○ ELEMIND

Your Elemind Headband

What's in the Box?

When your headband arrives, the box will include:

- Your Elemind Headband
- Headband extender strap
- USB-C charging cable
- The Elemind Quick Start Guide

Headband Schematic

① Volume Down Button		⑦ Adjustable D-Ring	
② Volume Up Button		⑧ Serial Number Decal	
③ Bone Conduction Speaker		⑨ Action Button	
④ Forehead EEG Sensor		⑩ LED Light	
⑤ Side/Ear EEG Sensor		⑪ USB-C Port	
⑥ Removeable Rear Strap			

Getting Started

Product name: Elemind

Model name: BANDG1NA

Operating temperature: 10℃~35℃

ELEMIND

Frequency Band: 2.400GHz~2.4835GHZ

Maximum Transmit Power: <0 dBm(for EU)

To get started with your Elemind Headband and App, follow these steps after unboxing:

- Plug in your headband using the included USB-C charging cable.
- Download and install the Elemind App. [links to Apple App Store and Google Play]
- Open the app and tap on the *Activate Membership* button.
- Enter in your Elemind account email to activate your Membership, follow the onscreen instructions.
  - Your Elemind account email is the email address used to purchase the product on the website. Unsure which email address you used? Check your order confirmation email from Elemind.
- Take the Product Tour. The Product Tour will show you:
  - How to pair your Elemind Headband with your phone over Bluetooth.
  - How to update your headband's firmware.
  - The locations of the sensors, buttons, status light, and USB charging port.
  - How to wear your headband.
  - Elemind's sleep stimulation sound and how to properly set the volume.
  - How to prepare and start your first Elemind Sleep Session.

Your Elemind Headband Tour: Detailed Instructions

Charge Your Headband

How to charge your headband:
- To charge your headband, connect the included USB cable to the USB-C port on the headband, and plug the other end into a USB wall charger.
- A full charge takes approximately 3.5 hours - you'll know when the battery is full when the status light stays solid green.

When to charge your headband:
- For the best experience, charge your headband fully after each use.
- We recommend placing the charger next to your bed so you can get in the habit of charging it when you wake up in the morning.

Download the Elemind App
The Elemind mobile app is available on the Apple App Store and on the Google Play Store for Android users.
- [Badge with link to Apple App Store]
- [Badge with link to Google Play Store]

Activate Your Membership

When you open the app for the first time you will be shown the Sign In/Activate Account screen. To activate your account and start your membership:

- Tap on the "Activate Account" button.
- Enter in the email address associated with your Elemind account. This would be the email address you provided at the time of purchase or gift redemption.
- A 6-digit two-factor authentication code will be sent to your Elemind account email.
- Enter the 6-digit code when prompted on the app and tap on "Activate Membership."

If you didn't receive the 6-digit code, be sure to first check your spam folder. If you still haven't received the challenge code email, you can tap on the "Resend" link on your app screen after the 60-second timer expires.

Signing In to the App

If you log out of your Elemind account from the Settings/Preferences/Account screen, you will immediately be taken back to the Sign In/Activate Account screen. To sign back into your app account:

- Tap the "Sign In" button.
- Enter in the email address associated with your Elemind account. This would be the email address you provided at the time of purchase or gift redemption.
- A 6-digit two-factor authentication code will be sent to your Elemind account email.
- Enter the 6-digit code when prompted on the app and tap on "Continue."

If you didn't receive the 6-digit code, be sure to first check your spam folder. If you still haven't received the challenge code email, you can tap on the "Resend" link on your app screen after the 60-second timer expires.

Initial Setup - Pairing Your Headband With Your App

Putting the Headband in Pairing Mode

Plugging your headband in for the first time after taking it out of the packaging automatically places your headband in Bluetooth pairing mode. If the headband is successfully in pairing mode, you will see a blue LED light slowly breathing next to the action button on the bottom of the headband.

When you activate a new account on the app, you will be taken to a Bluetooth Pairing screen complete with instructions. Once paired, you will move through a guided Product Tour to get familiar with all the features of your Elemind headband and app.

Once your headband has been paired, each time you open the app, the headband will automatically connect. You can confirm this by looking at the headband and battery icons in the upper right corner of the app screen.

Pairing Your Headband to the Elemind App

- Tap on Settings in the bottom navigation bar.
- Tap the Headband button.

