USER GUIDE

EREDA®
BIO-MAGNETIC PHOTON AMETHYST MATS
THANK YOU FOR PURCHASING EREADA® MAT AND CHOOSING US!

Ereada Corp is a family-owned company dedicated to customer satisfaction and providing the highest quality original Amethyst mats and pillows from Korea at the best possible prices. We have personally experienced great benefits from the Far Infrared energy mats with crystals. We were impressed by the revitalizing power and at the same time dissatisfied by the poor affordability of these mats especially those with PEMF (VLF), Photon and Negative Potential (E.D.N.I.) technologies.

We started this business to make these great products affordable to everyone interested in holistic and alternative practices. We believe you will be very pleased with your Ereada® Far Infrared Energy PEMF Photon Mat. We truly wish you to get rid of stress and enjoy a better quality of life with the aid of this amazing product.

We hope you experience as many positive results as we have now that you own one yourself.

When you receive your mat, please take a moment to verify that it was not damaged in transit. Carefully unpack the box and check if everything is included and in due condition. If you discover that anything was not included into the set, or there is any other reason that you wouldn’t rate this as a 5-star experience, please contact us right away at Ereada@Ereada.com, so that we can resolve the issue as fast as possible.

In addition to high stone functionality, deep FIR heat and negative ions generated by all our mats, Purple Ereada® Amethyst mats are equipped with photon function with multiple monochromatic visible Red Light LEDs with 660 nm wavelength and bio-magnetic function on the base of powerful permanent 300 gauss magnets.

Midsize 24 by 59 inch and larger mats additionally feature advanced PEMF (Pulsed Electromagnetic Fields) and Air Ion functions.

Larger mats with standard controllers alternate North and South Magnetic Poles 50-60 times per second.

Variable frequency controllers have 9 levels displayed as numbers from 1 to 9 and increasing the frequency and intensity of pure sine wave magnetism pulsation from 8 to 64 times per second or you can choose auto program changing frequencies with a randomized algorithm.

Pulsed magnetism programs are chosen and activated with PEMF button. If the mat timer is set for 8 hours or more PEMF program cycles for 20 minutes every two hours.

It is a great reason to use the mat regularly to relax and reenergize even without heating.

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<tr>
<th>LEVEL</th>
<th>CELSIUS</th>
<th>FAHRENHEIT</th>
<th>MODE</th>
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<tr>
<td>1</td>
<td>30°C</td>
<td>86°F</td>
<td>Heating mode</td>
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<td>2</td>
<td>34°C</td>
<td>93°F</td>
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<td>3</td>
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<td>4</td>
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<td>6</td>
<td>55°C</td>
<td>131°F</td>
<td>Extra high mode</td>
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The temperatures above reflect the temperature of the inner heating elements, not the surface of the mat, which can be 10-20°F lower (or even lower than this) if the mat is not covered.

Usually, if the ambient temperature is around 70°F, it takes between 30 minutes and an hour for the mat to reach the maximum level (158°F, or 70°C) if you completely cover it with a thick blanket to avoid heat dissipation.

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First, you should tightly connect the controller to the mat connector and only after this plug-in controller into the power outlet. Then turn ON the controller with the toggle button or power switch.

The controller has a temperature dial or a button to adjust 7 different temperature levels.

