

[manuals.plus](#) /› [Pavlok](#) /› **Pavlok 3 Wearable Mindfulness Coach and Silent Alarm User Manual**

Pavlok Pavlok 3

Pavlok 3 User Manual

Model: Pavlok 3

Brand: Pavlok

1. INTRODUCTION

The Pavlok 3 is a wearable device designed to assist users in forming positive habits, breaking negative ones, and improving overall mindfulness. It utilizes a combination of sound, vibration, and electrical stimulus (zap) to create a feedback loop that helps retrain your brain. This manual provides essential information for setting up, operating, and maintaining your Pavlok 3 device.

2. GETTING STARTED

2.1 What's Included

Your Pavlok 3 package contains the following items:

- Pavlok 3 Device (Obsidian Black, Large)
- Charging Cable (USB-C)
- Quick Start Guide / Habit Tracking Pamphlet



Image: The Pavlok 3 device in Obsidian Black, featuring a sleek design and a black mesh band.

2.2 Unboxing and Initial Setup

Upon receiving your Pavlok 3, carefully unbox the device and its accessories. The device comes with a quick start guide that outlines the initial steps.

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Video: An official unboxing of the Pavlok 3 device, showing the contents of the package including the device, charging cable, and quick start guide.

2.3 Charging the Device

Before first use, fully charge your Pavlok 3. Connect the provided USB-C charging cable to the device and a power source. A green LED light will appear when the device is 100% charged, typically after 90 minutes. The device can last up to 7 days on a single charge, depending on usage.

2.4 App Download and Pairing

Download the official Pavlok app from your smartphone's app store (available on Google Play and Apple App Store). Follow the in-app instructions to pair your Pavlok 3 device via Bluetooth. Once paired, the device will vibrate twice, confirming a successful connection.



PAVLOK

Control Pavlok 3 using our amazing app

Habits tracking
Effortlessly monitor your habits and gain insights on your behavior

Community
Stay motivated and accountable with support from your peers

Alarms
Set personalized reminders to keep you focused on hitting your goals

Integrations
Enhance your experience with custom triggers and automations

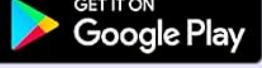
GET IT ON  **Download on the**  **App Store**

Image: The Pavlok app interface displayed on multiple smartphones, illustrating habit tracking, alarm settings, and community features.

3. OPERATING THE PAVLOK 3

The Pavlok 3 offers three primary stimuli to assist with behavior modification:

- **Sound:** An audible chime.
- **Vibration:** A tactile alert.
- **Zap:** A mild electrical stimulus.

These stimuli can be customized and combined through the Pavlok app to suit your personal goals and sensitivity.

Wake up, get up and STAY UP!