- If applicable, unpair an existing headband by tapping the Unpair Headband button and confirm.
- Tap on the Pair Headband button to start the pairing process for the new headband.
- Following the onscreen instructions, put the headband in Bluetooth pairing mode by pressing and holding the Action Button for 4 seconds until the LED light is slowly breathing/pulsing blue.
- Tap the Pair My Headband button.
- Select your headband from the list of available headbands. If there are multiple Elemind headbands available, match your headband based on the serial number, which can be found on the inside of your headband.

Be sure to allow Bluetooth permissions on your phone if asked.

You should see a "Success!" message screen telling you that "Your headband is ready to go." You can tap Continue to return back to the Device Settings screen. You should now see the Pair Headband button disabled and the Unpair Headband active.

If your pairing attempt failed, you can try again. If you are still having problems connecting your headband to the app, see our Troubleshooting Tips or you can contact Elemind Customer Support at support@elemindtech.com.

Updating Your App and/or Headband's Firmware
You will periodically receive notifications that a new app or firmware version has been released. Tapping on the link in the notification will take you to the Device Settings screen, which will show you whether your app and/or firmware is up-to-date or if a new version is available.

To check the status of your app or firmware:
- Tap on the Settings button in the lower navigation bar.
- Tap on the Headband button.
- Check for available firmware and/or app releases.

To update your app and/or firmware, tap on "Update Available" and follow the onscreen instructions.

During the firmware updating process, the headband status light will blink white and occasionally may flash other colors. This is normal.

If you have problems updating, see our Troubleshooting Tips or you can contact Elemind Customer Support at support@elemindtech.com,

How to Wear Your Headband
Proper positioning of the headband is essential to ensure the EEG sensors are making good contact with your skin in the correct position, allowing the headband to pick up your brain activity.

Which way is up?

- The Volume Buttons should be on top.
- The LED Light and USB-C port should be on the bottom.
- The Elemind logo and text on the side of the headband should be right-side up.

Proper positioning of the headband and side strap sensors
- The front of the headband should be centered on your forehead, resting anywhere between your eyebrows and hairline. The ideal position is about 3/8 of an inch (~1 cm) above your browline.
- The EEG sensors and Bone Conduction Speaker should be touching the skin on your forehead. No hair should be in the way.
- The rubber sides of the headband are actually EEG sensors, too. They need to be resting on the tops of your ears, like a pair of glasses would.
    - IMPORTANT! These side EEG sensors must be touching skin. Make every effort to clear away any hair that might get in the way.
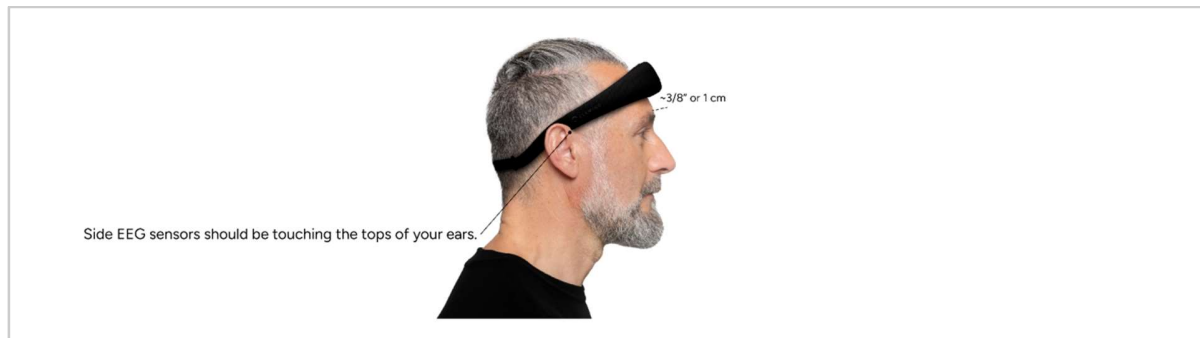
How tight should the headband be worn?

The headband should be worn snugly enough that it stays securely on your forehead and doesn't shift side-to-side or slide off when your head is on the pillow. It should not feel too tight, just secure enough to maintain consistent contact with your skin throughout the night without falling off.

Finding the right level of snugness may take some time. Try adjusting the size of the headband using the strap in the back until it feels comfortable. Once you achieve the right fit, you'll be able to comfortably wear your Elemind headband night after night.

Getting Good EEG Sensor Contact

Your Elemind headband is equipped with five EEG sensors. The three sensors on the forehead are designed with redundancy; you only need good contact with one at any given time. If one sensor loses contact, the others can take over seamlessly. The two sensors near your ears, however, must maintain constant contact with your skin to ensure accurate stimulation by Elemind.

