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Embr WAVE2-DEVC-RG

Embr Wave 2 Thermal Wristband User Manual

Model: WAVE2-DEVC-RG

1. INTRODUCTION

The Embr Wave 2 is a personal thermal wristband designed to provide immediate cooling or warming sensations to help manage various thermal discomforts. This device utilizes advanced thermal technology to deliver precisely calibrated temperature waves to the temperature-sensitive nerves on your wrist, influencing your overall perception of temperature. It is intended to assist with conditions such as hot flashes, night sweats, sleep disturbances, tension, and general comfort. The device is rechargeable and integrates with a mobile application for personalized control and session management.



Image: The Embr Wave 2 Thermal Wristband in Rose Gold, showcasing its sleek design and Milanese loop band.

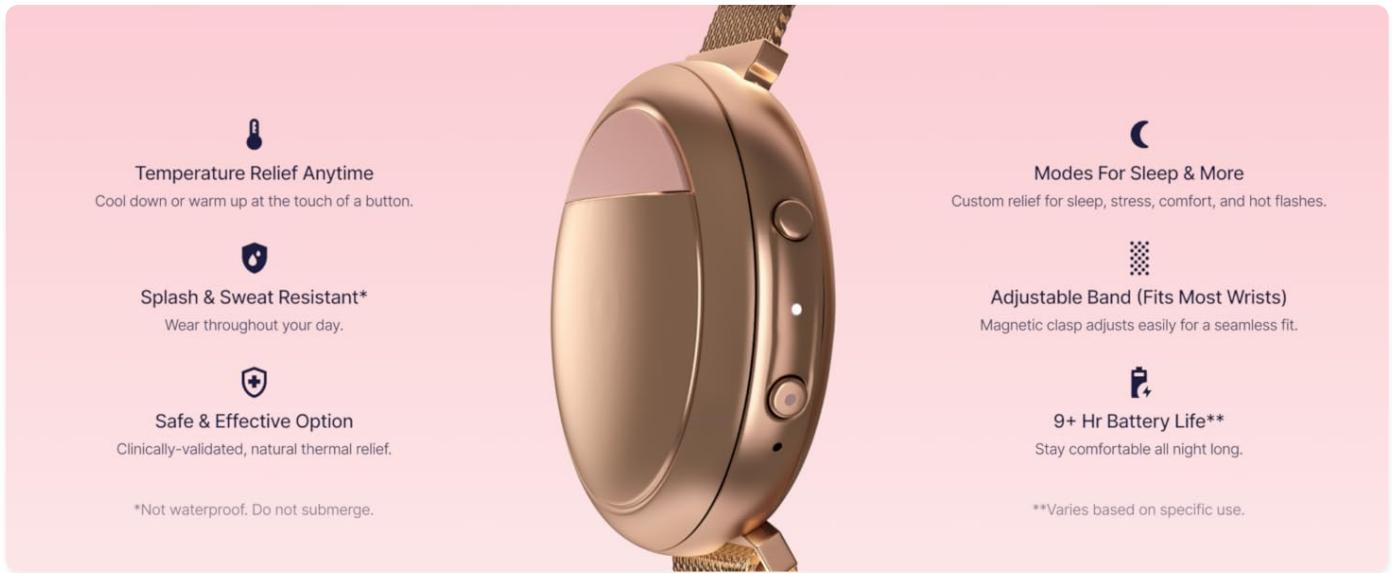


Image: An overview of the Embr Wave 2's key features, including temperature relief, splash and sweat resistance, safety, sleep modes, adjustable band, and battery life.

