

NeuroRester[®]

NAP[™]

The Future of Personalized Relaxation & Wellness

NeuroRester is a 24-hour smart wellness companion that provides a soothing, non-invasive way to support relaxation, as part of your daily wind-down and self-care routine.

This is a general wellness product, not a medical device. See Safety & Compliance for limits/disclaimers.



Charging case



Device



Charging case + device



These two images show the skin-contact surface, which features a QR code and magnetic charging contacts.

Important: To ensure the device operates correctly, keep this surface in comfortable contact with your skin.

All-Day Device Usage Flow

This is a daily routine designed for your ease and convenience. Your CardioGyms is factory-preset to run automatically every hour, so you only need to charge it once in the morning and once in the evening. Your NeuroRester is exclusively for pre-sleep relaxation (used once on each ear) and should remain in the charging case at all other times. Below are the detailed steps to seamlessly integrate these into your daily routine.

Pre-Sleep Phase

Run a 16-minute session behind each ear as a timed wind-down cue you can pair with your evening routine.

1. NeuroRester Module:

- Wearing: Clip the device onto the area behind your ear (the concha). Ensure it fits comfortably without pressing too hard.
- Operation: Single-click the power button to start. The 16-minute session runs automatically and stops with three beeps.
- Frequency: Use once on each ear (total 32 minutes).



How to Wear

2. CardioGyms Module:

- Remove: Take the module off your ankle.
- Charging: Place it in the charging case. A full charge takes approx. 90 minutes. (the indicator light will turn green)



Indicator: Green light = Full



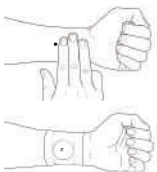
Orange light = Charging.

Overnight Phase

Wear CardioGyms on your wrist overnight as part of your evening routine.

Preparation:

- After washing up, check the CardioGyms indicator. (Recommended: Wait for the green light. If urgent, you may wear it while charging, but the overnight cycle may run fewer times due to low battery.)
- Find the spot: Measure about three fingers' width up from your inner wrist crease.
- Place & Secure: Place the skin-contact surface (which features a QR code and magnetic charging contacts) directly on this spot and secure the device, ensuring gentle contact with your skin.



How to Wear

- Automatic Operation Logic: During the night, CardioGyms will automatically run once per hour (4 minutes per session). All beeps are disabled during this phase to ensure uninterrupted sleep.
- NeuroRester Overnight Note: Do not wear while sleeping. If you wake up, you may run a 16-minute session, but must return it to the charging case immediately afterward.

Daytime Phase

Add CardioGyms to your ankle as part of your daily self-care practice, making sure the skin-contact surface maintains gentle contact.

1. Charging:

- Remove: Take CardioGyms off your wrist upon waking and place it in the charging case.
- Status: A full charge takes approx. 90 minutes (green light). If urgent, you may wear it while charging, though daytime sessions may be reduced. You can place it back in the case during session intervals to top up the battery.

2. CardioGyms Module:

- Automatic Operation Logic: During the day, it will also continue to run automatically once per hour (4 minutes per session).
- How to Secure:
With socks: Place the device on your inner ankle and simply slip it inside your sock to hold it against your skin.
Without socks: Position it on your inner ankle and use the included strap to secure it in place.

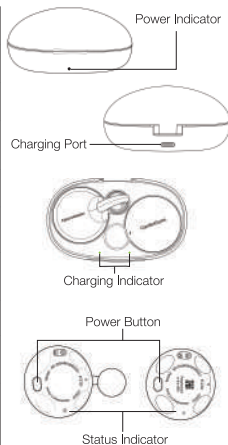


How to Wear

Charging & Battery Status

Power adapter not included. Use the included USB cable with a certified (UL/FCC) 5V USB adapter.

Scenario	Indicator Position	Indicator Behavior	Status
1. Charging the Case			
Charging	Front of case	Solid orange	Charging, please wait...
Fully charged	Front of case	Solid green	Charging case is fully charged
2. Charging the Device			
Charging	Inside case	Solid orange	Device is charging
Fully charged	Inside case	Solid green	Device is fully charged
3. Device in Use			
Normal operation	On device	White light flashes regularly	Device is on
Cannot turn on	On device	No light	Battery in sleep mode, connect to charging case to activate



Charging expectation: When the device is placed into the case, a solid orange light indicates it has entered charging; it takes about 90 minutes from completely empty to fully charged. If needed urgently, a 25-30 minute quick charge provides enough power for at least one full session. (NeuroRester single run 16 mins / CardioGyms single run 4 mins).

Common Troubleshooting

Scenario	Solution
Device unresponsive	Out of battery, please charge first.

Safety & Compliance (Must Read)

⚠ Usage Warning: Individuals with implanted electronic devices (such as pacemakers, implantable defibrillators, cochlear implants), pregnant women, and epilepsy patients should not use this product. If you have any known health conditions, please consult a medical professional before use.

- Keep away from children: Contains small parts, keep away from children under 3 years old to prevent accidental swallowing.
- Waterproof warning: This device is not waterproof, do not use in the bathroom or soak in water.
- California Proposition 65 Warning: This product may expose you to chemicals known to the state of California to cause cancer, birth defects, or other reproductive harm. For details, see www.P65Warnings.ca.gov.
- FCC ID: 2BV53NR-2026
- Disclaimer: This is a general wellness product, not a medical device. It is not intended to diagnose, treat, cure, or prevent any disease. Any reference to relaxation, revitalization, or well-being describes a subjective user experience, not a medical outcome. Results vary.

Contact Us

support@neurorester.com

