



EarthPulse v.4.6 Magnetic Device includes:

- **Sleep on Command™ Digital controller** 3.5"L x 2.5"W x 1"D
- **Variable Pulsed Frequency:** 1/2 - 14.1 Hz
- **Modular Dual Polarity Electromagnet with configurations:** 2.5" diameter
- **110 volts – 240 volts AC.** 7 volt DC power supply
- **220 volt EU plug adapter included**
- **Convenient, Portable carrying-case** 7.5" L x 6.5" W x 1.5" D
- **Eight Useful Modes** for Sleep, Recovery, Rejuvenation or EMF balance

User Manual
User Manual

BASIC SAFETY PRECAUTIONS should always be followed while using any ELECTRICAL product *ESPECIALLY* around PETS, CHILDREN or WATER. DO NOT use around moisture. DO NOT immerse in water.

A Qualified Health Practitioner should monitor anyone with:

- ◆ **A pacemaker or other internal electronic device:** you should not use this device within 12 inches of pacemaker, implants, transplants, wires, or heart.
- ◆ **Pregnant women:** You should NOT use this device at all.
- ◆ **A transplanted organ**
- ◆ **Or are under 4 years old**

- ◆ **Adolescents:** during growth phase, limit all-night exposure to AIR-CORE ELECTROMAGNET under mattress because higher AMPLITUDES applied all night may influence rate of growth.

- ◆ **If under 100 LBS:** Limit night-time use to AIR-CORE CONFIGURATON magnet ONLY; gradually add AMPLITUDE by adding METAL BASE PLATE CUP first, then SOLID CORE SCREW. Adjust SOLID CORE SCREW by loosening or tightening SOLID CORE SCREW one full turn at a time to modulate amplitude.

- ◆ **DO NOT** use **CROSS-POLARIZING RING** for overnight applications unless affixed to the exact 'pain-point' securely as noted in User Manual.

- ◆ **DO NOT** use **CROSS-POLARIZING RING** anywhere above the Neck. Exposing your Head to the SOUTH POLE FIELD may have detrimental effects which may induce or amplify headaches.

- ◆ **DO NOT** face SOUTH POLE FIELD side of **MODULAR ELECTROMAGNET** toward the body as it constitutes misuse and may have detrimental effects that may induce headaches. *Use only North Pole side toward the body.*

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DISCLAIMER: Pulsed ElectroMagnetic Frequencies (PEMF) research contained on in this and other printed materials are not offered to suggest or imply that you will achieve similar results with use of our BioMagnetic-Supplementation device and methods. Published studies are provided for your reference and research only and are not intended to recommend our device as a drug or as a diagnosis for any illness or disease condition; nor as a product to eliminate disease or other medical condition. **EarthPulse™ Sleep on Command™ IS STRICTLY A PERFORMANCE ENHANCEMENT TOOL; UTILIZING BIOMAGNETIC-SUPPLEMENTATION PRINCIPALS TO ACHIEVE BETTER SLEEP AND IMPROVED PERFORMANCE.** Using **EARTH PULSE™** regularly may substantially improve sleep and performance. Information and opinions provided by Magnetic Therapy Bahamas Ltd. are based upon reputedly published journals and first hand experience. Information found and opinions expressed anywhere on our web site, in printed materials or user documentation are never to be construed as medical advice. Readers should consult appropriate health professionals on any matter relating to their health.

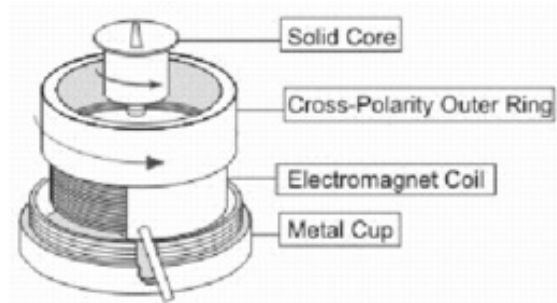
Our product is not intended to be used to diagnose, treat, cure or prevent any disease. The information herein has not been evaluated by U.S. Food and Drug Administration. Worldwide, there are no governmental health agencies that recognize a need to supplement natural magnetic fields. Magnetic Therapy Ltd. makes no medical claim as to the benefit of our device and methods.