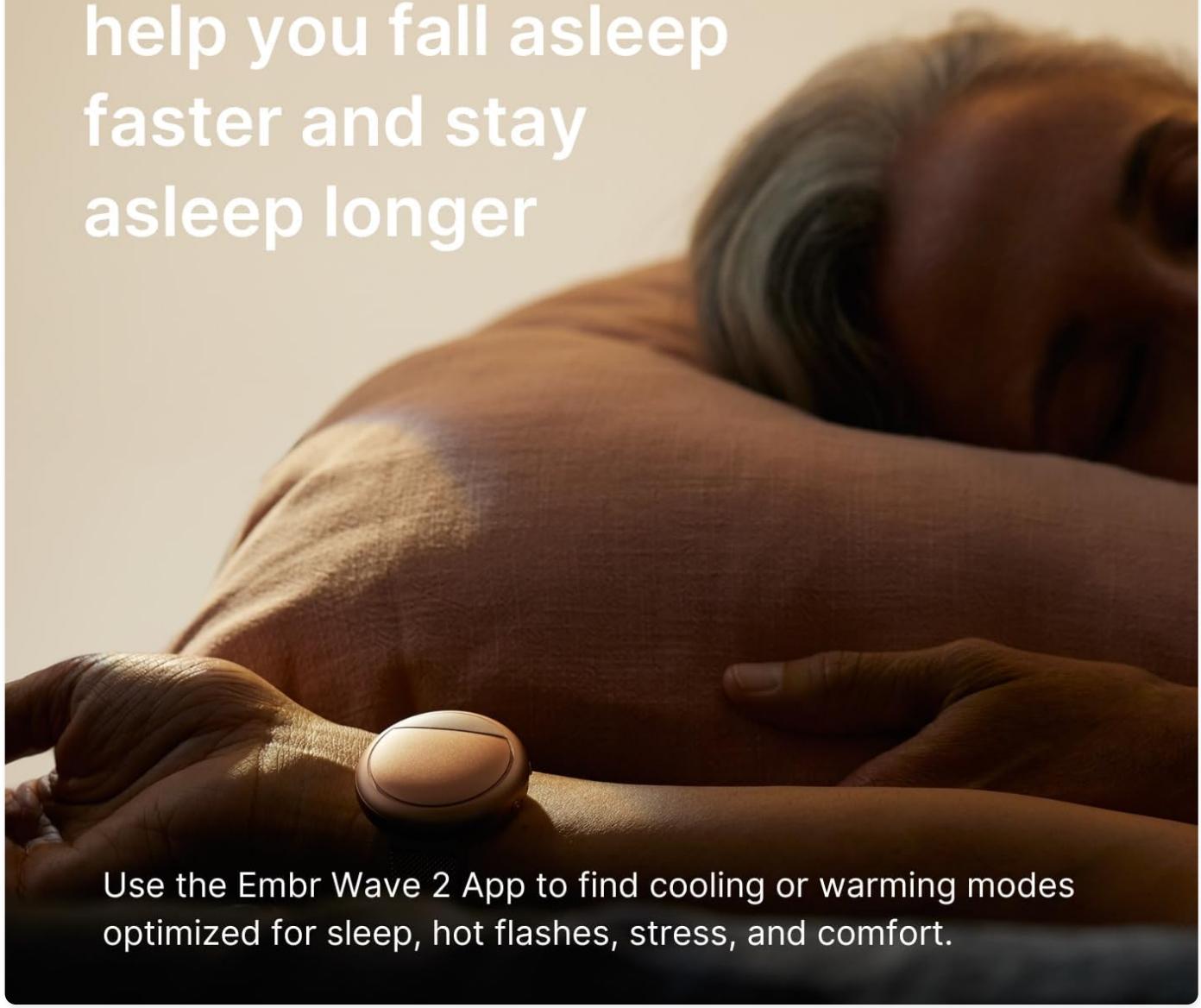
2. WHAT'S IN THE BOX

Upon opening your Embr Wave 2 package, please verify that all the following components are included:

- Embr Wave 2 Device
- Stainless Steel Milanese Loop Band with Magnetic Clasp (matching finish)
- Magnetic Charger with USB Cable
- Quick Start Guide

The Milanese loop band is designed to fit wrists approximately 5.3-9.25 inches (135-235mm) in size.

