

# Welcome RESPeRATE TO LOWER BLOOD PRESSURE

Congratulations on the purchase of RESPeRATE, the first medical device clinically proven to lower blood pressure.

RESPeRATE provides you with a personalized guide to therapeutic breathing: slow, effortless breathing with prolonged exhalation, powerful enough to relax small blood vessels. This allows blood to flow more freely and significantly lowers blood pressure within 3-4 weeks.

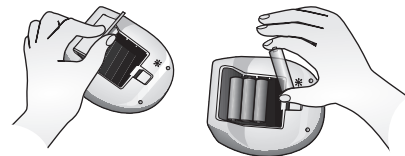
All you need to do is breathe...

⚠ RESPeRATE should only be used as part of your overall health program for achieving goal blood pressure, as recommended by your doctor. RESPeRATE can be safely used in conjunction with medication and lifestyle modifications such as diet and exercise.

## Preparing to use RESPeRATE

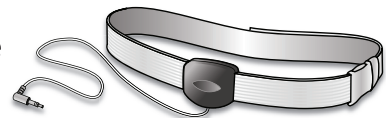
### 1. Install the batteries

Install the 4 AA batteries into the battery compartment located on the bottom of the device. Position the batteries as shown inside the compartment.



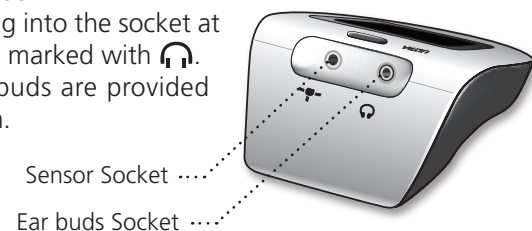
### 2. Plug in the sensor

Insert the sensor plug into the socket at the back of the device marked with a plug icon.



### 3. Plug in the ear buds

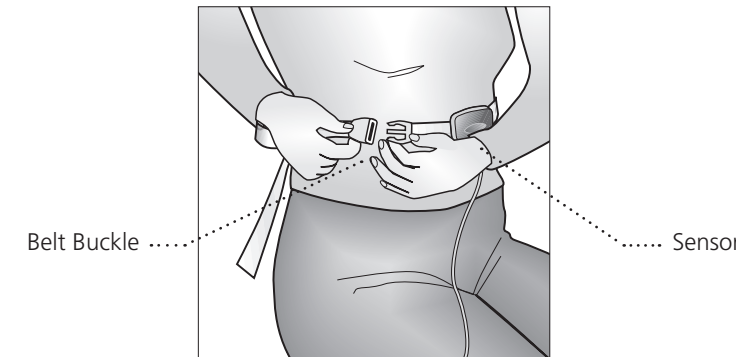
Insert the ear buds plug into the socket at the back of the device marked with a headphones icon. Sponges for the ear buds are provided should you need them.



## Using RESPeRATE for the first time

### 1. Put the sensor belt around your upper abdomen

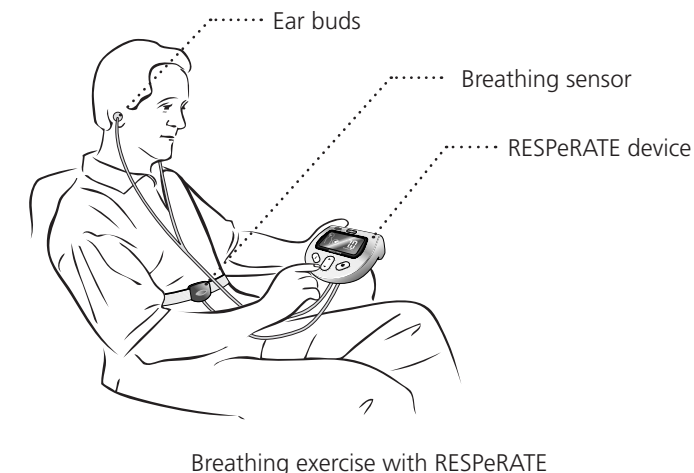
Wrap the belt around your upper abdomen, halfway between your navel and chest, and buckle. Buckling the belt in front, as illustrated, will be more convenient.



Make sure the label of the sensor is placed against your body and that the sensor cable hangs downward. Slide the sensor slightly to the left and right to ensure that it can move freely.

### 2. Put in the ear buds and lean back

It is important to make sure that your breathing is not being limited in any way. Loosen restrictive clothing (tight pants, belt, etc) and place the device in a comfortable position such as on your lap or on a nearby table. It's important to avoid leaning forward which may limit the breathing movement of the abdomen or chest.

