



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. Each bracelet is tested at 3 separate stages of assembly before it is sent out. By the time it reaches you, 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. As acknowledgment that the vibrate is disabled, you will receive a short 1/2 second vibrate

AWAKE MODE:

You can enable the vibration by pressing the function button for 3 seconds or longer and releasing it. As acknowledgement that the vibration is enabled you will receive 2 short vibrations.

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. As acknowledgement that you have reset the 90 minute cycle, you will receive a longer 1.5 second vibration.

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. As acknowledgement that you have synced, you will receive a longer 1.5 second vibration.

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 a bit after wearing – this is normal. If you would like the fit to be more snug or more loose, you can take the bracelet to a craft store or bead shop and ask to have the beads restrung (or do it yourself)
- **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 approximately 6 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."
- 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 an e-mail at the "contact us" tab at: www.meaningtopause.com. Because of the stretchy nature of the beaded portion, there is no warranty on that part of the bracelet. If the elastic breaks, it can be easily restrung and worn again
- Troubleshooting tips and FAQ's can be found on our website under the "Product" tab

Share your creative pauses with us on the FORUM page of our website:

www.meaningtopause.com