The performance of your Elemind headband depends on the EEG sensors getting the best possible contact with your skin to yield a high-quality brain signal.
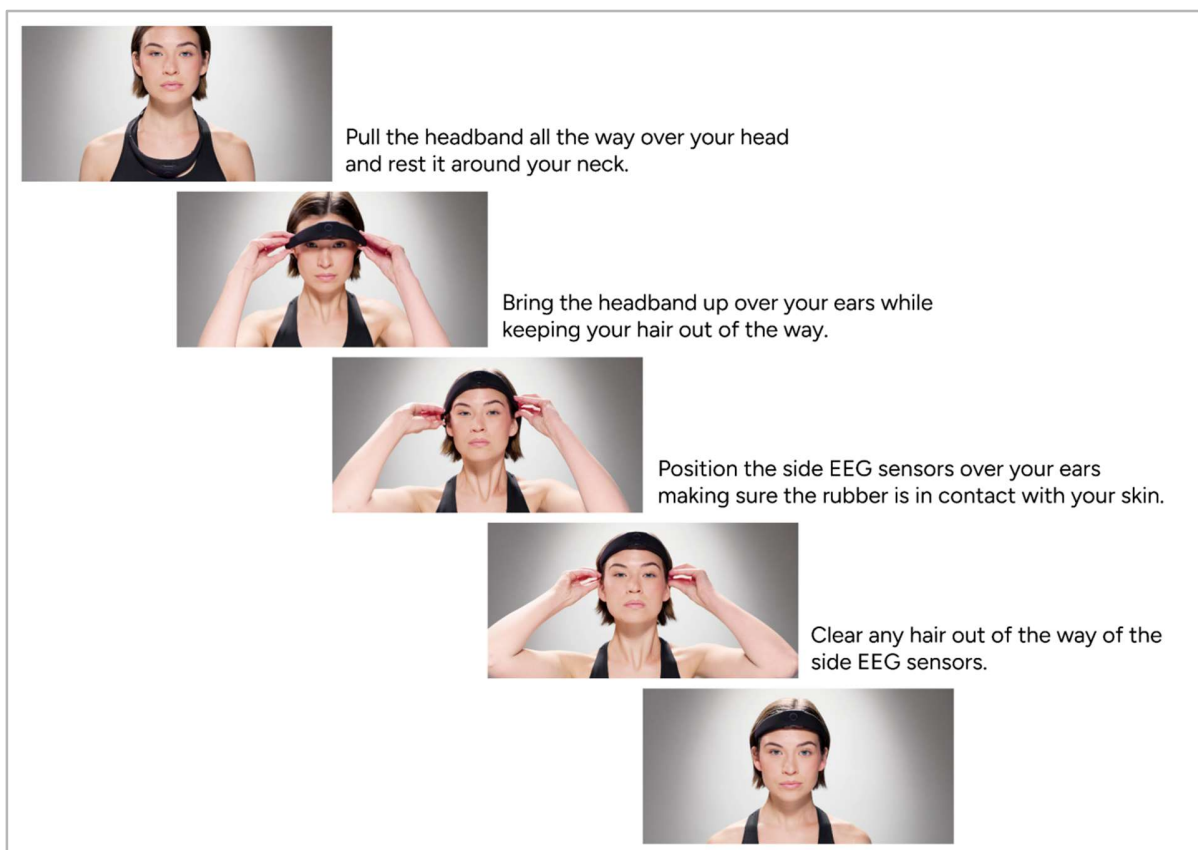
Follow these tips to get the best results:
- Do not apply any night cream or moisturizer to your forehead or tops of your ears (anywhere the headband will touch).
- Remove all makeup before putting on the headband.
- Remove any residual oil and debris from your face using a damp cloth or alcohol-free facial cleanser.
- Put the headband on at least 5 minutes before starting your Sleep Session. This extra time allows it to establish good contact.

IMPORTANT! Alcohol is damaging to the EEG sensors and will shorten the life of your headband. Avoid cleaning the headband with rubbing alcohol or any products with alcohol in it.

Tips for Users with Long Hair

If you have long hair, here are a few tips that will help you get the proper contact between the side EEG sensors and your ears:

- Start by pulling the headband all the way over your head and rest it around your neck like a necklace.
- Gather your hair up and over the headband, as if you're about to put it in a ponytail.
- Pull the headband up and over your ears using the top of the side straps to keep your hair out of the way.
- Sweep your fingers in between your headband and hair line to clear out any strands of hair that may have gotten through.

