ZENDO

User Guide

Welcome

Zendo is a meditation enhancement system developed by neuroscientists, doctors, and engineers that boosts the effects of your personal meditation practice.

Zendo has been scientifically tested to make meditation easier and its benefits more immediate. Let's begin!

Before You Start

Zendo has been safely used over 16,000 times, with some individuals even using it for over five years consistently. We just want you to know a few things before you start:

1. Clean your skin well before using Zendo. Remove any makeup, lotions, sunscreen, or skin products before use.

2. Zendo feels like a tingling, warm sensation which remains constant and decreases during your session. If the sensation on your skin significantly increases and feels uncomfortable, stop and consider a lower mode.

3. You may experience skin redness or sensitivity, which goes away 30 minutes after your session.

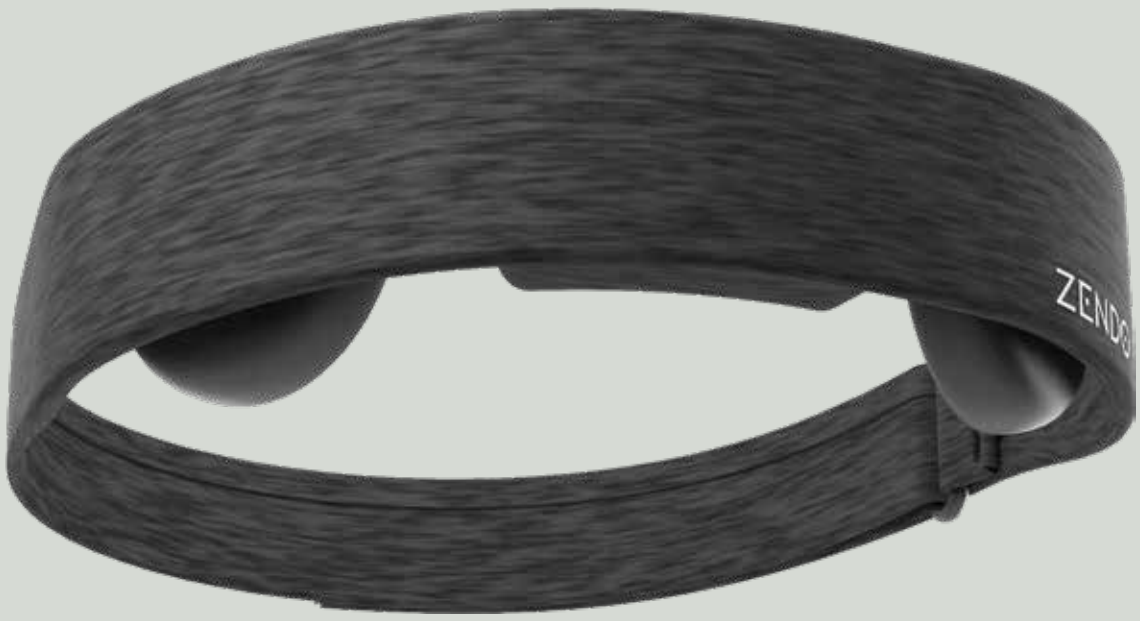
4. If you have a chronic skin disorder, such as acne, psoriasis, or otherwise sensitive skin, pay close attention to the sensation of your skin and stop if you experience discomfort.

5. Do not use Zendo if you have skin disturbances on your skin such as burns, rashes, wounds, irritation, inflammation, redness, or infection.

