



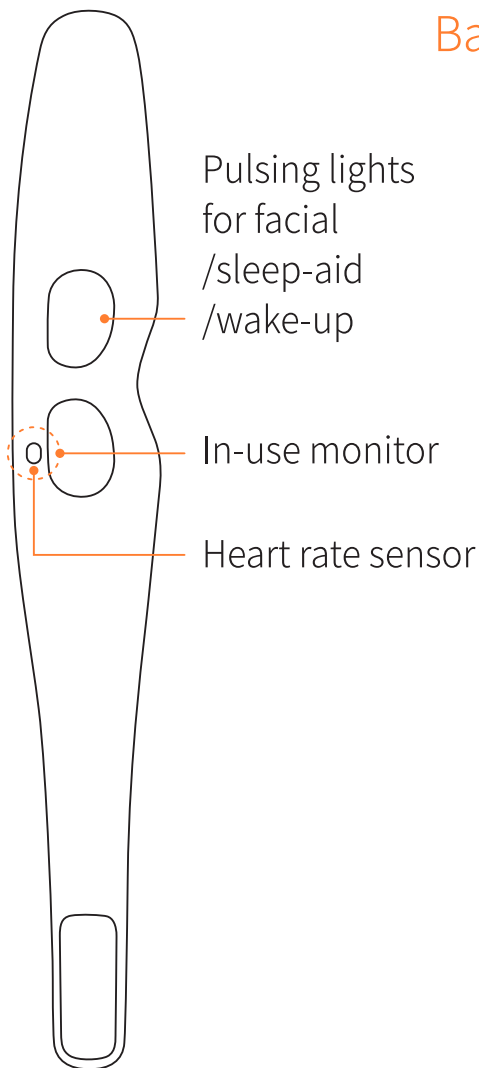
DLSMPG001

Dreamlight Quick Start Guide

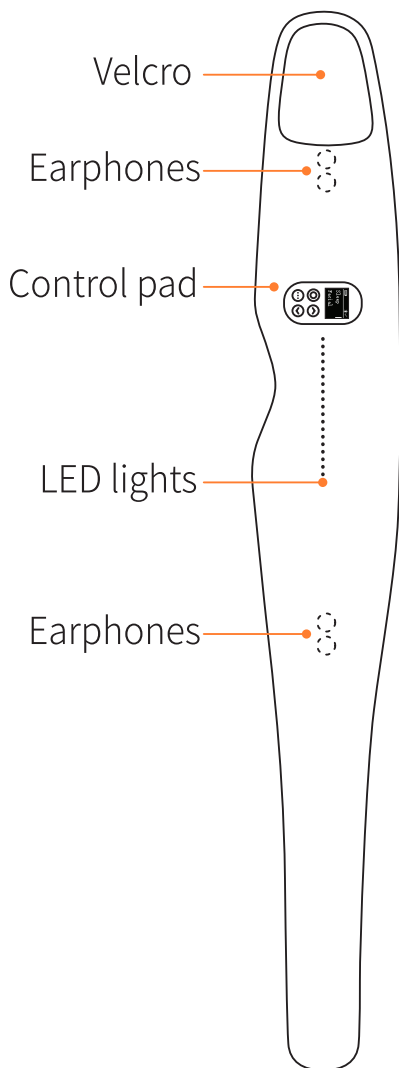
Welcome to Dreamlight,
let's start.

We have PDF manual on
www.dreamlight.tech
feel free to download if necessary.

Back



Front



A Quick Look at Dreamlight Sleep Mask

Menu button:

Press to enter menu or go back to previous settings.

Confirm button:

Press and hold to turn Dreamlight on or off.

Press to confirm tasks and save data.

Up and down buttons:

Press to select tasks.

Press to adjust the volume.

Press and hold to expedite the data input.