CONTROLLER WITH FIR HEATING, PHOTON FUNCTION, AND BUILT-IN TIMER WITH AUTO SHUT-OFF AFTER 8 HOURS FOR MINI MATS

1. Power ON/OFF Toggle Button – Push to turn the mat ON/OFF.
2. Power ON indicator – Lights up when the mat is ON.
3. Adjust Temperature Dial – Use to increase or decrease heat levels 1–7 (86°F–158°F or 30°C–70°C).
4. LED Temperature Display – Shows the temperature levels 1–7. Also on the controllers with adjustable PEMF function, the display shows PEMF levels 1–9.
5. Operation Indicator – ON when the mat is heating, OFF when the mat reaches preset temperature level.
6. Timer Control Toggle Button – Select 4, 8 or 12 hours heating session with auto shut-off when time expires. The timer should be activated first to start heating.
7. Timer Indicators – Light ON when Timer is set to selected session length 4, 8 or 12 hours.
8. Ion ON/OFF Toggle Button – Activates Air Ion function with auto shut-off after one hour. Press the button again to stop or activate the function.
9. Ion Indicator – ON when Air Ions are generated, OFF when function stops.
10. PEMF ON/OFF Toggle Button – Activates magnetic pulsation for 20 minutes every 2 hours of mat active sessions. In total 4 cycles within 8 hours. Press the button again to stop or activate the function. If you press PEMF button/PEMF indicator lights start to blink and run it means that you have a standard controller calibrated for 60 Hz/400 Gauss Pure Sine Wave PEMF. If you repeatedly press the PEMF button and the main display changes numbers from 1 to 9, it means that you have an advanced controller able to set PEMF level and frequency. Both controllers are interchangeable.
11. PEMF Flashing Light Indicator – Running when Magnetic Pulsvation is activated, OFF when it goes off.
12. PHOTON/ON/OFF Toggle Button – Activates Red Light LEDs for 1 hour periods every 4 hours of mat active sessions, in total 2 cycles within 6 hours (1+4+1). To stop the function press the “PHOTON” button again and the LEDs will go off. To activate press the button again.
13. PHOTON Indicator – ON when Red Light LEDs are activated, OFF when they go off.
14. Auto Grounding Electro Magnetic Interceptor (EMI) – Active protection system. It catches and directs electric waves into the ground plug of your power outlet for earthing.

CONTROLLER WITH FIR HEATING, PHOTON FUNCTION, AND BUILT-IN TIMER WITH AUTO SHUT-OFF AFTER 8 HOURS FOR MINI MATS

1. Power ON/OFF Switch – To turn the mat ON/OFF.
2. Power ON indicator – Lights up when the mat is ON.
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CONTROLLERS
1. The top of the mat, with the Ereada® Logo on it, is not a heated area but this and other non-heated areas of the mat still have anion layers to generate negative ions.

2. Three PEMF coils are installed in the upper part of the Midsize (24x59 inch) and larger Purple Ereada® mats, to focus on the back while twelve permanent (static) magnets are in the legs zone inside the lower part of the mat. Magnetic field intensity is the strongest above the coil and decreases with distance. You can eliminate exposure to any EMFs by preheating your mat to max temperature and turning it OFF on even unplugging before you stop using it. PEMF coils emit infrared rays and negative ions without electric power.

3. The standard magnetism frequency of Ereada® Purple mats with the bio-magnetic function is 60 Hz. Your mat may be equipped with our new controller with eight levels of adjustable PEMF frequency from 8 Hz to 64 Hz and one randomized program auto-changing all frequencies of this range. The higher frequencies may have a more energizing effect, and the lower may be better to create a restful and relaxing environment. It is always better to self-educate and listen to your body’s response to find what works for you the best.

4. Ereada® mats have a multilayer system construction with up to 20 different layers. Warm crystals and the special layers with anion generating fibers naturally release negative ions. Purple mats controllers do not have the option to activate a negative ion generation from the inner mat layers because it starts automatically when the mat is heating up, due to the piezoelectric and pyroelectric effects caused by the distorted crystallographic structure of the mat’s anion generating layers, micronized tourmaline, and gemstones. Negative ion generation will decrease when the mat is down. The number of ions goes up when you lay on the non-powered mat as crystal, and negative ion generating layers start to use your natural body heat to produce anions. Purple Mini (24x59x0.3 inch) and larger mats controllers have Air Ion function. When you turn it ON, the mat’s controller releases plenty of ions into the air. Activate this function to deodorize and refresh the air in your room while the mat is preheating.