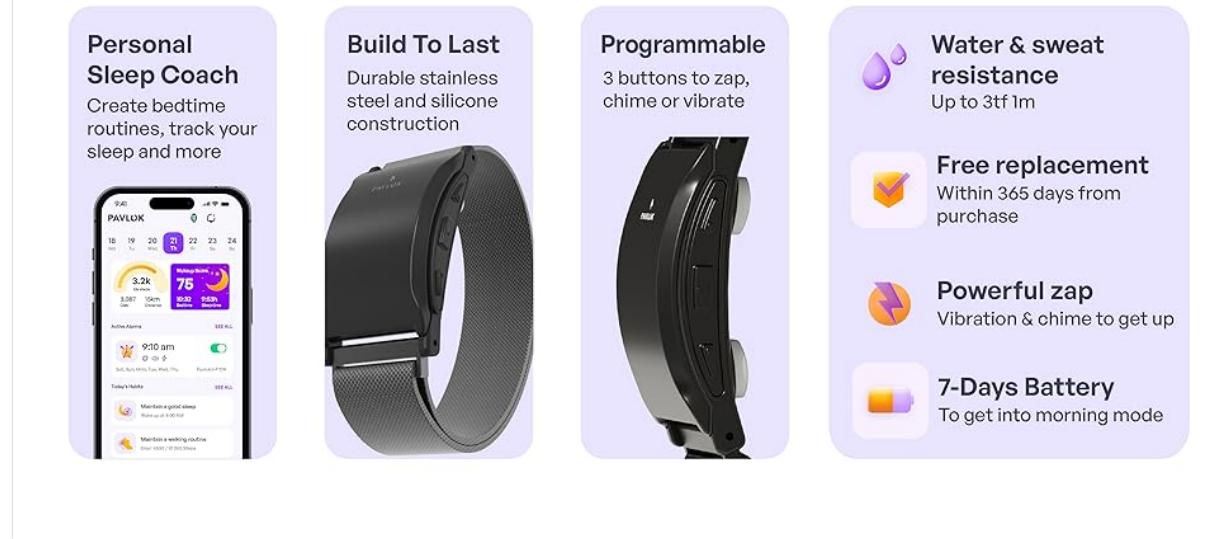


Image: A graphic highlighting key features of the Pavlok 3, including its sleep coaching capabilities, durable construction, programmable buttons, water resistance, and long battery life.

4. HABIT FORMATION AND MINDFULNESS

The Pavlok 3 is designed around a 3-part habit loop: Trigger, Action, and Reward. It helps interrupt undesirable patterns and reinforce positive ones.

4.1 Breaking Bad Habits

Identify a habit you wish to eliminate. Configure the Pavlok app to deliver a stimulus (sound, vibration, or zap) when you engage in or are about to engage in the undesired behavior. This interruption helps create an aversion and retrain your brain.

4.2 Building Good Habits

Set goals for new positive habits within the app. The device can provide positive reinforcement or reminders to help you stay on track. The app also allows you to track your progress and earn rewards.

4.3 Mindfulness Coaching

Receive actionable prompts throughout the day to encourage presence and grounding. These prompts can be customized to help you stay focused and mindful.

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Video: An official video from Pavlok demonstrating the device's function as a mindfulness coach, showing how it can be used to improve focus and awareness.

5. ALARM FEATURES

The Pavlok 3 offers advanced alarm functionalities to ensure you wake up on time and stay awake.

- **Standard Alarm:** Choose between chime, vibration, or zap to wake you up.
- **Jumping Jacks:** Requires you to perform a set number of jumping jacks to dismiss the alarm.
- **QR Code Scan:** Requires you to scan a pre-set QR code (placed away from your bed) to turn off the alarm.
- **Puzzle Unlock:** Requires you to solve a simple puzzle in the app to dismiss the alarm.
- **Snooze Zap:** Delivers a zap if you attempt to snooze the alarm.
- **Light Sleep Wake-up:** Detects your light sleep phase within a set window to wake you up gently before your main alarm.

