

# PRODUCT INSTRUCTION SHEET - DREEM

## Product Operation

To get started with your headband, please refer to the Quick Start Guide enclosed in the packaging.

## Product Surface Cleaning

If it appears that some small residues are deposited on the surface of the electrodes or of the headband, please clean gently with a piece of cloth or a cotton swab. Do not use detergents or cleaning gels, which might degrade the surface of the electrodes.

## Safety Information

When using the Dreem headband, make sure to read and follow these instructions, see all warnings, and keep this document for future reference.

### Health and Safety Instructions and Warnings

- Do not use this device if you are under 18 years of age.
- Do not use this device if you have ever experienced any neurological disorder.
- Do not use this device if you have ever experienced any sleep disorder (including without limitation insomnia, apnea, and somnambulism).
- Do not use this device if you are pregnant.
- The product should not be placed on an individual's body in locations other than as directed.
- Do not place your product on open wounds, sores or rashes, or over swollen, red, infected or inflamed areas and skin irritations. If any skin irritation occurs in using your product, you should stop using your product immediately.
- Do not use your product if the Dreem headband has been damaged or altered.
- Do not use any attachments and accessories for your product which are not approved by Rythm.
- Do not use while plugged into a USB port for charging.

**PHYSICAL SYMPTOMS:** In rare cases, some people experience seizure or blackouts due to exposure to flashing lights and patterns created by the display of certain applications on mobile or

other such similar devices. If you have experienced any of these symptoms, or have experienced any nausea, involuntary movements, tingling, numbness or vision issues while using these types of applications or devices in the past, you should consult with your doctor before using the product or any similar applications, and should immediately cease all such use of your product or any similar applications should the symptoms recur. In any event, you should avoid prolonged use of your product or any similar applications to minimize any possible discomfort or fatigue, including any muscle, joint or eye strain.

**IF YOU EXPERIENCE ADVERSE SYMPTOMS OR REACTIONS AS A RESULT OF YOUR USE OF YOUR PRODUCT, YOU SHOULD IMMEDIATELY STOP USING YOUR PRODUCT AND CONSULT WITH YOUR PHYSICIAN. IN AN EMERGENCY, YOU SHOULD CONTACT YOUR LOCAL POLICE, FIRE OR EMERGENCY MEDICAL PERSONNEL.**

#### **Environmental Instructions and Warnings**

- Your product is suitable for a home environment. Set up your product in accordance with Rythm's Quick Start Guide and place your product in a stable location to avoid falling, which may cause product damage or bodily injury.
- Do not use your product near water, including in or near the bath, shower, sauna, or swimming pool.
- Do not use your product near heat sources (including without limitation radiators, heater, stoves, open flames such as lighted candles, or heat producing devices, such as audio amplifiers or televisions).
- Do not, under any circumstances, modify or attempt to modify your product's power supply. If the plug does not fit into your AC outlet, you must have a certified electrician replace your AC outlet before you may use your product.
- Unplug your product during lightning storms or when it is not being used for long periods of time.
- Do not use any attachments and accessories for your product which are not approved by Rythm.
- Clean your product using only a damp cloth. Do not immerse your product in liquid of any kind.
- Do not place your product in a dishwasher, microwave, washing machine or dryer.
- Do not use any other power supply with your product.

**RISK OF FIRE OR ELECTRIC SHOCK:** If you do not follow the instructions above, there is a risk of fire and/or electric shock, which may lead to serious injury and/or death. To reduce such risks, make sure that you do not expose your product to moisture or liquid, and operate and store your product in accordance with the guidelines above.

#### **Environmental Conditions**

- **Operating temperature:** 32F to 113F, 0C to 45C
- **Storage temperature:** 14F to 113F, -10C to 45C

#### **Battery Instructions and Disposal Guidelines**

This product uses a non-serviceable, rechargeable battery, which should last the duration of a product's warranty period under normal use. Please do NOT attempt to change the battery yourself. If the battery has died and you do not want Rythm to replace the battery you should follow the disposal instructions below.

#### **Battery Removal**

- Make sure your product is off and disconnected from all power sources
- Pull off the padding under the headband arch
- Pry off top arch section
- Remove screws
- Remove circuit boards by clipping wires
- Remove battery from electronics

**RISKS OF BATTERY MISUSE:** There is a risk of explosion, fire, or chemical burns if the product's battery is replaced by an incorrect type, mutilated, or exposed to conducting materials, liquid, fire, or excessive heat (above 54C or 130F). Do not use or recharge a damaged rechargeable battery. Do not use or charge a battery if it appears to be leaking, discolored, deformed, or in any way abnormal. Do not leave a battery discharged or unused for extended periods of time. Do not mix battery types. When a battery is misused, it may explode, or leak, causing burns and personal injury.

If a battery leaks, use normal precaution and discard it immediately following the local laws and regulations in your area. Keep all batteries out of the reach of children.

