



## Congratulations on this wonderful purchase!

Your life and the lives of people around you will begin to change the moment you take your first pause.

QUALITY is everything to us! Our bracelets go through several steps of quality assurance to ensure they pass our stringent standards. Rest assured you have a quality product that is hand crafted and assembled in the USA! If you are not 100% satisfied with your bracelet, send it back to us within 30 days of the date of purchase and we will refund your money promptly (less shipping and handling).

### How to operate the pause capsule:

The bracelet arrives to you "disabled" or in "sleep mode." The internal clock is always running in 90 minute intervals.

#### SLEEP MODE:

You can disable the vibration by pressing the function button for 3 seconds or longer and releasing it. You will receive a short 1/2 second vibrate acknowledging the sleep mode.

#### AWAKE MODE:

You can enable the vibration by pressing the function button for 3 seconds or longer and releasing it. You will receive 2 short vibrations acknowledging the awake mode.

#### RESET THE 90 MINUTE INTERVALS:

If you want to change the start time of your 90 minute interval, simply press the function button and release it. You will receive a longer 1.5 second vibration acknowledging the reset.

#### SYNCRONIZE WITH ANOTHER UNIT:

You can sync the capsule with other capsules to go off at the same time by simply pressing the function button and releasing it. You will receive a longer 1.5 second vibration acknowledging that you have synced.

### Important things to know about your bracelet and capsule:

- The capsule is NOT waterproof or water resistant – please keep it away from water and liquids
- The elastic band might stretch after wearing – this is normal. If you would like the fit to be more snug or loose, you can take the bracelet to a craft store or bead shop and ask to have the beads restrung – or you can send it to us at P.O. Box 676 Alamo Ca 94507 (\$7.85 return shipping will apply)
- Fit should be comfortably snug so that you can feel the vibration well (**capsule should be worn on the inside of the wrist**)
- The battery should last up to 6-8 months – and can easily be replaced by removing the 3 screws on the bottom and opening the capsule. Battery type: CR1632 (easy to find). Gently remove the circuit board and insert a new battery. You can purchase extra batteries from the meaning to pause on-line store by selecting "accessory pack." Also, check out our site for instructional videos: <http://www.meaningtopause.com/how-to-videos.php>
- If you experience a reaction from the bracelet STOP wearing it immediately and return it to us for a full refund. If you have known allergies to plastic, then you should not wear the bracelet. The high quality, non-toxic plastic capsule is made from resin that has undergone biocompatibility testing and is approved for medical grade applications
- Every capsule has a 60 day warranty. Should you need to contact us for a replacement, please send us a message on the "contact us" section of our web site. We cannot warranty the stretchy string portion of the bracelet as there are many factors that can cause this to break (sharp edges inside of the beads, catching on something, etc). If the elastic breaks, it can be easily restrung at a local bead shop or you can send it to us at P.O. Box 676 Alamo Ca 94507 (\$7.85 return shipping will apply)
- Troubleshooting tips and FAQ's can be found on our website under the "Product" tab

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[www.facebook.com/pages/meaning-to-pause](http://www.facebook.com/pages/meaning-to-pause)