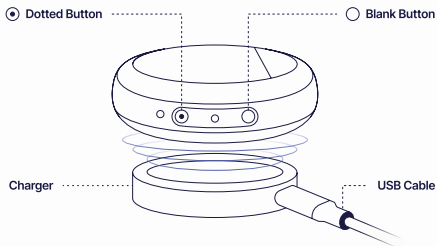


Welcome

°Embr Wave

Learn how to use your Embr Wave to take control with temperature.

Wake up your Wave and let's get started!



- 1 Press the **○ dotted button** once. If the **white light** comes on, you're good to go!
- 2 If not, charge your Wave by placing it on the charger, using the Embr-provided USB cable. You'll see a **solid green light** when your Wave is fully charged, which usually takes about **1-2 hours**.

Wear the Wave on the inside of your wrist.

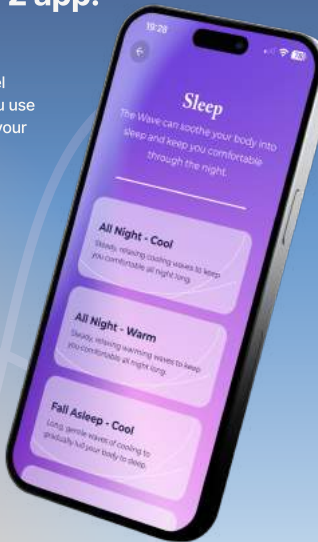


The wave should be worn about **an inch** away from your hand with the **buttons facing your elbow**.

It should feel snug against your skin. Adjust the position until it feels comfortable for you.

Unlock the power of your Wave with the Embr Wave 2 app.

The app allows you to personalize the sensations you feel and how long you feel them. It also lets you understand how you use your Wave and configure your device to your preferences.



**Connect your Embr Wave to
the app to get started.**



Download on the
App Store

GET IT ON
Google Play

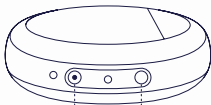
**Download the Embr Wave 2 App for iOS or Android and follow
the on-screen instructions to connect your Wave.**

Relief comes at the press of a button.



Cooling


Dotted Button



Warming

Blank Button

Press the  **dotted button** to make things cooler. During a cooling session, the center LED will blink blue 3x if you've reached the maximum or minimum level of cooling.

Press the  **blank button** to make things warmer. During a warming session, the LED will blink orange 3x if you've reached the maximum or minimum level of warming.

Control your Wave using the two buttons on its side.

Start Session

- 1 Press either button once to wake up.
 - 2 Press the  **dotted button** once to start **cooling**.
- or Press the  **blank button** once to start **warming**.
-

Adjust Temperature

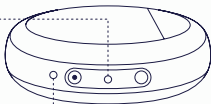
During a session, press the  **dotted button** once to make things **cooler** or the  **blank button** to make things **warmer**.

Stop Session

Press and hold either button for **1 second** to manually stop a session.

The Wave has two lights on the side.

Center Light



Secondary Light*



White: **Awake** (ready to cool or warm)



Green: **Charging/charged**



Blue: **Cooling**



Red (blinking): **Low battery**



Orange: **Warming**



Red (solid): **Consult the app** for more information

*The secondary light will only show when your Wave is updating or if an error has occurred.

Your Wave and your body work together to make you feel better.

1

Temperature Sensation



You feel cooling or warming waves come and go on your wrist.

2

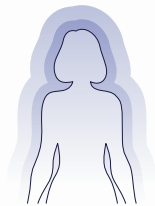
Natural Response



The sensitive nerve endings beneath your skin tell your brain that the temperature is changing.

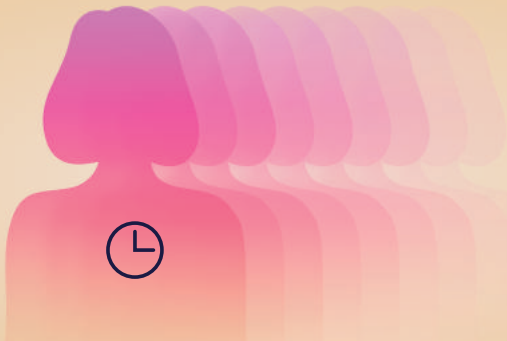
3

Feel Better Overall



Within minutes, your body balances itself so you can feel relief, naturally.

Give your body and mind time to respond.



Not feeling the relief you expect? It can take **about a week** to get used to the sensations of the Wave and understand how it's working for you.

Embr Wave also works better over time. The more you use it, the more effective it can become as you discover what feels best for your body.

Questions?



Download the Embr Wave 2 App for more on how to best use your device.

Explore frequently asked questions, schedule a phone call, or reach our team via chat or email at support.embrlabs.com