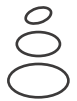


REFLECT INSIDE

what's in the box



Orb



Cable



Dust Bag



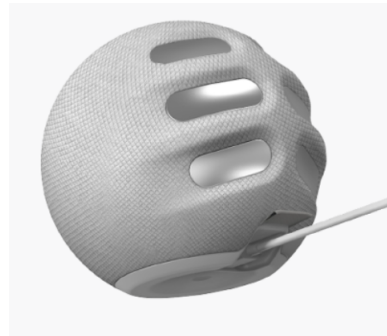
Quickguide



SETUP



download the Reflect app
follow the instructions there to set up
your Orb



Charge your Reflect Orb
to complete your first setup, you must plug
your Orb into an electrical outlet to charge it,
using the cable that came with it



Turning your Reflect Orb On & Off
Your Orb is always on - to use it just place your
hands on the electrodes. If you even need to
turn it off completely, push the button at the
bottom for 15 seconds. To turn it back on, do
the same and wait for the light pattern that
indicates your Reflect is on

USING REFLECT



placeholder for
illustration

Sit comfortably
you can use a meditation pillow or
just sit on your favorite couch -
wherever you feel good.



placeholder for
illustration

Hold your Reflect Orb
Make sure your fingers are resting on the
electrodes correctly without pressing hard



placeholder for
illustration

Turning your Reflect Orb On & Off
Your Orb is always on - to use it just place your
hands on the electrodes. If you even need to
turn it off completely, push the button at the
bottom for 15 seconds. To turn it back on, do
the same and wait for the light pattern that
indicates your Reflect is on

HOW TO USE YOUR REFLECT

Off	No light, doesn't wake up when you put your hands on it	<i>Push button at bottom for 15 seconds until you see [light pattern TBD]</i>
Turning On	Light pattern TBD	<i>Push button at bottom for 15 seconds until you see [light pattern TBD]</i>
Charging	A moving ring of red light until fully charged	<i>Plug in the device to an electrical outlet using the accompanying cable</i>
Charged and ready to use	No light	<i>Unplug from charger</i>
Session Start	Pulsing white light	<i>Hold your Reflect orb with your fingers on the electrodes</i>
During Session	Light will change according to physiological signals	<i>See the light scale on the next page to understand what the lights mean</i>