

INSTRUCTION MANUAL



Glo to Sleep ^{ADVANCED}[®]

Sleep Therapy Mask | *Quickly relax and get to sleep naturally*

sound  oasis[®]
sleep better. feel better. live better.®

Model GTS-2000SE
www.glotosleep.com

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Fall Asleep Faster with Glo to Sleep ADVANCED®

Your GTS-2000SE is an effective, safe and natural way to help you get the sleep your body needs. By looking at the dimming Points of Glo and breathing in a relaxed manner, your mind will let go of the thoughts and worries that can keep you awake.

Your GTS-2000SE can help you get better sleep in a number of ways:

1. The dimming light is pleasant to look at and distracts your brain from thoughts keeping you awake.
2. The dimming and slowing pulsating light option (the Sleep Enhancement® mode) lulls you to sleep.
3. The mask blocks out external light that can keep you awake or wake you too early in the morning. Sleep doctors regularly recommend the use of sleep masks to control your light environment.
4. The GTS-2000SE is perfect for getting quality sleep on airplanes, trains or buses where a variety of sleep distracting light is common.
5. The GTS-2000SE is ideal for shift workers that need to sleep during daylight.

KEY BUTTONS AND CONTROLS



- A - Mask
- B - Points of Glo
- C - Mask Strap
- D - Mask Strap Adjustments
- E - Light Control Button
- F - Light Control Cover

How to Set Up Your Glo to Sleep ADVANCED®

- Adjust the fit of your Glo to Sleep ADVANCED® to your head with the Mask Strap Adjustments. When it fits correctly, your Glo to Sleep ADVANCED® will be comfortable to wear, but fit snug enough to block out external light.

How to Use Your Glo to Sleep ADVANCED®

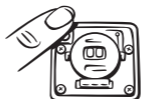
STEP 1



- Remove the Light Control Cover.
- Pull the “Pull to remove before use” plastic strip from underneath the CR-2032 coin cell battery.

Note: When replacing the CR-2032 battery, make sure the positive (+) side of the battery faces up.

STEP 2



1. Choose your color and program:

- Press the Light Control Button to choose your color of light (blue or red) and whether you want the light to only dim, or to pulsate while it dims (we call this Sleep Enhancement®).
- Four (4) different programs are available by pressing the Light Control Button:
 - **First press: Dimming Blue Light:** Pressing the Light Control Button once displays a blue dimming light.
 - **Second press: Dimming Blue Light** with Sleep Enhancement®: Pressing the Light Control Button a second time displays a blue dimming light with pulsation that slows down as the light dims.
 - **Third press: Dimming Red Light:** Pressing the Light Control Button a third time displays a red dimming light.

- **Fourth press: Dimming Red Light** with Sleep Enhancement®: Pressing the Light Control Button a fourth time displays a red dimming light with pulsation that slows down as the light dims.

- **Fifth press: Off.**

Note: Choosing Your Initial Brightness

- You can choose your initial brightness.
- Once you have selected your light program, press and hold down the Light Control Button until you reach your desired brightness level. This will be the brightness level that your mask starts with every time you use it.

2. Choose your timer setting:

- The Points of Glo can be set to dim over 10, 20 or 30 minutes. To select, remove the Light Control Cover and slide the timer switch to the 10, 20 or 30 minute position.

IMPORTANT: At bedtime every night you do not need to repeat the program selection described above. Simply press the Light Control Button ONCE and the program you initially selected and used the previous night will start. The Light Control Button can be pressed by pushing the rubber dome on the Light Control Cover.



STEP 3

- Replace the Light Control Cover.

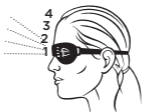


STEP 4



- Settle into a comfortable sleeping position, adjusting your Glo to Sleep ADVANCED® mask position as necessary so you can see the four (4) Points of Glo and no external light.
- Adjust straps to keep the mask even and comfortable on face.
- Align the mask to see four Points of Glo.
- Lie back and relax.

STEP 5



- Look up at the Points of Glo (the highest Points of Glo that you can). Use a relaxed gaze, you may blink.
- Points 3 and 4 are the most effective points.

NOTE: The blue Points of Glo do not emit enough light to slow the release of melatonin, so the light will not keep you awake in any way.

STEP 6



- Take long, abdominal breaths. Let everything else relax while you inhale all the way and your lungs fill with air as your belly extends outward. Then exhale slowly and push the air out of your lungs. Wait a few seconds and repeat this cycle.

Breathe IN - 1... 2... 3... 4...

Breathe OUT - 1... 2... 3... 4...

- Keep your eyes open, looking up at a Point of Glo.

Free Glo to Sleep “Sleep Coaching” Track

For extra help falling asleep, Sound Oasis has partnered with the renowned Lee Tiller to bring you a free “sleep coaching” audio track that you can listen to while wearing your Glo to Sleep.

This audio track (about 25 minutes long) has been created to work exclusively with Glo to Sleep. Containing nature sounds, music and Lee Tiller’s chocolatey relaxing voice, this audio track helps guide you into a deeply relaxed state of mind and body using guided induction and “descending numbers” technique. It also encourages you to develop and practice ratio breathing, a technique that helps to engage the mind and calm specific physiological processes.

By following Lee Tiller’s spoken instructions, you can learn to suspend (or stop) thinking of daily worries at bedtime and let your brainwaves naturally slow from Beta to Alpha states as you drift off to sleep.

The free audio track can be downloaded from the Sound Oasis website as follows:

www.soundoasis.com/gts-free-download-sound

Please use this coupon code to obtain the free audio download: GLOTOSLEEP

Lee Tiller is a Clinical Hypnotherapist, Cognitive Behavioral Therapist and Psychotherapist located in County Kerry, Ireland. Mr. Tiller works extensively with insomniacs and conditions that can affect the quality of sleep.



Technical Specifications

Foam: Hypoallergenic foam

Points of Glo: LED lights

Battery: Lithium CR-2032 coin cell type

Cleaning Instructions: To clean, gently wipe with a soft cloth moistened with warm water or mild detergents, and then remove all moisture with a soft, dry cloth. Do not use harsh solvents or chemicals for cleaning.

Blue or Red Light Options

Your GTS-2000SE provides you with two (2) different colors to choose from (blue or red) and four (4) different programs as described in Step 2.

Choose the color of light that works best for you. You may want to experiment.

About Red Light and Sleep

Medical research has shown that red light before bed improves sleep and can even aid in melatonin production (the hormone that naturally makes you feel drowsier).

Your GTS-2000SE allows you to select red light therapy - as gently dimming red light or gently dimming red light with slowing pulsation (Sleep Enhancement®).

To choose red light, press the **Light Control Button** until the red light is visible. Dimming red light is shown first. Pressing the **Light Control Button** again displays the dimming red light with Sleep Enhancement® pulsation.

1 Year Limited Warranty

Sound Oasis Company Warrants that this product is free from defects in materials or workmanship for a period of one (1) year from the date of original purchase.

If this mask fails to operate properly or if you have any questions, please contact a Sound Oasis Customer Service at telephone number 1-866-625-3218 or e-mail us at info@soundoasis.com

Your satisfaction is our paramount concern. We will work hard to help you improve your sleep.

ONLINE REGISTRATION

Thank you for purchasing the Sound Oasis® Glo to Sleep ADVANCED..

Please register your purchase online at www.soundoasis.com/registration and receive a 20% discount toward any other Sound Oasis® product from our website. **Use coupon code:** WR-GTS-2000SE

We will never sell your personal information or allow others to see it. We simply want to know how we are doing and if we can do anything better so we can bring more innovative products to you.

Thank you!