Modes designed to help you fall asleep faster and stay asleep longer



Use the Embr Wave 2 App to find cooling or warming modes optimized for sleep, hot flashes, stress, and comfort.

Image: The Embr Wave 2 device, its magnetic charger, and the Milanese loop band as packaged in the box.

3. SETUP

3.1. Initial Charging

Before first use, fully charge your Embr Wave 2. Connect the magnetic charger to the device and plug the USB cable into a compatible power source (e.g., computer USB port, USB wall adapter). A full charge typically takes approximately 2 hours.

3.2. App Installation and Pairing

To unlock the full functionality and personalization options of your Embr Wave 2, download the official Embr Wave 2 app from your device's app store (available for iOS and Android).

1. Download and install the "Embr Wave 2" app on your smartphone.
2. Ensure your Embr Wave 2 device is charged and powered on.

3. Open the app and follow the on-screen instructions to pair your device via Bluetooth.
4. Once paired, you can customize settings, explore various thermal sessions, and track usage patterns.



Image: A smartphone displaying the Embr Wave 2 app interface, highlighting options for personalizing thermal relief sessions.

4. OPERATING INSTRUCTIONS

4.1. Wearing the Device

Wear the Embr Wave 2 on the inside of your wrist. Ensure the device makes firm contact with your skin for optimal thermal transfer. The Milanese loop band allows for easy adjustment to achieve a snug fit.

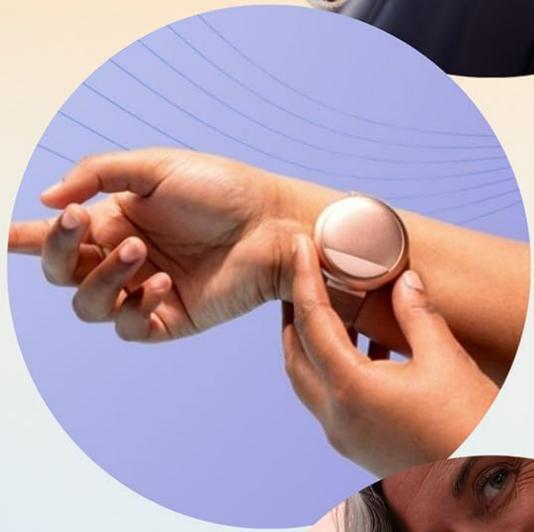
Wear

Wear the Embr Wave on the inside of your wrist to be ready for any discomfort that comes your way.



Press

Press a button to instantly activate cooling or warming waves, depending on your needs.



Feel

The waves trigger a natural mind-body response that helps rebalance your sense of temperature so you can feel better fast.



Image: A person demonstrating how to wear the Embr Wave 2 on the inside of the wrist for effective thermal sensation delivery.

4.2. Basic Button Functions

The Embr Wave 2 features two buttons on its side for quick access to thermal sessions:

- **Top Button:** Typically activates cooling sessions.
- **Bottom Button:** Typically activates warming sessions.

The specific function and duration of these buttons can be customized via the Embr Wave 2 app.

Clinically proven to
help manage the
symptoms of
menopause



Image: A close-up side view of the Embr Wave 2 device, highlighting the two control buttons and the small indicator light.

4.3. Using the Embr Wave 2 App

The app provides extensive control and customization options:

- **Expanded Sessions:** Access a variety of cooling and warming sessions tailored for specific needs, including Focus, Temperature Tools, hot flashes, sleep, tension, and relaxation.
- **Customization:** Adjust session durations, intensity levels, and reprogram the device buttons to suit your preferences.
- **Usage Tracking:** Monitor your usage patterns to optimize comfort and effectiveness over time.

Understand & Optimize Your Progress

Track your usage and learn from your unique patterns to make the Wave more effective for you.