4 QUICK START

PRIOR TO Turning Unit On please read and review all instructions. Experiment, Explore and begin Entrainment with the device by completing a 1 hour initiation session. Use a plug-in near your couch, favorite chair or bed. Attempt to darken room & relax with no outside distractions like TV, Computer or other chaotic energy.

- 1) Unpack the Digital Controller and Modular Electromagnet from carry case. Plug-in the Magnet Cord firmly into small input jack on left-rear of the Digital Controller. Plug power-supply cord into the large jack on the right-rear of Digital Controller.
- 2) **Electromagnet CROSS-POLARIZING ring should be removed prior to use.** Remove CROSS-POLARITY RING from the Metal Base Plate Cup by unscrewing the outer ring counter-clockwise.

- 3) With fingers or coin, turn SOLID-CORE SCREW counter-clockwise. Remove SOLID-CORE SCREW from black AIR-CORE ELECTROMAGNET COIL. Put thumb/finger inside of DONUT hole magnet coil and jiggle/pull the AIR-CORE ELECTROMAGNET COIL out of the metal Base Plate Cup. Only replace the outer CROSS-POLARIZING ring for spot treatment of body pain.



- 4) Plug the POWER-SUPPLY into wall outlet (100 - 240 volt AC). Use international plug adapter if required.

5) **POWER ON EarthPulse™:** Depress ON / OFF button and device boots to the start screen MODE SLEEP 1. • *If you make a mistake during the following steps, press the ON/OFF button once to turn -OFF- and again to turn back ON- begin again •*

6) **CHOOSING MODES:** Find all MODES using the UP/DOWN arrow buttons to scroll up and down through the menu. *For your initiation session, choose ENTRAINMENT-UP.* Press the ENTER / START button. Your screen will show the MODE and 8:00 (hours).

- 7) **SETTING TIMER:** Use UP/DOWN arrow buttons to set timer in intervals of 15 minutes. *For your initiation session set timer for 1:00.* Once timer shows desired time, press ENTER/START button to begin. You should see a RED BLINKING light. BLINKING diode represents pulsed magnetic output. The pulse repetition rate will change tempo depending upon mode and time.
- 8) **MAGNET PLACEMENT:** Place Configured ELECTROMAGNET COIL with embossed "N" facing up toward the body under a, mattress, pillow or seat cushion. Position your body or the magnet to have the magnet coil directly under the base of the skull, spine or tail bone. If you feel the pulsed magnetic too strongly, you may place magnet on the floor or counter. After 1st ENTRAINMENT UP - Explore more MODES on **PAGE 6**.
- 9) Test your **Resting-Breath-Hold (RBH)** to discover the efficiency of your oxygen levels on **PAGE 8**.

Feel the power! MAGNETIC PULSE OUTPUT TEST: Re-assemble AIR-CORE ELECTROMAGNET COIL onto Base Plate Cup and replace SOLID CORE SCREW into donut hole of magnet. POWER-UP unit by pressing ON/OFF, press ENTER/START. Take the *removed* CROSS - POLARIZING RING and hold the edge of the ring 1/4 inch over the SOLID CORE SCREW in the center of the magnet. **Notice that you will feel the RING pull in time with the blinking red-diode.** Please repeat this step intermittently during the life of the device to ensure proper operation.



MAGNET CLEANING: Use soft cloth/tissue slightly dampened with a bit of glass cleaner or vinegar. **DO NOT immerse in water.**

MAGNET CONFIGURATION & PLACEMENT

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A). SOLID CORE SCREW may be loosened or removed to adjust magnetic amplitude from 220 Gauss (SCREW-tight) down to 100 Gauss (SCREW-loose). If any agitation, frequency pulsing/tingling OR activation is experienced during a session mode, take the Solid Screw all the way out or loosen to weakest setting.



