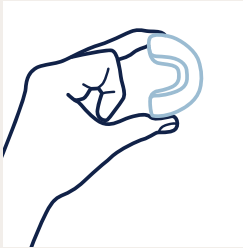


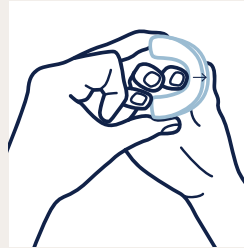
# GoodSleepco™

## How to adjust Hushd



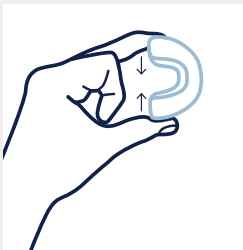
### Step 1

- **Locate buttons**  
Hold the device in one hand (create a 'P' shape). Locate the buttons on either side of the device.



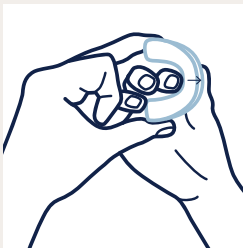
### Step 2

- **Squeeze**  
Squeeze the sides in.



### Step 3

- **Device titration**  
While squeezing, move the Lower arch forward one notch. Ensure both sides are even. (One notch is enough to start with.)



### Step 4

- **Trial the device**  
Wear for at least 2-3 nights on new setting before adjusting further.



### Step 5

- **Increase titration**  
Review your sleep quality. (We recommend using our SleepCare app to review your sleep.)  
If you'd like to increase titration, repeat Step 3, and move the lower arch forward one notch. (Repeat this step as required to increase the titration of your device.)