

FEEL GOOD MAT User Guide

WELCOME TO YOUR FEEL GOOD JOURNEY

It's one of those days where your shoulders are practically living in your ears, your jaw is clenched so tight it could crack a walnut, and your brain won't stop replaying that awkward thing you said in a meeting three days ago.

We've all been there. And that's exactly why the Feel Good Mat exists.

This isn't just another wellness product gathering dust in the corner of your bedroom. The Feel Good Mat is designed to fit seamlessly into your actual life—not some aspirational, perfect-routine fantasy life that none of us actually have.

WHAT'S IN THE BOX

- **Feel Good Mat** with 100% cotton outer and inner covers
- **Battery pack** in a plastic electronic enclosure
- **Quick start guide**
- **Access to the Feel Good App** (download from your app store)

THE BASICS: GETTING STARTED

1. **Unroll your mat** on any flat surface—your bed, couch, floor, wherever feels right
2. **Download the Feel Good App** on your phone
3. **Connect your mat** to the app via Bluetooth
4. **Select your mode** (more on these below)
5. **Lay down, breathe, and let the vibrations do their thing**

THE FEEL GOOD APP: YOUR CONTROL CENTER

The Feel Good App is your gateway to the full mat experience, designed to be intuitive and fuss-free.

Getting Connected

- Download from the App Store or Google Play
- Create your Feel Good account or log in
- Turn on Bluetooth on your phone
- The app will automatically detect your mat
- Follow the simple pairing instructions that appear

App Interface & Controls

- **Home Screen:** Access all modes, battery status, and saved favorite sessions
- **Mode Selection:** Choose between Energize, Relax, and Sleep

- **Intensity Controls:** Adjust vibration strength from gentle to deep
- **Timer Settings:** Set custom session lengths (5-60 minutes)
- **Sound Options:** Toggle between mat-only, sound-only, or combined experiences

Sound Experiences

Each mode comes with specially designed sound frequencies:

- **Energize Sounds:** Uplifting frequencies that promote focus and alertness
- **Relax Sounds:** Alpha wave frequencies (8-12 Hz) that promote a calm, meditative state
- **Sleep Sounds:** Delta wave frequencies (0.5-4 Hz) that encourage deep sleep

Personalization Features

- **Save Favorites:** Create and save your preferred combinations of mode, intensity, and time
- **Custom Routines:** Build multi-mode sessions (like 10 min Energize + 15 min Relax)
- **Session History:** Track your usage patterns and most-used modes
- **Session Notes:** Add quick notes about how you felt before/after (optional)

Battery Management

- **Battery Status:** Always visible indicator of remaining mat battery
- **Power Saving:** Auto-shutdown options to conserve battery
- **Charging Reminders:** Optional notifications when battery is running low

THE TECH BEHIND THE MAGIC

The Feel Good Mat uses therapeutic vibration patterns and paired sound frequencies to help regulate your nervous system. When you're stressed, your body is stuck in sympathetic mode (fight or flight). The mat's specific vibration patterns signal safety to your body, helping shift you into parasympathetic mode (rest and restore).

- **Materials:** 100% cotton outer cover, 100% cotton inner cover, cotton batting, poly foam
- **Power:** Electronic motors with battery enclosure for cordless use
- **Control:** Operated entirely through the Feel Good App on your phone

MODES FOR EVERY MOOD

ENERGIZE MODE

When to use it: Mornings before work, mid-afternoon slumps, anytime you need a boost

What it does: Activates more stimulating vibration patterns that increase alertness and motivation

Sound experience: Uplifting frequency patterns that complement the energizing vibrations

Duration: 10-15 minutes recommended

In the app: Look for the yellow/orange sun icon. You can choose between "Morning Boost," "Afternoon Revival," and "Focus Flow" sub-modes.

RELAX MODE

When to use it: After work, during stressful days, when you need to reset

What it does: Delivers soothing vibration patterns that release physical tension and calm your mind

Sound experience: Alpha wave-promoting sounds that help shift your brain into a relaxed state

Duration: 15-30 minutes recommended

****In the app:**** Look for the light blue wave icon. Choose between "Stress Relief," "Anchor + Relax" (for deeper meditation), and "Quick Reset" sub-modes.

SLEEP MODE

When to use it: Before bed or during middle-of-the-night wakeups

What it does: Provides gentle, rhythmic vibrations that prepare your body for deep sleep

Sound experience: Delta wave-promoting frequencies that help quiet racing thoughts

Duration: 20-30 minutes recommended (don't worry, it automatically shuts off)

****In the app:**** Look for the dark blue moon icon. Select between "Bedtime Wind-Down," "Deep Sleep," and "Sleep Rescue" (for middle-of-the-night wakeups) sub-modes.

CUSTOM MODE

For the experienced Feel Good Mat users who know exactly what they need.