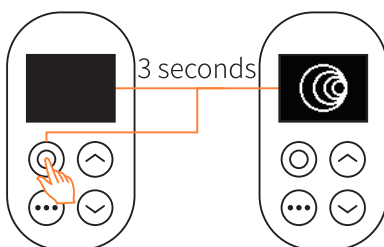


Getting Started

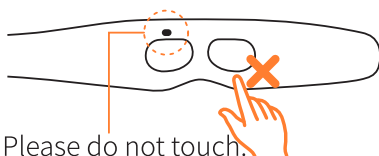
Learn how to set up Dreamlight and get it started.

S1: Quick starting

Press and hold confirm button for 3 seconds to start Dreamlight.



*Avoid touching the eye area, which contains sensors.



Please do not touch.

S2: System time settings

On the menu, press the down button to find system time settings. Enter the current time and press confirm button to save it.

*Linking the Dreamlight to your phone via app will automatically update the time.

S3: Function settings

Please proceed as S2.

*Press confirm button to save the data after setting up.

Enter menu



Select "Time settings"



Enter " Time settings"



Adjust" Time settings"

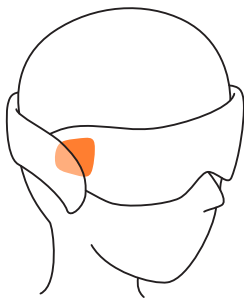
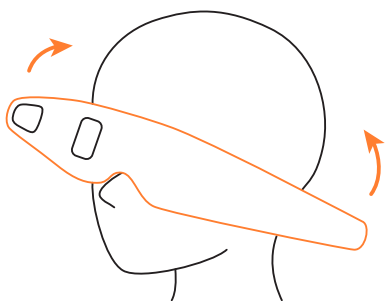


Press confirm to save changes.

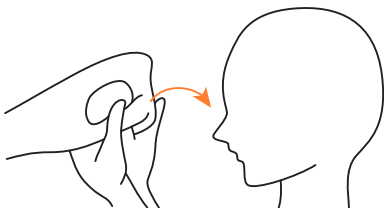
▼ Press menu to cancel changes.

S4: Applying Your Sleep Mask

To put on your Dreamlight sleep mask as shown picture.



*If you find out the sleep mask doesn't cover your face which causes light exposure, please follow the below instructions, pinch the sleep mask and re-apply it.



*To adjust your breath in accordance with the patterns of pulsing lights, lights on to inhale, lights out to exhale, slowly fall asleep.

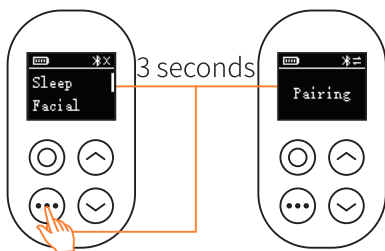


Using Sound to Get Quality Sleep

Playing audio through Dreamlight.

S1: Paring via bluetooth

When Dreamlight is on, press and hold menu button for 3 seconds to activate Bluetooth.



S2: App downloading

To download Dreamlight app and learn how to use it, please go to www.dreamlight.tech.

*User can select breathing training audios and sleep aid music from Dreamlight App or use own music player.

Turn on the Bluetooth on your phone, and search for “Dreamlight”, press it to start pairing.



Check Bluetooth pairing status.

*Failed to connect



*Bluetooth Pairing



*Connected

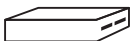
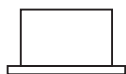


Charging Dreamlight

1. Charge Dreamlight when the battery is less than 25%.



2. Use the included cable for charging Dreamlight.



3. After the first use, please charge Dreamlight continuously for 4 hours.

4. During charging, the battery icon will flash in a cycle.



5. Do not use Dreamlight during charging.

6. Normally the charging takes 3-4 hours.

7. About 14 days when used for light therapy. About 7 days, when used to play audio for 30 minutes daily. About 6 hours, when used to play Bluetooth Music. For one year on standby.

Important Information

- When starting your Dreamlight, do not touch the eye area, which contains sensors. Touching by mistake may cause detecting issues, if it happens, please re-start your Dreamlight.



