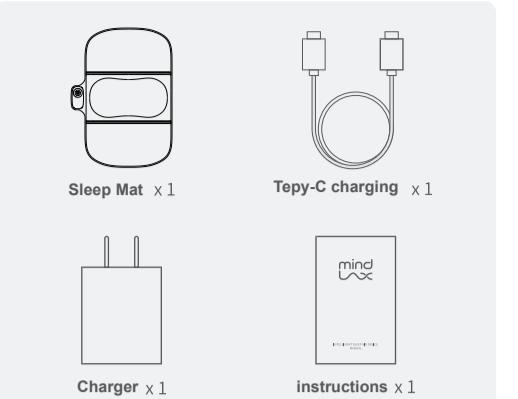


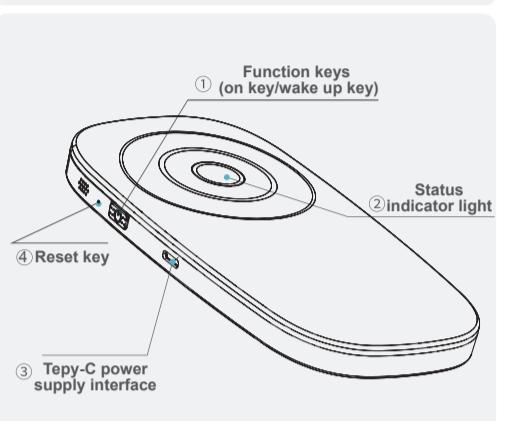
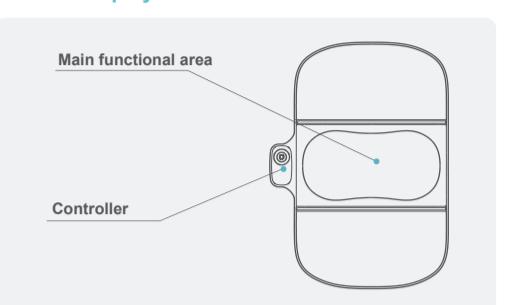
## Preface

Dear customer,  
Thank you for choosing MindLax products. In order to provide you with a better user experience, please carefully read this manual before use. We wish you a pleasant experience!

## Packing list



## Product display



### ① Function keys (power key)

Power on: Press and hold for 3 seconds  
Power off: Press and hold for 3 seconds  
Play/Pause: Single click  
Stop playing: Double click  
Quick Start: Double click (see "Quick Start" for detailed steps)

### Reset Button

Reset: Press and hold for 5 seconds in the reset hole

### ② Status Indicator Light

Power on: Green light continuously flashes, waiting for Bluetooth connection  
Bluetooth connection successful: Green light flashes 3 times then turns off  
Breathing light: when in standby, the green light slowly changes from dark to bright every 4 seconds, and then from bright to dark  
Power off: green light flashes quickly 3 times and then goes out  
Low battery: the power value is detected when the device is turned on, and the red light stays on for 5 seconds when the power is less than 20%  
Reset: After long pressing for 5 seconds, the green light flashes 2 times  
Charging: green light flashes  
Fully charged: green light stays on

### ③ Type-C power interface

To ensure safety, limit the use of devices during charging. If the machine is new or has not been used for a long time, it is recommended to fully charge it before use.

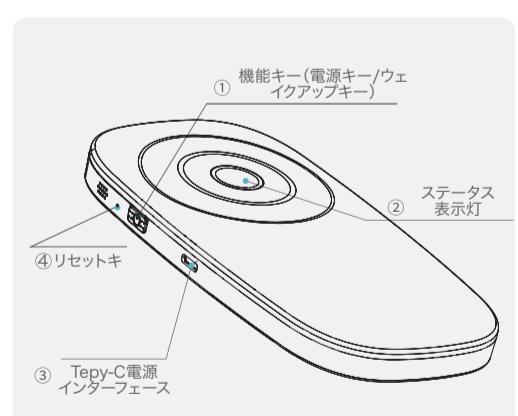
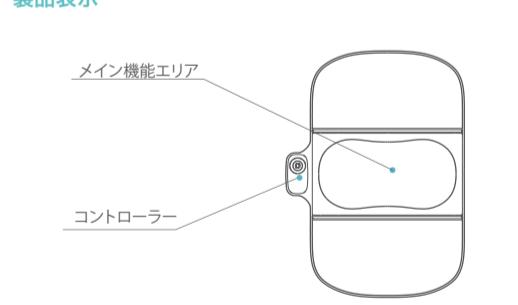
## 前書き