B). CROSS-POLARITY RING when installed, *amplifies* and *heightens* magnetic field gradient on North Pole surface to 300 Gauss. The CROSS-POLARIZING ring improves overall effect by wrapping the SOUTH POLE field (60 Gauss) around the electromagnet creating a concentric circle between the SOLID CORE SCREW (NORTH POLE) and the OUTER RING CASING (SOUTH POLE). Only use Ring for Direct Applications.

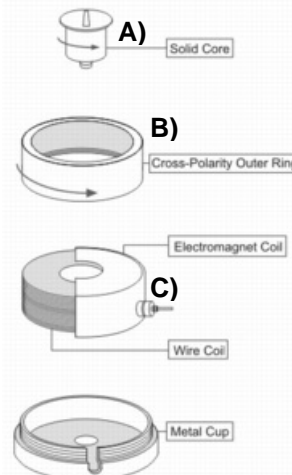


C). AIR-CORE ELECTROMAGNET COIL is the Black donut with *no* base plate and *no* core screw and is rated 60 Gauss at surface.

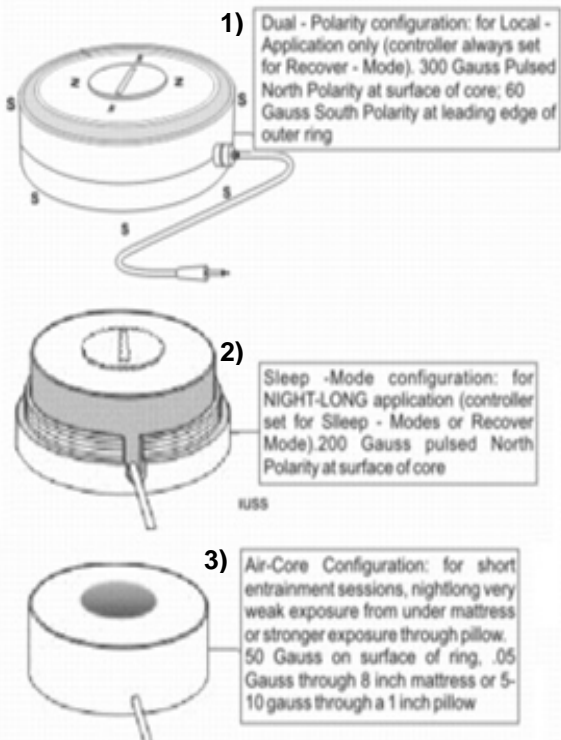
NORTH POLE: (NORTH=NEGATIVE) North Pole is designated with four 'N's on the surface of Electromagnetic AIR-CORE Coil housing. North Pole Side of magnet should **always** be positioned facing UP with **all** MODES.

SOUTH POLE: (SOUTH = POSITIVE) The opposite side of 'N' electromagnet is the South Pole polarity. DO NOT face South Pole Field side of magnet toward the body as it constitutes misuse and may be detrimental. Holding the South Pole side in one hand with the CROSS-POLARITY RING attached is OK particularly if working with Direct Application – see RECOVER page 7.

EXPLODED VIEW OF MODULAR ELECTROMAGNETIC INDUCTOR



MODULAR INDUCTOR CONFIGURATIONS



EarthPulse™ Magnetics Sleep on Command™ System easily penetrates 16" – 24" mattress thickness (or more) and works with foam, traditional mattress, water bed, air mattress, futon, couch or recliner; or on the floor, countertop, bureau or shelf. Magnetic Polarity radiates up and pulses throughout many rooms in varying degrees for whole-house magnetic rejuvenation. Experiment with *3 Magnet Configurations & 8 MODES* for at least two weeks for full acclimation to the individualized programs.

1) Dual Polarity Configuration: For Direct Application, replace CROSS-POLARITY RING with AIR-CORE ELECTROMAGNET COIL together with SOLID CORE SCREW and Base Plate and place below head level, or aligned with lower back or other painful body part such as; legs, shoulders, neck, or pain point for direct application in RECOVER Mode.