- When using Dreamlight, phone calls can be answered by pressing the confirm button; after the call is answered, press again to hang up the call; double pressing the confirm button will reject the call.

- When Dreamlight is on, it will automatically begin to work once it's put on.
- The Dreamlight pauses tasks for up to 15 minutes if it is removed.
- Only volume keys remain unlocked when the task is in use.
- Double press the confirm button to skip a task while wearing the mask.

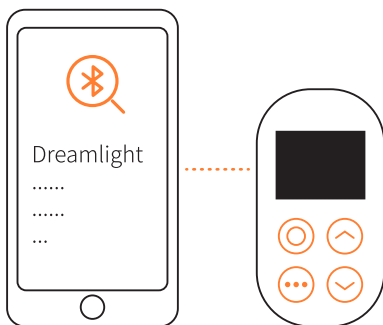
Rescue Mode

When failure occurs during firmware upgrading, Dreamlight may not be able to switch on properly. Rescue Mode is suggested for firmware upgrading, please follow the instructions below:

1. To enter rescue mode: When Dreamlight doesn't respond to any actions, for example, the screen/buttons are off, please find Dreamlight's front controller, press and hold "down button" for 5- 10 seconds, then all buttons will start to flash. Keep pressing and holding the "down button" until all buttons keep switched on then release the "down button".



2. Connect Dreamlight to your phone with Bluetooth: Open Dreamlight App to connect Dreamlight mask through Bluetooth.



3. Firmware upgrading: After connecting to Bluetooth, go to profile-firmware upgrading, click “rescue mode” icon to enter rescue mode. Click upgrade button, then wait for a few mins till the upgrading completes.



4. If the upgrading fails, please try the 3 steps again above.

Important Safety Information

1. Read the quick start guide before using the mask.
2. To have Dreamlight cleaned:

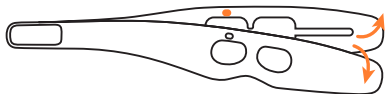
Step 1:

Before removing the back cover, please unbutton the heart rate sensor as picture shown.

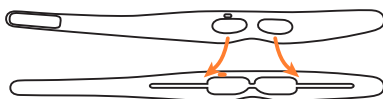


Step 2:

Gently remove the back from the front.



Step 3:
After cleaning, align the back
parallel to the front.



Step 4:
Gently button up the heart rate
sensor to the back cover.



*Cleaning tips



The front cover is unwashable.



The back cover is washable. (Hand wash, air-dry)

3. When not in use, switch off the product to conserve battery life.
4. Keep Dreamlight in a dark place in room temperature.
5. Do not use the product when operating machinery or doing tasks that require attention.
6. To avoid damage, please do not tear down the electronic components.
7. Do not use the product in extremely high temperature and high humidity.
8. Do not pierce or drop the product.

Package Content

- 1pcs Dreamlight sleep mask
- 1pcs Dreamlight carrying pouch
- 1pcs microUSB cable
- 1pcs Quick Start Guide
- 1pcs Dreamlight Mindful Instruction Card
- 1pcs Dreamlight Feedback Card

Dreamlight Inc

www.dreamlight.tech

Dreamlight Sleep Mask

Product Model: DLSMPG001

Specifications:

DC Voltage Input: 4.5V-5.5V

DC Current Input: <500mA

Rippe&Noise<100mVp-p

Charging time: <4H

Product Working Temperature:

0-40°C



LIGHT SLEEPING

The lightest materials.
Programmable light functions.
Better, fulfilling, natural sleep.



1. Overview

Dreamlight is a smart system to help you get better sleep.

- Comfort is our top priority: Having already tested our mask on hundreds of beta users.
- Light therapy can calm the user into meditation, optimize for a deep sleep & remedy jet lag.
- Sleep-aid audio helps users transcend into a relaxed state.
- Genetics is a factor that regulates your sleep. With our DNA-data partner, we can determine users sleeping habits and offer customized recommendations for sleep improvement.