****In the app:**** Look for the purple star icon to create your own combinations of vibration patterns, intensities, and sound frequencies. Save your custom creations with personalized names like "Monday Morning Motivation" or "Sunday Night Chill."

MAKING IT WORK FOR YOUR REAL LIFE

Let's be honest—none of us have time for another complicated self-care routine. Here's how to actually use this thing in your chaotic life:

Morning Routine Integration

- Roll out your mat while you're checking emails in bed
- Multitask with Energize mode while you plan your day
- Use it during your morning meditation if you're that person (no judgment if you're not)

Evening Wind-Down

- Lay on it while watching Netflix (yes, you can self-care while binge-watching)
- Use it during your evening skincare routine
- Have kids climb on top of you while you're on it (family cuddles + vibration therapy = win-win)

Better Sleep Solution

- Place it on your bed before sleep
- Use Sleep mode while reading before bed

- Keep it accessible for middle-of-the-night anxiety spirals

CARE INSTRUCTIONS

Your Feel Good Mat is made with high-quality materials that deserve a little TLC:

- **Outer cover:** Removable and machine washable (cold, gentle cycle)
- **Inner components:** Spot clean only with mild soap and water
- **Battery:** Recharge when indicated in the app
- **Storage:** Roll loosely or store flat when not in use

CHARGING YOUR MAT

We've made charging your Feel Good Mat as simple as possible:

- **Charging port:** Located in the small box on the lower right-hand side of the mat
- **Compatible charger:** Standard micro USB cord (we're all about reducing waste, so use any you have lying around)
- **Charging indicator:** A blinking green light shows the mat is charging
- **Battery check:** With the mat switched on, press the small circular button to check charge levels
- **Battery life:** A fully charged mat will last approximately 6 hours of operation
- **Using while charging:** Yes! You can use the mat while it's charging

Pro tip: Don't force the charging cord—it should slide in with gentle pressure. You'll know it's properly connected when you see the green light blinking. If you need a cord, just let us know at hello@feelgoodpeople.com and we'll send one your way.

TROUBLESHOOTING

Even the most zen products have their moments. Here's how to solve common issues:

Mat Not Connecting to App

1. **Check power:** Make sure the mat is charged and powered on
 - Locate the switch on the lower right-hand side box
 - The switch should be positioned to the left to turn the mat on
2. **Check app connection:** Look for the connection indicator in the app
 - A checkmark in the circle next to your profile picture means you're connected
 - If there's no checkmark, tap the circle to reconnect

![[Connection Status]](<https://via.placeholder.com/400x200>)

Left: Disconnected status / Right: Connected status with checkmark

3. ****Restart the connection:****

- Close the app completely (swipe up/remove from recent apps)
- Reopen the app
- The mat should automatically reconnect

Vibration Issues

1. ****Starting vibration:****

- From the Vibes page, select the region you want to activate
- Either select a preset mode OR
- Manually adjust the intensity and frequency levers to start vibration

2. ****Vibration stopped unexpectedly:****

- Check if your session timer ended
- Make sure the mat is still powered on
- Verify the app is still connected (see connection steps above)

Mat Not Responding

If the mat stops responding to the app commands:

1. Kill the app (close completely)
2. Reopen the app
3. Check the power switch is still in the "on" position
4. Try reconnecting as described above

Still Having Issues?

We're here to help! Contact us at hello@feelgoodpeople.com with:

- A brief description of the issue
- What troubleshooting steps you've already tried
- A photo of the mat setup if relevant

We typically respond within 24 hours because we know that when your Feel Good Mat isn't working, you're not feeling as good as you should be.

CONNECTING WITH YOUR FEEL GOOD COMMUNITY

- Share your experience: Tag [@feelgoodpeople](https://www.instagram.com/feelgoodpeople) on Instagram
- Questions? Email hello@feelgoodpeople.com
- Visit www.feelgoodpeople.com for more feel good content and products

A NOTE FROM KRISTAN

When I created the Feel Good Mat, it wasn't because I had it all figured out. It was because I was stressed AF, my shoulders were permanently living somewhere near my ears, and I needed something that actually worked without requiring me to change my entire life.

The vibration therapy and sound frequencies in this mat helped me shift from constantly operating in fight-or-flight mode to actually being able to relax and be present. It became my go-to destressing and self-care practice throughout the day whenever I needed a moment to reset.

I would never tell you that one thing or one product is a fix-all. That would be ridiculous. But I do believe that managing stress is important to living a feel good life. You have to find the tools and solutions that work best for you. I offer up the Feel Good Mat as an option and one that I think you'll really enjoy and see benefits from.

Remember, being well shouldn't feel like another job. It should actually help you feel good.

Till next time, take care of yourself,

Kristan Fiandach
Founder, Feel Good People

FCC 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.

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.

Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.