2) SLEEP - RECOVER Configuration: For night-long application Modes, *remove* CROSS-POLARITY RING, place AIR-CORE ELECTROMAGNET COIL with SOLID CORE SCREW & Base Plate Cup, between mattress and box spring, or under futon, water bed, seat cushions, or pillows. For best results place approximately in line with the spine, or position centrally between people to share it – for whole rooms place Magnet on the floor. Effective placement for RECOVER or SLEEP benefits are variable depending on individual requirements and are open to experimentation. The magnet radiates more efficiently up & out from the floor or up & out through mattress or cushions than horizontally, although effects may be felt throughout room, walls & floors.

3) Air-Core Configuration: Remove CROSS-POLARITY RING, SOLID CORE SCREW and Base-Plate for short Recover or Entrainment sessions, or weaker magnetic exposure. Do your Entrainment sessions anywhere you choose, but preferably in a darkened room with no outside distractions. When at school or office desk, place sole of shod foot against the NORTH-

POLE side of magnet for day-time rejuvenation. The ENTRAINMENT process is quite relaxing. If you fall asleep briefly during the process, it indicates you are reacting very positively. But, be aware – you may fall asleep until fully entrained with all Modes of EarthPulse™ Sleep on Command™ System.

To familiarize your self with MODES function please scroll up and down through the menu using the UP / DOWN arrow buttons.

- **SLEEP 1 - 4** shows as "S1", "S2", "S3", "S4" on screen. Timer up to 12 hours.
- **RECOVER** shows as "R" on screen. Timer can be set for up to 12 hours.
- **ENTRAIN-UP** (ENTRN UP) shows as "U" on screen. Timer for 30-45-60 mins
- **ENTRAIN-DOWN** (ENTRN DN) shows as "D" on screen. Timer for 1 hour ONLY.
- **ALERT** shows as "A". Timer can be set for up to 12 hours.



After you choose your MODE and select your time, Press ENTER/START. The top set of numbers on the screen shows your timed program amount and a letter that corresponds to your MODE. The bottom set of numbers on the screen is a count-down of how many hours 00:00 minutes are left in the program run-time prior to shut down. Blinking star and Blinking red light should appear with all programs.

EarthPulse™ Sleep on Command™ frequency range emphasizes known "Natural Magnetic Fields" between 1/2 - 14.1 Hz. Choose your MODES according to the results or Rhythm states you wish to achieve. The most convenient way to use electromagnetic fields is when you are already sleeping; to enhance the experience of sleep and to help promote natural healing mechanisms in perfect circadian rhythm. However, alternate states may be achieved with repetitive, low amplitude, long duration exposures by choosing a MODE for daytime use or relaxation & rejuvenation. Generally, you will find that pets are drawn to the magnetic field and will sleep around magnet placement. It will provide everyone in the household, including Pets, immense well-being, recovery, flexibility and longevity benefits when used regularly.

DELTA rhythm 0.5 -3 Hz: associated with deep, rejuvenating sleep as respiration, heart-rate, brain activity and all organs are utilizing least amount of ATP to maintain life force.

THETA rhythm 3 -7 Hz: associated with lucid dreaming, sleep, and other mental states where the mind is wandering, like dreaming, day-dreaming and imagining. Theta irregularity has been linked to several neuro-logical disease states including; Alzheimer's, epilepsy, Parkinson's, MS, ADD, ADHD, schizophrenia, migraine, cluster and other headache symptoms have been linked to electromagnetic anomalies in the Theta frequency band.

ALPHA rhythm 7 -12 Hz: occur when you are relaxed, calm, and in a meditative state. Alpha rhythms also occur during sleep, particularly when falling asleep and prior to waking. Associated with thought process and heightened learning.

Low-BETA rhythm 12 -14.1 Hz: The "normal" waking rhythm that occurs during intense concentration with alert, active thought processing state with little or no stress.