5. All Ereada® mats come with EMF-free (less than 2 mg by specs but less than 0.2 mg by measurements), new-generation advanced heating elements on the base of Titanium twisted wires in the two layers of the silicon and Teflon insulation. Anyhow if you are EMF oversensitive, please be aware that some parts of all electrical devices including all brands of FIR mats may emit relatively higher EMF levels. These parts are plugs, overheat protection bi-metals switches, connection terminal, and the controller which on full power can emit up to 4-8 mg. Though these levels are safe, it is better to keep the controller in some distance from your head while sleeping. Also, it is better to use Ereada® Amethyst pillow (at least the standard one) to avoid contact between your head and the connection terminal. Or you can sleep with your feet towards the connector situated near the logo on the top of the mat. The electric heating system works only during 10-20% of the whole mat session time. It stops when the mat reaches set temperature and resumes only after separate. You can eliminate exposure to any EMFs by preheating your mat to max temperature and turning it OFF on even unplugging before you stop using it. PEMF coils emit infrared rays and negative ions without electric power.

6. When the PEMF function is running, copper coils may show high levels of EMFs levels if tested by the standard EMF tester. It does not refer to harmful EMF and is a normal reaction of the measuring device to pulsed magnetic fields. But very rarely customers oversensitive to EMFs may also be allergic to PEMF function. It is reasonable to start with the short time 5-10 minutes and low intensity and frequency PEMF sessions. If no frequency works well for you, you may choose not to use this function at all.

7. Due to the artisan nature of the production process, there is some difference between the mats regarding the maximum temperature they may reach in the same conditions and the heating speed. If you completely cover it with a thick blanket or lay your body on the mat, the maximum bare mat surface temperature on the 7th heating level may be around 55-65°C or 133-158°F, which is quite normal.

8. It is essential that you cover the mat COMPLETELY while preheating it. If you cover the mat partially the temperature will decrease when the mat cools down. The number of ions decreases when the mat is heating up due to the piezoelectric and pyroelectric effects caused by the distorted crystallographic structure of the mat. When you use the pads with 100% bamboo top air layers are not washable. These pads with 100% bamboo top air layers are not washable. Instead, we recommend leaving the mat with the pad on it for one hour each week on the highest heat setting to keep both clean and disinfected.

9. Mini mat is great for localized use, when you need to apply crystal pressure on a specific body area while sleeping on the mat. It is recommended to use it on the side of your body where you feel more comfortable. You can use it on high hot level and your body usually swells in the sauna or when you do sports or workout, the Mini will work fine for this purpose as well.

10. In general, the bigger and more powerful the mat is, the more benefits it brings, and the shorter session may be necessary. Midsize and larger mats are great for both the whole body experience and reenergizing sleep. Just be sure that the heating level is on the safe, lowest levels 1-2 of 30-45°C not use the power converters with less than 200-300W capacity for mini mats, less than 500W for midsize, pro and single mats, and less than 1000W for queen size mats with two heating zones.

11. Make sure that the receptacle where you plan to plug the mat has the same voltage rating as the specifications indicated for each model. If you change it, you may damage your mat.

12. In general, the bigger and more powerful the mat is, the more benefits it brings. Midsize and larger mats are great for both the whole body experience and reenergizing sleep. Just be sure that the heating level is on the safe, lowest levels 1-2 of 30-45°C. Also, it may be better to lay on a thin cover or even use the open cycle.

13. Remember that bio-magnetic function can damage hardware storing high-frequency data and magnetic media. Some of the oversensitive ground fault circuit interrupters (GFCI) may consider such small millivoltage electric currents as a sign of a ground fault, and auto-switch off the protected socket and cut off your mat to another wall socket, protected by a standard circuit breaker. If your controller makes all breakers tripping, unplug the controller and ask us for replacement.

14. Clean the surface of the mattress only when the power is OFF, and the controller is unplugged from the AC outlet.

15. If you are only starting and the mat is too hard for you, better to cushion it as well as possible. Thick 3-D Pad together with a Thin Cover and several additional layers of sheets or towels on top can form an excellent topper to make the mat soft enough for long sessions or even for sleeping. As soon as your body gets used to crystals pressure you may remove extra layers one-by-one.

