

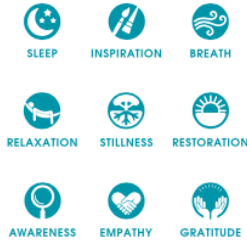
MEDITATIONS

Press one of the 9 meditation buttons to start playing a guided meditation.

Press the power button to pause and unpaue.

To restart from the beginning, press and hold the meditation button.

Zenimal+ automatically powers off 3 minutes after a guided meditation ends.



BATTERY + INDICATORS

To recharge the battery, connect your Zenimal+ to a wall charger or computer using the USB cable. A full charge takes less than 3 hrs.

A red light flashes briefly when turned on if the battery is less than 10% full.

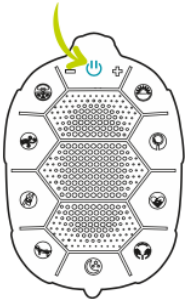
A blue light flashes briefly when connected to power to indicate charging.

A green light flashes briefly when connected to power if battery is already at full charge.



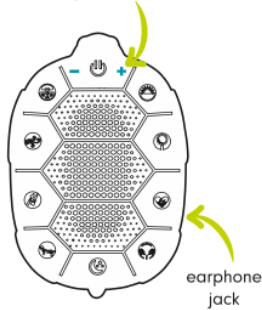
ON/OFF

hold 2 seconds to power on or off



VOLUME

press + or - to adjust volume



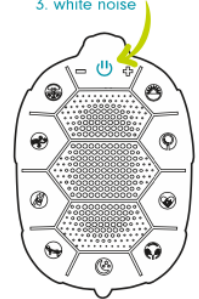
SLEEP TRACKS

Once Zenimal+ is powered on, sleep track 1 will begin to play.

Press the power button again to select sleep track 2, and again to select track 3. Continue pressing power to cycle through the tracks.

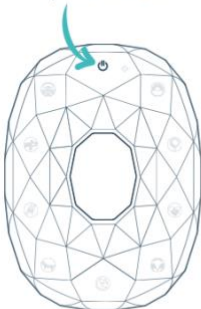
If plugged in, sleep soundtracks will play continuously. Unplugged, the sleep sounds will play for 1 hour before the Zenimal+ powers off automatically.

1. relaxing music
2. ocean waves
3. white noise



ON/OFF

hold 2 seconds to power on or off



VOLUME

press + or - to adjust volume



SLEEP TRACKS

Once Zenimal+ is powered on, sleep track 1 will begin to play.

Press the power button again to select sleep track 2, and again to select track 3. Continue pressing power to cycle through the tracks.

If plugged in, sleep soundtracks will play continuously. Unplugged, the sleep sounds will play for 1 hour before the Zenimal+ powers off automatically.

1. relaxing music
2. ocean waves
3. white noise

