



## Anti Aging Bed Cover

**Setup:** Place the cover directly on the bed as a fitted sheet, the Nano silver should be facing up with the far infrared and tourmaline crystals (black dots) underneath. The grounding plug should be at the head of your mattress. The bottom portion of the bed cover is completely optional & does not affect the grounding technology if not used.

**Sheets:** Before adding a 100% all natural/organic sheet, (cotton or bamboo etc) it is best to sleep directly on the bed cover for the first week. If you have existing mattress pads or protectors, you can still have those directly on the mattress. The ONLY item between you & the bed cover should be the natural sheet. A natural sheet with no synthetic fibers is necessary, allowing your body to be moisture wicked to absorb the grounding.

**Grounding:** Our patented plug has no active electric current traveling through, making this completely safe to keep plugged in. What is grounding? Our bodies are meant to be on the Earth's frequency, allowing our cells to repair themselves for optimal health. This can help the inflammation, the root of many issues.

**Meter:** The included wellness meter is for testing the grounding technology during setup. To ensure your outlet is correctly grounding the cover, perform the test on the bare cover. If you do not see a decrease in voltage, check your grounding connection on the outlet.

Steps for testing your bed cover:

1. Ensure the Red Clip is in last the Red Cable Port (V $\Omega$ Hz $\rightarrow$ ) & the Black Clip Cable is in the middle Black Cable Port (COM)
2. Turn the dial to the V setting and place the meter on the bed cover
3. Press the orange SEL to change the DC to AC in the window to test your active current
4. Clip the black wire onto the pocket near the head of the bed cover
5. Step away from bed cover & hold the red wire in your right hand
6. The number you see is your body's personal voltage (everyone differs)
7. Place the palm of your left hand on top of the bed cover
8. The meter should dramatically decrease and/or read 0.0, this is showing that you are grounded when in contact with the cover & that your outlet is properly grounded. For foreign plugins, you must use a grounded adapter

**Wash Instructions:** Gently unsnap the grounding plug, wash on gentle cycle using an all natural soap (Castile, etc) and allow to air dry. Frequently washing the cover breaks down the Nano silver and tourmaline crystals more quickly over time. Using the natural sheet helps prolong the life of your bed cover.

**Instructional Videos:** <https://antiagingbed.com/pages/instructions>

**Learn more about our Technology:** <https://antiagingbed.com/pages/technology>