16. Ereada® mats intercept, and direct small EMFs into the floor, increase the ground plug of the wall socket like a lighting rode. Some of them oversensitive may feel a tingle in your feet when stepping on the pad. No EMFs hits your body. Ereada® mats are prepared to stay in the whole room all the time. No need to plug in and out by holding the plug.

Ereada® mat set should include, free of charge, at least one special cover, but usually, we add a thick and a thin one to protect and cushion your mat. Both covers work differently depending on the type of your sessions, how well you tolerate turns, how your body composition and experience. They are breathable and have a built-in one-way permeable heat stable and smell-free TPU waterproof membrane. It allows FIR to reach, PEMF Magnetism, Negative ions, air and moisture to evaporate from the mat keeping sweat, spills, smells, bed mites, and dust away. Both covers are SGS tested and are made only with the best quality no emission materials.

1. Thick High Absorption Multi-layer Protective Pad with multiple Ereada® logos.

This cover features ventilated 3-D Air Mesh supportive material for even heat distribution and more comfort. The new semi-ultrasonic quilted perforated Air Layer maintains the contact between the body and the mat surface dry. Use this protector for buffering the heat or for higher pressure either while sleeping on the mat or during long sessions.

These pads with 100% bamboo top air layers are not washable. Instead, we recommend leaving the mat with the pad on it for one hour each week on the highest heat setting to keep both clean and disinfected.

New generation pads have top air layer with a small addition of polyester and are hand washable. Please, check the maintenance information on your cover. The pad has an elastic skirt and four corner straps to fix it on top of the mat. It also has a small zipper to open the mat connector terminal area to connect the controller plug.

2. Thin Multilayer Waterproof Cover with 4-cornered elastic straps.

This thin cover is machine washable and dryer-friendly on gentle cycle. Put it on top, if you use it together with the non-washable pad or if the cover you want is not in the set, or you need an extra one, you can purchase it from Ereada.com or on Amazon.

We hope that our protectors will help you feel more comfortable during the sessions.

9. To protect your mat, use a surge protector. Power spike is the main reason why a mat would ever malfunction. An electrical surge destroys semiconductor devices and renders the mat unusable until you purchase a new controller.

10. Do not use the device when the cord is damaged or if the electrical outlet is excessively loose, find another socket that will correctly hold the plug.

11. Do not use the mat if it is damaged, or if the connection between the mat and the controller is not tight.

12. Your mattress has a double safety advanced EMF free heating system with emergency bi-metal switches physically cutting off the electrical wires if the mat’s main thermostat safety system fails and it overheats to 180°F (75°C). Anyhow stop using and contact the controller from its power source (wall outlet) if you experience strange conditions such as smell, smoke, shocks or fire.

13. Remember that bio-magnetic function can damage hardware storing high-frequency data and magnetic media. Some of the oversensitive ground fault circuit interrupters (GFCI) may consider such small millivoltage electric currents as a sign of a ground fault, and auto-switch off the protected socket and cut off your mat to another wall socket, protected by a standard circuit breaker. If your controller makes all breakers tripping, unplug the controller and ask us for replacement.

14. Do not use the device when the cord is damaged or if the electrical outlet is excessively loose, find another socket that will correctly hold the plug.

15. To protect from overheating and dehydration be sure to drink a lot of water, replenish electrolytes and use only the lowest heat levels when sleeping on the mat.

Ereada® mats intercut, and direct small EMFs into the ground plug of the wall socket like a lighting rode. Some of the oversensitive ground fault circuit interrupters (GFCI) may consider such small millivoltage electric currents as a sign of a ground fault, and auto-switch off the protected socket and cut off your mat to another wall socket, protected by a standard circuit breaker. If your controller makes all breakers tripping, unplug the controller and ask us for replacement.

