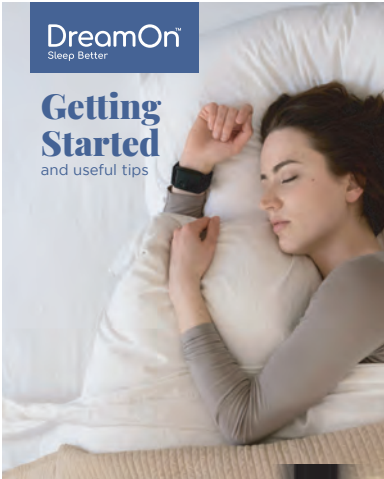


Getting Started and useful tips



Here's how it works:

DreamOn works through a natural process called entrainment. When you turn on the band, you'll feel and hear a safe, low frequency pulse that mimics the brainwaves associated with sleep.

Focusing on these pulses can help you fall asleep



Your brain will naturally match the pace, slowing down your brainwaves to the optimal levels for sleep. The band works best if you breathe normally while focusing on the sensation of these gentle pulses.

What's Included

1. DreamOn Device
2. Large Band (30cm)
3. Small Band (24cm)
4. USB Charger (micro USB)



1. Charging

Charge your band by plugging into a USB power source. You'll need to charge the band for up to 3 hours before first use.



The button will light up while charging and turn off when fully charged.

2. Get the App

Scan the QR code below or visit dreamon.co/pages/app to download it for iOS or Android.

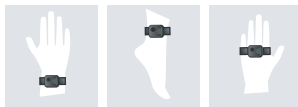


Scan the QR code above or search "dreamonsleep"



3. Find Your Fit

Find the most comfortable spot for your band.



Most users prefer the inside of their wrist.

Experiment until you find what works best for you.

4. Try it Before Sleep



Get comfortable and press the button to start the gentle pulses.

Focusing on the sensation will initiate entrainment and help you relax.

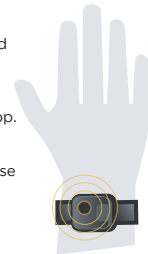
Try it before sleep the first time you use it. After you get used to the feeling then try to use it for sleep.

Breathe normally while focusing on the pulse.

5. Check the Pulse Feel

You should hear and feel the pulse. You can adjust the intensity to your comfort with the app.

In the app: (You → Device → Pulse Adjustments)

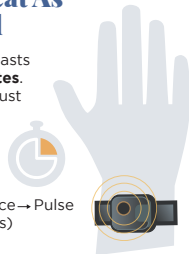


Use the app to adjust the intensity of the device to your comfort

6. Repeat As Needed

Each cycle lasts for **15 minutes**. You can adjust duration in the app.

In the app: (You → Device → Pulse Adjustments)



The device will turn off automatically. Restart and repeat as needed.

7. Uses Beyond Sleep

DreamOn is first and foremost a tool to help you relax. This means you can use it to enhance meditation, reduce stress and anxiety, or just to simply give yourself a moment in the day to calm down.

Try using it during your bedtime routine to wind down before you sleep.

8. Keep with it

Like any new skill your body may take a few days to adapt. It may take up to a week to become effective.



The more mindful you are of the pulses, the more effective they are.

Sleep Tips

- Reduce screentime at least 1 hour before sleeping.
- Practice a bedtime routine that will relax you. Adding DreamOn to that routine will help!
- Keep your room between 60° and 67° Fahrenheit.
- Avoid food for at least 1 hour before sleeping.
- Try listening to our audible sleep aids. We worked together with meditation and sleep experts to create sounds that will help you go to sleep faster and get deeper sleep.

Troubleshooting

The device is not helping me sleep

- Keep with it! DreamOn is a tool that helps you relax and may take a few days to learn how to use.
- Try using it with our app's meditations.
- Try using DreamOn before you sleep while you wind down for bed.

How do I adjust the pulse?