Get the free Embr Wave 2 app in your app store
4.8 ★★★★★ 2,019 Ratings

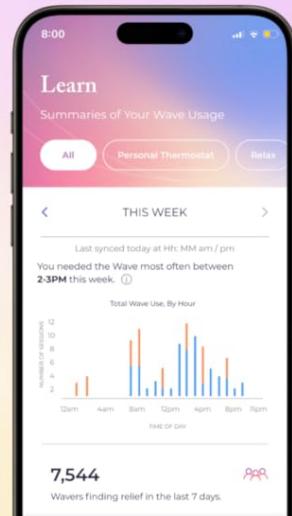


Image: The Embr Wave 2 app displaying a usage tracking interface, allowing users to monitor and optimize their thermal relief patterns.

4.4. Understanding Thermal Relief

The Embr Wave 2 works by generating precise thermal waves that stimulate thermoreceptors on your wrist. These nerves send signals to your brain, influencing your perception of temperature and helping to rebalance your body's comfort response.

- **Why the Wrist?** The inside of your wrist has a high concentration of thermoreceptors, making it an ideal location for targeted thermal stimulation.
- **Why in Waves?** Delivering sensations in waves prevents your body from adapting to a constant temperature, maintaining the effectiveness of the relief for longer durations.



Image: A diagram illustrating how the Embr Wave 2 generates thermal waves to provide cooling or warming sensations.



Why The Wrist?

Thermoreceptors are small nerve endings that sense temperature and relay that message to your brain.

[The inside of your wrist is rich with a high concentration of these thermoreceptors.](#)

This makes the inner wrist a perfect place to send a strong temperature message to your brain.

The Wave only needs to cool or warm a small spot with a lot of thermoreceptors to make your whole body feel different.

Image: An explanation detailing the high concentration of thermoreceptors on the wrist, making it an effective point for thermal stimulation.

4.5. Important Usage Notes

- Adaptation Period:** It may take at least two weeks for your body to adjust and for you to experience the full effectiveness of the Embr Wave 2. Consistent use is recommended.
- Battery Life:** Actual battery life (up to 9+ hours) varies based on device settings and usage patterns.
- Environmental Limitations:** The Embr Wave 2 is optimized for moderate environments. It is not designed to replace air conditioning in extreme heat or heavy winter clothing in arctic conditions.



The Wave is Perfect for Things Like:

- Feeling cool in a stuffy car
- Warming up in a chilly office
- Calming down a hot flash
- Staying cool or warm all night long
- Surviving a sudden cold spell in a movie theater
- Chilling out during moments of stress

Embr Wave is optimized to provide relief for those who experience thermal discomfort in moderate environments.



The Wave is Not Optimized For:

- Cooling while sitting in the sun at the beach
- Swimming or showering
- During a workout
- Feeling ice-cold during a heat wave
- Feeling toasty-warm in the Arctic
- Treacherous rainforest expeditions

Embr Wave won't make you feel like you stepped into a freezer on a 90° F day. While the Wave may help you feel *better* under extreme conditions, it's not intended to replace air conditioning or a winter coat.

Image: A visual guide outlining scenarios where the Embr Wave 2 is effective and situations where it is not optimized, such as extreme temperatures or water activities.

5. MAINTENANCE

5.1. Cleaning

To clean your Embr Wave 2, gently wipe the device and band with a soft, damp cloth. Avoid using harsh chemicals, abrasive cleaners, or submerging the device in water. The device is splash and sweat resistant, but not waterproof.

5.2. Storage

Store your Embr Wave 2 in a cool, dry place when not in use. Avoid extreme temperatures and direct sunlight.

