

Dodow LAC01561

Dodow Sleep Aid Device User Manual

Model: LAC01561

INTRODUCTION

The Dodow Sleep Aid Device is designed to help users fall asleep naturally through a guided breathing exercise using a metronome and light system. This manual provides essential information for the proper use and care of your device.

SAFETY INFORMATION

- Do not use while sleeping.
- Keep away from children.
- Use only as intended.
- Do not expose to excessive heat or moisture.
- Battery may leak or explode if damaged.
- Do not use if any part is damaged or broken.

SETUP

1. Inserting Batteries

The Dodow device requires 3 AAA batteries (included). To insert them:

1. To open the battery lid, you can use your finger, a screwdriver, or a coin. Turn to open and remove the lid.
2. Insert the batteries into the Dodow, ensuring correct polarity.
3. Close the lid by turning it until it clicks into place.



Image: Dodow device with its battery compartment open, showing the slots for three AAA batteries.

Video: Instructions on how to insert batteries into the Dodow device.

Your Dodow is now ready to use.

OPERATING INSTRUCTIONS

1. Turning On and Selecting Mode

The Dodow offers two breathing exercise modes:

- **8-minute mode:** Tap the touch-sensitive surface once.
- **20-minute mode:** Tap the touch-sensitive surface twice.

Place the device on your nightstand or a flat surface near your bed, ensuring the blue light projects onto the ceiling.



Image: Dodow device placed on a nightstand, projecting a blue light onto the ceiling.

Video: Demonstration of turning on the Dodow device and activating the 8-minute breathing mode.

2. Breathing Exercise

Synchronize your breathing with the pulsating blue light on the ceiling:

- As the light expands and gets brighter, inhale deeply.
- As the light contracts and dims, exhale slowly.

Focus on the light and your breath to calm your mind and body. The device will automatically switch off at the end of the selected mode.

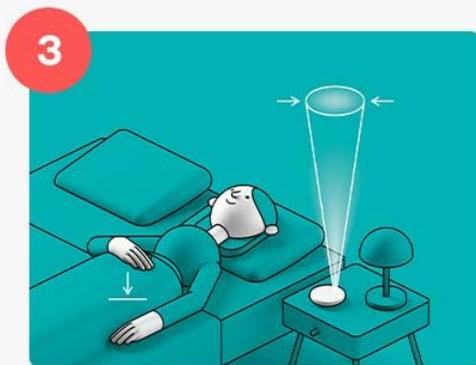
A meditation exercise based on heart coherence



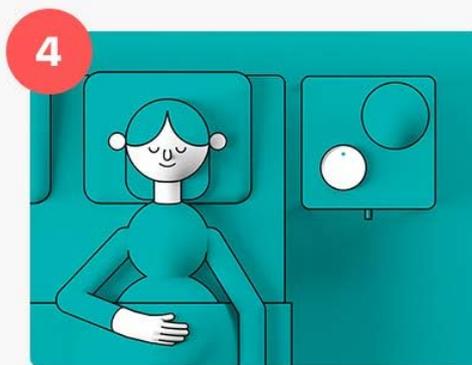
Turn Dodow on



Breathe in



Breathe out



Sleep

Image: Illustrated guide on how to synchronize breathing with the expanding and contracting blue light projected by Dodow.

3. Adjusting Brightness

To change the brightness setting:

1. Ensure Dodow is off.
2. Press down lightly on the touchpad with your finger for 3 seconds until the LEDs light up.
3. Touch the touchpad to rotate through the 3 available brightness settings.
4. Confirm your choice by pressing down on the touchpad with your finger for 3 seconds.

Video: Guide on how to change the brightness settings of the Dodow device.

4. Turning Off

Dodow shuts down automatically at the end of each exercise. You can also switch it off beforehand by pressing the touchpad with your finger for 3 seconds.

Video: Instructions on how to manually turn off the Dodow device.

MAINTENANCE

To ensure optimal performance and longevity of your Dodow device:

- Keep the device clean and free from dust. Wipe with a soft, dry cloth.
- Avoid exposing the device to liquids or excessive moisture.
- Store in a cool, dry place when not in use.
- Replace batteries when the light becomes dim or the device does not respond.

TROUBLESHOOTING

If you encounter issues with your Dodow device, consider the following:

- **Device not turning on:** Check if the batteries are correctly inserted and have sufficient charge. Replace them if necessary.
- **Light is too dim or too bright:** Adjust the brightness setting as described in the "Operating Instructions" section.
- **Difficulty synchronizing breathing:** Ensure you are lying on your back for optimal light projection. Practice focusing on the light's expansion and contraction.
- **Blue light and sleep disruption:** Dodow's light signal is intentionally dim to avoid impacting melatonin secretion. Exposure to blue light has been shown to reduce stress, which is why it is used over other colors.

SPECIFICATIONS

Brand	Dodow
Model Number	LAC01561
Product Dimensions	3.54 x 3.54 x 0.71 inches
Item Weight	6.35 ounces
Power Source	Battery Powered (3 AAA batteries included)
Material	Plastic
Color	White (Version 2)

WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the official Dodow website or contact the retailer where the product was purchased. Specific warranty details may vary by region and retailer.