- You can adjust the pulse strength in the app. (You → Device → Pulse Adjustments)

How do I connect the Bluetooth?

- Confirm that your phone's bluetooth is on.

- Make sure the device's pairing mode is on by holding down the button on the front of the device for 5 seconds until it vibrates. Pairing mode will be indicated by the device's light flashing. If light is not flashing, pairing mode is not on.

The battery life of my device did not last very long.

- In some cases your new DreamOn, it may need to go through a full power cycle of fully charged and fully depleted. Try fully charging your device then fully depleting the battery.

For a full troubleshooting guide and any other support, please go to dreamon.co/support or contact us at hello@dreamon.co.

Care and Maintenance

- You can clean the device by using a slightly damp cloth and wiping it. DreamOn is not waterproof so do not submerge in water.
- To clean the band, rinse with cold, clean water and dry in a cool, dry place away from sunlight. Avoid detergents, chemicals, and abrasive materials.
- Charge your DreamOn device by using the enclosed USB cable. While device is charging, light will be on and will go off once it is finished charging. One charge will last 10-20 cycles.

Tech Specifications

Material

- ABS Plastic
- Nylon Strap

Dimensions

- 41 x 33 mm

Weight

- 2 ounces

Battery Life

- 7 Days or 10+ cycles

Connectivity

- Bluetooth Low Energy 5.0

Motion Sensor

- 3-Axis accelerometer

What to Expect

The DreamOn band is a relaxation aid. The band and app are not meant to diagnose, assess, treat or cure any sleep disorder (or any other disorder).

If you're experiencing severe sleeplessness or have health issues that interfere with sleep, we recommend that you speak with a physician.



Safety

DreamOn won't interfere with medicines or therapies and there are no side-effects in healthy individuals. However, it should not be used by those who have implanted Pacemakers, arrhythmias or other heart conditions. DO NOT USE any product featuring "brainwave entrainment" if you suffer from Epilepsy due to the theoretical risk of triggering a seizure.



Send Feedback

Does something look off about the data you're seeing? Send us a screenshot with a description of the error so we can look into it.



30 Day No-Risk Return Policy

(a) Subject to you complying with Pulsewear's return procedures, if purchased directly from Pulsewear, any undamaged DreamOn device may be returned to Pulsewear provided the device is postmarked within thirty (30) days from delivery. To return the DreamOn device, you must contact Pulsewear via www.dreamon.co/support to obtain a Return Material Authorization (RMA) number, shipping address, and instructions. You must: (i) ensure that the DreamOn device is not damaged, (ii) comply with the requirements of this Policy, (iii) provide proof of purchase, (iv) package the DreamOn device in the original, unmarked packaging including accessories, manuals, and documentation, (v) include the RMA, and (vi) prepay all shipping charges. Shipping fees, handling fees, and customs duties are at your expense and will not be refunded to you. Pulsewear reserves the right to refuse or return devices not sent in compliance with this Policy and charge you processing, shipping and handling charges.

(b) Except for the return rights set out in this Section a., all sales are final and you have no right to return products unless there is a defect in the DreamOn device that is covered under Pulsewear's Limited Warranty and the DreamOn device is returned to Pulsewear in compliance with Pulsewear RMA procedures.

Legal

US:

This device 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.

CANADA:

This device complies with Industry Canada license-exempt RSS Standard(s). 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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Battery Warning: This device contains an internal rechargeable battery that is not replaceable. Battery life varies by usage. Mistreated rechargeable batteries may present a risk of fire or chemical burn. Do not disassemble or expose to conducting material, moisture, liquid, or heat above 45°C (110°F). Do not use or charge the battery if it appears to be leaking, discolored, deformed, or in any way abnormal. Non-operational batteries should be discarded according to local laws.

For additional FAQ's and information about our warranty visit our website, www.dreamon.co

DreamOn
Sleep Better

DreamOn, Brooklyn, NY
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