6. Only use Zendo Pads once, do not reuse or rewet pads.

What’s Included

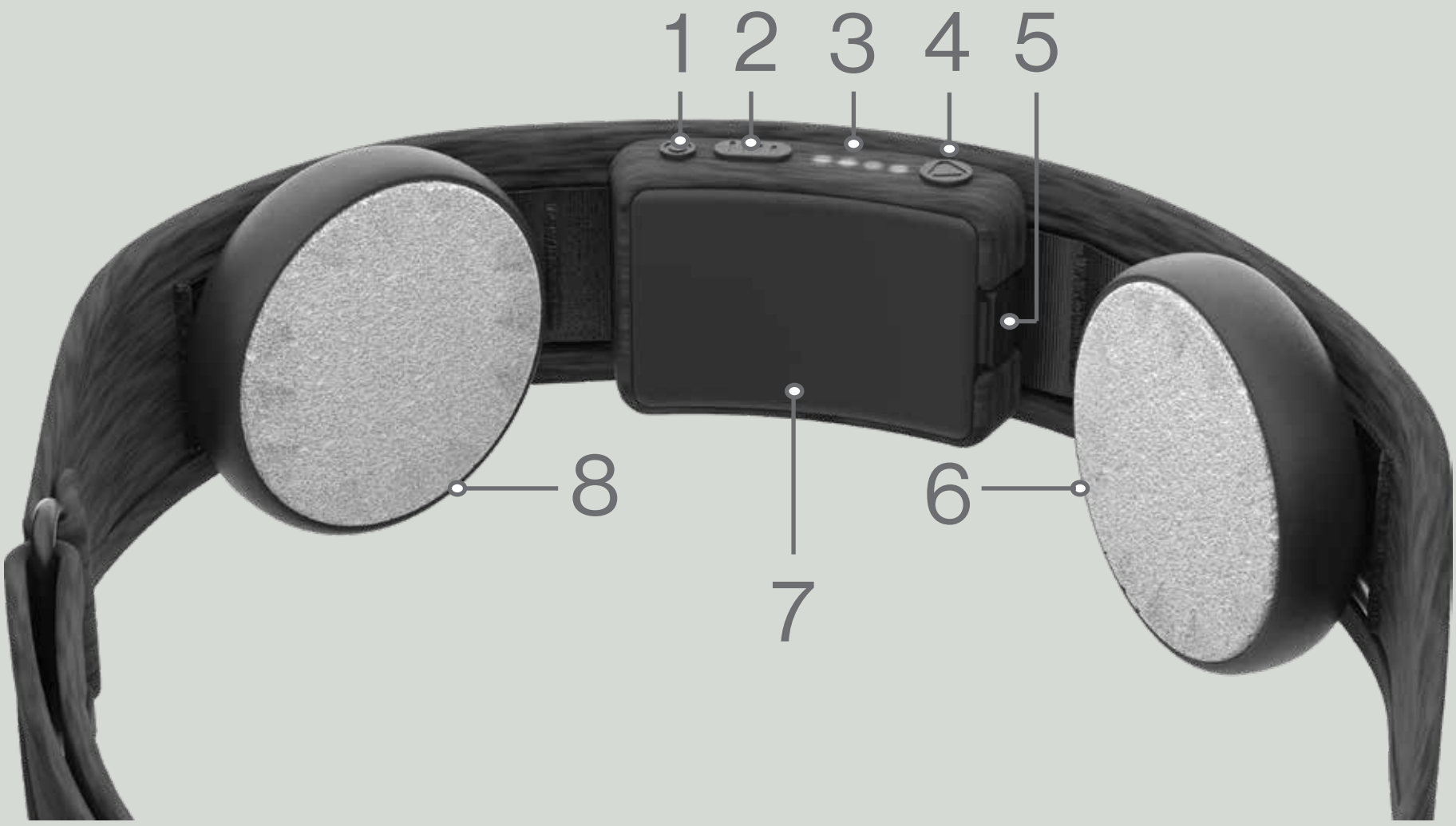
Zendo Headband



Zendo Pads

Charging Cable

System Overview



1. On/Off Button
2. Mode Selection Button
3. Four LED Indicator Lights
4. Start/Pause Button
5. USB Charge Port
6. Adjustable Pad Holder (right temple)
7. Control Unit
8. Adjustable Pad Holder (left forehead)

Get Started Quickly With the Zendo App

The Zendo App makes your onboarding simple. It includes video tutorials, guided meditations, and allows you to control your headband wirelessly.

We strongly recommend using your headband with the Zendo Meditation App.

Links to the app are found below:

Apple

Click Here To Download the iPhone App

Android

Click Here To Download the Android App

Don’t Wan’t to Use the App?

Zendo was intentionally designed to be used without an app. This user guide is shows you how to use Zendo without an app.

Continue reading to learn how to properly and effectively use your Zendo.

