



dreampad

sound you can feel™

USER GUIDE &
QUICK START

WITH **INTRASOUND™**



GETTING STARTED

You have three choices for playing your Dreampad™ music:

- Download the Dreampad App to your smart device
(available in iTunes App Store and Google Play)
- Download the Dreampad music to use on your MP3 player
- Use the pre-loaded MP3 player you purchased with your Dreampad

See www.integratedlistening.com/dreampad for help with all of these options.

1. Power ON MP3 player/device

2. Select music and volume level

3. Connect your MP3 player/device to the 3.5 mm plug in the zippered pocket of the Dreampad and start your selected music

4. Check volume level and activate HOLD button if available

5. Put MP3 player/device in Dreampad's zippered pocket

MUSIC PROGRAMS:

Dreampad music is treated specifically for delivery through Intrasonance Technology™, which emphasizes frequencies of the auditory spectrum most conducive for relaxation and sleep. All programs gradually taper at the end of two hours.

Ambient Choices: layered music designed to calm your active mind.

Moonrise© – Harp, Viola & Acoustic Guitar

Harmonic Continuum© – Low Frequency Harmonic Overlay

Tranquil Landscapes – Piano, Chimes, Synthesizer & Strings

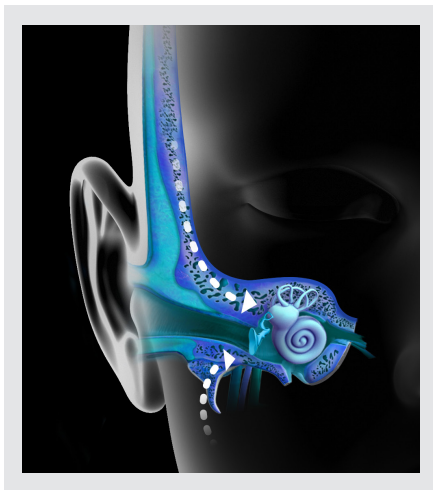
Seaside Strings© – Ocean Waves & Viola

Classical: quiet blend of andante-tempo classical pieces which some say is so enjoyable that it's better for relaxed listening than for falling asleep.

INTRASOUND TECHNOLOGY™

What is Intrasound Technology?

Intrasound is a proprietary audio technology that has been a key component of iLS' clinical programs for years. It is based on the natural conductive quality of the human body. Our bones are excellent conductors of sound; in fact, every time we speak, the vibration caused by our voice is carried by bone to the inner ear. This is why your voice sounds different on a recording device, where you hear only the sound moving through air.

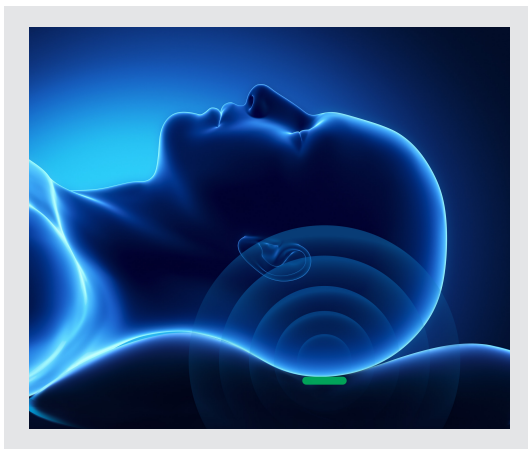


What is the advantage of Intrasound Technology?

Intrasound provides a deeper, more sensory-based level of calm and relaxation than music from speakers. In addition to affecting both body and mind, the music is heard only by the individual listener. There are no headphones or headbands needed. You can lie as you would normally on your back or side.

Who uses the Dreampad?

The Dreampad is for anyone – adult or child – seeking to reduce stress, improve sleep patterns and decrease auditory/tactile sensitivity. It is also used by professional therapists independent of, or in conjunction with, an iLS program.



IMPORTANT TIPS

VOLUME:

- Experiment to find the volume you prefer, whether lying on your side or back. We recommend a volume level which is slightly lower than you would normally choose for listening to music.
- It's ok if the music is not loud; it is best to begin at a relatively low level and increase as needed.
- If the music sounds fuzzy or distorted, the volume level is too high.
- Music which is too loud often has a stimulating effect.
- Ambient noise in the room (e.g., fan or humidifier), requires a higher volume setting to hear the Dreampad music. Earplugs are provided to reduce background noise. Please keep the earplugs away from small children. It is not recommended that the Dreampad be used on airplanes, as the ambient noise is very high.