Pull the headband all the way over your head and rest it around your neck.

Bring the headband up over your ears while keeping your hair out of the way.

Position the side EEG sensors over your ears making sure the rubber is in contact with your skin.

Clear any hair out of the way of the side EEG sensors.

Adjusting and Properly Setting the Volume

Properly setting the volume is important. The stimulation works as long as it's audible, so adjust the sound to a level where you're able to hear it. Beyond this point, making the volume louder won't make the stimulation any more effective.

When you start a sleep session for the first time, the initial volume level is a recommended starting point but can be adjusted directly from the app or by using the volume buttons on the top of your headband. You must be wearing the headband to set the volume properly.

To adjust the volume from the app:
- Tap on the Sound Settings button.
- Use the slider bar to adjust the overall volume.
- You can select one of two background Audio Scenes.

How do I know if I've set the volume properly?

Try to set the volume of the background rain or waterfall sound until you can just hear it. You should find the pulsing pink noise sound to be clearly audible, but not overly loud.

Loudness is subjective–what's loud to one person may not be loud to another. You should experiment until you find the right level for you. However, keep in mind that your brain can only respond to sound stimulation that you can hear. If you can't hear the pink noise pulses, keep increasing the volume until you can.

It is important that you set your volume in your bedroom when it's quiet. Turn off the TV or any other sources of sound or noise and take a few moments to dial in your volume.

Audio Scenes

Elemind's sound stimulation is pulses of pink noise in the foreground, with either a gentle rainscape or waterfall in the background. New stimulation sounds will be released as app-updates for those with an active Elemind Membership.

Your Sleep Environment

You should use your Elemind headband in an environment set up for a successful night of sleep. The American Academy of Sleep Medicine (AASM) recommends the following:
- Keep your room dark. Turn off lights and close the shades.
- Keep your room quiet and free from noise.
- Set a comfortable temperature. Around 68° F or 20° C is recommended.
- Turn off the TV and put away any tech (phone, laptop, tablet computer).

Treat your bedroom as a sanctuary for sleep.

Your Elemind headband was designed to work with good sleep practices, not replace them.

Daily Factors: What Are They?

Before you start a new Sleep Session, you have the option to enter in your Daily Factors. Daily Factors are activities and other details that may have an impact on the quality of our upcoming sleep. For example, you may want to know how exercise affects your sleep, or whether any medications or supplements are helping or hurting your sleep.

The list of Daily Factors is extensive and divided into subcategories to help you explore all the available options. Over time your Elemind app may discover trends to help you achieve consistently better sleep.

Starting a Sleep Session

There are two ways to start a sleep session:

1. Tap **Start Sleep Session** button on the app.
2. To start a Sleep Session directly from the headband, double tap the Action button on the underside of the headband unit.

What is a Sleep Session?

When you start a Sleep Session, your headband does two things. First, it starts reading your brain activity from the electroencephalography (EEG) sensors on the front and sides of the band. It continues reading your brain's activity and tracking your sleep until you end the session when you wake up.

Second, the headband analyzes your brain activity to track a 10-Hertz (10 cycles/second) oscillation that is strongest when you close your eyes but you're still awake. Elemind's algorithms synchronize the presentation of the pink noise pulses to a specific phase of this 10-Hertz oscillation cycle. Our research [insert link] has found that stimulating in this "closed-loop" manner can get you to regularly fall asleep faster.

Restarting Sleep

Your Elemind headband is designed to deliver the closed-loop sound stimulation until you fall asleep. If you happen to wake up in the middle of the night you can restart the sleep stimulation either from the app or from the headband directly. We highly recommend that you restart the sleep stimulation from the headband.

To restart the sleep stimulation from the headband:

● Single tap the Action button on the underside of of the headband

Pausing the Sleep Stimulation Sound

If you need to, you can pause the sound stimulation by single tapping the Action button. Single tap the Action button again to restart the sound. You can also pause the sound stimulation from the app. Note, your Sleep Session still continues to actively collect data when your sound stimulation is paused.

Ending a Sleep Session and Viewing Your Sleep Data

You should end your Sleep Session when you decide to get out of bed to start your day. We do not recommend you stop and restart a Sleep Session in the same night. For example, you should not end a sleep session if you wake up too early, but then try to go back to sleep. Instead you should restart the sound stimulation and keep the headband collecting data.