2. In the Media

“The Dreamlight mask does have concrete features that are unique and can help you get a more restful night’s sleep. I tried it for a night, and it does work.” -THE VERGE



3. Dreamlight Features List



Comfort



Beauty Facial



Genetic Insight



Sleep-aid Audio



Two Interfaces



Sleep Monitoring



Sleep-aid Lighting



Less Jet Lag



3.1 A More Comfortable Mask

Dreamlight's top priority is helping you get better sleep, and making the Dreamlight as comfortable as possible is the core of this – that's why it looks different from other sleep masks.

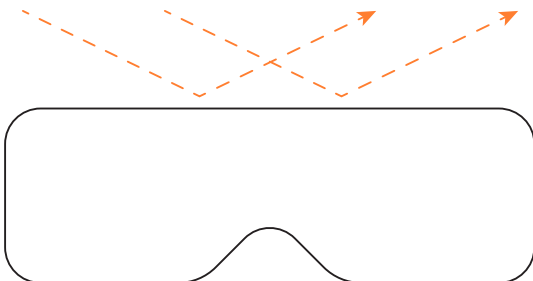
Most masks place pressure on the sensitive eyes and cheeks. Instead, Dreamlight's design moves the pressure away from sensitive facial areas.

The Dreamlight's unique wraparound design minimizes pressure on sleep-affecting areas of the face, while remaining in place.



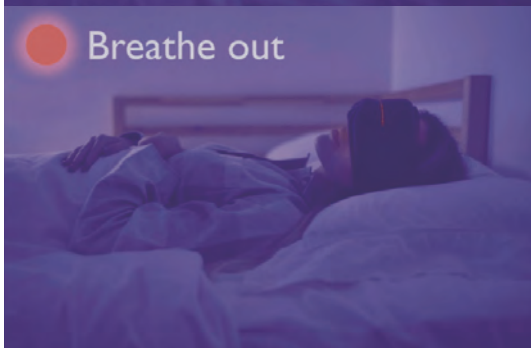
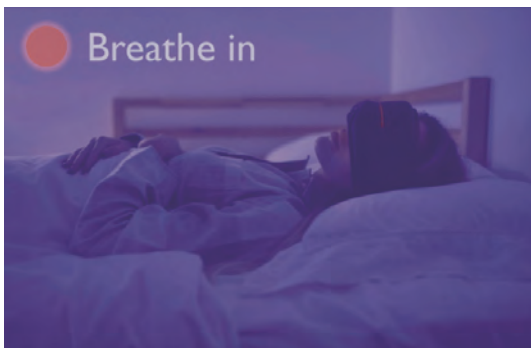
3.2 The Right Fit

Dreamlight blocks light while moving pressure away from sensitive parts of the face, creating a more effective, more comfortable mask. The unique design can fit on all different face shapes.



3.3 Light-led Breathing

By breathing along with the soothing glow of Dreamlight's internal orange light, you'll enter sleep quickly and rest better.



3.4 Sounds of Nature

Sound and sleep seem like odd bedfellows – but finding the right noises for when your sleeping can help you rest better than ever before.

That's where Dreamlight's four internal headphones come in. Via Dreamlight's app, you can create custom soundscapes.

-3.4.1 Nature sounds (the sound of rain, for example) were shown to reduce stress and lower heart rates in a 2017 article published by Scientific Reports.

-3.4.2 White noise contains a wide frequency of sounds, helping mask environmental noise like loud neighbors or traffic.

-3.4.3 Light music has been scientifically shown to prepare the body for sleep and improve quality of sleep.

-3.4.4 Binaural beats, or brainwave entertainment, are steady beats played at specific frequencies. Some report entering a peaceful state when listening to binaural beats.

-3.4.5 ASMR, or autonomous sensory meridian response, is a sound-induced tingling feeling that many find relaxing.

The Dreamlight app contains dozens of ASMR stimulating options.

