



ANTI AGING BED[®]

SOUND SLEEP

How do I use Sound Sleep?

Short time frames are recommended; only a few minutes are needed when using it for motivation or alertness. Listening to the beats for 30 minutes is enough for your mindset to reach complete relaxation. Research which frequency is best suited for your ailment, then find a matching song to that specific hertz.

What feeling should I expect?

Find a quiet area to set up your Sound Sleep chair where you will not be disturbed, allow yourself to be present with the sound vibrations. Vibration therapy works differently for each individual. Some feel their anxiety reducing as others can feel more focused. You will feel the ability to distract your mind, ease your ailments & also manage them. There are no known dangers of listening to beats for vibration therapy. Always check the tone level is not too high; listening to higher decibels overtime can lead to loss of hearing.

What are binaural beats?

Binaural beats are frequencies ranging from 14-30 Hertz, best for Neurological Relaxation. This can help focus, concentration & memory. Listening to beats from 8-13 Hz can uplift mood, increase positivity, decrease anxiety, & promote relaxation. Binaural beats are able to mirror the same brainwave pattern as deep meditation.

Which beats should I listen to?

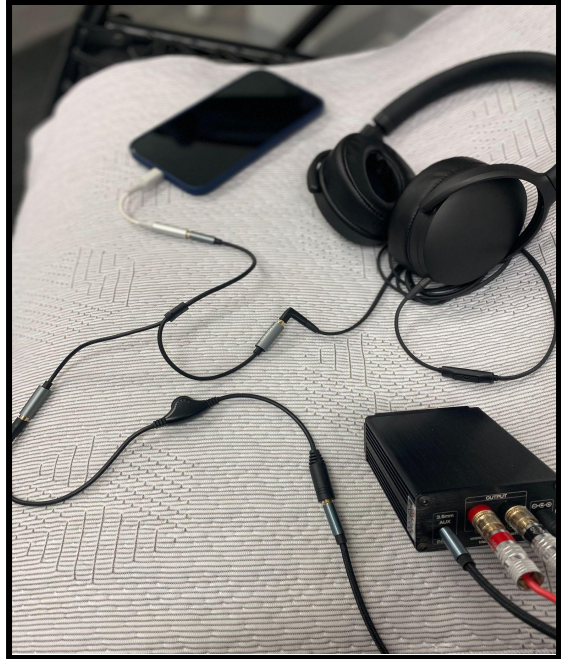
We suggest Solfeggio frequencies for optimal physiological restoration; a higher level hertz such as these are the most effective. These frequencies are specific tones used to elicit a certain physical or mental response. Solfeggio frequencies have been shown to open chakras for both mental and physical benefits. Our favorite is 432 Hz or 528 Hz which can promote love, repair DNA and restore equilibrium.

174 Hz can help relieve pain or stress

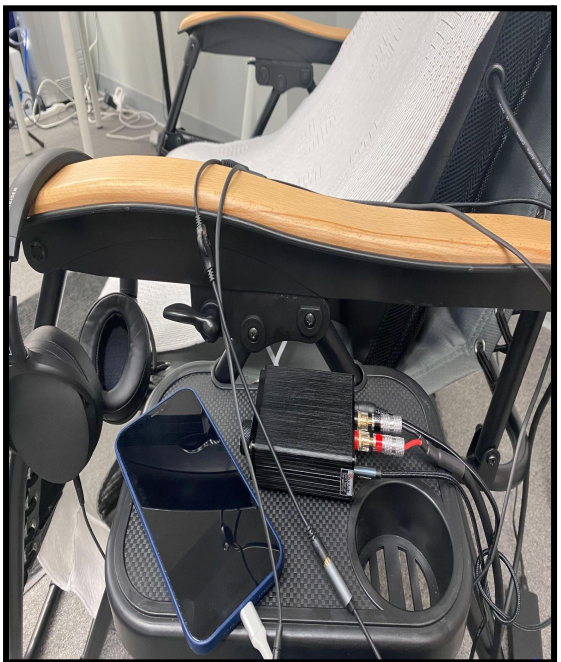
417 Hz clear negativity

396 Hz can help with guilt or fear

432Hz releases emotional blockage



SOUND SLEEP Technologies



Package Includes:

Sound Sleep vibration pad	Vibration volume control cord
Audio box power adapter	3.5mm auxiliary cord
Zero gravity chair	MP3 player splitter cord
Headphones	Grounded chair cover

Set-Up

1. Unfold zero gravity chair, locate lock under each armrest. Unlock by rotating the knob on both sides of the chair, flip up from the down position. Attach the provided tray to either side of the chair. Once you reach a comfortable degree, lock into place.
2. Place the vibration pad vertically on the backrest of the chair with the leather side facing forward.
3. Fit grounded cover over the top of the chair and allow it to lay over the vibration pad. Plug in the grounding cord to a 3 prong grounded outlet. Find both elastic pieces and clip underneath the chair to secure; this feature is not necessary. Wash instructions for grounded cover: Unsnap grounding cord, wash on gentle cycle using a natural soap, then line dry.
4. Set the audio power box on the cupholder. Find the cable connected to the vibration pad & attach to the audio power box. Assure the red cord is plugged into the red positive output jack and black cord into black negative output jack.
5. Locate the accessories from the inside pouches of the black travel bag. Assemble power adapter, then plug audio jack into power box & the power cord into an outlet.
6. Plug one side of the auxiliary cord to the power box. Attach the other end to the black cord with the volume adjuster; this controls the vibration pad levels. Locate the splitter, attach the volume cord to one port and the headphones to the second port of the splitter.
7. The remaining jack is for connecting to a sound source & compatible with most android phones. Apple phones & some other devices will require a 3.5mm headphone jack adapter (not included).
8. On the audio power box, turn the volume knob to click on and adjust to your desired volume level.
9. Use Spotify, Youtube, or any music platform of your choice for a sound matching your desired Hz. Most popular song is Hotel California, measuring at 432 Hz.
10. Enjoy the vibrational journey!

Any Questions contact 1-800-385-4243 #1 to reach the Product Specialist
who placed your order or #2 Customer Service for Online Orders
Monday-Friday 9am-5pm EST or email us directly: info@antiagingbed.com