



## TouchPoints for Calm User Manual

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TouchPoints for Calm User Manual



## What's Included?

**2 Touch Points**



**1 Linen Carrybag**



**1 Set of Wristbands**



**Dual-pronged Charging Cable**

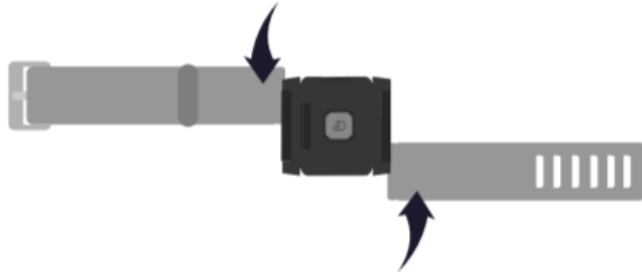


## Setting Up

1. Charge TouchPoints until red light turns off (Approx. 2-3 hours)



2. Slide wristbands onto Touchpoints



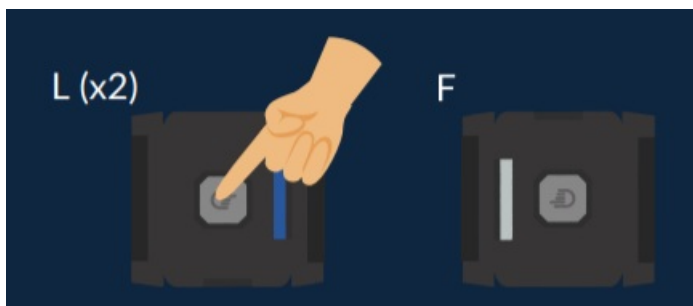
3. Your TouchPoints are ready to use!



## Using Touchpoints

Lead (L): First device powered on – used to select setting | Follower (F): Second device powered on – mimics the setting from the leader Either device can be lead or follower based on which one is powered on first

1. Press the button on the lead device twice to turn on and activate blue setting.



## POWER ON

2. Face the lights of both TouchPoints together and press the button on follower device once. The light on the follower will match the color of the lead, and the devices will vibrate in an alternating pattern.



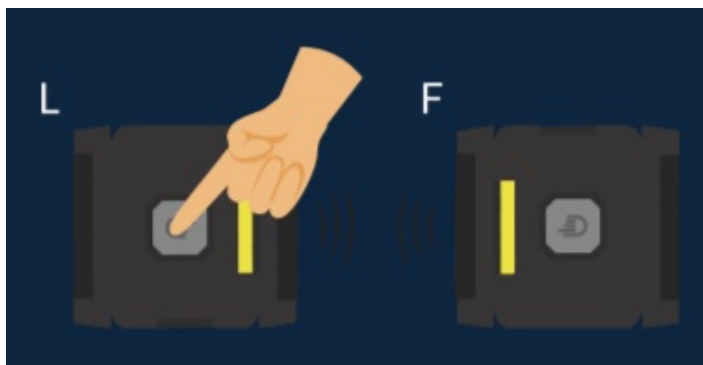
## PAIRING

3. If desired, change settings by pressing the button on the lead device again while both TouchPoints' lights are facing each other.

Blue: Slow

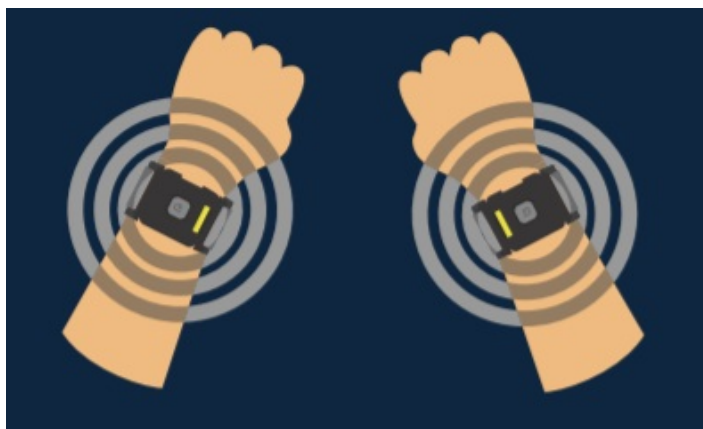
Yellow: Medium

Purple: Fast



## SETTINGS

4. Place one TouchPoint on either wrist and feel the calming vibrations. (Note: The average user wears TouchPoints for 20 minutes in the morning or evening, or as needed throughout the day.)



## DESTRESSING

5. To turn off, hold the TouchPoints away from each other and press the button on each until you see the green light.



## POWER OFF

Under unusual conditions of high electrostatic discharge, your TouchPoints may power off due to a built-in safety feature. In the event this occurs, simply re-start the devices.

## How to Wear TouchPoints

TouchPoints are worn as a synchronized pair with one on the right side and one on the left side of the body. Skin contact is not necessary as long as the vibrations are felt.



**Visit our website to learn about the TouchPoints Challenge and our Encyclopedia of Uses**

## TouchPoint Challenge

*The TouchPoint Challenge simulates a stressful event so that you can quickly experience stress reduction and understand how TouchPoints are affecting your body's stress response.*

1. Think of something stressful. How stressful/unpleasant does this feel now on a scale of 0-10?
2. When you think of something stressful, where do you feel it in your body (stomach, chest, etc.) and how intense is the feeling 0-10?
3. Activate your TouchPoints on the blue setting and hold them in either hand for about 30 seconds. Then, turn them off and rate how stressed you feel and how intense your body sensations are 0-10.

If both went down, great! The average is 7 down to 3 in 30 seconds. Don't worry if you do not feel a reduction, there's a better setting for you. Try the challenge on the yellow or purple setting.

## IMPORTANT: WARRANTY REGISTRATION

In order for your 1 year limited manufacturer's warranty to be valid, please follow the simple steps below:

1. Download the TouchPoints app in the Google Play or Apple App Store and create account.

2. Go to 'Product Registration' in the app menu.
3. Enter the serial numbers found on the back of both of your TouchPoints separated by a comma (Do not remove serial stickers)

**Want additional coverage?**

Visit our website to purchase TouchPoints Insurance to cover breakage and water damage

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