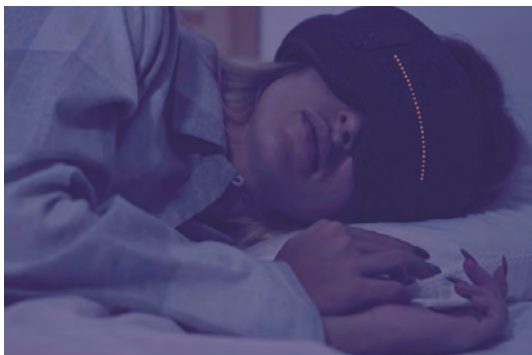
We understand everyone is different. By using the sliders inside of our app, you can create a combination of sounds that specifically work for you.

After rigorous testing, we have inserted four premium sounding speakers, invisibly embedded inside the Dreamlight mask. This decision was made so that the speakers can be used at full quality, regardless of head size or ear positioning. Binaural audio gives the surround-sound effect of being present in a relaxing and natural environment, rhythmically drifting to sleep to the patter of light rainfall, laying in the quiet echo of a forest, or resting by a summer brook.

3.5 Infrared Beauty Treatment

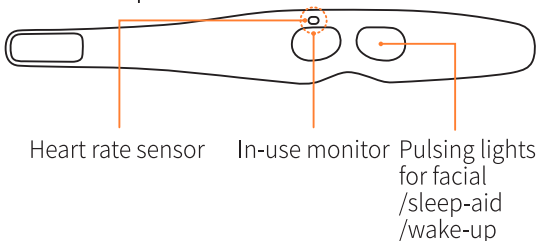
Dreamlight's infrared light treatment boosts blood circulation around the eyes while you sleep, improving the skin's appearance and health. Infrared light is already a widely-used beauty treatment, which may also heal skin damage, according to a 2014 study carried by the US National Library of Medicine.





3.6 Sleep Monitoring

Dreamlight's heart-rate monitor and gyroscope are used to create a uniquely robust sleep profile, which is displayed in Dreamlight's cross-platform app. By looking at your vital signs combined with levels of movement, Dreamlight provides personal insight to help you get the best rest possible.





3.7 Waking Up

Millions of people start their day to the scream of an alarm clock: an unpleasant experience that studies suggest may be linked with weight-gain and even heart problems.

Dreamlight avoids audio alarms by using internal lights to slowly wake you. The lights within the mask slowly begin to brighten near a set wake time, so users wake slowly and begin the day relaxed.



3.8 Getting Ahead of Jet Lag

There's no easy way around jet lag. But Dreamlight can help.

By entering the date and time of your next flight, Dreamlight's cross-platform app creates a personalized sleep schedule that slowly adjusts you to your future time zone.

Paired with Dreamlight's circadian rhythm regulating green lights, the Dreamlight mask will minimize jet lag by getting you on the right schedule ahead of time.

3.9 DNA-based Advice

Sleep and genetics are closely linked, with a 2011 Stanford University study finding “It is now clear that sleep is genetically controlled.”

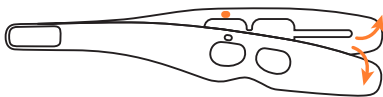
By looking at your DNA we can recommend the best sleep schedule for you through the Dreamlight app, and transfer that sleep schedule into the mask.

The Dreamlight DNA perk will see your DNA tested so we can provide you with custom advice to help develop your best sleep schedule. It's as easy as sending a swab to trusted genetic companies like 23andMe, which has mapped the genetics of more than two million



3.10 Cleanable

The back panel of the Dreamlight mask is detachable, allowing for easy cleaning.



The front cover is unwashable.



The back cover is washable. (Hand wash, air-dry)



3.11 Two Independent Interfaces

User can have a quick start of Dreamlight via front control panel. Via Dreamlight companion App, users have an access to all functions. These two independent interfaces make Dreamlight super easy to use.





The Dreamlight App

Dreamlight app available on both Android and iOS.



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.

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.

CAUTION: any changes or modifications to this device not explicitly approved by manufacture could void your authority to operate this equipment.

RF Exposure:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

www.dreamlight.tech