Mid to high-BETA rhythm: 15 Hz or higher is characterized by more and more stress and anxiety. High Beta range associated with "Fight or Flight Response". Dozens of animal studies show constant exposure to frequencies above Mid-Beta rhythm (>15 Hz) results in stress. Constant exposure to 50-60 Hz AC power and cell phone or wireless communication frequencies cause havoc in our body and environment.

Choosing Program MODE: *There is no magic formula. You need to find what works best for you.*

- If you currently sleep less than 2 hours per night; start with SLEEP 4
- If you sleep 2-6 hours per night; start with SLEEP 3
- If you sleep 6- 8 hours per night but wish you slept deeper or with faster onset; choose SLEEP 3, 2 or 1.
- If you sleep well, but are seeking overall Performance Enhancement; choose RECOVER providing it does not deteriorate your normal sleep quality. You may need to use SLEEP-MODES 4, 3, 2, or 1 as stair-step to acclimate to RECOVER.
- If you find you can sleep well in RECOVER, it is suggested you use this on most nights. Goal is to use RECOVER every night.
- If sleep onset fails to occur, switch mode to SLEEP 3 or 4 to put device into DELTA-rhythm for the rest of the night.
- Recovery & Rejuvenation effect will be noticed in SLEEP and ALERT; however RECOVER is more dramatic than higher or lower Hz.
- For those with severe sleep problems some may not be able to sleep with RECOVER at first – choose SLEEP 4, 3 until acclimated.
- Most athletes will find that sleeping with RECOVER will enhance strength, stamina, performance & achieve maximum recovery.

PROGRAM MODES

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These 8 Program MODES and the correct MAGNET CONFIGURATION (pg. 5) allow you an unusually wide variety of application techniques that lend themselves well to just about any application or experimental use. The patent pending MODULAR-ELECTROMAGNET INDUCTOR COIL and the patented CROSS-POLARITY ring attachment, allows for DUAL-POLARITY (North/South simultaneously) pulsed magnetic 300 Gauss North-Pole & 60 Gauss static South-pole field; to be applied to small stubborn pain areas speeding recovery and rejuvenation, or recharge & energize environment and clear harmful EMFs. Easily change the Magnet Configuration for alternate Hz levels according to your needs.

SLEEP-MODE 1: starts at RECOVER-MODE (LOW-ALPHA-9.6 Hz), holds for some time, then steps down through THETA to low-DELTA, cycling between low-DELTA & REM (low-THETA) 3 more times during the night; w/WAKE-UP phase (ALERT-MODE i.e. low-BETA rhythm) prior to shut down. Excellent for Athletic Performance Enhancement.

SLEEP-MODE 2: starts at RECOVER-MODE (LOW-ALPHA), steps down through THETA to low-DELTA, cycling within DELTA range all night; w/WAKE-UP phase (ALERT i.e. low-BETA) prior to shut down. Excellent for Athletic Performance Enhancement.

SLEEP-MODE 3: starts at high DELTA (3 Hz), cycles though low-DELTA 4 times during the night; w/WAKE-UP phase (THETA, RECOVER, ALERT / low-BETA) prior to shut down. For deep sleep & rejuvenation. Excellent for Athletic Performance Enhancement.

SLEEP-MODE 4: starts and stays at 1 Hz (DELTA), w/NO-wake-up phase. We affectionately call this program "the Dead-Zone". Use this Mode if your sleep is terrible and your stress levels high.

RECOVER-MODE: Optimum Alpha-rhythm centered at 9.6 Hz for ½ the program; with ½Hz float up and down w/WAKE-UP phase (ALERT to low-BETA) prior to shut down. Use RECOVER With CROSS-POLARITY-RING off or on, SCREW CORE may be loosened or removed to modulate amplitude. **Remove CROSS-POLARITY RING** for standard RECOVER and rejuvenation. An excellent 'power-nap' and where most of the "magic" happens; used by many as their primary sleep-mode for maximum recovery, repair, breathing, wind-under-load, strength, stamina & anti-aging. Superior for Athletic Performance Enhancement.