You can end your Sleep Session in one of three different ways:

- Tap the End Session button in the app and confirm (RECOMMENDED).
- Take and keep the headband off of your head for at least 10 minutes.
- Plug your headband into the USB charger.

When you end your Sleep Session, your headband and phone app send data back to our servers to analyze your entire night. This process can take a little time. You'll know that the headband is transferring data by the presence of the rotating double-arrow icon in the upper right corner of the app screen. Once analyzed, the app will take you to the Data screen, which gives you your overall Sleep Score and the individual sleep outcomes that went into determining your Sleep Score.

Getting the Most Out of Your Elemind Headband

Follow these tips to get the best performance from your Elemind headband:

- Make sure the EEG sensors have good contact with your skin.
- Set up your bedroom for sleep. It should be dark and quiet.
- Turn off all tech and electronics.
- Close your eyes and keep them closed.
- Actively commit to the process of falling asleep.

The Elemind headband was tested in environments that followed best sleep practices as recommended by the American Academy of Sleep Medicine (AASM). Many problems with sleep can be traced back to poor sleep hygiene. In other words, bad pre-sleep rituals. While we appreciate everyone's sleep routine is different, there are some common practices that can set you up for success. This is why we recommend putting away tech and electronics. Not only are they distracting and tend to ramp up your level of activity, the blue light from the screens is known to disrupt the natural sleep processes going on in your brain before your head even hits the pillow.

Closing your eyes is vitally important. Although this seems incredibly obvious, your Elemind headband is locking onto a specific brain oscillation that is strongest when you close your eyes. The sound stimulation you experience is synchronized to that oscillation pattern. Our research [link to literature page] has shown this method of "closed-loop" stimulation is effective in helping you regularly get to sleep faster.

We get it. Establishing new and healthy habits takes some effort. By committing to following good sleep hygiene practices along with regular use of your Elemind headband, we're certain you'll experience better sleep in no time.

Understanding Your Sleep Data

Sleep Score

The Elemind Sleep Score is a single number that takes into account every piece of information about last night's sleep. We consider sleep duration, time to fall asleep, movement, sleep stages, and other derived factors to determine how well you slept. Your answers to the Daily and Nightly Factors are also included to measure sleep hygiene and to adapt the sleep score to your individual physiology.

We consider the importance of each of these factors relative to the most current scientific consensus on sleep quality. The Sleep Score is a quick and easy way to evaluate your sleep and measure changes over time.

To dig deeper into each of the individual metrics that factor into the sleep score, see the sections below.

Sleep Stages

This graph is what sleep scientists refer to as a "hypnogram" - it's a way to visualize the amount of time you spend in each stage of sleep over the course of the night. These stages are:

● **Wake**: When you're awake and your eyes are closed, your brain displays a strong 10-Hertz (cycles per second) oscillation. Your Elemind headband tracks and analyzes your personal oscillation patterns and uses it to send brief pink noise bursts at a specific phase of this oscillation pattern. Our research shows that stimulating in this closed-loop manner can get you to sleep faster night after night.

● **Light Sleep:** This intermediate stage is the most common stage, accounting for approximately 50-55% of total sleep time in most individuals. It includes two different stages of sleep as defined by the American Academy of Sleep Medicine (AASM), N1 and N2 sleep. N1 sleep is the transition period from wakefulness to sleep. For most, N1 sleep accounts for about 5% of total sleep time. Excess N1 sleep can indicate sleep disturbances. N2 sleep follows stage N1 sleep, but continues to recur throughout the night. N2 sleep is characterized by the presence of sleep spindles, short bursts of brain activity associated with converting your short term memories collected throughout the day into long term memories.

● **Deep Sleep**: Also called N3 or slow wave sleep. This sleep stage is important for physical recovery and removal of waste products from the brain. Roughly 20% of the night is spent in deep sleep. Excess N3 sleep is observed during recovery from sleep deprivation, and low levels can be induced by some sleep medications.

● **REM sleep:** R.E.M. stands for "Rapid Eye Movement," which is exactly what happens during this stage of sleep, and usually occupies about 25% of the total sleep time. Although the function of REM sleep is unclear, it is associated with an increase in brain activity and dreams. It may also play a role in memory formation.

Time Asleep

Time Asleep or sleep duration is one of the primary factors influencing overall sleep quality and general health. According to the American Academy of Sleep Medicine, sleeping 7 or more hours per night is optimal for most adults. Why 7 hours of sleep? While there is no "magic number" of hours, and optimal sleep times vary among individuals. Sleeping less than 7 hours per night is associated with increased risk for obesity, diabetes, heart disease, and depression.

