

# SafeZone-EM™ (SafeZōn™) Instructions

## 1. Power Supply: Refer to Figure 1

- Plug the power adapter (1) into an electrical receptacle.
- Plug the larger, rectangular end of the USB cable (2) into the power adapter and the smaller (C-type) end of the USB cable (3) into the receptacle (4).
- To turn the device ON or OFF, press the power button (5) located in the upper right corner on the device.

## 2. Control Panel: Refer to Figure 1

- The LED Display (6) indicates the status of the device and provides information about settings.
- The device has 3 control buttons: MENU (7), ENTER (8) and BACK (9).
- There are also UP and DOWN arrow buttons (10), to choose various options displayed in the MENU.
- At any time, to return to the home page (status) on the display, press the 'BACK' button (several times if necessary).

## 3. Time Set:

(Note: the time is indicated according to a 24-hour clock)

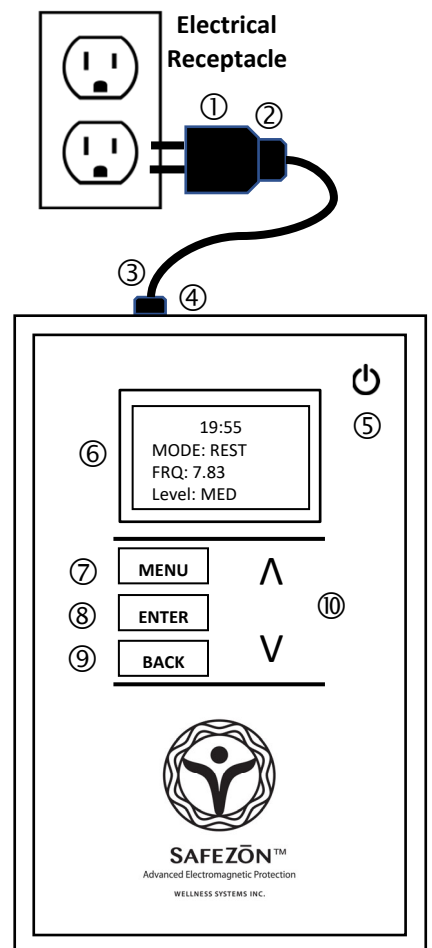
- Press 'MENU'. Use the arrows (10) to select 'Time Set'. Press 'ENTER'.
- Use the arrows (10) to adjust the correct hour. Press 'ENTER'.
- Use the arrows (10) to adjust the correct minutes. Press 'ENTER'.

## 4. Scheduling:

- Press 'MENU'. Use the arrows (10) to select 'Scheduling'. Press 'ENTER'.
- Use the arrows (10) and choose 'Rest Time'.. Press 'ENTER'.
- Use the arrows (10) to adjust the hour to start the Rest time desired. Press 'ENTER'.
- Use the arrows (10) to adjust the minutes to start the Rest time desired. Press 'ENTER'.
- Use the arrows (10) and choose 'Active Time' (this corresponds to the time you wish to awaken to begin your activities). Press 'ENTER'.
- Use the arrows to adjust the hour to start the Active time desired. Press 'ENTER'.
- Use the arrows to adjust the minutes to start the Active time desired. Press 'ENTER'.

NOTE: We recommend that you set REST or ACTIVE time approximately 30 to 60 minutes before the actual desired time for rest or activity (sleep/awake) accordingly.

**NOTE:** Avoid placing anything over the SafeZone-EM™ or blocking the air circulation openings on the sides of the housing. This may result in overheating and damage to the device.

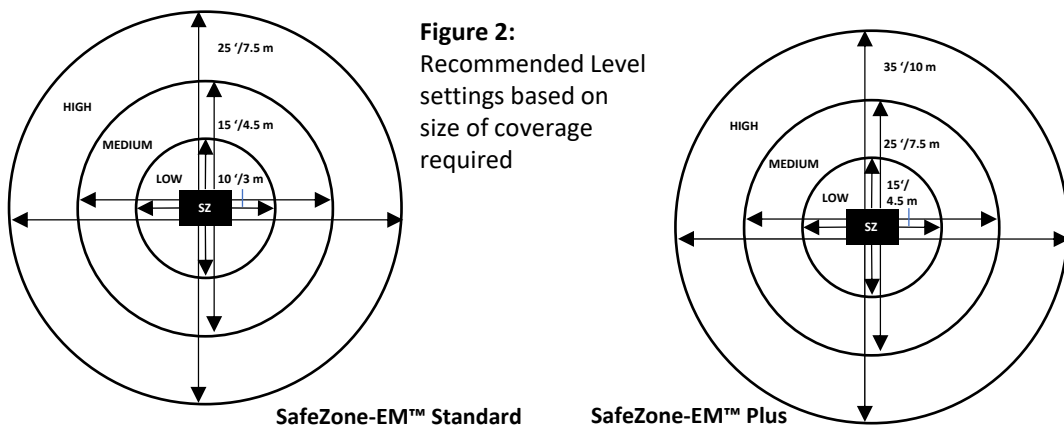


**Figure 1:** SafeZone-EM™ (SafeZōn™) Set-up & Controls

## Determining Optimal Placement and Level Settings:

The placement of the SafeZone-EM™ (SafeZōn™) should be based on the location of the occupants, NOT in relation to any sources of electromagnetic emissions/pollution. We recommend that it be positioned in a location that is central to the most common areas of occupancy within the dwelling or workplace. The ideal location may become clear over time based on experience, which may include a sense of well-being, quality of sleep or changes in certain symptoms.

Once a location is decided upon, the diagram below will provide a general guide as to which level setting would be optimal. The choice of the LOW, MEDIUM or HIGH settings should be made on the basis of the size of the dwelling or workplace and the most common position of the occupants over a 24-hour cycle. Based on these criteria, set the level for the 'Rest' cycle and the 'Active' cycle by following the guidance of the chart below (Figure 2). It is not advisable to use a higher level than necessary. The shape of the structure and certain other factors, such as wall materials and the presence of electronic devices, may also influence the position and level settings. In certain cases, it may be necessary to reposition the device during different times of day to obtain optimal effect. We also recommend minimizing electromagnetic pollution in the environment, wherever possible.



## 5. Setting the Level:

- Press 'MENU'. Use the arrows (▲▼) to select 'Level'. Press 'ENTER'.
- Use the arrows (▲▼) to select 'Rest Mode'.
- To adjust power level for 'Rest Mode', press 'ENTER' and use the arrows (▲▼) to choose LOW, MED (Medium) or HIGH. Press 'ENTER'.
- To adjust power level for 'Active Mode', press the BACK button, select 'Active Mode' and press 'ENTER' and use the arrows (▲▼) to choose LOW, MED (Medium) or HIGH. Press 'ENTER'.

**Limited Warranty:** SafeZone-EM™ (SafeZōn™) is guaranteed for 1 year from the date of purchase against any defects and will be repaired or replaced at the discretion of Wellness Systems Inc. This warranty does not apply to improper use or damage sustained subsequent to purchase.

For more information, please contact us at [info@SafeZon.ca](mailto:info@SafeZon.ca) or call 1-877-905-7684