

# SHARPER IMAGE®

## SLEEP THERAPY MASK

Item No. 204864

### Owner's Manual

Thank you for purchasing the Sharper Image Sleep Therapy Mask.  
Please read this guide carefully and keep for future reference.



#### HOW TO USE YOUR GLO TO SLEEP THERAPY MASK

##### STEP 1

- Adjust the fit of your Sleep Therapy Mask to your head with the Mask Strap Adjustments. When it fits correctly, your Sleep Therapy Mask will be comfortable to wear, but fit snug enough to block out external light.
- Remove the Light Control Cover.
- Pull the "Pull to remove before use" plastic strip from underneath the CR-2032-coin cell battery. NOTE: When replacing the CR-2032 battery, make sure the positive (+) side of the battery faces up.

##### STEP 2

- Press and hold down the Light Control On/Off/Brightness Selection Button until you reach your desired Points of Glo brightness. This will be the brightness level that your Sleep Therapy Mask to Sleep will start at every time you use it.
- The Points of Glo can be set to gradually dim over 10, 20 or 30 minutes. To select your dim period, slide the Timer Selection to the 10, 20 or 30 position.

##### STEP 3

- Replace the Light Control Cover.

##### STEP 4

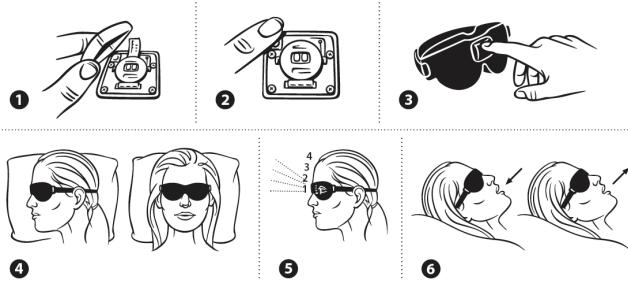
- Settle into a comfortable sleeping position, adjusting your device position as necessary so you can see the four (4) Points of Glo and no external light.
- Adjust straps to keep the mask even and comfortable on face.
- Align the device to see four Points of Glo.
- Lie back and relax.

##### STEP 5

- Look up at the Points of Glo (the highest Points of Glo that you can). Use a relaxed gaze, you may blink.
- Points 3 and 4 are the most effective points. NOTE: The Points of Glo do not emit enough light to slow the release of melatonin, so the light will not keep you awake in any way.

##### STEP 6

- Take long, abdominal breaths. Let everything else relax while you inhale all the way and your lungs fill with air as your belly extends outward. Then exhale slowly and squeeze everything out of your lungs.  
Wait a few seconds and repeat this cycle.  
Breathe IN - 1... 2... 3... 4...  
Breathe OUT - 1... 2... 3... 4...
- Keep your eyes open, looking up at a Point of Glo.



# QUICK START GUIDE

## STEP BY STEP HOW TO USE THE SLEEP THERAPY MASK



- A - Mask
- B - Points of Glo
- C - Mask Strap
- D - Mask Strap Adjustments
- E - Light Control

### STEP 1

- Adjust the fit of your Sleep Therapy Mask to your head with the Mask Strap Adjustments.
- Remove the Light Control Cover.

### STEP 2

- Press and hold down the Light Control On/Off/ Brightness Selection Button until you reach your desired Points of Glo brightness.
- To select your dim period, slide the Timer Selection to the 10, 20 or 30 position.

### STEP 3

- Put the Light Control Cover back on.
- Press the Light Control On/Off Brightness Selection Button. The Points of Glo will illuminate to your desired starting brightness.

### STEP 4

- Align the device to see four Points of Glo.
- Lie back and relax.

### STEP 5

- Look up at the Points of Glo [the highest Points of Glo that you can].

### STEP 6

- Take long, abdominal breaths. Then exhale slowly. Wait a few seconds and repeat this cycle:  
Breathe IN - 1... 2... 3... 4...  
Breathe OUT - 1... 2... 3... 4...  
· Keep your eyes open, looking up at a Point of Glo.

## TECHNICAL SPECIFICATIONS

Foam: Hypoallergenic foam

Points of Glo: LED lights

Cleaning Instructions: To clean, gently wipe with a soft cloth moistened with warm water or mild detergents, and then remove all moisture with a soft, dry cloth. Do not use harsh solvents or chemicals for cleaning.

## CUSTOMER SERVICE

Customer Service

Sharper Image branded items purchased from SharperImage.com include a 1-year limited replacement warranty. If you require any assistance with your Sleep Therapy Mask, please call 1 [877] 210-3449.