If that wasn't enough to convince you to turn in early, scientists have also found that too little sleep impairs performance and leads to a greater risk of accidents.

Before you throw your alarm clock in the trash though, consider that the benefits of sleep seem to taper off around 9 hours unless you're a young adult, recovering from a sleep deficit or have an illness. All things in moderation!

Time To Fall Asleep

When sleep scientists talk about time to fall asleep, they refer to "sleep onset latency," which is the time from lights-out until you enter any stage of sleep. Most adults have a sleep onset latency of about 10-20 minutes. In general, the sleepier you are, the faster you fall asleep. The American Academy of Sleep Medicine actually diagnoses "sleepiness" as a sleep latency of less than 8 minutes.

Sleep Efficiency

Sleep efficiency is the percentage of time you were actually asleep relative to how much time you spent in bed. To get accurate sleep efficiency scores, you should treat bedtime separately from activities you do in bed before you decide to go to sleep. In other words, bedtime means lights out, head on your pillow, and eyes closed.

Healthy sleep efficiency scores are 85% or higher.   While perfect scores of 100% are possible, they are rare as no one falls asleep immediately at the start of the night and brief awakenings in the middle of the night are normal during healthy sleep.

Deep Sleep

Deep sleep is defined by intense, slowly oscillating brain activity. This is why it is also commonly referred to as "slow wave sleep."

Slow wave oscillations have recently been discovered to play a role in the removal of waste products in the brain that accumulate during the day. It is an important part of healthy, restorative sleep and may be a key factor in the prevention of Alzheimer's disease and dementia.

Ideally, approximately 20% of your night is spent in deep sleep. The amount of deep sleep you had the night before can affect how you sleep the next night, as your body tries to catch up and maintain this 20% ratio.

REM Sleep

REM stands for Rapid Eye Movement and is a stage in the normal sleep cycle defined by rapid, back-and-forth eye movements. It marks the end of a complete sleep cycle and is associated with emotional processing, memory consolidation, and dreams. During REM your body is completely relaxed, protecting your body from moving as your dream.

It typically takes about 90 minutes to reach your first of potentially 4-6 REM cycles. Overall, most people spend about 20%-25% percent their night in REM sleep.

Restlessness

Restlessness is a tally of how many times you woke up in the middle of the night.

Even in healthy sleep, it's common to experience a few waking moments. Sometimes these moments are so brief you don't actually remember them the next morning. That's perfectly normal. The Elemind headband will capture these brief awakenings; you can see them in your Sleep Stages hypnogram.

Frequent bouts of restlessness can lead to feeling tired throughout the day, negatively impacting your daily functioning. Fewer awakenings are indicative of healthy, restorative sleep and contribute to your sleep efficiency and total sleep time.

Understanding the Headband LED Light

The LED light on the underside of your headband is designed to give you a quick way of checking on the status of your headband. Here is a list of different types of status checks and the meaning of the LED light colors and patterns.

Checking the Battery when On the Charger

When connected to the USB-C charger, the LED light will remain on to indicate the level of charge.

LED Light Status	Charge Level
Solid green	Fully charged
Breathing green	Battery is charging

A full charge takes about 3 hours. We recommend you get in the practice of putting your headband back on the charger after you wake up in the morning so it's ready to go when it's time for bed.

Checking the Battery When Off the Charger

You can quickly check the charge level on your headband by single tapping the Action button. The LED light will stay lit for a few seconds after the button press. This function can only be performed if there is no active Sleep Session running.

LED Light Status	Charge Level
Solid green (3 sec)	Fully charged
Solid orange (3 sec)	Enough battery to complete a Sleep Session
Solid red (3 sec)	Battery level low Charging is required.

Updating the Firmware (blinking white)

Your headband LED light will blink white during the firmware updating procedure. You may occasionally see other colored lights. This is normal. Once the firmware update is complete, the flashing white light will stop and your app will let you know whether the update was successful.

Bluetooth Pairing Mode (breathing/pulsing blue)

If you need to re-pair the headband with your phone, you'll need to place the headband in Bluetooth pairing mode. This is done by pressing and holding the Action button for 5 seconds until you see a breathing blue light. Once your headband has been paired with your phone, this light will turn off.

Sleep Session (solid purple 3 seconds)

A solid purple light briefly appears and fades out when you start a new Sleep Session. This is the only visual indication that you've started a new Sleep Session, and will not reappear during the night. Because the light is positioned above your eyes, you may only see it if your room is extremely dark.