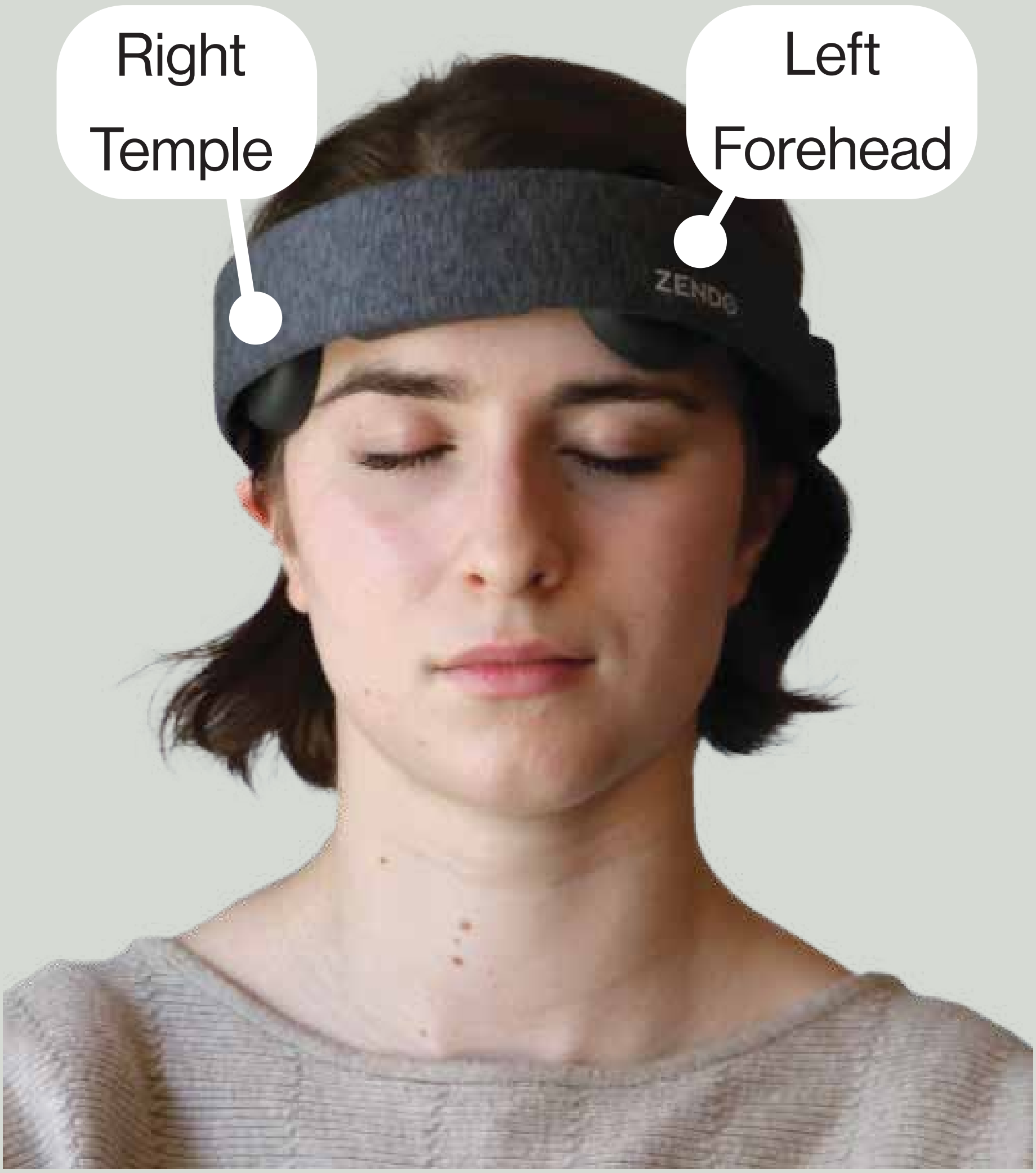
App Icon:

In this user guide, App specific information will be indicated by the Zendo App icon.

Know Your Zones

Your Zendo is designed to be positioned over your right temple and left forehead.

The Zendo is adjustable to allow you to fit the Zendo pads correctly over these two zones.



Charge Your Device

Fully charge your Zendo before first use.

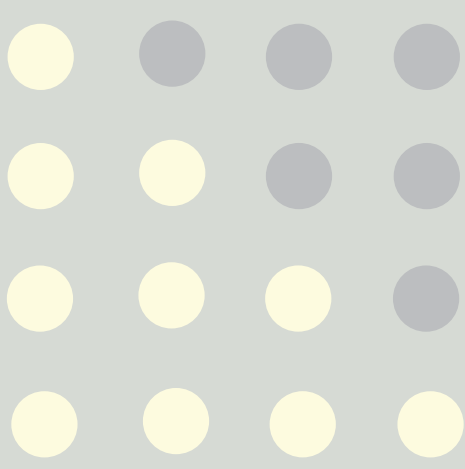
LED Low Battery Indicator

Zendo will indicate that your have low battery and need to charge your headband. This is indicated by a single dim LED light that flashes softly.

Charge your device

LED Battery Charging Indicators

LED lights indicate how much battery is remaining. You will see the following battery indication lights when your Zendo is plugged into a USB charger.



