



myWaves Pebble Sleep Solution Kit Instructions

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myWaves Detailed Instructions

Important:

Before you begin, please watch our instructional video for a comprehensive guide on how to use your myWaves Pebble effectively. The video can be found at <https://youtu.be/guO1gbM3ik0>.

1.) Getting Started:

- **Unboxing and Verifying Contents:** Open your myWaves package and ensure the following items are included:
 - **A: Adhesive Pad** Attaches to the Pebble for secure placement on your forehead during sleep, ensuring stable data recording. (One time use)
 - **B: USB-C Port** Charge the Pebble by connecting the USB-C cable to this port and the other end to a power source.
 - **C: Power Button** Turns the Pebble on and off. Press briefly to activate the device and begin sleep recording.
 - **D: Snap Connectors** Five connectors are located on both the pebble and adhesive pad.
- Use the designated USB-C cable marked for charging.
- A Red Light on the Pebble during charging turns Green when fully charged. If charging via a computer, the light will show Blue/Red, changing to Blue/Green upon full charge.

2.) Before You Sleep:

- Setting up the Pebble:
 - Attach the adhesive pad to the Pebble ensuring the five snaps fit tightly together.
 - To start recording, press and hold the button on the Pebble for 3 seconds. A pulsating green light will indicate the recording has started. Make sure your forehead is clean of makeup and hair for optimal placement.
 - The device will automatically power down 3 minutes after recording is stopped. Attach the Pebble horizontally on your forehead for best results.

3.) When You Wake Up:

- Post-Recording Procedure:
 - Carefully remove the Adhesive Pad from your forehead. If you see a red flashing light that changes to white on the Pebble, it means the memory is full.
 - To resolve a full memory:
 - 1. Connect the Pebble to your computer using the provided cable.
 - 2. Upload the recorded files to your computer.
 - 3. After successfully transferring the files, delete them from the Pebble to free up memory.
 - 4. If the Pebble shows no light after recording, the device may have run out of battery, but your recording will be preserved.
 - 5. For Mac users, use Finder to locate the myWaves folder and access your recordings.
- Additional Assistance:
 - If you encounter any difficulties locating the recording file on your computer, or if you need further assistance with any part of the process, we invite you to book a session with one of our trained customer service team members. They are available to guide you through the steps and ensure you can fully utilize your myWaves Pebble.

4.) Connecting to a Computer:

- Ensure your computer recognizes the Pebble once connected and navigate to the myWaves folder to locate your sleep recording file, which will be in a .EDF format.

5.) Uploading and Converting the Recording:

- Go to www.mywaves.tech and either log in or register an account.
- Upload your “.EDF” recording file following the on-site instructions.
- Click the “CONVERT” button to transform your sleep recording into a personalized sleep sound, which may take up to 30 minutes.
- Once the conversion is finished, you will receive an email notification to the address associated with your myWaves account, informing you that your personalized sleep sound is ready.

6.) Downloading the Sound:

- Accessing Your Personalized Sleep Sound:
 - Return to the login area on the website and select from the variations of your personalized sound, each with different pitch levels. All variations are tailored to your personal sleep data.
 - Download your chosen sound file to a convenient location on your computer for easy access. You may rename the file for better identification.

7.) Connecting to Bluetooth:

- Using the Bluetooth Enabled Headband:
 - Charge the headband using the provided wire. It takes up to 3 hours to fully charge for 8 hours of use.
 - Pair the headband with your device by selecting "MUSIC HEADBAND" in your Bluetooth settings.
 - Adjust the headband so the speakers align with your ears. Control the sound volume using the controls on the headband. This headband is designed for use with Bluetooth-enabled devices.

FAQs

Q1: What should I do if my Pebble is not charging properly?

A1: First, ensure that you are using the correct USB-C cable provided in the box. If the Pebble still doesn't charge, check your power source. If charging from a computer, remember that the light indicators will be Blue/Red, changing to Blue/Green when fully charged.

