Figure 8



5. **Turn on the Controller:**

   Position yourself in your bed as if you were sleeping and place your arm or leg(s) as directed in Step 1.

   Make sure the **Vibration Level Knob** is set to LO. Now press the **Power Button**. The power indicator light will turn off. (At night, LEDs can disrupt sleep. That's why the SleepVibe™ power indicator is not illuminated when the unit is operating.)

6. **Choose your vibration setting:**

   Slowly turn the **Vibration Level Knob** clockwise. You will feel the vibrational intensity of the **Vibration Unit** gradually increase. Choose a setting that feels comfortable for you. A lower intensity setting creates slower pulses that can feel stronger while a higher intensity setting creates faster pulses that can feel less acute.

   It may take you a few nights to determine the intensity setting that works best for you. *Higher is not necessarily better.* Remember: There is no wrong setting for SleepVibe™.

Relocating SleepVibe™

If you'd like to move the **Vibration Unit** to a different location, ***SLIDE*** it off the **Vibration Plate.** Move the **Vibration Plate** to its new location and ***SLIDE*** the **Vibration Unit** to the center of the **Vibration Plate**.

Never snap the **Vibration Plate** and **Vibration Unit** together!

Storing or traveling with SleepVibe™

1. ***SLIDE*** the **Vibration Unit** off the **Vibration Plate**.

2. Remove the **Vibration Plate** from your bed and ***SLIDE*** it over the magnets on the bottom of the **Vibration Unit** until it is centered.



NEVER, EVER, snap the Vibration Plate directly onto the magnets at the base of the Vibration Unit! Not only can the force damage SleepVibe™, but you could catch your skin or fingers between them possibly causing a bruise.

Safety



SleepVibe™ automatically turns off after ten (10) hours. If this occurs, the indicator light will illuminate. Simply press the **Power Button** once to reset the timer and once again to turn SleepVibe™ back on for another ten hour period.



SleepVibe™ is equipped with a unique cooling system that allows it to operate under bedclothes. In the unlikely event that the **Vibration Unit** overheats, a thermal switch will automatically shut it off. If this occurs, please be sure that at least one side of the **Vibration Unit** is not covered with a towel or bedding.

Maintenance

SleepVibe™ is cooled by an ultra quiet fan that pulls air through a filter on the back of the **Controller**. Every month or so, inspect the filter to see if it is dirty. To clean it, simply pop off the surrounding frame and remove the filter. Rinse the filter under a stream of tap water, squeeze out any excess moisture, and allow it to air dry. When completely dry, re-insert the filter into the frame and snap it closed.

Warranty