

Can't fall asleep at night or after waking up?

Put on the mask, lie down comfortably, and close your eyes



Video
instruction

1. Turn it on

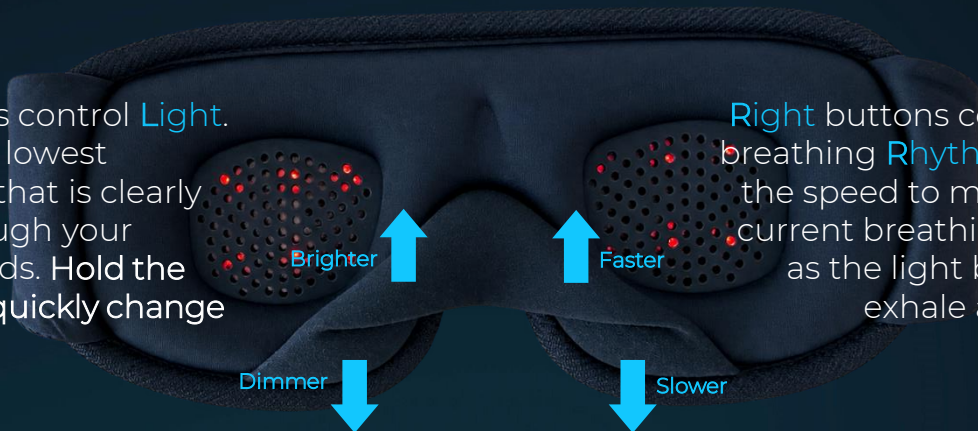
Press the center button once and wait for the LEDs to turn on.



Buttons:  

2. Set a comfortable starting pace for sleep-inducing breathing

Left buttons control **Light**. Choose the lowest brightness that is clearly visible through your closed eyelids. **Hold the buttons to quickly change brightness.**



Right buttons control the breathing **Rhythm**. Adjust the speed to match your current breathing: inhale as the light brightens, exhale as it dims.

3. Breathe in sync with the light with your eyes closed

Slowly inhale as the light gets brighter and slowly exhale as it gets dimmer.

4. Optional: once relaxed, start counting your breaths

When breathing in sync feels comfortable, also count your breaths silently. Start over whenever you lose count. It may double the effectiveness.

Keep breathing and counting until the algorithms put you to sleep, or remove the mask when you feel sleepy.

(If the mask turns off too early, move your head or press the center button)



Video
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It may take a few days to get used to the mask.
As you adapt, it may work better each night.

You can sleep in any position while wearing the mask,
as long as the buttons are not pressed.

At any time, adjust the brightness, rhythm, volume, your sleeping
position, or the mask if you feel discomfort.

If you're still awake after 30 minutes, stop using the mask.

The mask turns off automatically, or you can turn it off by holding the
center button for 3 seconds.



LucidMe Light is powered by a highly safe
and stable LiFePO₄ battery.

When the battery is discharged, partially
unzip the mask and plug the Type-C
charging cable into the port. The LEDs will
blink rapidly until charging is complete.



Press the center button to turn sounds
on or off. Use the right buttons to
choose a sound and the left buttons to
adjust volume.

Sound controls turn off after 15 seconds
of inactivity.



Need help? Contact us anytime: +1 650-642-4317 or raduga@remspace.net