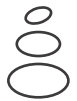


# REFLECT INSIDE

## what's in the box



Orb



Cable



Dust Bag



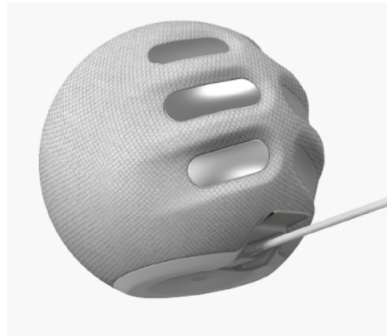
Quickguide



# SETUP



download the Reflect app  
follow the instructions there to set up  
your Orb



**Charge your Reflect Orb**  
to complete your first setup, you must plug  
your Orb into an electrical outlet to charge it,  
using the cable that came with it



**Turning your Reflect Orb On & Off**  
Your Orb is always on - to use it just place your  
hands on the electrodes. If you even need to  
turn it off completely, push the button at the  
bottom for 15 seconds. To turn it back on, do  
the same and wait for the light pattern that  
indicates your Reflect is on

# USING REFLECT



placeholder for  
illustration

**Sit comfortably**  
you can use a meditation pillow or  
just sit on your favorite couch -  
wherever you feel good.



placeholder for  
illustration

**Hold your Reflect Orb**  
Make sure your fingers are resting on the  
electrodes correctly without pressing hard



placeholder for  
illustration

**Turning your Reflect Orb On & Off**  
Your Orb is always on - to use it just place your  
hands on the electrodes. If you even need to  
turn it off completely, push the button at the  
bottom for 15 seconds. To turn it back on, do  
the same and wait for the light pattern that  
indicates your Reflect is on

# HOW TO USE YOUR REFLECT

<b>Off</b>	No light, doesn't wake up when you put your hands on it	<i>Push button at bottom for 15 seconds until you see [light pattern TBD]</i>
<b>Turning On</b>	Light pattern TBD	<i>Push button at bottom for 15 seconds until you see [light pattern TBD]</i>
<b>Charging</b>	A moving ring of red light until fully charged	<i>Plug in the device to an electrical outlet using the accompanying cable</i>
<b>Charged and ready to use</b>	No light	<i>Unplug from charger</i>
<b>Session Start</b>	Pulsing white light	<i>Hold your Reflect orb with your fingers on the electrodes</i>
<b>During Session</b>	Light will change according to physiological signals	<i>See the light scale on the next page to understand what the lights mean</i>