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> Hooga Grounding Mat User Manual

hooga 24x16 (2 Pk)

Hooga Grounding Mat User Manual

Model: 24x16 (2 Pk) | Brand: Hooga

1. INTRODUCTION TO GROUNDING



The Hooga Grounding Mat (2-pack) provides a convenient way to connect to the Earth's energy indoors.

The Hooga Grounding Mat connects your body to the Earth's natural energy, which can help neutralize harmful free radicals. While direct contact with the Earth (like standing barefoot outside) is an effective way to ground, this indoor grounding mat allows you to achieve similar benefits using a grounded electrical outlet in your home or office.

Electrical outlets are grounded to the Earth through your home's wiring system. When the mat is connected, the Earth's slight negative charge flows through the outlet to the mat's conductive surface, providing potential benefits such as improved sleep, pain relief, reduced stress, and enhanced energy.

BENEFITS OF GROUNDING



Reduced inflammation



Reduced pain



Improved blood flow



Improved sleep



Improved energy



Improved mood



Promotion of relaxation

This image displays the various potential benefits associated with grounding, such as reduced inflammation and pain, improved blood flow, better sleep, increased energy, enhanced mood, and promotion of relaxation.

When you first begin using the conductive grounding mat, it is normal to either feel no immediate sensation or experience a slight tingling. Both responses are completely normal. Regardless of whether you feel an immediate effect, grounding works subtly over time to support your overall wellness, similar to the effects of standing barefoot on natural surfaces like grass, sand, or near a body of water. Consistent and patient use is key to realizing long-term benefits.

2. SETUP INSTRUCTIONS

Setting up your Hooga grounding mat is straightforward and quick. Follow these steps to begin experiencing the benefits:

1. **Unroll the Mat:** Carefully unroll the Hooga Grounding Mat on a flat surface where you intend to use it.
2. **Attach the Grounding Cord:** Locate the snap connector on one corner of the mat. Snap one end of the provided grounding cord firmly into this connector.

3. **Plug into a Grounded Outlet:** Insert the other end of the grounding cord into the ground port (the bottom, round or U-shaped hole) of a properly grounded electrical outlet. The mat does not use electricity; it simply utilizes the ground connection of the outlet to transfer the Earth's energy.

Ensure the outlet is indeed grounded for the mat to function correctly. The mat is designed to be safe and does not draw power from the electrical system.



This image shows the Hooga Grounding Mat laid out on a wooden floor, with its grounding cord plugged into the bottom ground port of a standard wall electrical outlet.

3. OPERATING INSTRUCTIONS

The Hooga Grounding Mat is versatile and can be used in various settings to integrate grounding into your daily routine.

- **Under Your Desk:** Place the mat under your desk to rest your bare feet on it while working.
- **Desktop Mat:** Use it as a desktop mat, allowing your forearms or hands to maintain contact while you work on your computer.
- **Relaxation Areas:** Position it on the couch or bed to make contact while relaxing, reading, or watching TV.
- **Meditation/Yoga:** Incorporate it into your meditation or yoga practice for enhanced connection.

Whether you are at home or in the office, the mat provides a convenient way to stay connected to the Earth's energy, especially beneficial during colder months or when spending extended periods indoors. We recommend a minimum of 30 minutes of grounding daily, though there is no upper limit to how long you can use the mat.



This image shows a user's bare feet making direct contact with the Hooga Grounding Mat, demonstrating a common way to use the product for grounding.



This image illustrates the Hooga Grounding Mat being used as a desktop mat, with a person's arm resting on it while they work on a laptop, allowing for continuous grounding contact.

4. MAINTENANCE

To ensure the longevity and effectiveness of your Hooga Grounding Mat, proper care and maintenance are important:

- **Cleaning:** Wipe the surface of the mat with a damp cloth using mild soap and water. Avoid harsh chemicals or abrasive cleaners, as these can damage the conductive material.
- **Drying:** Allow the mat to air dry completely before storing or reusing. Do not machine wash or tumble dry.
- **Storage:** When not in use, roll the mat loosely and store it in a cool, dry place away from direct sunlight. Avoid folding the mat sharply to prevent creases or damage to the conductive layer.
- **Cord Care:** Handle the grounding cord with care. Do not bend or crimp it excessively.

5. TROUBLESHOOTING AND TESTING

If you wish to verify the conductivity of your Hooga Grounding Mat and its effect on body voltage, you can perform a simple test using a multimeter. This test demonstrates the mat's effectiveness in grounding the body.

How to Test the Mat:

1. Ensure your multimeter supports safety resistance up to 100,000 Ohms.
2. Connect the multimeter to measure voltage.
3. Measure your body voltage without contact with the mat.
4. While holding the multimeter, make contact with the grounding mat (e.g., place your bare foot on it).
5. Observe the multimeter reading. A significant drop in body voltage indicates that the mat is effectively grounding you.

Our cords are designed with a built-in safety resistance of 91,000 Ohms. Detailed testing instructions and a QR code for an instructional video are included in the package with your grounding mat. Please note that the instructional video mentioned in the product description is provided by an influencer and is not directly embedded in this manual.

6. PRODUCT SPECIFICATIONS

Brand	Hooga
Model	24x16 (2 Pk)
Package Dimensions	17.08 x 5.67 x 2.81 inches
Item Weight	2.68 Pounds
Manufacturer	Hooga Health
ASIN	B08W29GFK5

7. IMPORTANT INFORMATION

Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Small Business Support

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