Error State (rapidly flashing blue)

If you see a rapidly flashing blue light, this means your headband has entered into an error state. This can be fixed by force closing your app and reopening it. Your headband should automatically reconnect and the flashing blue error light should disappear. If it doesn't, reach out to Elemind Customer Support (support@elemindtech.com) for additional assistance.

The Elemind Mobile App

Your Elemind headband is designed to give you full functionality of all the headband functions, as well as being the place for you to check your sleep data.The screen is organized in three sections:

1. The top status bar.
2. The main screen.
3. The bottom navigation bar.

The bottom navigation bar has three options:
1. **Home:** to start a new Sleep Session
2. **Data:** to review all of your sleep data
3. **Settings:** a multi-functional section to set your preferences, check your account, update your user profile, pair/unpair your headband, and connect to Elemind Technical Support.

We'll start by describing the bottom navigation bar.

Home

Use the Home screen to start a new Sleep Session.

Additionally, you can change the volume level of the bone conduction speaker and select your preferred background audio scenes by tapping on the Sound Settings button.

You can also tap on the Daily Factors button to enter information about your day to track whether your daily activities have had an impact on your sleep.

Data

When you end a Sleep Session, your Elemind app will automatically take you to this Data screen to show you how well you slept. This is the screen where you can check your Sleep Score, as well as all of the other factors that contribute to your Sleep Score. These individual factors include:
- Sleep Stages: wake vs. light sleep vs. deep sleep vs. REM sleep.
- Time Asleep: the total time you spent sleeping between bed and wake time.
- Time to Fall Asleep: how long it took you to fall asleep; also referred to as Sleep Onset Latency
- Sleep Efficiency: the percentage of time spent sleeping between bed and wake time.
- Deep Sleep: the percentage of time spent in deep sleep.
- REM Sleep: the percentage of time spent in REM sleep
- Restlessness: the number of times the headband detected a waking event after you initially fell asleep.

Data Views: Daily, Weekly, and Monthly
You can review your sleep data history either daily, weekly, or monthly by selecting the time interval from the slider bar menu at the top of the screen.

On days you don't log a Sleep Session, the daily data screen will be blank. Additionally, the weekly and monthly view will populate as soon as enough data is available.

Settings
The Settings screen has four options to choose from: Sound, Preferences, Headband, and Support.

Sound

Tap on the Sound button to change the overall volume of the bone conduction speaker or to change the audio scene of the background sound.

If you're not currently in an active Sleep Session, tapping the Sound button will automatically start playback of the currently selected background audio scene (default scene is "Rain").

If you are in the middle of a Sleep Session, you'll hear both the closed-loop pink noise stimulation and the background audio scene.

In either case, you should be wearing your headband to hear whether your adjustments and choices are to your liking.

Volume Slider

The volume buttons on your headband and the volume slider on the app work together. Changing the volume using the buttons on the headband will update the position of the volume slider bar on the app.

Note: Changing the volume on your phone has no effect on the volume of the headband.

Background Sound Options

The Elemind app currently offers two different background audio scene options:
- Rain
- Waterfall

These background audio scenes were included to provide you with a more pleasant listening experience without disrupting the effect of the closed-loop pink noise stimulation. The relative levels of the background sound and stimulation pulses were set based on our research studies and cannot be altered.

Preferences

Tap on the Preferences button to update or change details pertaining to your Elemind Account, headband pairing status, or to receive additional technical or customer support information.

Account

Your Elemind Account is divided into two categories: Membership and Profile

Membership

Your Account Membership shows details about your Elemind App subscription. Changes or updates to your Membership subscription can be made by going directly to the Elemind webpage.

Profile

Your Elemind User Profile stores information about your age, gender, height, and weight–all factors that can contribute to your overall sleep performance. Additionally, your User Profile

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contains information about your Sleep Goals and general sleep preferences. You can update any field in your User Profile at any time.

Notifications
You can set whether you want Elemind:
● To send you notifications to remind you to fill out your Nightly Factors survey, if you haven't already done so.
● To set a preferred bedtime and notify you when it's time to go to get ready for bed.

[Privacy Policy](#) and [Terms of Service](#)

Headband
Tapping on the Headband button takes you to the Device Settings screen where you can check on the status of your headband. After you initially pair your headband with your phone, the Elemind app will automatically scan to see if your headband is in range to be connected.

If your headband successfully reconnects with the phone and app, the Device Settings screen will show you the battery status (in percent), current firmware and app software version, and whether updates are available.

