

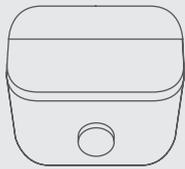


Please read these instructions and the Product Manual completely. Take some time to set up Ebb in your bedroom prior to first use.

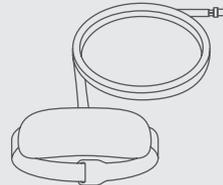
To help you get set up and started on Ebb, instructional videos are available on Ebb Therapeutics' website at [www.ebbsleep.com/support](http://www.ebbsleep.com/support).

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

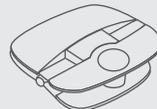
Unpack the following components to get started.



Bedside Controller



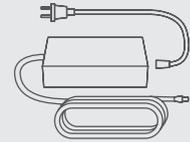
Forehead Pad and Tubing



Tubing Clip

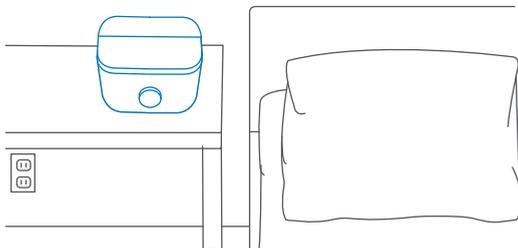


Fluid Cartridge

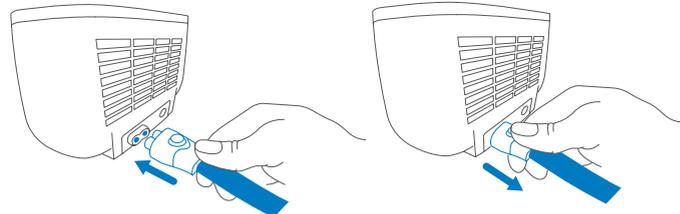


Power Supply

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



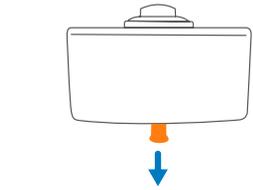
- 2 Connect Tubing**



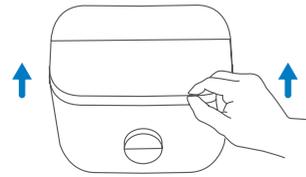
1. Insert tubing to back of bedside controller until you feel it click.

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

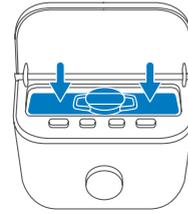
**3 Insert Fluid Cartridge** Use only the thermal fluid provided with the system.



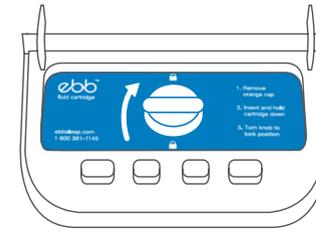
1. Remove orange cap from fluid cartridge before inserting.



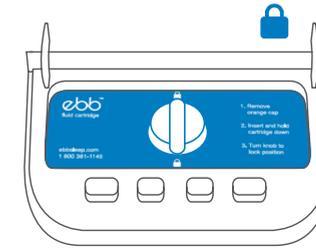
2. Open Lid.



3. Insert fluid cartridge and hold down.

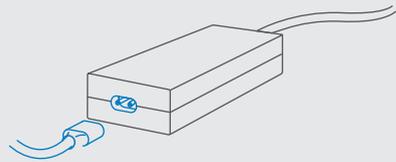


4. Hold down and turn to lock position.

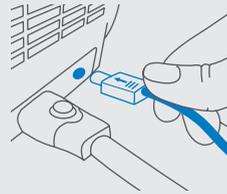


5. Knob is in locked position. Wait 30 seconds before using bedside controller.

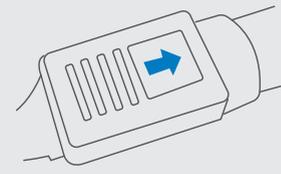
**4 Connect the Power Supply**



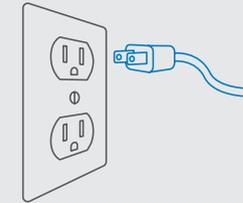
1. Plug the end of the power cord into the power supply.