Direct DUEL-POLARITY amplitude RECOVER applications **with CROSS-POLARITY RING** configuration, is applied into a specific pain point in RECOVER to improve the body's natural healing response. Place Magnet Coil at chest level, or aligned with lower back or other painful body part such as; legs, shoulders, neck, or *pain point* for Direct Application. Place North-pole side (SOLID-CORE SCREW) as *precisely as possible* over spot of concern pulsing into the body. Magnet may be affixed to a pillow with tape and then i.e. a foot or knee rests on the pillow. Always use a pillow, cushion or folded towel with Magnet for Direct Application. RECOVER has tendency to cause drowsiness so if attempting to maintain alertness while directly applying magnetic field you may want to use ALERT MODE. Direct DUEL-POLARITY applications **with** CROSS-POLARITY RING in RECOVER are only for concerns smaller than the diameter of the Magnet. If pain emanates from a larger area use CONFIGURED MAGNET WITH NO CROSS-POLARITY RING in SLEEP.

ALERT-MODE: LOW-BETA (12 Hz) a slightly higher frequency reduces physical and mental fatigue without causing drowsiness, keeping mind and reflexes sharp yet stress free; also used at end of RECOVER and SLEEP modes to assist in wake-up; may be used at desk to reduce neck and shoulder fatigue. Use ALERT With CROSS-POLARITY-RING off, SOLID SCREW CORE may be loosened or removed to modulate amplitude. Set ALERT upon waking for all day pulsing magnetics to neutralize and clear damaging EMFs from whole house. Pulsed Magnetics overshadows detrimental EMF pollution while you work, rest, or do household chores – Magnet radiates 20 feet and throughout wiring in entire space, but best placed low & central on floor, at base of spine under chair cushions, or place shod foot over Magnet.

ENTRAIN-UP: use AIR CORE Configuration for 1 hour to expose system to entire frequency range (Alpha to Delta, then up to low-Beta). After 2 weeks of imbuing Air Core Magnetic field amplitude, gradually increase amplitude by adding SOLID CORE SCREW; then add base Plate Cup with SOLID CORE SCREW completely loose; then gradually screwing Core in until tight. This process should take another 2 weeks to gradually increase amplitude until you reach performance plateau. Entrainment sessions (ENTRAINMENT-UP or RECOVER-MODE) enhances physical and mental dexterity so that depth perception, spatial orientation typing skills, golf swing and other athletic / physical / hand-eye processes are immediately improved.

Generally, healthy athletic individuals may only require one ENTRAINMENT process every other week/month to enhance mental performance characteristics, especially when device is used under the mattress every night. Entrainment automatically occurs during the night for most SLEEP modes but at greatly reduced field amplitude. Athletes and other competitors should consider a short ENTRAINMENT-UP or RECOVER session prior to practice or competition. Use at school or office for a quick relax/rejuvenate.

ENTRAIN-DOWN: (Alpha to low-Delta) use for 1 hour only as a replacement for all night use; puts you to sleep then shuts down and lets you sleep on your own. Variable Frequency from 9.6 Hz down in 1/10th Hz steps to .5 Hz . Good for stress or anxiousness.

Test for your baseline **Resting-Breath-Hold (RBH)** preferably *BEFORE* 1st initiation ENTRAINMENT session. RBH changes quickly at first so it is CRITICAL you establish accurate base-line levels as per instructions below. Establishing a baseline time is very important so that you have an excellent objective test to measure the effect of the EarthPulse™ Sleep on Command™ on oxygen metabolism in the mitochondria and assess the affect of Pulsed Magnetics at the sub-cellular level. Mitochondrial dysfunction is at the root of nearly all health issues including aging and poor sleep. Antioxidants are designed specifically to protect the mitochondria where free radical damage is most detrimental to the organism. EarthPulse™ Sleep on Command™ synergistically combines deeper sleep with improved cellular energy, subsequently resulting in extraordinary performance enhancement; and even better cellular detoxification. Oxygen metabolism benefits overall health and vitality!

