

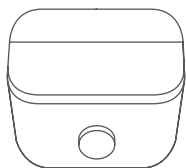


When you get home, please read these instructions and the Patient Manual completely. Take some time to set up Ebb in your bedroom prior to first use.

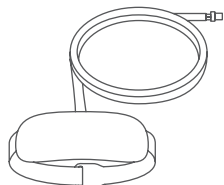
To help you get set up and started on Ebb, instructional videos are available at www.ebbsleep.com/support.

For additional support please contact the Ebb Customer Success Team at (800) 381-1145.

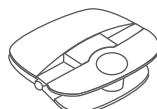
Unpack the following components to get started.



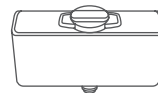
Bedside Controller



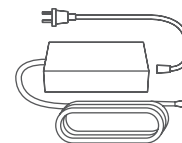
Forehead Pad and Tubing



Tubing Clip

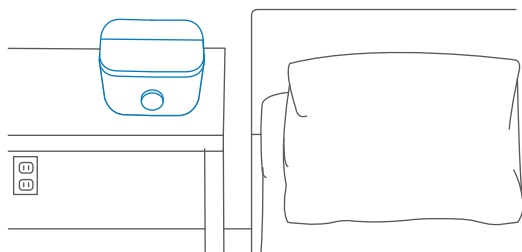


Fluid Cartridge

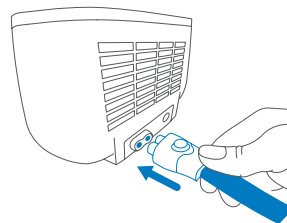


Power Supply

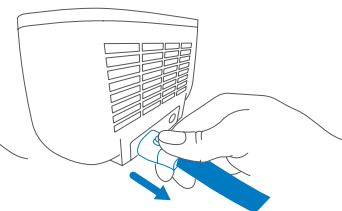
- 1 Set Up** Place the Bedside Controller on a hard, flat surface at the height of your pillow and near a wall outlet



- 2 Connect Tubing**

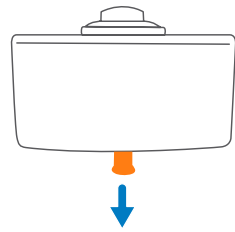


Insert Tubing to back of Bedside Controller until you feel it click.

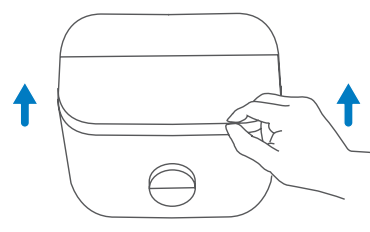


Tug firmly on the tubing connector to make sure inserted correctly.

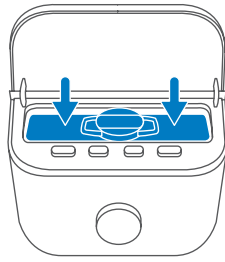
3 Insert Fluid Cartridge Use only the Thermal Fluid provided with the System.



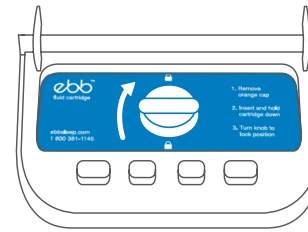
Remove orange cap from fluid cartridge before inserting.



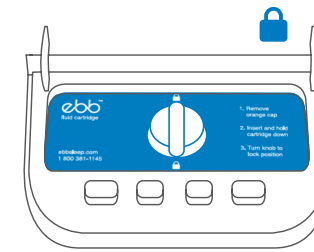
Open Lid.



Insert fluid cartridge and hold down.

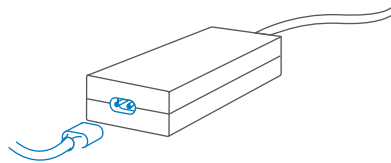


Hold down and turn to lock position.

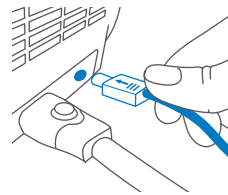


Knob is in locked position. Wait 30 seconds before using Bedside Controller.