*Ereada® products are not intended to diagnose, cure, treat, mitigate or prevent any disease, illness or medical condition or to substitute for medical treatment of any kind. Information here is never to be construed as medical advice. These products and statements have not been evaluated by U.S. FDA (please, see Disclaimer in this user guide, page 11).
CONTRAINDICATIONS*

The following may not be a full list of contraindications but if you have any of them, avoid the use of the far infrared mat in heating mode or for PEMF entirely (unless you get approval from your doctor or healthcare professional before and during the use of this product, which is not a medical device, nor claimed to be able to heal or cure any chronic or acute disease).

1. The recipients of any organ transplant should not use FIR or PEMF mats. After organ transplant operations, patients usually are prescribed immunosuppressant drugs to help prevent their immune system from rejecting the transplanted organs. FIR and PEMF sessions may increase immune system function which may be dangerous for organ transplant recipients.*
2. Pacemakers and defibrillators users should not use the FIR or PEMF mats in powers that did not get cardiologist approval. The functions of these devices may interfere.*
3. Expectant women should not use the heating function or FIR mat in heating mode. Excessive temperatures have a potential for fetal damage. If pregnancy is possible you should be able to sleep on this mat or use it in the unpowered mode for ion function but be sure to consult a physician before using it for heating, PEMF or red light.*
4. Newborns and infants should not use the heat or magnetic function. Their core body temperature rises much faster than that of adults. It occurs due to the higher metabolic rate per body mass, limited, circulatory adaptation to increased cardiac demands, and the inability to regulate body temperature by sweating as well as adults can. Do not put your babies to sleep with any heating or hot elements.*
5. Avoid use of the far infrared mat in heating mode completely (unless you get approval from your doctor) in the case of a recent stroke, aortic stenosis, severe cardiac, eye or blood vessel disorder, or heart attack, unstable angina pectoris, if you take corticosteroid or have brain or other tumors.*
6. Anybody with diseases associated with a reduced ability to sweat or insensitivity to heat should use the FIR Mat without the heat, in heating mode. You may develop a heat stroke or other heat related problem.*
7. Nobody with diagnosed diseases, ailments or medical conditions should ever use Ereada® mats without approval from and supervision of a physician. It may be extremely dangerous to raise the body temperature for people with Adrenal suppression, disorders, Addison’s disease, adrenal Insufficiency, systematic lupus erythematosus, multiple sclerosis (MS), brain tumors, bypass surgery, menopause, or any other condition which may impair the body’s immune system from rejecting the transplanted organs.*
8. Remember to drink plenty of water before and after using the FIR Mat. Dehydration is a common cause of head and muscle aches.*
9. Anybody experiencing a high fever should not use the mat in the heating mode. Only the negative ions function can be used until the fever stops.*
10. If you use heating creams or balms, lotions, salves or ointments that contain heat-producing ingredients, you should never use them with the mat to avoid burns unless recommended by a healthcare professional.*

HOW TO USE YOUR MAT*

BEFORE YOU START

1. Please study the Catalog, and the User Guide included in the set before the first use. The mat is easy to operate, but the User Guide has essential safety information and a lot of different useful tips that will help you get benefits, and accelerate the learning curve. Be sure to thoroughly study the list of contraindications and discuss them with your health professional, if necessary.
2. Subscribe to Ereada® on youtube for educational videos. Our youtube channel is https://www.youtube.com/Ereadaillmat
3. Consult your doctor how to use, especially if it is essential you have any chronic disease. Even if your health professional is not familiar with hot crystal practice, doctors usually can give good advice about how such or similar well-known technologies like sauna or heating pads will work, especially in the case of any existing health condition.
4. When you get the box with your mattress, if it is too cold or too hot or wet outside, please, keep the mat inside for an hour to adjust to room temperature and humidity before connecting to the power socket. Open the box and take out your Ereada® mat carefully, especially if it is a large size. It may be too heavy, and you may need someone to help. Check, if all accessories included. Put the mat on the floor, bed or another flat surface with the crystals side facing up.
5. Our Amethyst mats have several layers in the bottom that reflect the heat upwards. But if you use your mattress on a hardwood floor or with a memory foam mattress, it may be better to put a towel under the mat to dissipate any remaining heat.
6. If your area is subject to frequent electrical blackouts or power spikes, it is better to connect the device to electricity through a UPS device similar to that one which protects computers or refrigerators. It will protect the controller from any malfunctions resulting from a power surge. Please also switch it off and unplug the FIR mat from the power socket after use.
7. The first time heating should be to test your Amethyst mat at the highest 7th level (equal to 70°C or 158°F) for 2-3 hours. Ereada® mats are manufactured of the highest quality, zero ‘emission’ materials and do not need any odor removal. Anyhow, please do not connect the FIR mat to the power over 8 hours.*
8. If you use heating creams or balms, lotions, salves or ointments that contain heat-producing ingredients, you should never use them with the mat to avoid burns unless recommended by a healthcare professional.*

