

**Advanced Tips cont:** Put the unit on your stomach while you are lying face up. Set the unit to steady on (mode 1 or 5). Breathe with your diaphragm, allowing your stomach to expand and contract with each breath. Make the projected spot on the ceiling move up and down with each breath. Now advance to the slow breathing mode (2 or 4). Make the spot on the ceiling move up and down in “synch” with the oscillating light.

## FOR THE TRAVELER

Toss NightWave into your travel bag. NightWave helps travelers adjust to new time zones.

## SAFETY

Deep breathing is safe and highly beneficial for healthy people. Those with serious medical conditions should consult their physician before undertaking deep breathing exercises. Coherence Resources, Inc. does not make any medical claims. NightWave is designed as a lifestyle enhancement device. It is not a medical device.

## GUARANTEE

You will fall asleep more easily. If NightWave fails to reduce your sleepless nights after two weeks of use, send it back in its original packaging with a copy of the packing slip. We will refund the price of the unit. Shipping and handling costs not included.

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visit: [NightWave.com](http://NightWave.com) Patent Pending

# Instructions for NightWave™

## GETTING STARTED

### Install the Battery

Slide the battery compartment cover downward to open. Insert the battery making sure the terminals align with the slots.



## THE FUNCTIONS

### Sleep Aid

To go to sleep, use the standard sleep mode (7 minutes) or the longer & slower sleep mode (25 minutes). The longer mode is appropriate for those with more severe patterns of insomnia.

### Mood Light

Use NightWave to cast a soft blue light into your bedroom to enhance romantic moods.

### Mood Softener – (heartbeat)

Hold NightWave in your hand during the day and gaze directly at the light with a soft focus. The light pulse simulates a normal heartbeat at a relaxed 60 beats per minute. Many people find this visual stimulus to be soothing.

### Bedroom Flashlight

Hold NightWave in your hand and aim the blue light in any direction as you would a normal flashlight.

## HOW TO SELECT THE MODES

Press the button to advance from one mode to the next:

1. Bedroom flash light (3 min.)
2. Normal sleep mode (7 min.)
3. Mood softener – heartbeat (7 min.)
4. Longer & slower sleep mode (25 min.)
5. Mood light (30 min.)

To turn off, just press and hold for a couple of seconds. NightWave automatically shuts off when the preset time period has elapsed.

## HOW TO FALL ASLEEP WITH NIGHTWAVE

Darken the room to create a restful environment. Turn your attention toward the feeling of the breath located at the core of your body.

1. Press the button to select your preferred mode i.e. normal 7-minute sleep session.
2. Place the unit near the bed, face up, so that the light projects onto the ceiling or wall if preferred.
3. Lie with eyes open, looking at the blue light. Gently synchronize your breathing with the light wave.
4. Practice abdominal breathing by allowing your belly to expand and contract with each breath (not your chest).
5. Continue to relax and breathe, deeper and deeper, as the light wave slows down.
6. Allow the device to finish its cycle and turn itself off.

**Note:** Don't worry about doing it perfectly. Adopt an attitude of flexibility and fluidity. Gently adjust the depth and rate of your breathing to match the light wave. Be patient, especially if controlled breathing is new to you.

## YOUR NIGHTWAVE EXPERIENCE

The NightWave™ sleep assistant is designed for people who have difficulty falling asleep because of an over-active nervous system, restless thoughts, and feelings of agitation.

Deep breathing activates the parasympathetic branch of the involuntary nervous system causing a “relaxation response” in the body. This reduces muscle tension and emotional stress. Heart rate variability (HRV) becomes smooth, blood pressure normalizes, and mood becomes softer.

Let NightWave become your own private sleep coach to guide you in a pre-sleep relaxation session while lying in bed. Busy thoughts fade away, your eye lids grow heavy and a deep feeling of calm envelops the body. You could even drift into sleep before NightWave completes its cycle.

Controlled breathing can feel awkward at first. Be patient. For best results, breathe from the lower abdomen rather than the chest. See a visual demonstration of abdominal breathing on our website: **NightWave.com**. Watch the video.

## ADVANCED TIPS

Advanced breathers may try the following:

Start the 25-minute sleep mode. Quickly inhale through your nose when you see the light growing dim. Hold briefly. Slowly exhale through your mouth when you see the light growing bright.

You may use the heartbeat mode as a breathing counter: Inhale to 4 counts, hold for 7 counts, exhale to 9 counts for example. Create your own unique count.

Enjoy deep breathing while at your computer with **Smooth® deep breathing assistant**. Windows and Mac (visit: [www.Smooth.TV](http://www.Smooth.TV).)