Your brain uses immense amounts of energy even at rest. The easiest way to objectively monitor body's progress at the cellular level is via the **Resting-Breath-Hold (RBH)** test or "**Static**" **Breath-Hold**. How long your body can sustain itself on one deep-breath of air is a function of oxygen metabolism (not cardiovascular function) and is directly related to efficiency of the mitochondria. The longer you can hold your breath the better your mitochondria are doing converting oxygen to ATP. **The test accurately monitors efficiency of mitochondrial oxygen metabolism and shows your cells are producing more energy from each breath of air.** Overall, cell's burn oxygen more efficiently, drawing oxygen from blood slower, producing more energy and less waste from every breath. We suggest only one RBH test per-WEEK during the first month of EarthPulse™ Sleep on Command™ use, and once per-month thereafter. Hold-time will improve quickly for the first few weeks and more gradually after that. RBH increases are purely a function of improved mitochondrial use of oxygen, and should improve gradually for years. Re-Test periodically.

Testing systemic oxygen consumption in clients since 2005 found routine **improvements in baseline readings of 10-20% in as little as 7 days, usually 30-50% improvement by end of 3 months.** RBH test plainly shows that 10 Hz pulsed magnetic stimulation provides 'resiliency' that lasts after stimulation is discontinued. Oxygen metabolism is the PRIMARY method the body uses to generate energy known as ATP the fuel that fires all cellular processes. ATP is required for sending messages within grey matter, motor neurons and neural networks, required for synthesizing hormones in endocrine and neuroendocrine tissues, required by organs to perform each of their specialized functions, for the heart and muscles to fuel muscle contraction, convert food to fuel to combine with oxygen and produce more ATP via oxidative phosphorylation. **In 1989 David Hood found 30+ days of 10 Hz stimulation (ALPHA Rhythm) 8-hours per day increased two critical enzymes of cell respiration:** citrate synthase, and cytochrome c oxidase, by factor 3x. If the oxygen molecules are "picked-up" more efficiently by triple the level of these two enzymes then less oxygen molecules "leak" causing free-radical oxidation. With less need for antioxidants, then there is less toxic cellular waste prematurely aging the cells. The body requires lots of ALPHA rhythm for beneficial healing response.

RESTING-BREATH-HOLD (RBH) TEST DIRECTIONS:

Try to do the RBH-test for a baseline reading TWICE and use the longest time to find your average baseline. Ambient temperature does have an effect on RBH as body uses less energy to maintain core body temperature at 98.6 degree, so try and keep ambient temperature for your RBH testing relatively the same for accurate data. You'll want to do the RBH in approximately the SAME POSTURE EACH TIME (lay down, sit reclined or sit upright). Do not lie on your stomach or side as pressure on the chest affects the heart beat, making it tougher to pump the blood, subsequently burning more energy. Laying down also takes less energy than sitting erect. Stay consistent. Use one position or the other but do not change them during testing.

Step One: Oxygen Loading;

You will oxygen load prior to each RBH test. Each RBH test is done with the maximum amount of oxygen in blood and body tissue. It is imperative you use a consistent OXYGEN LOADING TECHNIQUE each and every time you do the RBH or measurements will be inaccurate. Sit and relax for 10 minutes while watching TV or reading. Allow heart rate to slow. **After 10 minutes, begin DEEP-BREATHING for 60 seconds.** When you oxygen load - breathe deeply and exhale fully. Do this **S-L-O-W-L-Y** so as not to elevate heart rate or hyperventilate. **Exhale last loading breath as fully as possible • NOW, take the largest-deepest breath of air possible & HOLD • start your timer, or watch and record Clock's second hand position for how long you can HOLD your breath.**

Step Two: Timing Parameters

Start time upon HOLDING the deepest breath you can take. As you reach your hold limit, you may exhale a little at a time or all at once. **Stop time upon end of exhale process.** Keep a record of your RBH Baseline readings to watch for improvement.