### Disposal Guidelines

- Do not dispose of your product with other household waste. You must consult and comply with all local laws and regulations for the proper disposal of batteries and electronic devices in your local area.
- If there are no local laws concerning electronic waste disposal, place your product (and its battery) in a waste bin for electronic devices.
- Batteries may not be disposed of in municipal waste streams and require separate collection.

### Regulatory Notices

#### USA: Federal Communications Commission (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.

The 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 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.

#### RF Radiation Exposure Statement:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 0 millimeter between the radiator and your body.

**Warning:** Where shielded interface cables or accessories have been provided with the product or specified additional components or accessories elsewhere defined to be used with the installation of the product, they must be used in order to ensure compliance with FCC. Changes or modifications to product not expressly approved by Rythm, Inc. could void your right to use or operate your product.

#### European Community

Rythm is authorized to apply the CE Mark on the Dreem headband, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC.



#### Legal

"Your use of the Dreem headband and accompanying mobile application is governed by our Terms of Use. By using the Dreem headband, you consent to our Terms of Use. For more information, please visit <https://rythm.co/terms.html>. We also collect and use certain information about you in accordance with the terms of our Privacy Policy, which you consent to by using the Dreem headband. For more information, please visit <https://rythm.co/privacy.html>. For our Sales and Refund Policy, please visit: <http://documents.rythm.co/legal/salesrefund.html>"

#### Limited Warranty and Product Liability

Rythm warrants to the original purchaser that your Dreem product shall be free from defects in material and workmanship for one (1) year. Except where prohibited by applicable law, this warranty is nontransferable and is limited to the original purchaser and the country in which the product was purchased. This warranty gives you specific legal rights, and you may also have other rights, including a longer warranty duration that may vary under local laws.

How to start: The first thing to do if you think you have a warranty claim is to visit <https://rythm.co> where you will find a wide range of Support and FAQ pages with valuable technical assistance.

If you do not find a solution on our website, please contact [support@rythm.co](mailto:support@rythm.co) where we will be happy to address your questions directly.

**Remedies:** Rythm's entire liability and your exclusive remedy for any breach of this limited warranty shall be, at Rythm's option: (1) to repair or replace the product, or (2) to refund the price paid, provided that the product is returned with a copy of the sales receipt or dated itemized receipt.

Shipping and handling charges may apply except where prohibited by applicable law. Rythm may therefore, at its option, replace your product, offer to provide a functionally equivalent product, or repair any product with new, refurbished or used parts as long as such parts are in compliance with the product's technical specifications. Any replacement product will be warranted for the remainder of the original limited warranty period or thirty (30) days whichever is longer, or for any additional period of time that may be applicable in your jurisdiction.

This limited warranty does not cover problems or damage resulting from (1) accident, abuse, misapplication, or any unauthorized repair, modification or disassembly; (2) improper operation or maintenance, usage not in accordance with product instructions or connection to improper voltage supply; (3) use of consumables not supplied by Rythm except where such restriction is prohibited by applicable law; (4) lost parts that were originally supplied with the Dreem product; (5) normal wear and tear.

This limited warranty does not, under any circumstances, cover the replacement of or reimbursement for any electronic device or personal property that is not a Rythm product.

**Limitation of Liability** RYTHM SHALL NOT BE LIABLE FOR ANY SPECIAL, INDIRECT OR INCIDENTAL OR CONSEQUENTIAL DAMAGES WHATSOEVER, INCLUDING BUT NOT LIMITED TO LOSS OF PROFITS, REVENUE OR DATA (WHETHER DIRECT OR INDIRECT) OR COMMERCIAL LOSS FOR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY OR YOUR PRODUCT EVEN IF RYTHM HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. Some jurisdictions do not allow the exclusion or limitation of special indirect, incidental or consequential damages, so the above limitation or exclusion may not apply to you.

**Duration of Implied Warranties** EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ON THIS HARDWARE PRODUCT IS LIMITED TO THE DURATION OF ONE (1) YEAR. Some jurisdictions do not allow limitations on the duration of an implied warranty, so the above limitation may not apply to you.

**National Statutory Rights** Consumers have legal rights under applicable national legislation governing the sale of consumer goods. Such rights are not affected by the Warranties in this Limited Warranty.

**No Other Warranties** No Rythm dealer, agent, or employee is authorized to make any modification, extension, or addition to this warranty.

**Warranty Periods** Please note that, in the European Union, any warranty period less than two (2) years shall be increased to two (2) years.

To the fullest extent Rythm assumes no responsibility for any errors that may appear in this manual. Information covered herein is subject to change without notice.

## Contact Information

Please contact Rythm with any questions or comments about this Product Instruction Sheet, at:

Email:  
[support@rythm.co](mailto:support@rythm.co)

Mail:  
Rythm, Inc.  
165 Jessie Street, Suite #5  
San Francisco, CA 94015

The Rythm Logo, and other Rythm marks, are owned exclusively by Rythm. All other trademarks are the property of their respective owners.

