USER'S MANUAL

DEVELOPED AND MANUFACTURED BY **SENSAFLO INC.**

MADE IN CANADA

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PLEASE KEEP THIS MANUAL FOR REFERENCE

VERY IMPORTANT
Please read this short *User's Manual* completely before using your **WaverBed**.
It contains all the information you will need to enjoy it.

INSTALLATION

1 For best surround sound effect, place the speakers on the floor on either side of the nightstands, leaning against the wall.

2 Connect the left speaker to the main speaker using the RCA cable supplied. Lay the wire on the floor behind the headboard.

3 Slide the WaverBed resonator under the right-hand side of the mattress, towards the centre, 30 cm (12 in) from the end of the bed. **Orient the resonator as shown in the sketch below.**

• If two people are sleeping together and one of them prefers stronger waves, locate the WaverBed on his side.

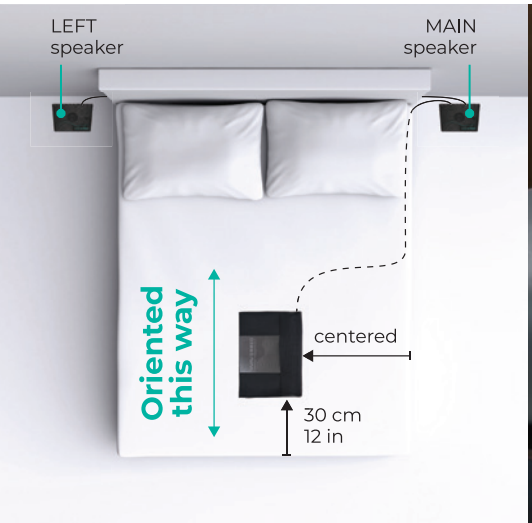
4 Slide the wire under the edge of the mattress to the head of the bed, then plug it into the DIN socket on the back of the main speaker.

5 Plug the multi-voltage AC/DC adaptor into your wall socket using the appropriate plug*.
Connect to the 12 volt socket behind the main speaker.

**The default AC/DC socket is designed for 110 volts, if necessary use the correct plug for your voltage type.*

Now you can enjoy your WaverBed!

Rear view of main speaker



Happiness accessible at all times!

Above all, WaverBed offers immersive multi-sensory experiences that are captivating from start to finish and during which you lose all track of time. It's easy to get into the habit of doing daily sessions to improve your physical and mental state.

The stress of modern life builds up day by day and year by year. Moments of relaxation, such as holidays, sporting activities, visits to the spa and all those other moments of happiness that allow you to release tension, are too far apart.

The magic of WaverBed is that it returns us to a more than significant state of well-being after each session, preventing stress and its harmful effects from invading our lives.

Getting the most out of your WaverBed

Several years of research have enabled us to maximise the benefits of the combination of body waves and music in bed.

The repertoire of 12 programs included with your purchase, plus others to come on the WaverBed app, will make you want to use it every night to get the best possible sleep and also develop the habit of doing sessions every day to improve your physical and mental state during the day.

Combine programs with the **WaverBed app**

- Customise the order of programs
- Pre-set the intensity and volume of the sounds at start-up
- Link up sequences of programs
- Add new programs

Thanks to the WaverBed app, you can put your favourite sleep program in 1st position and have it followed by the sleep maintenance program of your choice.

*For example, you could preset the **Lullaby** program followed by the **Night Support** program.*

To help you fall asleep

- Lullaby
- Night under the Stars
- Total Rest
- Prelude to Sleep
- Nap in the Jungle

If there are two of you using it, adjust the intensity of the waves and the soundscape to a level that is pleasant for both of you.

Even at the lowest intensities, the body waves will relax your nervous system.

To achieve and maintain deep sleep

- Nocturnal support with wave ambience
- Silent Night Support

For these programs to be as effective as possible and put you into a deep sleep, lower the intensity to a level where you can barely feel it and no longer hear it in your pillow.

For a moment of bliss

- Energising break
- Intense Massage
- Stimulating Massage
- Total Rest

These programs, which last between 5 and 20 minutes, will help you get rid of the stress and fatigue of work so you can enjoy the rest of the day more fully.

Secret shared by the inventor of the WaverBed

For over 15 years, I've been setting my alarm **25 minutes before my preferred wake-up time** and starting my day with the **Meditation Awakening** program.

As well as waking me up gently, this program allows me to start preparing for my day, without stress and with a clear head.

When I get out of bed, I feel as cheerful as when I'm on holidays!

