



Sleep aid Instructions



Set up

Different modes

Switching on the 8 minute mode

Tap the touchpad once



Switching on the 20 minute mode

Tap the touchpad twice



Opening the battery lid

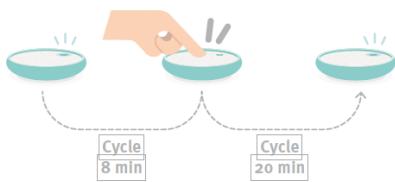


You can also open it with a screwdriver



Switching on the 20 minute mode during 8 minute mode

If you want to run the 20 minutes mode without starting the exercise from scratch, tap the touchpad twice



Switching Dodow off

The device will automatically switch off at the end (8 minutes or 20 minutes depending on choice). If you want to switch it off before the end of a session, keep your finger on the touchpad for at least 3 seconds.



Changing the brightness setting

If the light projected onto the ceiling isn't quite right, you can always adjust the brightness setting (3 different brightness settings are available).

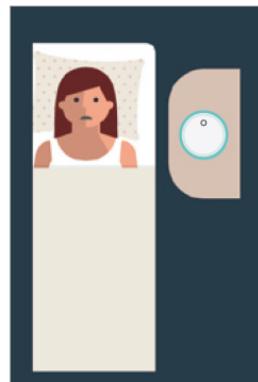
- 1 | If Dodow does not turn off automatically, turn it off manually
- 2 | Press down lightly on the tactile surface with your finger for 3 seconds
- 3 | Release your finger when the LEDs light up
- 4 | Select your preferred brightness setting by pressing on the tactile surface
- 5 | Press down lightly on the tactile surface with your finger for 3 seconds to confirm and turn off the device

Changing the batteries

When the batteries are dead, the LEDs will flash. They should be replaced with 3 LR03 or AAA batteries.

Using Dodow

1



2



Keep Dodow
within reach

Tap the touchpad once to
activate the 8 minute mode or
twice for the 20 minute mode

3



Dodow will project a ring of blue light on your ceiling.
Open your eyes and look at the blue light.

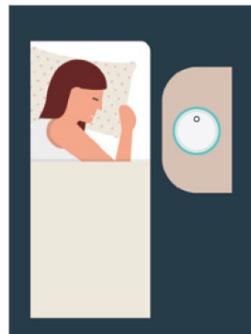
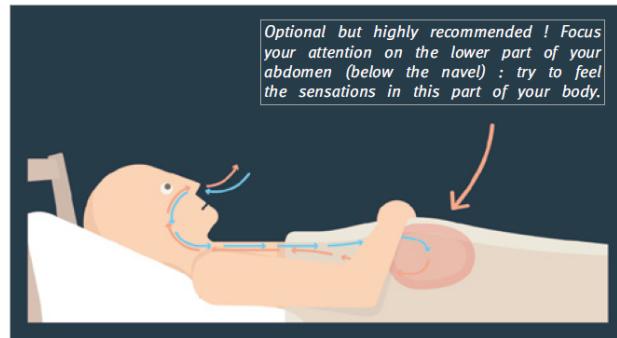
4



Gently synchronize your breathing with the light.

5

6



Breathe with your lower abdomen (abdominal breathing)

Remain passive, do not "try" to sleep.
Sleep will come naturally, Dodow just speeds up the process.

You may fall asleep
during the exercise or soon after.
Dodow will switch off automatically.

Physiological mechanism

Understanding how something works makes you better equipped to reap its benefits. Take 30 seconds to read our website and watch our video at www.mydodow.com/video.

An imbalance in the autonomic nervous system is responsible for the vast majorities of the difficulties in falling asleep. When disturbed (as in the fight or flight reflex), neurotransmitters like noradrenaline signal your brain to stay awake.

Dodow helps to restore the balance of the autonomic nervous system by stimulating the **baroreflex** : a physiological mechanism that can be stimulated by slow and regular breathing (6 breaths per minute is the optimal rate).

After 8 minutes you will be in the 'rest and digest' state. Your metabolism will slow down, the secretion of neurotransmitters will stop, and your body will be completely **relaxed**, leaving you less receptive to your thoughts and to the ambient noise. Sleep is not far off...