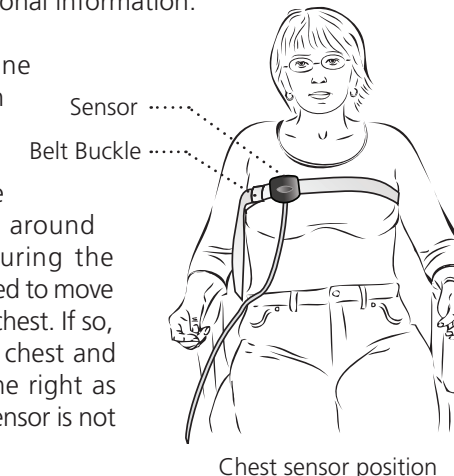


Breathing exercise with RESPeRATE

## The Tutorial

When using RESPeRATE for the first time, start by using the Tutorial. It will check your sensor position, guide you through an abbreviated session, and provide additional information.



The Tutorial will determine where you should position the sensor while using RESPeRATE - abdomen or chest. Currently you have the sensor belt wrapped around your upper abdomen. During the Tutorial you may be instructed to move the sensor belt above your chest. If so, move the belt above your chest and slide the sensor over to the right as illustrated. Make sure the sensor is not placed over a bra strap.

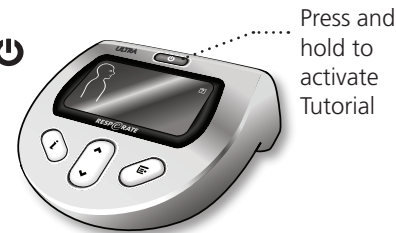


Chest sensor position

You will now be activating the Tutorial which will take about 10 minutes. After completing the Tutorial, return to this Quick Start for tips on your daily RESPeRATE sessions.

### 3. Activate the Tutorial

Press and hold the POWER button  until you see  icon appear on the screen. Place the Quick Start aside and follow the voice instructions.




### Basic Settings & Functions


#### Adjusting the Volume

Press the UP/DOWN button  repeatedly until you reach the volume you prefer.


#### Melody and Settings

To change the melody and other settings, press the  button during a session and scroll through the options.

#### Status Feedback

You can receive immediate feedback on how you are doing and view the remaining time by pressing the INFO button  during a session.

#### Refresh Function

If at any time during the session you feel that following the guiding tones is uncomfortable, press and hold the INFO button . The guiding tones stop temporarily, allowing you to breathe comfortably with quiet background music. RESPeRATE adjusts itself to your comfortable breathing pattern and then continues the guiding tones.

For more information about settings & functions, please refer to the user manual.

### Tips

**Tip 1 Be patient.** An all-day blood pressure lowering result can require at least 3-4 weeks of regular use.

**Tip 2 Breathe effortlessly.** To effectively lower your blood pressure, it is very important that you breathe without making an effort throughout the entire session.

**Tip 3 Breathe gradually.** While following the guiding tones avoid holding your breath after inhaling or exhaling. Breathing excessively deep is counterproductive. Effortless breathing is best achieved by a gradual inhalation through the nose, then a gradual exhalation through the mouth. One way to prolong exhalation is to purse your lips as if you were blowing out a candle.

**Tip 4 The more therapeutic (breathing) minutes, the better!** It is recommended to use RESPeRATE daily. Be sure to accumulate no less than 40 therapeutic minutes per week. Each session should accumulate at least 10 therapeutic minutes. The therapeutic minutes accumulated in the past 7 days appear momentarily on the display each time you turn on the device.

**Tip 5 This is not a competition!** The slowest breathing rate and pattern that is comfortable for each individual varies from person to person and from day to day. Only you can decide when breathing becomes uncomfortable. The goal is not to reach as slow a breathing rate as possible. Making an effort to achieve an excessively slow breathing rate may not be as beneficial in lowering blood pressure.

**Tip 6 Stay Awake.** RESPeRATE is very relaxing. If sleeping, your breathing may become faster and you will not be able to accumulate therapeutic minutes.

**Tip 7 Avoid using other breathing techniques.** During the RESPeRATE session, we do not recommend other breathing techniques such as breath-holding or Buteyko. These types of breathing require effort which is counter-productive to lowering blood pressure.

## We are committed to lowering your blood pressure

**Our Customer Care Representatives will be glad to help you** with questions and suggestions.

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## Quick Start