WAVERBED PROGRAM DIRECTORY

1 **Total Rest** | **20 minutes**
- Recommended position on your back
- Program to erase accumulated fatigue and feel totally relaxed

2 **Lullaby** | **20 minutes**
- Recommended position on your back (at the start of the session)
- Helps to fall asleep

3 **Romantic Massage** | **20 minutes**
- Let yourself go to the rhythm of the sensory body waves

4 **Nap in the Jungle** | **1 hour**
- Recommended position on your back (at the start of the session)
- Helps to fall asleep or to get rested during the day

5 **Stimulating Massage** | **12 minutes**
- Recommended position on the back
- Very brisk pace to stimulate you and keep you awake

6 **Night under the Stars** | **3 hours**
- Usual position for sleeping
- Helps to fall asleep
- To achieve and maintain deep sleep

7 **Awakening Meditation** | **25 minutes**
- Recommended position on the back
- Start your day in a state of energetic and creative harmony
- Schedule your morning alarm 25 minutes earlier to enjoy this moment of happiness as soon as you wake up

8 **Intense Massage** | **20 minutes**
- Recommended position on the back
- Greatly reduces muscle tension and discomfort
- Use before and after your sporting activities

9 **Prelude to Sleep** | **30 minutes**
- Recommended position on your back (at the start of the session)
- Helps to fall asleep

10 **Energizing Break** | **5 minutes**
- Recommended position on the back
- Mid-day break
- Get a big energy boost and stress reduction in just a few minutes

LONG-TERM PROGRAMS

* For these programs to be effective and lull you into a deep sleep, lower the intensity to a level where you can barely feel it and no longer hear it in the pillow.

11 **Night Support with wave ambiance | 8 hours**
- Usual position for sleeping
- Helps to fall asleep
- To achieve and maintain deep sleep

12 **Silent Night Support | 8 hours**
- Usual position for sleeping
- Helps to fall asleep
- To achieve and maintain deep sleep

REMOTE CONTROL OPERATION

12	12	12
VARIOUS PROGRAMS	MASSAGE INTENSITY LEVELS	AMBIENT SOUND LEVELS

BODY WAVES FROM HEAD TO TOE!

WaverBed creates body waves that will rest, numb or stimulate you, depending on the program you choose.

Play with the intensity levels to find your comfort point for each program.

Take advantage of the 12 programs to experience a wide range of sensations and reap the full benefits.

WOODEN SLATTED BASE

To prevent vibration of the slats caused by the low frequencies of the WaverBed system, it is recommended that the slats are fixed to the base of the bed.

Foam stickers are supplied for this purpose, in the box with the unit, to fix each end of the slats.

CLEANING AND CARE

To clean the **WaverBed**, use a soft, damp cloth and a mild detergent, such as a household multi-surface cleaner.

NEVER use abrasive cleaners containing bleach or alcohol.

Keep the unit away from solvents or strong detergents.

NEVER SUBMERGE THE WAVERBED IN ANY LIQUID

WAVERBED WARRANTY

To activate your WaverBed's 2-year parts and labor warranty, register your appliance using the application by going to **www.waverbed.com/waverbed-app**

TECHNICAL DATA

Main speaker	**Dimensions:** Width 7 in. / 17.80 cm Height 4.5 in. / 11.40 cm Depth 4.5 in. / 11.40 cm **Amplification:** Digital DS Class **Control system:** 3 synchronised microcontrollers **Storage capacity:** 16 GB / with error correction system **Frequency range:** 30 ~ 20 000 Hz **Impedance:** 4 Ohms **Power supply:** International multi-socket wall power supply (included), 90 ~ 264 VAC to 12 VDC, 3 A / 36 WP **Protections:** Intelligent thermal management system **WaverBed app:** Compatible with Android™ and IPhone® cell phones
Left speaker	**Dimensions:** Width 7 in. / 17.80 cm Height 4.5 in. / 11.40 cm Depth 4.5 in. / 11.40 cm **Impedance:** 4 Ohm **Connection:** 16 ft. / 4.88 m RCA wire (included)
Remote control	**Dimensions:** Width 3.75 in. / 9.52 cm Height 4.75 in. / 11.43 cm Depth 1 in. / 2.54 cm **Power supply:** 2 AA batteries (included) **Connectivity:** RF 2.4 GHz
Resonator WaverBed	**Dimensions:** Width 14 in. / 35.56 cm Length 10 in. / 25.40 cm Thickness 1 in. / 2.54 cm **Frequency range:** 16 ~ 90Hz **Acceleration:** 1.5 G

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WAVERBED

BODY WAVES

THE ULTIMATE REST EXPERIENCE

If you have any questions, please do not hesitate to contact us at **1 888 903-WAVE (9283)**

www.waverbed.com