



SLEEP SHEPHERD

Guiding You To A Better Night's Sleep

Congratulations!

You now own the most advanced, at-home sleeping aid on the market. The Sleep Shepherd® sleep hat is an all natural way to get a better night's sleep without the negative side effects of drug-based treatments. Contained within the Sleep Shepherd® is a highly advanced biofeedback system that monitors your brainwaves and emits precisely controlled tones that utilize your natural brain structure and dynamics to ease you into sleep.

How Does it Work?

The Sleep Shepherd® incorporates Virtual Hammock® Technology invented by Dr. Michael Larson (Ph.D. from M.I.T.). This technology induces a rhythmic sensation of side-to-side swaying by utilizing the natural workings of the brain's auditory center. Specialized nerves hard-wired in the part of our brain stem called the medial superior olive (MSO) get excited when they are stimulated by signals arriving from our two ears. The rhythmic pulse you 'hear' when wearing the Sleep Shepherd® is actually your brain deciphering the difference in frequency between the two tones that are played into either ear. This natural ability, contained within our brain's structure, creates a soothing sensation of swaying back and forth as though the wearer is in a hammock. The sensors contained within the hat closely monitor the wearer's brainwaves and adjust automatically as your brain activity progresses toward a sleepy state.

What's in the Box?

- Hat Made of Breathable Fabric
- USB Plug-in Charger
- USB to Micro USB Charging Cord



What's What?

- On/Off Switch
- Volume Up (Right)
- Volume Down (Left)
- Power Indicator (Blue Light)
- Charging Indicator (Orange Light)
- USB Port (Back)



What About Charging?

The Sleep Shepherd's compact lithium battery is built to last throughout the night on a full charge. The cap takes about an hour to fully charge, and can be easily charged by inserting the micro USB cord (included) into the micro USB port located in the back of the electronics case. Ensure the prongs on the micro USB plug are facing up when inserting into the port. When the device is being charged, the orange indicator light will light up. When the device has been fully charged, the indicator light will turn off, signifying the cap is ready to be worn throughout the night.



How Does the Hat Monitor My Brainwaves?

The Sleep Shepherd® sleeping cap is able to monitor your brainwaves through conductive fabric sensors integrated into the inside of the cap. In order to obtain accurate readings, the sensor pads must come in firm contact with the wearer's skin. The two sensors along the side of the cap should align over the wearer's ears. The front sensor should come in contact with the wearer's forehead over the left eye. Please don't be alarmed if the cap feels snug. The material is a stretchable fabric and will conform to your head size and shape. If the wearer has longer hair, it is recommended that the hair be pulled back away from the forehead and behind the ears.



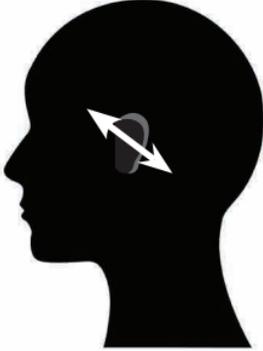
Top View

Place left and right sensors such that the conductive fabric makes contact with the skin on your ears.

Place the front sensor above your left eye, ensuring the sensor makes contact with the skin on your forehead.

How do I Position the Speakers?

Once the sensors have been properly aligned, the speakers can easily be moved within the conductive fabric pocket. Adjust the speakers so that they align comfortably within the natural indentation of your ears.



How do I Turn on the Sleep Shepherd®?

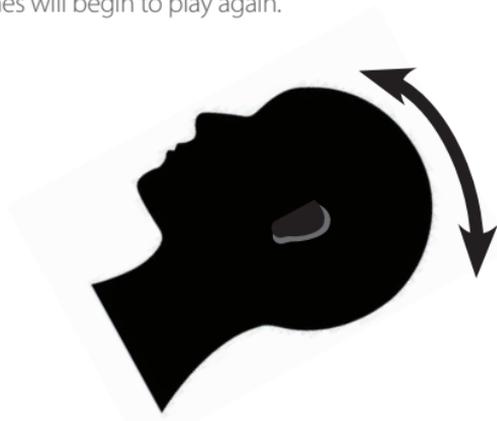
Once the cap has been properly aligned, reach up to the electronics casing located on top of the cap. The power switch is located along the right side of the case. Slide the switch forward with your thumb to activate the device.

What Should I Hear?

After a slight calibration delay, the device will begin to emit precisely tuned frequencies specific to your current brainwave frequency. While each individual speaker will begin playing an almost constant tone, your brain's ability to decipher the difference in frequencies will create the experience of hearing a rhythmic tone over a pleasing carrier tone. As your brain activity slows, the device will automatically and continually adopt a lower and lower frequency to guide your brain toward a sleepy state. If for any reason the device can no longer detect a quality brainwave signal, a default tone sequence will be adopted until a proper signal can be obtained.

What if I Wake Up and Don't Hear Tones?

The Sleep Shepherd® automatically shuts off when your brain has reached a sleepy state. To prevent waking you up during R.E.M. sleep, the device will not come back on unless it senses abrupt movement. If you wake up during the night and would like the device to reinitialize, simply raise your head and tones will begin to play again.



Why Do I Have Trouble Sleeping Now?