親愛なるお客様。  
MindLax製品をお選びいただきありがとうございます。より良いユーザーエクスペリエンスを提供するために、使用前にこのマニュアルをよくお読みいただきまますようお願いいたします。楽しい体験をお祈りしています！

## 梱包品リスト



## 製品表示



### ① 機能キー (電源キー)

電源オン: 3秒間長押し  
電源オフ: 3秒間長押し  
再生/一時停止: 単一クリック  
再生停止: ダブルクリック  
クイックリラックス: ダブルクリック (詳細な手順は、「クイックリラックス」を参照)

### リセットボタン

リセット: リセット孔内で5秒間長押し

### ② ステータスインジケータライト

電源オン: 緑色のランプが連続して点滅し、Bluetooth接続を待機しています  
Bluetooth接続成功: 緑色のランプが3回点滅した後、消灯します  
呼吸ライト: 待機中、4秒ごとに緑色のライトがゆっくりと暗くから明るく変化し、再び明るくから暗く変化します  
電源オフ: 緑色のライトが3回点滅した後、消灯します  
低電量: デバイスをオンになると、電力値が検出され、電力が20%未満の場合、赤いライトが5秒間点灯します

リセット: 5秒以上長押しした後、緑色のライトが2回点滅します

充電中: 緑色のライトが点滅します

充電完了: 緑色のライトが点灯します

### ③ Type-C電源インターフェース

安全保障のため、充電時の機器使用制限を設定します。新しい機械や長期にわたって使用されている場合は、使用前に電力を満たしながら使用することをお勧めします。

## About the APP

The App will periodically upgrade its software to update features and improve compatibility with more device models and system versions.

### 01 Install MindLax App

#### >To install the app on an iPhone

• please scan the QR code on the right or search for "MindLax" on the AppStore to download and install the app before using it for the first time.



#### To install the app on an Android phone

• please scan the QR code on the right or download and install the MindLax App before using it for the first time.



### 02 Connect to the device

Before connecting, make sure to turn on the device.

- Find and open the phone settings.
- Click on Bluetooth.
- If Bluetooth is not turned on, please turn it on first.

### 03 Start using

• Find the MindLax app, click to open, and follow the app guide to start using.



## Quick Start

### Usage Scenario

When you want to use MindLax M3 more efficiently, you can directly double-click the button on the device (without opening the app) to enjoy the relaxing and sleep-aiding function immediately.

### Unlock Method

After completing the account registration and adding/activating the device in the app, you can unlock the device's "Quick Start" function.

### Operating Instructions

- Double-click the function key "Start/Stop" to activate the Quick Start function (when the device is turned on)
- Single-click the function key "Play/Pause" to activate the Quick Start function (when the device is turned on)

### Product specifications

Working environment: 0°C ~ 40°C, relative humidity: 30% ~ 60%

Storage environment: -20°C ~ 50°C, relative humidity: 30% ~ 60%

Input: DC 5V = 2A

Battery operating voltage: 7.4V

Battery capacity: 3000mAh

CMII ID:

FCC ID:

Weight: about 1.6kg

Warning: Disassembly, impact, squeezing of the ball, and high-temperature environment are prohibited. The grid voltage and power supply voltage must match.

