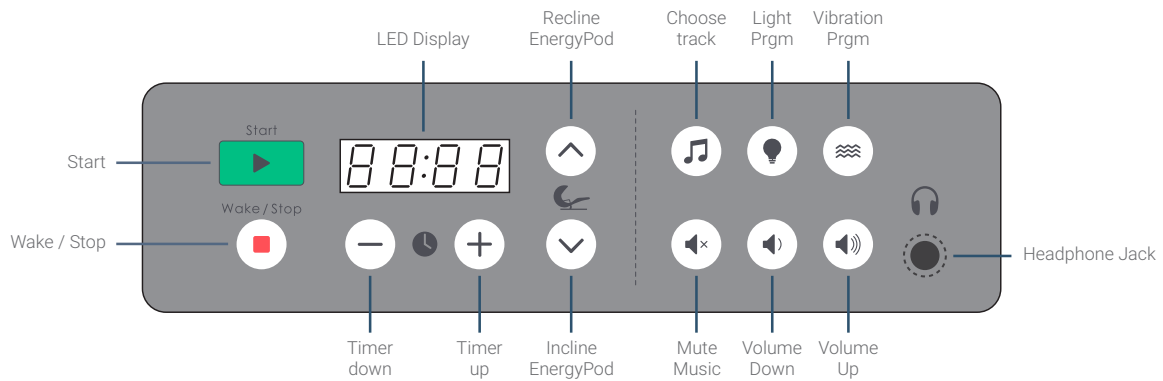


How to use the EnergyPod

The EnergyPod is easy to use. Follow the instructions described and visualized below:



Press the **Green Start Button** for a programmed 20 minute nap. Or, to create your own:



Adjust the time by using the - (decrease) and + (increase) button.



Adjust the recline by using the up and down arrows.



Select the music program by pushing the note button.
P01 = Relax, P02 = Guided, P03 = Off.



Adjust the music volume by using the volume buttons.



For usage with headphones: Plug in any set of headphones with a 3.5 mm jack. The built-in speaker will turn off.



Select the light program by pushing the light bulb button.
P01 = 3 min. Relax, P02 = On, P03 = Off.



Select the vibration program by pushing the vibration button.
P01 = 3 min. Relax, P02 = On, P03 = Off.

Revive to a combination of vibration, light and music. The EnergyPod will return independently to its original position.