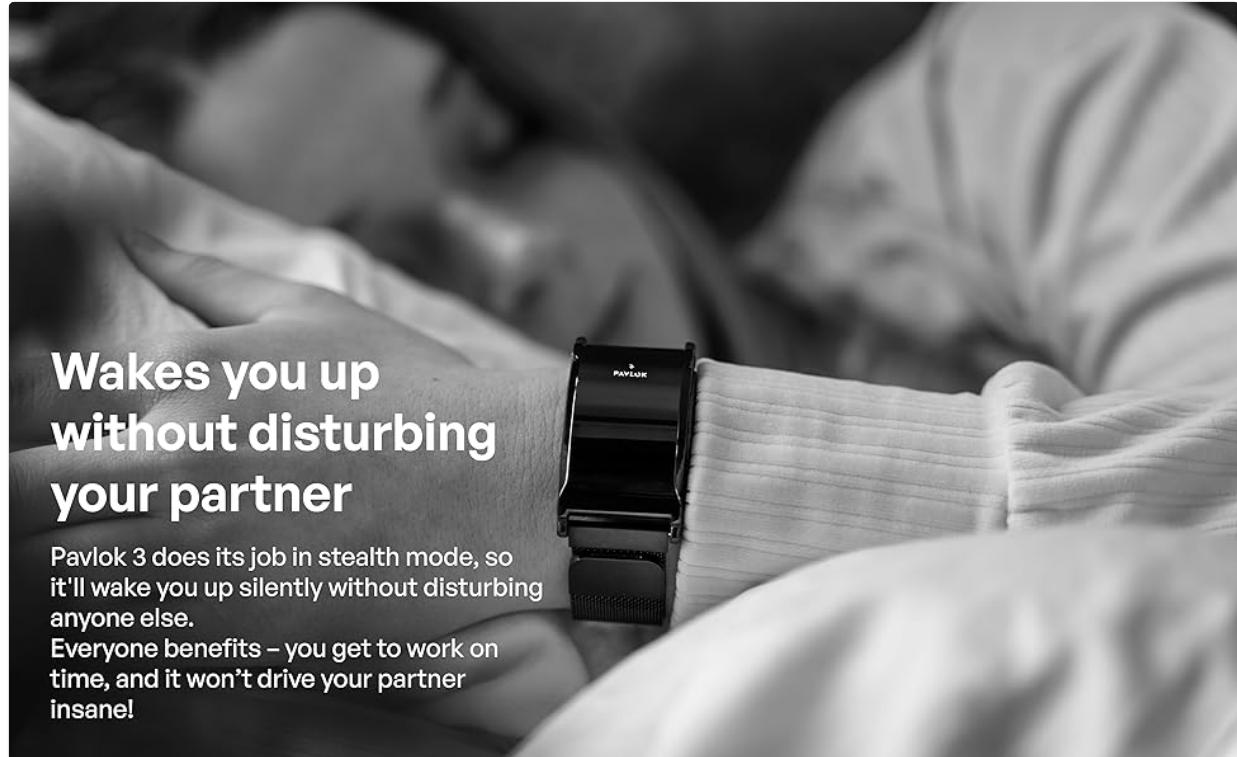


Image: The Pavlok 3 device worn on a wrist, demonstrating its ability to wake the user silently without disturbing a partner.

6. APPS AND INTEGRATIONS

The Pavlok app is the central hub for controlling your device and managing your habits. It offers:

- Habit tracking and insights.
- Personalized reminders.
- Community features for motivation and support.
- Integrations with other services via Zapier for custom triggers and automations (e.g., Slack, Amazon Alexa, Gmail, Google Calendar).

7. TRACKING FEATURES

The Pavlok 3 tracks various aspects of your daily activity and sleep patterns:

- **Steps:** Monitors your daily step count.
- **Activity:** Tracks your general physical activity levels.
- **Sleep Patterns:** Analyzes your sleep duration and quality, helping you establish better bedtime routines.

8. CARE AND MAINTENANCE

- **Water Resistance:** The Pavlok 3 is waterproof and fully submersible up to 1 meter (3 feet) underwater.
- **Battery Life:** The device can operate for up to 7 days on a single charge. Recharge using the provided USB-C cable.
- **Cleaning:** Wipe the device with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.

9. TROUBLESHOOTING

If you encounter issues with your Pavlok 3, consider the following:

- **Device Not Responding:** Ensure the device is charged. Try restarting the device by holding down the main button.
- **App Connectivity Issues:** Check your phone's Bluetooth settings. Ensure the Pavlok app is updated to the latest version. Try unpairing and re-pairing the device.
- **Stimulus Not Working:** Verify the stimulus strength settings in the app. Ensure the device is worn correctly and making proper contact with your skin.
- **Battery Drain:** Frequent use of high-intensity stimuli or continuous tracking may reduce battery life.

For further assistance, refer to the official Pavlok website or contact customer support.