### Product specifications

Please do not use or consult your doctor before using if you have the following conditions

FCC COLLABORATIVE STATEMENT: This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and

(2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment on and off, the user is encouraged to try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.

• Increase the separation between the equipment and receiver.

• Connect the equipment into a circuit different from that to which the receiver is connected.

• Consult the dealer or an experienced radio/TV technician for help.

Warning: Changes or modifications to this equipment not expressly approved by the party responsible for its safety and performance could void the user's authority to operate it.

FCC Radiation Exposure Statement: The device complies with FCC radiation exposure requirement.

The device can be used in public exposure condition without restriction.

## Name and content of harmful substances in the product

Part name	Harmful substances					
	Pb	Hg	Cd	Cr6+	PBB	PBDE
Sleeping Mat	○	○	○	○	○	○
Charger	○	○	○	○	○	○
Charging line	○	○	○	○	○	○

• "○" indicates that the content of the harmful substance in all homogeneous materials of the component is below the limit specified in the standard.

• "x" indicates that the content of the harmful substance in a homogeneous material of the component exceeds the limit specified in the standard.

• The reason why this product is marked with "x" is that there are no alternative technologies or components available at this stage.

## Product warranty card

### 01 Basic Information

If the product malfunctions, please contact MindLax customer support directly. The after-sales contact email is: support@mindlax.com

### 02 Limited Warranty Coverage

This limited warranty does not cover all costs and damages caused by the following reasons:

- Non-hardware technical issues;
- Consumables' natural wear and tear, abrasion, aging;
- Malfunction or damage caused by incorrect installation, operation, or use in a non-specified working environment (e.g. high or low temperature, excessive humidity or dryness, high altitude, unstable voltage or current, etc.);
- Damage caused by accidents, misuse, improper storage (such as rodent damage, liquid infiltration, etc.);
- Damage caused by the use of self-compiled or non-publicly released software that prevents the product from functioning properly;
- Malfunction or damage caused by unauthorized disassembly, repair, modification, or abuse.

### 03 Product and After-Sales Service Commitment Schedule

Product type	Warranty period	Service method
Sleeping Mat	12 months	Customer send to repair
Charger	12 months	Customer send to repair
Charging line	12 months	Customer send to repair
User Informations		
Product type		
Product model		

### 04 Contact Information

After-sales email: support@mindlax.com



## 有害物質の名称と含有量

部品名	有害物質					
	Pb	Hg	Cd	Cr6+	PBB	PBDE
睡眠プランケット	○	○	○	○	○	○
充電器	○	○	○	○	○	○
充電ケーブル	○	○	○	○	○	○

• "○"は、当該部品のすべての均質材料中における当該有害物質の含有量が基準で規定された限界要以下であることを示す。

• "x"は、当該有害物質が当該部品の平均含有量だけが標準規定の限界要を越していることを意味する。

• この製品に"x"が表示される理由は、現時点での代替技術や部品が存在しないためです。

## 製品保証カード

### 01 基本情報

製品に故障が発生した場合は、直接MindLaxカスタマーサポートにお問い合わせください。アフターセールスの連絡先メールアドレスは、support@mindlax.comです。

### 02 有限保証範囲

この有限保証は、以下の理由によって生じたすべての費用と損害をカバーしません。

- ハードウェア以外の技術的問題;
- 消耗品の自然耗耗、摩耗、老化;
- 不適切なインストール、操作、または製品の指定された作業環境以外での使用によって引き起こされる故障または損傷(例えば、高温、低温、過度の温度または乾燥、高高度、電圧または電流の不稳定性など);
- 事故、誤用、不適切な保管(ネズミの被害、液体の浸透など)によって引き起こされた損傷;
- 自己編集または非公開ソフトウェアの使用によって製品が正常に機能しない場合の損傷;
- 不正な分解、修理、改造、または乱用によって引き起こされた故障または損傷。

### 03 製品とアフターセールスサービスの約束スケジュール

製品タイプ	保証期間	サービスモード





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