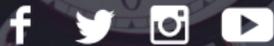


How do you like to  
**#PressAndDestress?**

Share your story for a chance to be featured



[thetouchpointsolution.com](http://thetouchpointsolution.com)

## How To Use For Sleep



Sleep requires relaxation and sometimes we are too wound up to relax. TouchPoints just before bed can help put you in a calm state of mind to fall asleep.



**1** Activate the blue setting on your TouchPoints.



**2** Slide your TouchPoints into the Zipper Sweatbands and place on either arm or ankle (Make sure that one TouchPoint is on either side of the body).



**3** Use TouchPoints for 20 minutes while in bed prior to sleep or if woken up in the middle of the night.

Visit our website to learn about the TouchPoints Challenge and our Encyclopedia of Uses

## TouchPoint Challenge

*The TouchPoint Challenge simulates a stressful event so that you can quickly experience stress reduction and understand how TouchPoints are affecting your body's stress response.*

1. Think of something stressful. How stressful/unpleasant does this feel now on a scale of 0-10?
2. When you think of something stressful, where do you feel it in your body (stomach, chest, etc.) and how intense is the feeling 0-10?
3. Activate your TouchPoints on the blue setting and hold them in either hand for about 30 seconds. Then, turn them off and rate how stressed you feel and how intense your body sensations are 0-10.

If both went down, great! The average is 7 down to 3 in 30 seconds. Don't worry if you do not feel a reduction, there's a better setting for you. Try the challenge on the yellow or purple setting.

Want additional coverage?

Visit our website to purchase TouchPoints Insurance to cover breakage and water damage

**TOUCHPOINTS™  
FOR SLEEP**

QuickStart Guide



## What's Included?



## Setting Up

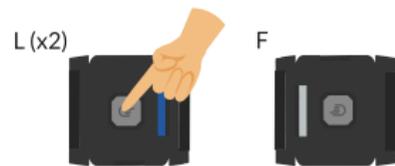
1. Charge TouchPoints until red light turns off (Approx. 2-3 hours)
2. Slide the TouchPoints into the zipper sweatbands
3. Your TouchPoints are ready to use!



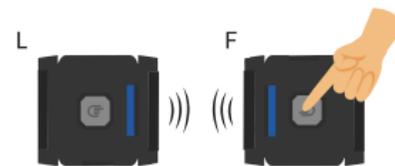
## Using Touchpoints

Lead (L): First device powered on - used to select setting. | Follower (F): Second device powered on - mimics the setting from the lead. | Either device can be lead or follower based on which one is powered on first.

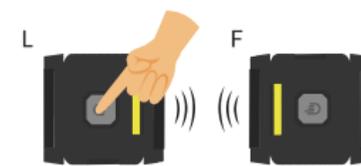
1. Press the button on the lead device twice to turn on and activate blue setting.
2. Face the lights of both TouchPoints together and press the button on follower device once. The light on the follower will match the color of the lead, and the devices will vibrate in an alternating pattern.
3. If desired, change settings by pressing the button on the lead device again while both TouchPoints' lights are facing each other.  
**Blue:** Slow  
**Yellow:** Medium  
**Purple:** Fast
4. Place one TouchPoint on either wrist and feel the calming vibrations. (Note: The average user wears TouchPoints for 20 minutes in the morning or evening, or as needed throughout the day.)
5. To turn off, hold the TouchPoints away from each other and press the button on each until you see the green light.



POWER ON



PAIRING



SETTINGS



DESTRESSING



POWER OFF