Preparing to use RESPeRATE

1. Install the batteries
   Install the 4 AA batteries into the battery compartment located on the bottom of the device. Position the batteries as shown inside the compartment.

2. Plug in the sensor
   Insert the sensor plug into the socket at the back of the device marked with 📩.

3. Plug in the ear buds
   Insert the ear buds plug into the socket at the back of the device marked with 🧵.

Sponges for the ear buds are provided should you need them.

Using RESPeRATE for the first time

1. Put the sensor belt around your upper abdomen
   Wrap the sensor around your upper abdomen, halfway between your navel and chest, and buckle. Buckling the belt in front, as illustrated, will be more comfortable.

2. Put in the ear buds and lean back
   It is important to make sure that your breathing is not being limited in any way. Loosen restrictive clothing (tight pants, belt, etc) and place the device in a comfortable position such as on your lap or on a nearby table. It’s important to avoid leaning forward which may limit the movement of the abdomen or chest.

   Airflow in and out of RESPeRATE

   1. Put in the ear buds
   2. Put in the sensor belt
   3. Put in the sensor belt
   4. Put in the ear buds

   The Tutorial

   When using RESPeRATE for the first time, start by using the Tutorial. It will check your sensor position, guide you through an abbreviated session, and provide additional information.

   The Tutorial will determine where you should position the sensor while using RESPeRATE - abdomen or chest. Currently you have the sensor belt wrapped around your upper abdomen. During the Tutorial you may be instructed to move the sensor belt above your chest. If so, move the belt above your chest and slide the sensor over to the right as illustrated. Make sure the sensor is not placed over a bra strap.

   You will now be activating the Tutorial which will take about 10 minutes. After completing the Tutorial, return to this Quick Start for tips on your daily RESPeRATE sessions.

   You should use only as part of your overall health program for achieving goal blood pressure, as recommended by your doctor. RESPeRATE can be safely used in conjunction with medication and lifestyle modifications such as diet and exercise.

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   RESPeRATE provides you with a personalized guide to therapeutic breathing: slow, effortless breathing with prolonged exhalation, powerful enough to relax small blood vessels. This allows blood to flow more freely and significantly lowers blood pressure within 3-4 weeks.

   All you need to do is breathe.

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3. Activate the Tutorial
Press and hold the POWER button until you see the Tutorial icon appear on the screen. Place the Quick Start aside and follow the voice instructions.

**Basic Settings & Functions**

**Adjusting the Volume**
Press the UP/DOWN button repeatedly until you reach the volume you prefer.

**Melody and Settings**
To change the melody and other settings, press the button during a session and scroll through the options.

**Status Feedback**
You can receive immediate feedback on how you are doing and view the remaining time by pressing the INFO button during a session.

**Refresh Function**
If at any time during the session you feel that following the guiding tones is uncomfortable, press and hold the INFO button. As you breathe without the guiding tones, RESPeRATE adjusts itself to your comfortable breathing pattern, before continuing to guide your breathing. For more information about settings & functions, please refer to the user manual.

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**Tips**

**Tip 1** Be patient. An all-day blood pressure lowering result can require at least 3-4 weeks of regular use.

**Tip 2** Breathe effortlessly. To effectively lower your blood pressure, it is very important that you breathe without making an effort throughout the entire session.

**Tip 3** Breathe gradually. While following the guiding tones avoid holding your breath after inhaling or exhaling. Breathing excessively deep is counterproductive. Efforts breathing is best achieved by a gradual inhalation through the nose, then a gradual exhalation through the mouth. One way to prolong exhalation is to purse your lips as if you were blowing out a candle.

**Tip 4** The more therapeutic (breathing) minutes, the better! It is recommended to accumulate at least 10 therapeutic minutes per week. The therapeutic minutes accumulated in the past 7 days appear momentarily on the display each time you turn on the device.

**Tip 5** This is not a competition! The slowest breathing rate and pattern that is comfortable for each individual varies from person to person. It is best to focus on breathing comfortably and how you are doing rather than trying to follow a breathing pattern.

**Tip 6** Stay Awake. RESPeRATE is very relaxing. If sleeping, your breathing may become faster and you will not be able to accumulate therapeutic minutes.

**Tip 7** Avoid using other breathing techniques. During the RESPeRATE session, we do not recommend other breathing techniques such as breath-holding or Buteyko. These types of breathing require effort which is counter-productive to lowering blood pressure.

**Tip 8** The more therapeutic (breathing) minutes, the better! It is recommended to accumulate at least 10 therapeutic minutes per week. Each session should accumulate at least 10 therapeutic minutes. The therapeutic minutes accumulated in the past 7 days appear momentarily on the display each time you turn on the device.

**Tip 9** This is not a competition! The slowest breathing rate and pattern that is comfortable for each individual varies from person to person. It is best to focus on breathing comfortably and how you are doing rather than trying to follow a breathing pattern.

**Tip 10** Stay Awake. RESPeRATE is very relaxing. If sleeping, your breathing may become faster and you will not be able to accumulate therapeutic minutes.

**Tip 11** Avoid using other breathing techniques. During the RESPeRATE session, we do not recommend other breathing techniques such as breath-holding or Buteyko. These types of breathing require effort which is counter-productive to lowering blood pressure.

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**Our Customer Care Representatives will be glad to help you with questions and suggestions. Post your questions or feedback on the RESPeRATE User Forum at www.resperate.com/forum.**

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