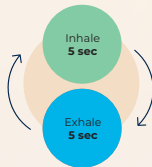


QUICK START GUIDE

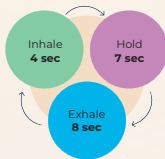
- Enjoy a simple and fun way to do guided breathing exercise every day
- Choose your Breathing Cycle press **1X for 5-5 cycle** (inhale-exhale), **2X for 4-7-8 cycle** (inhale-hold-exhale), **3X to turn off**
- Lift up and gently tap on the surface to Dim/Brighten light
- Release the tension you may be holding in your jaw and mouth
- Inhale through your nose, exhale through your mouth
- It will take practice to get used to and realize the full benefits of mindful breathing

Practice as needed to improve focus, when feeling anxious or stressed, or as a helpful exercise before sleep. Consider establishing a daily schedule that works for you, for example as a proactive tool to prevent the onset of anxiety or stress.

5-5 Cycle



4-7-8 Cycle



Practice for up to 5 minutes with each use

ENGAGE



EXPERIENCE



EXHALE



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About Us

Mindsight was created based on our Founders' own experiences with stress, mindfulness and a desire to connect on a deeper level with friends, family, the natural world and self. We create products to help you live in the moment mindfully with greater intention, awareness and purpose.

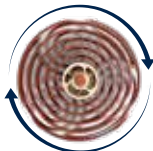
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