0-25% Battery Life

25-50% Battery Life

50-85% Battery Life

Fully Charged

Charging Warnings

The Zendo system is not designd to be charged with high powered or “fast” USB chargers. This may cause damage to your Zendo.

Clean Your Skin For Optimal Comort

We recommend you clean your skin before using Zendo.

Remove skin oils, creams, makeup, sunscreen, or any other products before using. This will ensure optimum comfort and experience during your experience.

Skin Warnings

If you have a chronic skin disorder, such as acne, psoriasis, or otherwise sensitive skin, pay close attention to the sensation of yoru skin and stop if you experience discomfort.

Step 1:
Pads Setup

Open Your Pads Pouch

Each pads pouch contains two (2) pads. Pads are wet and contain a gentle saline solution to help Zendo work properly. These pads are one-time-use only.

Insert Pads Into Headband

Your Zendo has two (2) pad holders. These holders are designed to fit one Zendo pad each. You can gently inset your pads into the holders with your fingers.

Pads Warning

Pads are one time use only and disposable. Reusing pads may result in discomfort or injury.

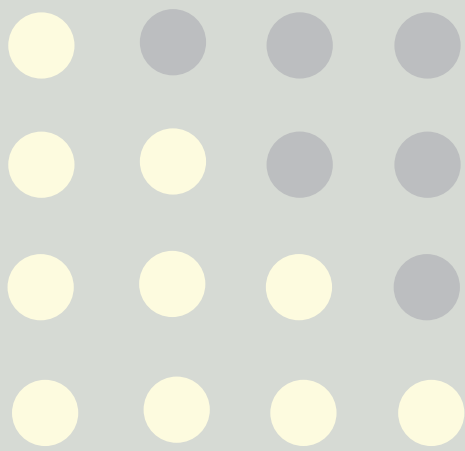
Step 2:
Turn On and Select Mode

Turn On Your Headband

Press the “ON/OFF” button once to turn on your Zendo. One LED light should turn on and you will hear a beep.

Select Your Mode

Press the “MODE” button to change the mode. The LED lights will change to indicate mode setting.



Mode 1

Mode 2

Mode 3

Mode 4

The Zendo App allows you to select the mode from within the App for a seamless experience.

Step 3:
Wear Your Zendo Headband

Put On Your Headband and Adjust Your Pad Holders

Your Zendo has a velcro strap to allow for you to customize the size and comfort to your head.

Make sure you adjust your pad holders so that they sit over your right temple and left forhead.

The buttons of the “CONTROL UNIT” should be facing upwards and the Zendo logo should be over your left forhead.

Step 4:
Start Your Session

Press the Start Button to Begin

After having put on your headband, use your hands to press the “START” button. This button is the farthest button on the right side of the “CONTROL UNIT”.

What to do During Zendo Session

During your Zendo session, you can chose to meditate in silence, use our app for guided meditations, or any other style or form of meditation. Sitting upright or in a laying posture is encouraged.

Vibrations Indicate Time Elapsed

You may feel a slight vibration in your headband. This Indicates how much time has passed since you started your session.

5 min passed

10 min passed

15 min passed

The Zendo App allows you to start without pressing a button. It’s easier!

Step 5:
Ending Your Session

All Sessions Last 20 Minutes

Sessions automatically end after 20 minutes. Zendo will beep when your session is complete. At that point you may take off your heaband and turn off your Zendo by long-holding the “OFF” button. If you don’t power down Zendo, it will automatically turn off on its own.

Make sure to remove the Zendo pads from the pad holders. Leaving wet pads in your headband may cause future malfunction.

Stopping Early

Do not take your Zendo off early without pressing the “PAUSE” button first. If at anytime you want to stop your session early, press the PAUSE button on your Zendo first.

The Zendo App allows you to pause by pressing the “X” button in your session from your phone.

How Zendo Feels On Your Skin

Zendo sessions feel like a slight tingling, itching, or warming sensation on your forehead or temple at first - this is normal and safe. Turning up the mode may increase the skin sensations.

This sensation should go away within 3-5 minutes, however some users may notice a skin sensation for the duration of the session.

Sensation Troubleshooting

If a session feels painful, or the sensation increases after the first 3-5 minutes, it is best to stop your session early and consider selecting a lower mode, cleaning your skin, or changing your pads.

Picking The Right Mode

Four Modes To Dial In Your Favorite

Each Zendo user prefers a different mode, based on their personal preference. We suggest you try all 4 modes before settling on your favorite.