Troubled sleepers can generally be grouped into three categories, all of which can benefit from the Sleep Shepherd's all-natural approach to obtaining a better night's sleep:

Bustling Brains: Members of this group are constantly juggling the varied demands of life, including work and family issues, and thus have some difficulty slowing their brains down at bedtime. People in this group often cite sleepiness as a cause of stress in their work lives and personal relationships.

Running Ragged: Members of this group work hard, perhaps balancing multiple responsibilities with long or out of the ordinary hours, and rely heavily on caffeine and/or sleeping aids. This group often cites a lack of sleep as a cause for certain physical and mental health conditions.

Sensitive Sleepers: Members of this group suffer from frequent interruptions in sleep (e.g. snoring partner, overactive bladder) and often have difficulty falling back asleep during the night. It is also common for members of this group to suffer from medical conditions that affect their quality of sleep.

How Can I Improve My Sleep Patterns?

The Sleep Shepherd's revolutionary biofeedback system is designed to help enable your brain to slow down and better prepare for a restful night's sleep. For the best results, follow these basic sleeping tips:

- 1) Regulate your schedule as best as possible
- 2) Avoid caffeine, sugar, alcohol, cigarettes, and heavy meals before bed
- 3) Exercise daily
- 4) Limit stimulating activities before going to sleep
- 5) While wearing the Sleep Shepherd®, focus on the swaying sensation of the tones to help clear your mind of distractions

Unlike pharmaceutical approaches, the Sleep Shepherd® can be worn nightly without risk of chemical dependency. However, many users will find it unnecessary to wear the hat every night once their brain has established a healthy pattern of slowing down prior to sleep. The Sleep Shepherd® can be used on a nightly basis or in specific scenarios such as: on an airplane, in an area with significant ambient noise, after a stressful day, or the night before that important meeting.

Trouble Shooting

If you experience technical difficulties with the Sleep Shepherd® sleeping hat, follow these steps:

- 1) Ensure the sensor pads are making contact with your skin.
- 2) Move the device in an abrupt manner to reinitialize the device.
- 3) Turn the electronics off using the power switch located on the electronics case. Wait 1 minute, and turn the power switch back on.
- 4) Ensure the hat is charged fully.
- 5) If problem persists, visit: www.sleepthat.com/FAQ

Care and Maintenance

The Sleep Shepherd® sleep hat is surface clean only. Clean fabric portion with a slightly damp cloth and fabric cleaning solution. Do not allow the sensors, speakers, or electronics to get wet. Do not wash, iron, or dry the Sleep Shepherd® sleep hat. Doing so will damage the hat and will void any and all warranties. Handle with care. Do not drop or throw. Electronics are fragile. Keep in safe, dry area when not in use.



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The Sleep Shepherd is not a medical device. It is not designed to be a diagnostic tool, form of therapy, or clinical intervention of any kind.

Contains rechargeable lithium battery. Dispose of battery safely.

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.

Limited Warranty

This Warranty is applicable only to the original purchaser, is non-transferable and applies only to "Sleep Shepherd" products or parts. The Sleep Shepherd® is covered by a 60 day warranty from the original purchase date, under normal use and service, against defective workmanship and materials. This Warranty does not apply to (a) cosmetic damage, including but not limited to scratches and dents; (b) damage caused by use with non-Sleep Shepherd products; (c) damage caused by accident, misuse, unreasonable use, immersion in water, neglect, abuse, battery leakage, improper service, or other external causes; (d) damage caused by operating the product outside the permitted or intended uses described by Sleep Shepherd, LLC in the owner's manual; (e) a product or part that has been modified (f) defects caused by normal wear and tear or otherwise due to the normal aging of the product; or (g) if any Sleep Shepherd model number has been removed or defaced.

Prior to returning a product for any reason, please visit sleepthat.com/returns for instructions on how to return the product and have it replaced under Warranty. Return of the product under Warranty must adhere to the following rules:

If Sleep Shepherd, LLC believes that there may be a defect in the materials or workmanship of the product and can confirm the purchase date and location of the product, we will at our discretion replace the product with a new unit or product of comparable value. A replacement product or part assumes the remaining Warranty of the original product or 15 days from the date of replacement, whichever provides longer coverage. THIS WARRANTY AND THE REMEDIES SET FORTH ABOVE ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, REMEDIES AND CONDITIONS, WHETHER ORAL, WRITTEN, STATUTORY, EXPRESS OR IMPLIED. IF SLEEP SHEPHERD, LLC CANNOT LAWFULLY DISCLAIM STATUTORY OR IMPLIED WARRANTIES THEN TO THE EXTENT PERMITTED BY LAW, ALL SUCH WARRANTIES SHALL BE LIMITED TO THE DURATION OF THE EXPRESS WARRANTY AND TO THE REPLACEMENT SERVICE AS DETERMINED BY SLEEP SHEPHERD, LLC IN ITS SOLE DISCRETION.

To the extent permitted by law, Sleep Shepherd, LLC will not be responsible for direct, special, incidental or consequential damages resulting from any breach of Warranty or condition, or under any other legal theory, including but not limited to loss of profits.

This Warranty is not extended to persons or entities outside the United States of America.

Any disputes resulting from this Warranty shall be subject to the final and conclusive determination of Sleep Shepherd, LLC.