6. TROUBLESHOOTING

If you encounter issues with your Embr Wave 2, refer to the following common solutions:

- **Device Not Turning On:** Ensure the device is fully charged. Connect it to the charger and wait for the indicator light to confirm charging.
- **No Thermal Sensation:** Verify the device is making firm contact with the inside of your wrist. Check the app to ensure a session is active and the intensity is set appropriately.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the device is within range. Try restarting both the app and your Embr Wave 2. If issues persist, unpair and re-pair the device in the app settings.
- **Battery Draining Quickly:** High-intensity or long-duration sessions consume more battery. Adjust session settings in the app to optimize battery life. Ensure the device is fully charged before extended use.
- **Perceived Effectiveness:** Remember that the Embr Wave 2 works by influencing your perception of temperature. It may take consistent use over several weeks for your body to fully adapt and for you to experience the maximum benefits.

For further assistance, consult the official Embr Labs support resources.

7. SPECIFICATIONS

Product Dimensions	5.5 x 4 x 2.5 inches; 0.63 ounces
Item Model Number	WAVE2-DEVC-RG
Department	unisex-adult
Batteries	1 Lithium Ion battery required (included)
Manufacturer	Embr Labs
Operating System	iOS and Android
Special Feature	Lightweight
Battery Capacity	580 Milliamp Hours
Connectivity Technology	USB, Bluetooth
Battery Cell Composition	Lithium Ion
Shape	Round

8. WARRANTY AND SUPPORT

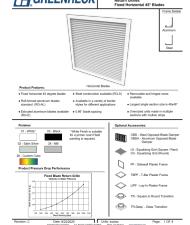
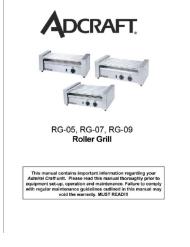
8.1. Product Warranty

For detailed information regarding the product warranty, please refer to the official documentation provided with your Embr Wave 2 or visit the Embr Labs official website. Warranty terms and conditions may vary.

8.2. Customer Support

If you require further assistance, have questions about your device, or need to report an issue, please contact Embr Labs customer support through their official website or the contact information provided in your quick start guide.

Related Documents - WAVE2-DEVC-RG

	<p>Embr Wave 2: Safety, Warranty, and Regulatory Information</p> <p>This document provides essential safety instructions, warranty details, and regulatory compliance information for the Embr Wave 2 wearable device. Learn about product usage, potential risks, and legal notices.</p>
	<p>Viking RG-4 Ring Shaper / Booster: Technical Specifications and Installation Guide</p> <p>Detailed technical specifications, features, and installation guide for the Viking RG-4 Ring Shaper / Booster, designed to enhance and reshape analog telephone ringing signals for PABX, FXS, and IP phone systems.</p>
	<p>Ruijie RG-ES Series Switches ESW_1.0(1)B1P20 Release Notes</p> <p>This document provides release notes for the Ruijie RG-ES Series Switches, specifically for firmware version ESW_1.0(1)B1P20. It details version information, new features, resolved and open issues, supported platforms, software upgrading procedures, and related documentation.</p>
	<p>Ruijie Reyee RG-RAP Series Access Points Web-based Configuration Guide</p> <p>Comprehensive guide for configuring Ruijie Reyee RG-RAP Series Access Points with ReyeeOS. Covers network setup, Wi-Fi optimization, system settings, and troubleshooting for network professionals.</p>
	<p>Greenheck RG Series Return Grilles: Fixed 45 Degree Blade Specifications and Features</p> <p>Detailed specifications, features, dimensions, finishes, and accessories for Greenheck's RG Series fixed 45 degree blade return grilles, including surface mount, T-bar lay-in, tegular module, and bolt slot/Donn Fineline models.</p>
	<p>Adcraft Roller Grill RG-05, RG-07, RG-09: Manual, Specifications, and Warranty</p> <p>Comprehensive guide for Adcraft Roller Grill models RG-05, RG-07, and RG-09, including operating instructions, safety warnings, cleaning procedures, electrical diagrams, parts list, and ACE Electrical Equipment one-year warranty information.</p>



[Embr Wave 2: Safety, Warranty, and Regulatory Information](#)

This document provides essential safety instructions, warranty details, and regulatory compliance information for the Embr Wave 2 wearable device. Learn about product usage, potential risks, and legal notices.

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