SOUND HYPER-SENSITIVITY / CHILDREN:

- For young children and those with hyper-sensitivity to sound, we recommend starting at a volume level which is barely audible, and beginning with shorter sessions, such as 10-20 minutes. Gradually increase session length by 15 minutes per week as the user acclimates to the stimulation.
- To avoid children accessing the player, set the volume level and tuck the player away in the pocket of the Dreampad prior to bringing it to the child.

POSITIONING:

- Place the Dreampad within your regular pillowcase, on top of your pillow, or use it on its own.
- Begin with your head in the center of the Dreampad to best hear the music. If you move in the night, that's ok. As long as you can hear the music, you are receiving the beneficial effects.
- You may lie in any position which is comfortable. Keep in mind that if you lie on your back, a higher volume level will be required to hear the music.

FREQUENTLY ASKED QUESTIONS

Who should use the Dreampad?

The Dreampad is a pleasant, relaxing experience for most people. In particular, it is helpful for those who feel stress and have difficulty sleeping. It is also helpful as a “de-sensitization” tool for those with sensory (especially auditory) sensitivity.

May I lie on either my back or side?

Yes, either is fine. The volume should be lower when sleeping on your side.

Can I use the Dreampad if I have a seizure disorder or bipolar condition?

We are not aware of any contraindications for those with a seizure history or a bipolar condition using the Dreampad. Please consult your physician prior to use.

Are there any precautions to be aware of?

Intrasound Technology is a natural and gentle way of hearing sound. For some, gradual acclimation is advised. We suggest young children and those with vestibular sensitivities (e.g., those prone to nausea, car sickness and dizziness) begin using the Dreampad at a low volume level for short sessions of 10-20 minutes for the first week. Each following week, lengthen the use by 15 minutes until you reach two hours. Those with health difficulties should consult their physician prior to use.

How do I use the Dreampad in conjunction with an iLs Program?

The Dreampad may be used at nap time or bedtime, even when participating in a therapeutic session during the day. It can be a wonderful compliment to full therapeutic sessions. See precautions for those with vestibular sensitivities.

Does my ear need to be against the center of the Dreampad (which emits the music) to receive the benefits?

No, as long as your head is touching some part of the Dreampad and you can hear the music, you will receive the benefits.

FREQUENTLY ASKED QUESTIONS

Is the music subliminal or am I supposed to hear it?

The music should be audible. Set it at a low level that is enjoyable to listen to, but not so loud that it keeps you from sleeping. It's important to test and set the volume in the same environment as it will be used. In other words, you wouldn't want to test it in a loud room, set the volume and then use the Dreampad in a very quiet room.

I like the music, but it makes me feel awake.

The music is either too loud or too engaging. First, make sure the volume isn't so loud that it is preventing sleep. Second, consider changing to one of the other music options. This comment is usually made by those who are listening to the classical selection, which can be very engaging, especially for those who love classical music. Switching to one of the ambient selections usually helps.

I use the Dreampad for insomnia and would like the music to play throughout the night. Is it ok to play music longer?

Yes, but make sure you are fully acclimated to the Dreampad before listening for long periods of time. (Again, it is a lot of stimulation to the vestibular area; if you have vestibular sensitivity and are unaccustomed to the Dreampad, you may experience dizziness or nausea, and extended use is not recommended.) The default setting is for two hours, but you can change the settings to repeat mode so the music plays through the night. We suggest lowering the volume level for the longer playing times.

Can I use my own music with the Dreampad?

Yes, any music can be played through the Dreampad; however, it may not have the same results. Music provided with the Dreampad has been specifically created for delivery through the Dreampad's Intrasonic Technology.

Care Instructions: The foam used in the Dreampad is recognized by the Consumer Product Safety Commission as hypoallergenic and non-toxic. The Dreampad pillow contains electronic components and cannot be washed. The quilted cover fabric is 100% polyester microfiber and can be washed in warm water and dried at low heat.

