






## Quick Start Guide



- 1.** Insert batteries. Using your thumb, slide the battery door toward the edge of the StressEraser, and lift it open. Insert the batteries as shown in the picture. Align the batteries with the plus and minus signs engraved on the side of the battery door.
- 2.** Press the Power button (on the side of the device, as indicated).
- 3.** Set date & time to track your daily performance. Scroll through the numbers using the  button and select with the  button. If you select an incorrect number, go back using the  button.

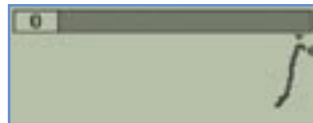
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4. Wait for the StressEraser to prompt you to “Insert Finger.” Then, insert your left index finger. The sensor takes 5 seconds to adjust to your pulse rate.



5. When you're ready, inhale slowly and gently.

6. When a new triangle appears in the top right corner of the screen, exhale slowly and gently.



7. During your exhale, slowly count to 4. If 4 is uncomfortable, try counting higher (5) or lower (3) until you find a comfortable count.



8. After counting, inhale slowly until a new triangle appears. If the triangles appear too closely together, take a long, gentle inhale and then a long, gentle exhale. Repeat a few times. The triangles will spread further apart as you slow down your breathing. For breathing tips, refer to page 36 of the Owner's Manual.

**Repeat steps 5-8.**

**For further assistance, call us at 888.437.0700.**

## Reading your StressEraser BreathWave™

**Daily points**  
Score 1 point for each (▣) wave and 1/2 point for each (▢) wave.

**Triangles**  
Synchronize your exhale to begin when a new triangle appears.


**Session history**  
Records all waves from your current session.

**BreathWave**  
The StressEraser precisely measures tiny pulse rate changes with an infrared finger sensor. These tiny changes are displayed as waves.

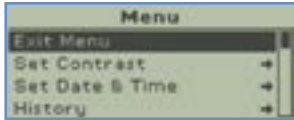
**Squares**  
Your score is based on the width, smoothness and consistency of each wave.





While you repeat steps 6-8, the screen will display your StressEraser BreathWave. One, two or three squares will appear below each wave.

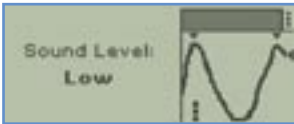
You are on your way to deep relaxation when your StressEraser BreathWave is wide, smooth and regular, you are consistently scoring two or three squares, and your breathing feels comfortable.


For best results, we recommend you reach at least 30 points per daytime session and at least 100 points when using at bedtime. With a little practice you will be able to reach 30 points in 5-7 minutes. If you are having trouble scoring two and three square waves, press the  button. This program helps you experiment with different exhale counts. Refer to page 22 of the Owner's Manual for instructions.

## Additional Features



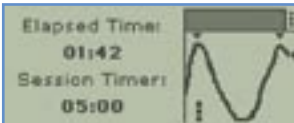
**Menu** - You can set personal preferences and track your history with the StressEraser menu. To access the menu, press the  and  buttons at the same time. Navigate the menu options with the  button, and select with the  button.




**Sound** - Many people relax better with their eyes closed. The StressEraser makes a tone when a triangle appears. The pitch of the tone indicates how many squares you scored on the previous wave: (.) High pitch, (■) Medium pitch, (▣) Low pitch. Adjust the sound volume at any time by pressing the  button.



**Light** - The light helps you use the StressEraser in the dark. Once the device is powered on, hold the Power button until the light turns on.



**Timer** - You can set a time limit for each StressEraser session. Set the Timer at any time using the  button.