1. Cover the mat entirely with a thick blanket and leave it to cool down for 5 or 10 minutes, until it is under the blanket. It usually takes around 30-60 minutes for the mattress to reach the maximum temperature level if you put both a thick protector and a thick blanket on top.
2. The heating process stops and begins again when the mattress cools down, to maintain the set temperature level. During this time, the groms become very warm and start to release radiant Far infra-Red rays naturally.
3. For extra electrical safety, the heating wires are positioned in a short circuit, and a slight noise will be heard. So you can know how hot it is under the blanket.
4. When the heat is on, the surface temperature of the bare mat under the blanket, or under your body if you are on the mat, becomes hot to touch. At the maximum 7th heat level it will reach 140-150°F (43-66°C) to 200°F (93°C) if you measure the surface temperature immediately after you stand up or remove the thick blanket or pillow. But if you use the bare mat surface temperature in several minutes after you use it, it will not be much higher (40-50°C). If you do not cover the mat, and the room temperature is low, or the airflow is active, it will cool the mattress very quickly. It is normal – when preheated, the crystals transfer most of the energy in the form of Far Infrared Rays very quickly.
5. If you keep your mat open without the protector pad, blanket, or your body on it, the heat dissipates, and the surface will be merely warm to touch even on the highest heating levels.
6. It is normal if when the mat starts to heat some humming or buzz noises are heard from the controller. But if it is high, or the airflow is active, it will cool the mattress very quickly. It is normal – when preheated, the crystals transfer most of the energy in the form of Far Infrared Rays very quickly.
7. If the controller gets hot or if you notice any smell. Please turn off the heating and unplug the controller and put it in ‘safe’ mode. If this happens again, please contact us for a free replacement.
8. In Eastern Europe, where magnetism technologies originate under the mat to dissipate any remaining heat.
9. The first time heating should be to test your Amethyst mat at the highest 7th level (equal to 70°C or 158°F) for 2-3 hours. Ereada® mats are manufactured of the highest quality, zero ‘emission’ materials and do not need any odor removal. Anyhow, please do not connect the FIR mat to the power over 8 hours.*

10. If you use heating creams or balms, lotions, salves or ointments that contain heat-producing ingredients, you should never use them with the mat to avoid burns unless recommended by a healthcare professional.*

11. Remember that it is critical to hydrate with pure and mineralized water before and after sessions with the mat. Some medicines as diuretics, barbiturates, and beta-blockers may impair the body’s natural heat loss mechanisms. Some over the counter drugs such as antihistamines, blood thinners may also cause the body to sweat less, or become dry. Stopping smoking, painkillers, narcotics, antipsychotic medicines may be the most dangerous in impairing the body’s natural heat loss mechanism. Please consult your doctor before and during the use of this product, which is not a medical device, nor claimed to be able to heal or cure any chronic or acute disease.

Remember that it is your responsibility to seek the attention of a healthcare professional before and during the use of this product, which is not a medical device, nor claimed to be able to heal or cure any chronic or acute disease.

*Ereada® products are not intended to diagnose, cure, treat, mitigate or prevent any disease, illness or medical condition or to substitute for medical treatment of any kind. Information here is never to be construed as medical advice. These products and statements have not been evaluated by U.S. FDA (please, see Disclaimer in this user guide, page 11).
18. If you accelerate this way, the first aim is to create an optimum environment to feel soothing and relaxation. If you slow down, the first aim is to create a stimulating environment to feel active and driven.

19. The environment should be changed every 2-4 hours (105°-122°F or 40°-50°C), and then decrease for detoxifying the body. Always properly hydrate and replenish excess heat from your body and naturally return it in the form of water. And it should not be just water. You may need to replenish some electrolytes and minerals as Ca, K, Mg, Na. Twitching and muscle cramps may occur if you feel dry mouth, it means that there is not enough water in the body. And it should not be just water. You may need to replenish some electrolytes and minerals as Ca, K, Mg, Na. Twitching and muscle cramps may occur if you feel dry mouth, it means that there is not enough water in the body.

20. Some with the monochromatic 660 nm red light – the programmed length of the function is 60 minutes, cycled every 4 hours with auto-off. It is better to use the bare mat for this function so that the body gets more photosynthetic energy. Wearing clothes or using covers or sheets on the mat hinders the photon function and potential benefits of the anion effects, but it should not be an obstacle to PEMF or FIR Heat.

21. If you are falling asleep while on the mat, turn OFF PEMF and FIR Heat functions. In a few cases, it is possible to fall asleep in a room with the Red Light running in 4 hours or if PEMF is auto cycling. But most importantly, choose the lowest levels 1-2 (30°C to 35°C / 86°F to 95°F) to avoid overheating. If you feel fatigue while running the Red Light during the session, there should not be a problem. But if of course, you feel any discomfort in the implants area, it would be better to adjust the intensity of PEMF, Red Light or FIR Heat to keep your body comfortable. You may try to turn the PEMF function OFF. You should also consult your surgeon and implant manufacturer.

22. Getting a headache or feeling dizzy is a sign of “a healing crisis” (dehydration). It means that you are detoxing too fast. Later if necessary you will be able to use all the functions or any of their combinations together. However, for another session, it is better not to use PEMF on high heat to avoid overstressing. Regarding PEMF function used in the daytime, there are many schemes – the standard is a simple half-hour or an hour-long session at the high-temperature levels to 12 hours on warm temperature. It is important to feel comfortable and soothing setting to relax, set the medium heat levels 3-4 at around 112°F (44°C) or starting from 60-90 minutes may be enough. Different people react differently and enjoy different temperatures. Some folks with weakness caused by hypothalamic use FIR mats all the time on a slightly lower temperature level and feel well and feel good. Other people use amethyst heating mats from one at the high-temperature levels to 12 hours on warm temperature. Be sure that sessions are not too long and you feel better and more energy, and of course remember to get approval from a health professional.

23. If you accelerate this way, the first aim is to create an optimum environment to feel soothing and relaxation. If you slow down, the first aim is to create a stimulating environment to feel active and driven. It is better to use the bare mat for this function so that the body gets more photosynthetic energy. Wearing clothes or using covers or sheets on the mat hinders the photon function and potential benefits of the anion effects, but it should not be an obstacle to PEMF or FIR Heat. It may be a good idea to take a shower after your session. Clean your body with a washing gel or shampoo to remove sweat and toxins. If you are healthy, finish with slightly warm or even cold water for better detoxification. Half an hour passive rest may also be pleasant and refreshing.
1. When the controller is connected to the mat tightly and plugged into the socket, and you press the power switch, but the controller does not show "ON." Ereada® controller will not light up. You’ve plugged the mat into working correctly. Plug another device into it to ensure it has power. If it is not working, consider checking the electrical panel as a breaker may have popped (or broken) and needs to be reset. Or try a wall outlet that you’ve verified is powering other devices. It is preferable to use a power outlet protected by a standard circuit breaker (not a GFCI). If you are using a surge protector, plug another electrical device into it and check that it is working.

2. Ensure the controller’s plug is pushed all the way into the mat’s receptacle socket so that it is snug tight with no space at all between the controller’s plug and the mat’s connector. A loose connection can cause a loss of signal exchange between the hot stone mat and the controller, and when too many errors accumulate the controller can shut down or display error messages, and the mattress will not heat up properly.

3. Make sure that the power button on the controller has been turned ON. The controller may show "OFF" or "O" on display. It means either the power button is over or the connection between the controller and mat is lost. Try adding time, powering off the controller ON, or reconnecting it.

4. Please activate the timer button and choose one of the timer settings for the mat you are using. Some models of the controllers do not enable the heating and other functions unless you set a timer first.

5. A frequent reason for the new controller fault and errors is an incorrect order of controller connection. Please, first connect the controller to the mat, and then plug the controller into an electrical outlet and turn the controller ON. When you disconnect, first turn it OFF, then unplug the controller from the socket. Do not disconnect the power plug to/from the mat while the mat is on. If you connect the controller to the power source first, the safety program may lock it and go into safe mode. It may start to beep or will not heat. The reason may happen if there is a loss of signal interconnection between the mat and the controller. To reset the controller reconnect it in the correct order.

6. If the controller shows errors, the easiest way to solve the problem is to reset it. Disconnect the plug from the socket first and then from the mat connection terminal. When you disconnect the plug from the mat, please always do it carefully with two hands, holding the connector head (Do not pull the cable), and then from the mat connection terminal. When you disconnect the mat unplugged from the power socket always while it is not in use.

7. Do not worry if your mat is not hot to touch. The FIR Amethyst mattress is not necessarily hot. Hot mats are not required to transfer energy from the hot stone hot stone, in the form of Far Infrared Rays heat, is transferred by radiation, and not by conduction (as is the case with standard or infrared heating mats) or convection (the heat carried by air that do not heat the body much). If the mat is left uncovered, it should be slightly warm on the lower levels, warm on the medium levels and not heat up the mattress at the very highest levels – but the transferred heating energy is much higher and far more penetrating. So the mat should be used on a much lower, more prudent temperature than a standard electrical heating device – and it demands extra care, especially for all night use.

8. It usually takes around 30-60 minutes for the Amethyst mat to reach the maximum temperature if you put both a thick projector and a thick blanket on top of it. The processing stops and resumes again when the mat cools down, to maintain the set temperature. During this time, the gemstones become very warm and emit radiant Far Infrared rays. For extra electrical safety, the controller may show "OFF" or "O" on display. This is normal because the hot crystals, transfer energy not heat, and the controller will show error messages, and the mattress will not heat up properly.

9. The controller may show "OF" or E-code on display. This is possible if the surface is not ideally hard and even, as it may be flooded, we would replace it ASAP, fast and free.

10. Please, take care of your mat, and it will be your friend for a long time. Amethyst mattress is excellent for meditation, sleeping, massage and healing sessions if laying calm on it without a lot of movement. Never apply it on the floor or especially cats adore the mat and can use it, but this should be under your supervision. Do not allow massive dogs to play in the area. Children like the mattress to be warm enough (if they drop on the mat. There are a lot of tiny electronic parts inside the mat such as bimetal switches, temperature sensors, etc. Occasional acute pressure may damage them. In order not to break the internal sensors and heating system electronics avoid impacting, striking, training, doing any active exercise on top of, or next to the mat. Do not allow any heavy or sharp objects to be put on or fall on it. Never fold your mat while hot, never heat it in a folded condition.

11. After this always first reconnect the controller to the mat tightly and then plug it into an electrical outlet again. Be sure that the mat has electrical power. You can test the outlet using any other electrical device. Reconnection and reset are the most common ways to eliminate errors and problems you might encounter with your controller, if you are not using your controller on a regular basis. Plug another electrical device into it and check that it is working.

**Troubleshooting**

**Maintenance and Cleaning**

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