Information: Please visit www.integratedlistening.com/dreampad for more information, as well as feedback from therapists and families using the Dreampad.

Music Sources: All music provided for the Dreampad is processed in iLs Audio-Labs™ for delivery through Intrasond Technology. The music is a combination of original sound recordings by Integrated Listening Systems, LLC (iLs) as well as licensed music, all of which is protected by U.S. copyright law. The user may not distribute, copy, or publish the music without the permission of iLs. Copyright for all Dreampad content remains with iLs.

Warranty: The Dreampad is warranted for one year from the date of purchase against manufacturer defects. Coverage is valid only with proof of purchase. Alteration of the Dreampad will void warranty.

SONY PLAYER NAVIGATION & CONTROLS

For those who purchased the pre-loaded MP3 player with the Dreampad

POWER ON: Press the HOLD/PWR/OPTION button for three seconds (#6).

NAVIGATION: Use the navigation buttons to navigate the player menu (#7).

PLAY/PAUSE, SELECT: Use to enter selections on the player (#2).

CHOOSE MUSIC: Select “Playlist” from the main menu, select your program, press play.

VOLUME: Use the UP/DOWN controls while song is playing to increase or decrease volume level respectively (#7).

HOLD: While the music is playing, hold the PWR/HOLD/OPTION button down for three seconds (#6). When the Hold function is turned on, all controls are disabled to ensure the volume and track selection are not disturbed. To disable the Hold function, hold the PWR/HOLD/OPTION button down for three seconds (#6).

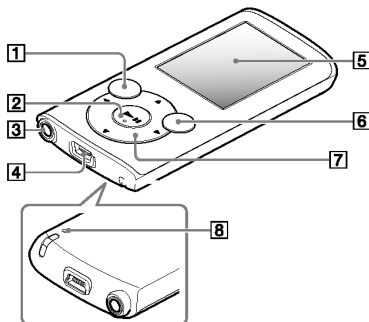
OFF: Pause the music by pressing the PLAY/PAUSE, SELECT Button, then hold the PWR/HOLD/OPTION button (#6) for three seconds.

REPEAT MODE: While a song is playing, press the Option button (#6). Select “Play Mode”, “Repeat”. In Repeat mode the music will play continuously until stopped by the user.

RESET: If your player is not functioning properly, press the reset button on the rear of the player (#8).

CONTROLS:

1. HOME/BACK
2. PLAY/PAUSE, SELECT
3. Audio Jack for Dreampad plug
4. Charging Port
5. Display
6. HOLD/PWR/OPTION Button
7. UP/DOWN/LEFT/RIGHT Buttons
- 8 Reset Button (on rear of player)



BLUETOOTH RECEIVER USER GUIDE

The bluetooth receiver streams Dreampad™ music to the Dreampad from your smart device i.e. (iPod Touch, iPhone, iPad and Android smart devices).



- A. 3.5mm audio plug - Connect your Dreampad here
- B. LED Indicator - Indicates device status
- C. Multi-Function Button (MFB Button) - Power ON/OFF and Pair Device
- D. Charging Jack - DC 5V

1. Make sure the receiver is fully charged.

- Plug the black USB cord into the wall charger supplied in your package.
The LED indicator (B) stays red while the device is charging. Once it is fully charged the red light will turn off.

2. Pair the bluetooth receiver with your smart device.

- Press and hold the MFB button until the LED indicator alternates between red and blue, then let go.
 - Go to your smart device's bluetooth settings and select the PBTR30.
 - Your device will say Connected or Paired once the sync is complete.
- Once the mini bluetooth receiver has been paired with your smart device, it will remain paired, and when turned back on, can be selected from the bluetooth settings on your smart device.*

3. Powering ON/OFF the receiver.

- Hold the MFP button for 3 seconds.

4. An audio extension cable is included for your convenience.

WARNINGS

Do not leave children under the age of one unattended while using the Dreampad. With infants and toddlers, use a low volume level. Always check the volume level in a quiet room before using the Dreampad with a child. The Dreampad is patented and protected by US intellectual property law. It is not a medical device, and iLs makes no medical claims. www.integratedlistening.com/patents

www.integratedlistening.com/dreampad