

Getting Started

and useful tips

Here's how it works:

DreamOn works through a natural process called entrainment. When you turn on the band, you'll feel and hear a safe, low frequency pulse that mimics the brainwaves associated with sleep.

What's Included

1. DreamOn Device
2. Large Band (30cm)
3. Small Band (24cm)
4. USB Charger (micro USB)

Your brain will naturally match the pace, slowing down your brainwaves to the optimal levels for sleep. The band works best if you breathe normally while focusing on the sensation of these gentle pulses.

Charging

Charge your band by plugging into a standard USB power source.

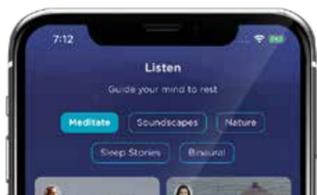


You'll need to charge the band for 3 hours before first use.

The button will light up while charging and turn off when fully charged.

Getting used to the band

To acclimate to your band, practice focusing on the pulse sensations prior to going to sleep and using the device to meditate or relax with our app.



Uses beyond sleep

DreamOn is especially useful for falling asleep, but can also be used in any setting to reduce stress and anxiety. It's also a great tool to enhance and deepen meditation.

Try it with our app or any other meditations.

Find Your Fit

Find the most comfortable spot for your band.



Experiment until you find one that works best for you.

We recommend the inside of your wrist, palm or ankle.

Try a cycle

Get comfortable and press the button lightly to start the gentle pulse. Focus on the sensation to initiate entrainment and to start to relax.



Press it again at any time to turn it off.

Check the Pulse Feel

You should hear and feel the pulse, but you can adjust the intensity to your comfort with the app.

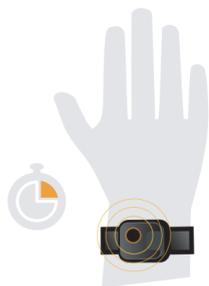
In the app: (You → Device → Pulse Adjustments)

Breathe normally while you focus your attention on the pulse.



Repeat As Needed

Each cycle lasts for 15 minutes.



The device will turn off automatically. Restart and repeat as needed.

Tip

Keep with it. Like any new skill your body may take a few days to adapt. Repeated use makes for a better experience.

The more mindful you are of the pulses, the more effective they are.



Get the App

First, download the DreamOn app.

If you'd like to use DreamOn without Bluetooth, skip to "Find Your Fit."

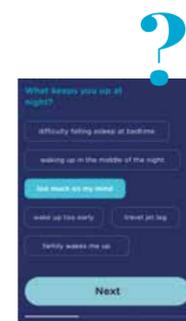
If you have trouble finding the app, try searching for "dreamonsleep"



Intro Survey

Open the app and answer a few questions to help us personalize your experience.

These questions help the app provide relevant tips.



Pair Your Band

Press and hold the button on your band to pair.

Make sure your phone has Bluetooth enabled.



Syncing

Once you've setup pairing, your device will automatically sync anytime you open the app and the band is nearby and charged.



If you have any trouble with pairing, try restarting the app.

Track Your Sleep

After pairing your band with our app, simply start the device to initiate sleep tracking. You must press the button to start tracking!

You'll have to pair with the app before sleep tracking will work.



Loading Your Data

Sleep data should automatically sync from the device when you open the app.

If nothing shows up in the app, make sure the device is nearby and connected.



Send Feedback

Does something look off about the data you're seeing? Send us a screenshot with a description of the error so we can look into it.

You can adjust the start and end times of a night for more accuracy.



A note on safety

DreamOn won't interfere with medicines or therapies and there are no side-effects in healthy individuals. However, it should not be used by those who have implanted Pacemakers, arrhythmias or other heart conditions.



What to expect

The DreamOn band is a relaxation aid. The band and app are not meant to diagnose, assess, treat or cure any sleep disorder (or any other disorder).

If you're experiencing severe sleeplessness or have health issues that interfere with sleep, we recommend that you speak with a physician.