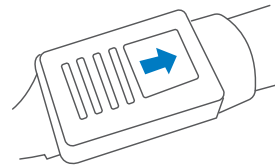
4 Connect the Power Supply



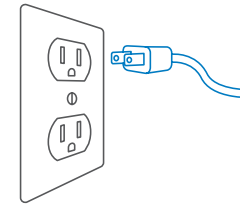
Plug the end of the Power Cord into the Power Supply.



Plug the Power Supply firmly into the connector on the back of the Bedside Controller.



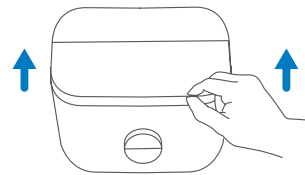
The flat surface with the arrow should face up on the power cord when plugging in the Bedside Controller.



Plug into an electrical outlet that is not controlled by a wall switch.

⚠ WARNING
Route the electrical cord to prevent a tripping hazard or being entangled with furniture.

5 Set the Clock



Open lid to access clock buttons.



Press and release the "Set Clock" button.



The hours begin blinking. Turn dial to correct hour with AM or PM.



Press the "Set Clock" button. The minutes will begin to blink.

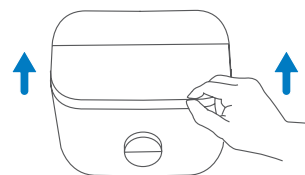


Turn dial to the correct minute.



Press "Set Clock" button to set clock time.

6 Set Wake Time



Open lid to access clock buttons.



Press and release the "Set Alarm" button.



The hours begin blinking. Turn dial to set hour with AM or PM.



Press set alarm button to select minutes.



Turn dial to set minutes for wake up time.

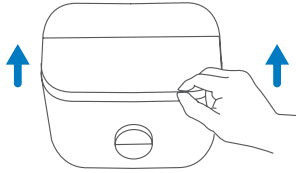


Press the set alarm button to set alarm time.



Press "alarm on/off" button. The bell icon appears when alarm is on.

7 Turn on Gentlewake

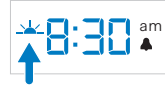


Open lid to access clock buttons.

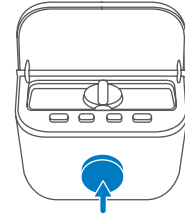


Press "Gentlewake on/off" button. A sun icon will appear when the Gentlewake feature is on.

The Gentlewake feature turns off the cooling therapy 30 minutes before the wake up time you set.



8 Turning System On and Off



Push and hold Dial to turn the device "ON" or "OFF".

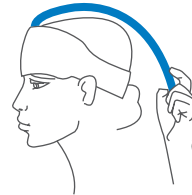
9 Applying Forehead Pad



Hold the tubing with one hand above your forehead and use the other hand to stretch the headband over the back of your head.



The forehead pad should be positioned just above your eyebrows.



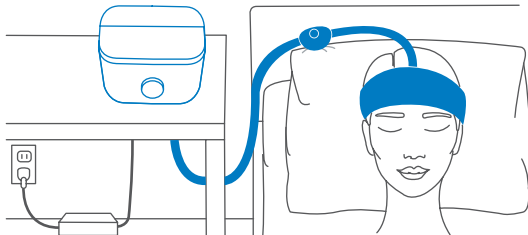
Make sure tubing is routed over and behind your head.



Tighten back strap so headband is firm enough to stay in place while being comfortable.

10 Tube Placement

Route tubing over top of pillow. Use Tubing Clip (included) for tube routing.



11 Select Temperature

Adjust dial to desired temperature: P1 (coolest)-P10 (warmest).

For initial use, it is recommended to set your temperature control to P7. You can adjust the setting to be warmer or cooler as desired. It could take up to 10 minutes to reach the temperature for the selected profile.

That's it! You're all set to start using Ebb tonight.

⚠ WARNING

Forehead pad must be worn in the proper orientation and the tubing must be routed above the pillow to prevent entanglement and strangulation.

⚠ WARNING

For a complete listing of all Warnings and Cautions, please consult the Patient Manual prior to using Ebb Insomnia Therapy. Indication for Use: Ebb Insomnia Therapy is indicated to reduce sleep latency in Stage 1 and Stage 2 sleep in patients with primary insomnia.