- 1st Session: Use Mode 1
- 2nd Session: Use Mode 2
- 3rd Session: Use Mode 3
- 4th Session + : Pick your favorite mode based on level of comfort and your personal meditation experience.

Skin Redness

After your session, you may notice skin redness under the Zendo Pad location. This is safe and generally goes away after 20 - 40 minutes. Higher modes may make your skin more red than lower modes.

Tips for Better Effects

- Most people like to use Zendo in the morning or early afternoon to maximize their daily effect.
- Some users like to use Zendo to help them sleep. Use it before bed to relax and help get to sleep faster and have more relaxed nights.
- Slow, deep mindful breathing with Zendo is a great core practice to try.
- Stronger is not always better, many users have their best effects at Modes 1 or 2 instead of Mode 3 or 4.
- Minimize your movement while using Zendo. sitting in a chair, on a cushion, or laying down with your body relaxed are the best postures.
- Use Zendo with your meditation apps, classes, or on retreat.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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.

FCC Statement: 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.

RF exposure compliance statement:
This device has been evaluated to meet the general RF exposure requirement

Limited Warranty

1. Limited Product Warranty

Bodhi NeuroTech, Inc. (“Bodhi”) warrants to the original purchaser that your Zendo device (the “Product’) shall be free from defects in materials and workmanship under normal use for a period of six (6) months from the date of purchase (the "Warranty Period"). This Limited Warranty is valid only when the Products are purchased directly from Bodhi or a Bodhi-authorized retailer. Bodhi is not responsible for damage arising from failure to follow instructions relating to the Product’s use or failure to comply with the online Bodhi Terms of Use. This Limited Warranty does not cover any services provided by Bodhi to owners of the Product. This Limited Warranty only applies to users who fully comply with the online Bodhi Terms of Use.

2.Remedies

If hardware defect occurs and a claim is reported to Bodhi within the Warranty Period, Bodhi will either:

(1) repair the Product at no charge, using new or refurbished parts, or

(2) replace the Product with a new or refurbished Product. In the event of a defect, to the extent permitted by law, these are your sole and exclusive remedies.

Shipping and handling charges may apply. Any replacement hardware product will be warranted for the remainder of the original warranty period or thirty (30) days, whichever is longer.

3. How to Obtain Warranty Service

To make a warranty claim, you must comply with the warranty procedures listed on www.ZendoMeditation.com/support.

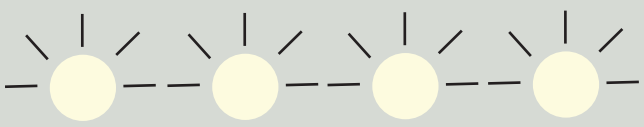
4. Exclusions and Limitations

This Limited Warranty applies only to the Product manufactured by Bodhi that can be identified by the “Zendo” trademark,trade name, or logo affixed to it. This Limited Warranty does not apply to Zendo Pads and accessories such as packaging, cases, or foam padding (unless they are found to be non-functional or broken upon purchase of the Product). This Limited Warranty does not apply to accidental damage or damage caused by abuse, misuse, neglect, flood, fire, theft.

Error Lights and Sounds

4 Lights Flashing and Error Tone

There is one error indicator on the Zendo Headband. When an error occurs, you will see four flashing lights and hear an error tone (rapid series of beeps).



Error, Bad Connectivity

If you get this error, your Zendo session won't begin.

To resolve this error, please ensure the following:

- Correct use of pads and positioning on head
- Clean skin without surface oils, makeup, etc
- Ensure your device has not been dropped or broken. If you suspect your device is broken, contact support.

1 Dim Light Flashing

Zendo will indicate that your have low battery and need to charge your headband. This is indicated by a single dim LED light that flashes softly.

Charge your device

Technical Specs

Wireless Connection	BT4.2 BTLE
Zendo App Compatibility	Apple and Android
Battery	500mAh Li-ion
Battery life	10-12 sessions depending on mode
Charging time	Around 4 hours
Charing port	USB-C
Headband Materials	Polycarbonate plastic, wiring, glue, polyester and spandex blend fabric, Foam, Velcro
Electrode Materials	Carbon Rubber, silicone
Pads Materials	Cellulose, saline solution
Headband Length	approx. 74 cm
Headband Width	approx. 4 cm
Weight	approx. 75g
Alerts	Audible (speaker), Haptic (motorized), Light (L.E.D)
Electrical Stimulation	Constant current, <2.0mA
Duration	All sessions are 20 minutes in duration
Safety Protection	Battery status; Low-Voltage display, Over-current protections, impedance protection