Q2: How do I know if the adhesive pad is correctly connected to the Pebble?

A2: A proper connection is indicated by a tight fit between the Pebble and the adhesive pad snaps.

Q3: What does a flashing light on the Pebble mean after waking up?

A3: A flashing light indicates there was a problem with the recording during the night. In this case, review the setup process to ensure everything was correctly done and try recording again.

Q4: How do I upload my sleep recording from the Pebble to the myWaves website?

A4: Connect the Pebble to your computer, locate the new myWaves folder in your file system, and select the .EDF file. Then, log in at www.mywaves.tech, go to the upload section, and follow the prompts to upload your recording.

Q5: How long does it take to convert my sleep recording into a personalized sleep sound?

A5: The conversion process may take up to 30 minutes. During this time, a 'PROCESSING' status will be displayed on the website. Upon completion, you will receive an email notification indicating that your sound is ready. Please refresh the webpage if more than 30 minutes have passed.

Q6: How can I access the Bluetooth settings on different devices to connect the headband?

A6: Bluetooth settings are typically found in the device's settings menu under 'Bluetooth'. Ensure Bluetooth is turned on, and search for "MUSIC HEADBAND" in the list of available devices to pair.

Q7: What should I do if I can't find the myWaves folder or the .EDF file on my computer?

A7: Ensure that the Pebble is correctly connected to your computer. If you're using a Mac, the folder might be at the bottom of your Finder. For PC users, check the bottom of your file directory. If the folder is still missing, try reconnecting the Pebble.

Q8: Can I reuse the adhesive pads?

A8: No, the adhesive pads are designed for single use only. After use, please dispose of them responsibly, adhering to environmental guidelines.






Q9: Is it necessary to have a full night's sleep for the recording to work?

A9: No, a full night's sleep is not required. Recording for 2-8 hours is typically sufficient to generate data for creating your unique sound.

Q10: Can I listen to my personalized sleep sound on devices other than the provided headband?

A10: Yes, your personalized sleep sound can be played on any Bluetooth-enabled device. Simply download the sound file to the device or use Bluetooth to connect.

Pebble Charging Status Lights

	COLOR	FUNCTION
	Turn On/Off	Press button 3 seconds.
	Fast Flashing Green	After turning on the device, you will see the green light flashing fast 3 times.
	Slow Green Flashing	Your recording has started. Light will fade after 2 minutes.
	Fast Flashing Blue 4X Times	To finish your recording, press the button once. Your pebble will show 4X blue flashes and automatically shut down.
	Solid White	Adhesive pad is not connected to your Pebble or has a poor connection. Please reconnect the adhesive pad to your Pebble.
	Red Flashing change to White Flashing	The memory of your Pebble is full. Please connect the Pebble to your computer using the cable, upload and delete the files.

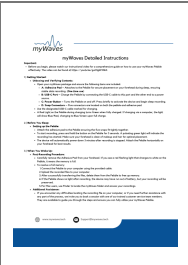
	COLOR	FUNCTION
	Fast Flashing Red 5X times	Battery is below 80%. Please charge.
	Solid Red changing to Solid Green	Your Pebble will show a solid red light while charging via a power source other than your computer. Once fully charged the Pebble will show a solid green light.
	Solid Red/Blue Color changing to Solid Blue/Green	Your Pebble will show a solid red/blue light when charging via your computer. Once fully charged the Pebble will show a solid blue/green light.
	No Light	<p>A. The device is turned OFF</p> <p>B. The device is recording: After the slow green flashing, the green LED will go off. The device is recording in the background. Press the button once to stop the recording.</p> <p>C. The device potentially ran out of battery at the end of the recording. Your recording will not be lost.</p>

www.mywaves.tech
Support@mywaves.tech

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Documents / Resources

	<p> myWaves Pebble Sleep Solution Kit [pdf] Instructions Pebble Sleep Solution Kit, Pebble, Sleep Solution Kit, Solution Kit, Kit </p>
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References

- [User Manual](#)

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