10. PRODUCT SPECIFICATIONS

Feature	Specification
Model Name	Pavlok 3
Color	Obsidian Black
Size	Large
Material	Stainless Steel
Item Weight	46 Grams
Item Dimensions (LxWxH)	11.77 x 1.18 x 0.51 inches
Memory Storage Capacity	128 MB
Operating System	Android (compatible with iOS)
Special Features	Silent Clock, Waterproof
Connectivity Technology	Bluetooth
Battery Cell Composition	Lithium Polymer
GPS	No GPS

11. WARRANTY AND SUPPORT

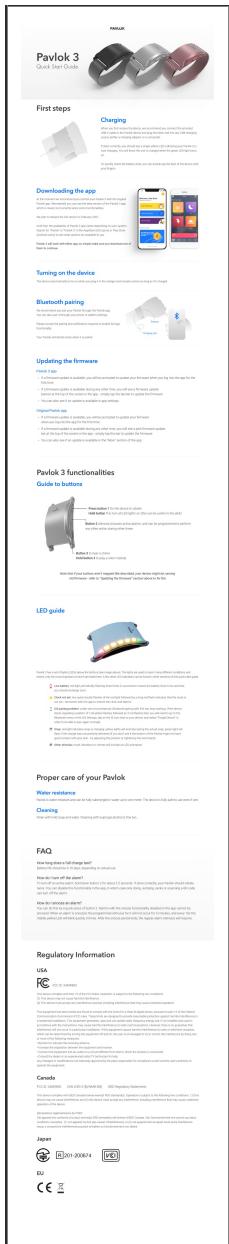
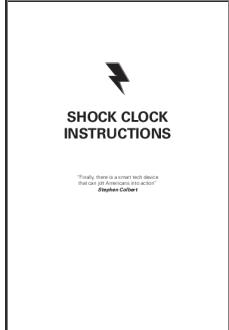
11.1 Warranty Information

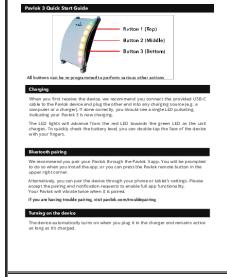
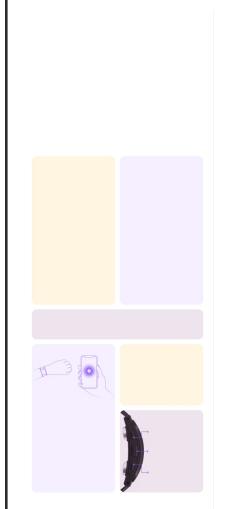
Pavlok warrants its products against manufacturer's defects for 1 year from the date of original purchase. This warranty applies to products sold by Pavlok or an authorized Pavlok reseller. Customer disassembly or tampering with the device will void the warranty. Products showing signs of water damage or misuse/abuse are ineligible for warranty coverage.

11.2 Live Support

Live support is available 24/7 to assist you with your Pavlok 3. You can reach the support team via the Pavlok app or through the official Pavlok website.

Related Documents - Pavlok 3

	<p>Pavlok 3 Quick Start Guide and User Information</p> <p>Get started with your Pavlok 3 using this quick start guide. Learn about charging, app setup, device functions, LED indicators, care instructions, FAQs, and regulatory information.</p>
	<p>Pavlok Shock Clock: User Manual and Instructions</p> <p>Comprehensive guide to the Pavlok Shock Clock, covering setup, features like alarms, sleep tracking, and troubleshooting. Learn how to use this wearable device to break habits and wake up effectively.</p>

	<p>The Microhabit Method for Habit Change and Sleep Improvement by Pavlok</p> <p>Learn the Pavlok Microhabit Method to effectively change habits, with a focus on improving sleep. This guide provides steps, examples, and a printable calendar template to track your progress.</p>
	<p>Pavlok 3 Quick Start Guide</p> <p>A concise guide to setting up and using the Pavlok 3 wearable device, covering charging, Bluetooth pairing, button functions, app installation, firmware updates, LED indicators, and frequently asked questions.</p>
	<p>Pavlok 3 Shock Clock Quick Start Guide</p> <p>Learn how to set up, charge, pair, and use your Pavlok 3 Shock Clock with this comprehensive quick start guide. Includes features like alarms, LED indicators, and troubleshooting.</p>
	<p>Pavlok Microhabit Method: Build Your Evening Routine</p> <p>Learn how to build effective evening routines and change habits using the Pavlok Microhabit Method. This guide provides actionable steps, examples, and a printable calendar to help you establish lasting behavioral changes.</p>