You also have the option to unpair your existing headband and/or pair/re-pair a headband to your phone.

● Tap the Unpair Headband button to disconnect your existing headband from your phone and app. You will be shown a confirmation screen before the unpairing process continues.
● Tap the Pair Headband button to pair or re-pair a headband to your phone and app. Follow the on screen instructions to set your headband into Bluetooth pairing mode and complete the pairing process.

Support
Tapping the Support button takes you to a screen with the following options:

Taking/Retaking the Product Tour
You can revisit the Product Tour from your initial onboarding process. In this case, the Product Tour skips the pairing and updating procedures and starts with the introduction to the headband.

Troubleshooting
You can find the link to our Troubleshooting and FAQ page [here](#).

Customer Support
If you require additional assistance with technical issues with your Elemind headband or app, you can always reach out to Elemind Customer Support at:

support@elemindtech.com

Submit Diagnostics Button

This button sends your Elemind headband's diagnostic information to our Customer Support team. Please only submit your headband diagnostics when your Elemind Customer Support representative requests it.

Feedback

We're so glad you made the choice to add Elemind to your new sleep routine. We want to hear from you. Tell us what you think. What do you like about this new experience? What new features would you like to see? You can let us know at:

support@elemindtech.com

Top Status Bar: Understanding the Icons

Status icons appear in the upper right corner of the app screen on both the Home and Data pages. These icons inform you about the status of the headband and its sensors, the battery, and any background processes running on the headband.
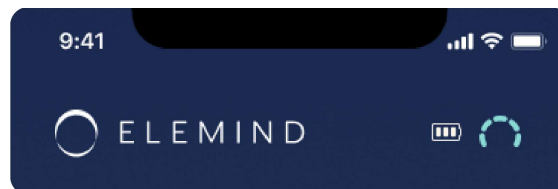
Headband Icons

- ⌒ searching for headband
- ⌒ headband paired with app, not on head
- ⌒ headband on head, all channels with good signal
- ⌒ headband on head, all channels with poor signal

Battery Icons

🔋	battery fully charged, ready for a full Sleep Session
🔋	battery partially charged, loss of power possible during Sleep Session
🔋	charge level low, charge your headband now
🔋	headband plugged in and charging

Background Processing/Data Syncing Icon

🔄 headband processing information or syncing data to Elemind servers

Caring for Your Elemind Headband

To clean your headband, use a damp cloth or alcohol-free face wipe to wipe down the sensor pads on the inside of the headband. We recommend you clean your headband every couple of nights. To clean the cloth surfaces, use the same damp cloth or face wipe to gently dab any area that needs attention.

The sensors, bone conduction driver pad, and processor unit are all permanently contained in the headband construction. Take care not to damage any of the components when cleaning.

CLEANING TIPS:
- DO NOT use cleaners containing alcohol or harsh solvents.
- DO NOT rinse or submerge your headband in water.
- DO NOT scrub the sensor pad surfaces with anything abrasive like a brush or scouring pad.
- DO use a microfiber or similar style cloth or alcohol-free face wipe to clean the headband sensors and cloth surfaces.
- DO clean your headband every couple of days.

Warranty, Returns and Exchanges

Privacy Policy

Terms of Service

CE DOC

Hereby, Elemind Technologies, Inc. declares that the radio equipment type BANDG1NA is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: https://elemindtech.com/

RF exposure information: The EIRP power of the device at maximal case is below the exempt condition, 20mW specified in EN62479: 2010. RF exposure assessment has been performed to prove that this unit will not generate the harmful EM emission above the reference level as specified in EC Council Recommendation(1999/519/EC).

Manufacturer: Elemind Technologies, Inc.

Address: 45 Prospect St. Cambridge, MA, 02139

FCC regulatory conformance

FCC ID: 2BG56-G1NA

 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.

(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 off and on, 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 an outlet on a circuit different from that to which the receiver is connected.

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

NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

IC regulatory conformance

 IC:32647-G1NA

This device complies with CAN ICES-003 (B)/NMB-003(B).

This device complies with Industry Canada licence-exempt RSS standard(s). 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.

Cet appareil est conforme à la norme CAN ICES-003 (B)/NMB-003 (B).

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

(1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

RF Exposure

This equipment complies with FCC/IC RF radiation exposure limits set forth for an uncontrolled environment.

Ce matériel est conforme aux limites d'exposition aux rayonnements FCC/IC RF fixées pour un environnement non contrôlé.