

正面

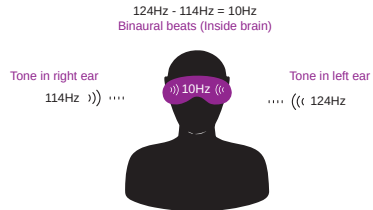
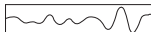
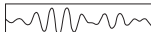
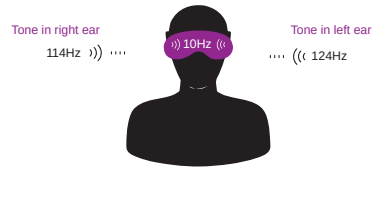
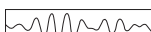
REAMING 好入能理 長海濱 惠



we're here to assist you with your iDREAMING device.
Contact us by phone , chat or e-mail if you have any questions

iDREAMING.NET

反面

紓壓雙耳節拍 (Binaural beats) 說明 由兩種相異但協調的聲音構成，會發出僅有腦部能「聽見」的聲音，使人平靜、放鬆，甚至進入睡眠狀態。 	紓壓雙耳節拍 Sleep / meditation / relax 模式 本產品提供了三種不同頻段的雙耳節拍音Sleep / meditation / relax，可自行選擇喜歡的聲音，只要能感覺舒服就是最好的聲音，不一定侷限某個聲音模式。 入眠波 Delta Waves (0.5-3 Hz) 最慢，能量最強的波段，與無夢深層睡眠、癡癡相關。  冥想波 Theta Waves (3-8 Hz) 與慢波睡眠和極度放鬆相關。影響人的「不自主」態度、期望、信念及行為等等，也就是所謂的催眠、冥想。  放鬆波 Alpha Waves (8-12 Hz) 使人能放鬆且有意識的狀態，和工作記憶、計算、思想整理有關的腦波。 	內建溫和白噪音海浪聲 開機後溫和的白噪音海浪流聲會自動開啟，在沒有藍芽的情況會持續播放。 也可以選擇雙耳節拍音三個模式Sleep / meditation / relax。 如果連線播放藍芽音樂，會自動跳到藍芽音樂，藍芽音樂停止會自動轉回溫和的白噪音海浪聲。	如何選擇藍芽音樂 最好找播放品質足以涵蓋低頻音域的音樂。再來，最好播放舒緩且能放鬆的音樂。然後找個舒服的姿勢放鬆身心。 然後戴上眼罩，就可以開始播放雙耳節拍音樂，先放鬆然後專注於呼吸，接著靜靜的聆聽音樂。如果有任何的想法進入腦中，專注於音樂。 要有自覺別煩躁，如果還是睡不著，隨它去。確保挑選的曲目長度至少有 15 分鐘，因為大腦需要7分鐘才能與音頻同步。 要有耐心，可能需要多試一點時間，才會開始從中獲益或察覺到睡眠狀態的改變。	安全小提醒 1.控制面板不能清洗。 2.眼罩可以進行清洗(手洗，晾乾)。 3.不使用的時候，請將iDREAMING開機以延長電池壽命。 4.請將iDREAMING保存在常溫陰暗處。 5.在操作機械或執行其他需要集中注意力的任務時，請不要使用本產品。 6.為了避免損害，請勿拆卸電子元件。 7.請不要在高溫高濕的環境下使用本產品。 8.請不要刺破和拋扔本產品。 使用小提醒 眼罩若有漏光的現象，該如何處理： 請取下眼罩，如圖輕微反摺後，再重新配戴，調整魔術貼至合適位置。 
Description of Binaural beats Consists of two different but coordinated sounds, which emit only the brain.The "hearing" sound makes people calm, relax, and even sleep status. 	Binaural beat sound Sleep / meditation / relax mode How to choose Bluetooth music.This product provides three different frequency bands of binaural beat sound Sleep / meditation /Relax, you can choose the sound you like, as long as you can feel comfortable is the best.The sound is notnecessarily limited to a certain sound mode. Sleeping wave Delta Waves (0.5-3 Hz) The slowest and strongest band is related to dreamless deep sleep and healing.  Meditation wave Theta Waves (3-8 Hz) Related to slow wave sleep and extreme relaxation. Affect people's "involuntary" attitudes, Expectations, beliefs, behaviors, etc. are t he so-called hypnosis and meditation.  Relax wave Alpha Waves (8-12 Hz) Make people relaxed and conscious. Brain waves related to working memory, calculations, and thought ordering 	Built-in gentle white noise ocean wave sound The gentle white noise ocean wave sound willautomatically turn on after turning on. If there is no Bluetooth, it will continue to play. You can also choose the three modes of binaural beat sound: Sleep / meditation/ relax. If connected to play Bluetooth music, it will automatically jump to Bluetooth music, Bluetooth music stops and it will automatically switch back to a gentle white noise ocean wave sound.	How to choice music It is best to find music with a playback quality sufficient to cover the low-frequency range. Next, it is best to play soothing and relaxing music. Find a comfortable position, either sitting or lying down. Then put on the eye mask, you can start playing binaural beat music, First focus on breathing, then, take a deep breath and listen. in case. If any thoughts enter your mind, don't be distracted. Be conscious not to be angry or depressed, if it happens, let it go. Make sure that the selected track is at least 15 minutes in length, because it takes 7 minutes for the brain to synchronize with the audio. Be patient, it may take a few more tries before you can start from it benefit or perceive a change in mental state.	Safety reminder 1. The control panel cannot be cleaned. 2. The eye mask can be cleaned (hand wash, dry). 3. When not in use, please turn off iDREAMING to extend battery life. 4. Please store iDREAMING in a dark place at room temperature. 5. When operating machinery or performing other tasks that require concentration, Please do not use this product. 6. To avoid damage, do not disassemble electronic components. 7. Please do not use this product in a high temperature and high humidity environment. 8. Please do not pierce or throw this product. Use reminders If there is light leakage in the eye mask, how to deal with it: Please take off the eye mask, fold it slightly as shown in the picture, and then put it on again. Adjust the Velcro to a suitable position. 

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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction

FCC ID: 2A3ML-MK-01