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.