RBH Baseline measurements can be guesstimated below. If you hold your breath for:

- < less than 30 seconds your RBH is poor
- < less than 45 seconds your RBH is not poor but not too good
- < less than 60 seconds your RBH isn't bad
- < less than 75 seconds you are in decent shape
- < less than 90 seconds you are in pretty good shape
- < less than 120 seconds you are in great shape
- > more than 120 seconds you are in darn great shape so you're world-class if your anywhere near that

• Red diode on power supply is not lit or blinking:

- Check plug and outlet, wall switch or move power supply to different outlet
- Does digital controller show a read out on the screen? red diode may have failed on controller
- No power or 'read out' on controller when plugged in? Controller may have failed.
- Call for service to further troubleshoot cause.

• Digital controller does not have power:

- Is red diode lit on power supply? - unplug power supply, unplug magnet, unplug all cords from controller and then plug in again. Press ENTER/START button.
- If controller fails to receive power call for service.

• Digital Controller LCD characters become jumbled, are faded or missing:

- power off 5 seconds and power on again.

• Sleep results change for no apparent reason:

- Is the electromagnet generating a pulsed magnetic field? Spin the RCA jack while plugged into input. Power ON controller and once screen shows MODE SLEEP 1, press ENTER/START button TWICE; you should now see red diode blinking on controller.
- Conduct Magnetic Pulse Test on page 4 to ensure function.
- Try choosing a different Program MODE, setting your timer for more or less time, and/or use an alternate Magnet Configuration to modulate amplitude.
- Call for customer service if you still experience issues or concerns.

• Sleep onset seems delayed:

- You may have to reduce frequency by modulating SOLID CORE SCREW – tighten or loosen screw. If you normally sleep in RECOVER or SLEEP MODES 1 or 2; reset device for SLEEP 3.

• My Sleep was NOT better the very first night:

- If you find falling asleep takes longer with EarthPulse™ Sleep on Command™ than without it, you are definitely experiencing Agitation and Activation and should take appropriate steps as outlined below.
- Immediately lessen field amplitude by either using AIR CORE Magnet only, OR loosen and adjust CORE SCREW.
- Move Configured Magnet several feet away to floor and far-enough-away to have NO-noticeable effect.
- Each night or week, move it closer to the body until it is back under the body with SOLID CORE SCREW installed tightly. It is okay if you prefer, to operate the Sleep on Command™ Pulsed Magnetics from the floor or a distance away from your bed. Make sure to try different Program Modes and Magnet Configurations to suit your needs.

• UPDATE FOR HYPOTHYROID MEDS & SUPPLEMENTS.

It has been reported by several clients that thyroid function responded to EarthPulse™ Magnetics. We were first alerted on one case whereby client's *newly better* sleep deteriorated within 7 days of using Pulsed Magnetics. The client's Endocrinologist reviewed and discovered that the client's thyroid medication was *too strong*. His dosage was cut by 1/2 and his sleep went back to 6-8 hours per night with Pulsed Magnetics, then, deteriorated again after 7 nights. He went back to his endocrinologist and had his dosage checked a second time; *his dosage needed to be cut by 1/2 again*. The client's sleep again returned to 8 hours with Pulsed Magnetics. We do not believe it is limited to only thyroid gland function, therefore it would be prudent to monitor dosage of all medications.

• UPDATE FOR ELECTRO-SENSITIVES

If you are known to be sensitive to EMF, theoretically you may find that you have high iron / ferritin levels. Blood tests that determine iron levels are; Total Iron Binding Capacity (TIBC), Serum Ferritin (SF), and Unbound Iron Binding Capacity (UIBC). Should you or your Health Practitioner determine that your Iron levels are high, a simple, low-tech free way to lower ferritin/iron levels is to donate blood a few times or consult further with your Medical Professional. There is research supporting the opposite relation between iron levels and electro-sensitivity but Iron levels that are out of range HIGH or LOW could be problematic with those who experience heightened electro-sensitivity.

WARRANTY: Your EarthPulse™ device is unconditionally warranted from defects in materials and workmanship for 1 year from delivery. Between 1-3 years manufacturer will repair or replace any bad component for nominal fee. Manufactured by Magnetic Therapy, Ltd. Bahamas

For REPAIRS & TECH SUPPORT please contact: