

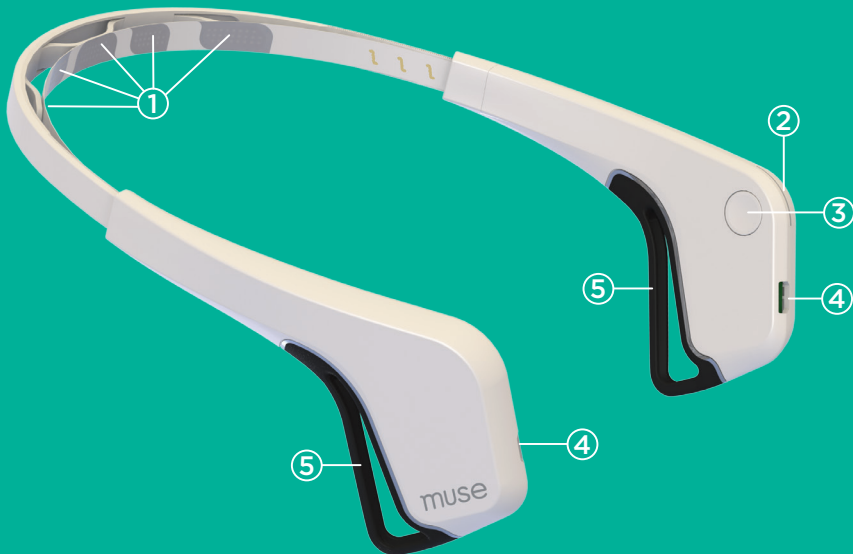
muse™

the brain sensing headband

READ ME

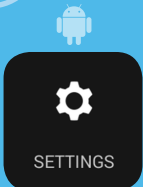
ANATOMY OF YOUR MUSE HEADBAND

- ① 5 FOREHEAD SENSORS
- ② 5 LED LIGHTS
- ③ POWER BUTTON
- ④ 2 CHARGING PORTS
- ⑤ 2 SmartSense™ CONDUCTIVE RUBBER EAR SENSORS



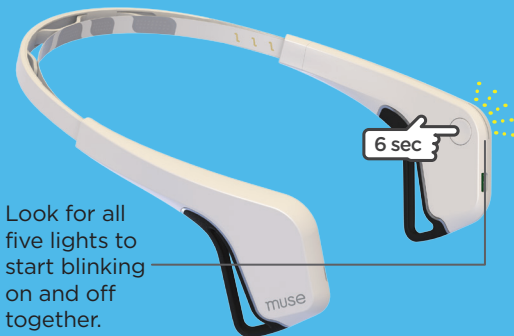
BEFORE YOU START

STEP 1 Turn on Bluetooth



Find the Bluetooth menu under your device's settings. Make sure Bluetooth is turned on.

STEP 2 Press and hold the headband's power button for 6 seconds



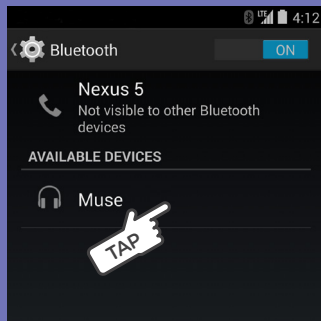
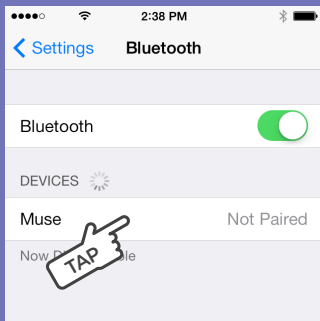
Look for all five lights to start blinking on and off together.

With the headband's power off, press and hold its power button for 6 full seconds until all five lights are blinking on and off together.

STEP 3 →

STEP 3 Tap Muse in the Bluetooth menu

Tap Muse in your list of Bluetooth devices. If it's not there, try turning Bluetooth off and on again. It may take a minute for Muse to pair with your device.



You only need to pair Muse once!

Once Muse is paired with your device, it will connect automatically. Try it now! Press and hold the power button for 1 second to turn it off. Then press and hold the button for 1 second again to turn it on again. It will automatically connect after a few seconds.

STEP 4 Download the Calm app

If your device doesn't prompt you to download and install the app, browse to

choosemuse.com/download

and you'll be redirected to the Apple App Store or Google Play Store depending on your device.



Great job!

Muse is set up and ready for everyday use.

EVERYDAY USE

- STEP ① Press and hold the button for 1 second to turn on the headband. It will automatically connect to a paired device.



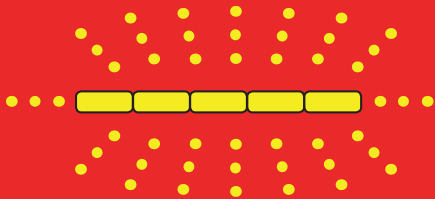
- STEP ② Launch the app.



- STEP ③ Calm and settle your mind.



UNDERSTANDING THE LIGHTS



Five Blinking Lights

The headband is looking to pair with a new device (for pairing instructions, see page 3).



Single Scanning Light

The headband is trying to connect with a device it has been connected to before.



Five Solid Lights

The headband is paired and connected to your device.

POWERING MUSE

Turning Muse On & Off



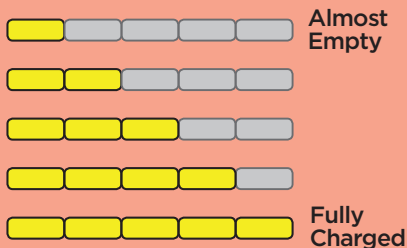
Press and hold the button until the lights turn on/off, then release.

Charging Muse



Use the included charging cable with either port to charge Muse.

Checking the Battery Level



8

Tap the power button to display the battery level.

TROUBLESHOOTING

Muse won't connect with my device

Most connection problems can be solved by first “forgetting” or “unpairing” Muse in your device’s bluetooth menu. Then, make sure to read this guide in detail and follow all steps on pages 3 and 4 in the correct order. On step 2, make sure to hold the headband’s power button for 6 full seconds to put in pairing mode. Note that Muse cannot be paired or used when plugged in.

If the steps above don’t work, try a hard reset of the headband. With the power off, press and hold the headband’s power button for 15 seconds until the lights begin flashing in an alternating pattern. When you release the button, the headband will reset itself to default settings.

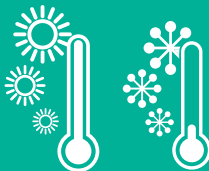
I can't install the app

Open the browser on your mobile device and direct it to choosemuse.com/download. If it doesn’t work, open the Apple App Store or the Google Play Store and search for “Muse Calm” to find the app manually.

PROPER CARE OF MUSE



Do not get Muse wet,
or submerge in water
or other liquids.



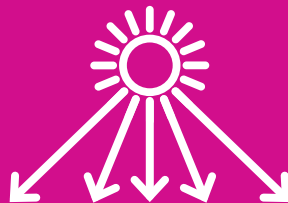
Do not expose the
headband to extremely
high or extremely low
temperatures.



Do not open, disassemble
or attempt repair.



Avoid dropping Muse,
and protect it from
sudden impact.



Prolonged exposure
to sunlight may cause
discoloration of some
parts. Protect Muse from
sunlight when not in use.



Muse is flexible, but should be
protected against excessive
bending to prevent damage.

A young man with short dark hair and a goatee is wearing a white head-mounted display (HMD) around his forehead. He is wearing a blue denim jacket over a grey hoodie. He is sitting in a library, with bookshelves filled with books in the background. He is holding a white smartphone in his right hand and looking at it. The background is slightly blurred, focusing on the man.

Technical Support is available on our website
choosemuse.com/support

You can also give us a call at
1-888-508-MUSE

choosemuse.com