2. Plug the power supply firmly into the connector on the back of the bedside controller.



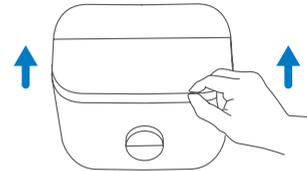
3. The flat surface with the arrow should face up on the power cord when plugging in the bedside controller.



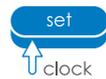
4. Plug into an electrical outlet that is not controlled by a wall switch.

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

**5 Set the Clock**



1. Open lid to access clock buttons.



2. Press and release the "Set Clock" button.



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



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

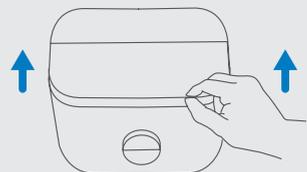


5. Turn dial to the correct minute.



6. Press "Set Clock" button to set clock time.

**6 Set Wake Time**



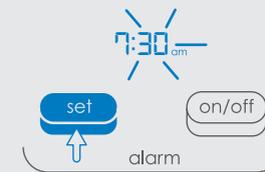
1. Open lid to access clock buttons.



2. Press and release the "Set Alarm" button.



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



4. Press set alarm button to select minutes.



5. Turn dial to set minutes for wake up time.

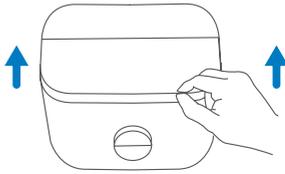


6. Press the set alarm button to set alarm time.



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

## 7 Turn on Gentlewake



1. Open lid to access clock buttons.

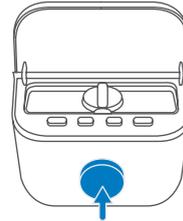


2. Press "Gentlewake on/off" button. A sun icon will appear when the Gentlewake feature is on.



3. 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 Select Temperature

When the device is on, turn the dial to the desired temperature setting. P1 (coldest) - P10 (warmest).



It is recommended to start at temperature P7 and then adjust for your comfort.

## 10 Applying Forehead Pad

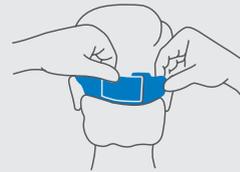


Hold the tubing with one hand above your forehead with the forehead pad facing you and use the other hand to stretch the headband over the back of your head.



Tubing should be routed upwards and over your head.

Position the headband above your eyebrows and flat across your forehead.



Use the adjustment tabs on the back of the headband to tighten.

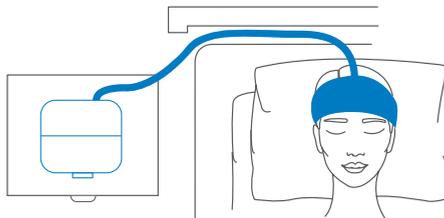
The back of the headband should sit low and at the base of the back of your head.



Adjust the headband tight enough to not slip off your forehead but not too tight that it is uncomfortable.

If you have long hair, pull your hair up in a ponytail and position the headband below your ponytail.

## 11 Tube Placement



Ebb Therapeutics recommends running the tubing between your mattress and headboard (or wall) to help hold the tubing when moving around during sleep.

Ebb Insomnia Therapy comes with a tubing clip that can also be used to hold the tubing in place while you sleep. Refer to the Ebb Insomnia Therapy Product Manual for more information about use of the tubing clip.

If you prefer a quiet background in your bedroom, you can use ear plugs to complement Ebb Insomnia Therapy.



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

