

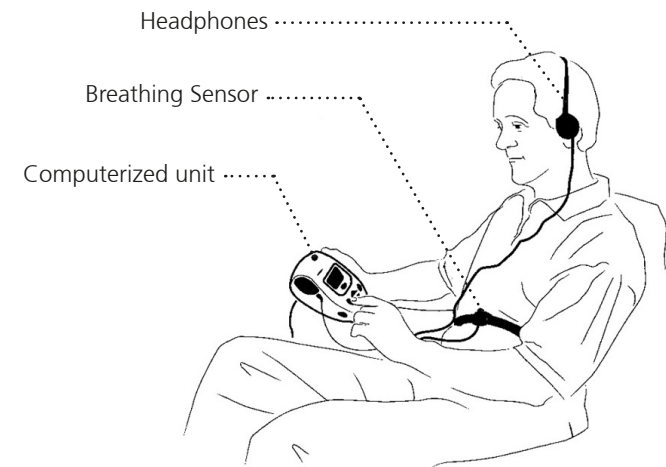
Welcome

Congratulations on the purchase of your RESPeRATE®, the first medical device clinically proven to lower blood pressure.

RESPeRATE provides you with a personalized guide to therapeutic breathing: slow, effortless breathing with prolonged exhalation, powerful enough to dilate your small blood vessels. This allows blood to flow more freely and significantly lower blood pressure within 3-4 weeks.

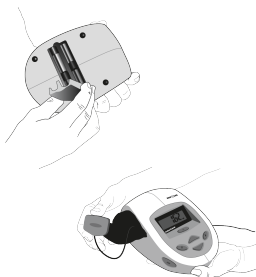
And all you have to do is breathe.

This Quick Start Guide provides you with the key points to begin using RESPeRATE and start lowering your blood pressure, one breath at a time. For more detailed information, see the RESPeRATE User Manual enclosed, or on the web at www.resperate.com/support/instruction_manual.aspx.



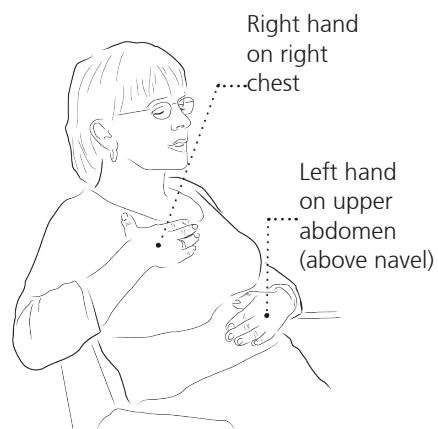
Step 1: Set-up

- I. Install the batteries (Alkaline batteries only).
- II. Take out the headphones and Breathing Sensor from the storage compartment.



Step 2: Determine the best position for the sensor

The Breathing Sensor is best positioned on the area of your body that moves the most when breathing deeply, either the upper abdomen or chest. To determine which location is right for you:

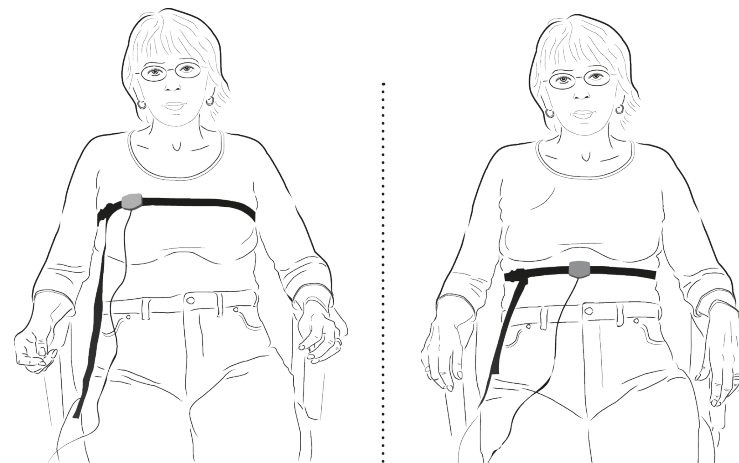
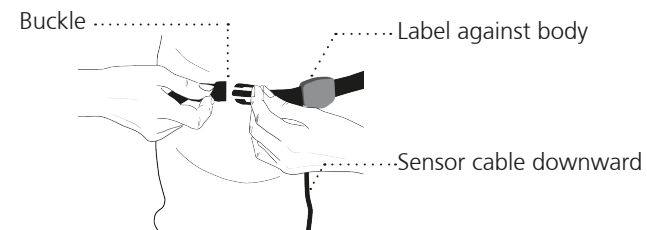


- I. Sit on a comfortable chair, leaning back.
- II. Place hands as shown on the figure and breathe normally.
- III. Feel which hand moves first when you start to inhale and exhale - that is where you should place the Breathing Sensor.

ⓘ Unable to determine the preferred position?
Place the sensor on your upper abdomen.

Step 3: Put on the sensor belt

- I. Wrap the belt with the Breathing Sensor around your upper abdomen or chest (as determined in Step 2). The sensor belt must be worn over the clothes. Check that the label on the sensor is placed against your body and that the cable extends downward.
- II. Buckle the belt at the front and adjust it to fit snugly.



Chest sensor position

Upper abdomen sensor position

Step 4: Put on the headphones

Verify that the headphones are plugged into the jack on the right - hand side of the device and then put them on.

Step 5: Using RESPeRATE

ⓘ Before you begin using RESPeRATE, we highly recommend that you take a minute to read the remainder of this Quick Start Guide.

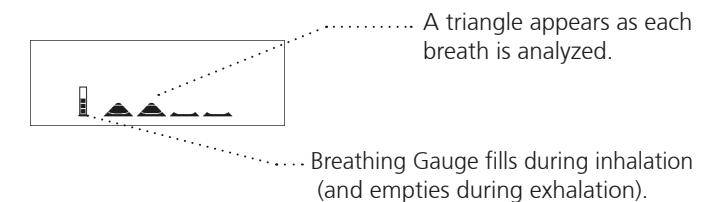
After you've completed reading, lean back, relax... and turn on RESPeRATE (Press the orange On/Off button).

RESPeRATE Duo users: Select user #1 or the user #2 after turning on the device (see User Manual for details).

Simply follow RESPeRATE's voice instructions that lead you through the Recognition Phase followed by the 15 minute Breathing Exercise Phase.

I. Recognition Phase

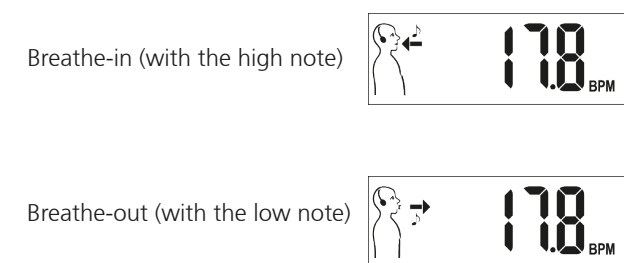
Breathe normally for a few breaths while RESPeRATE learns your individual breathing rate and pattern.



Listen for two short "recognition tones." A short high note is heard when you start to inhale. A short low note is heard when you start to exhale. These moments are also indicated by the Breathing Gauge that appears on the display. If the notes or the changes in the Breathing Gauge do not match your perception of breathing in and breathing out, please refer to the User Manual, page 39, Sensor Position Help Mode.

II. Breathing Exercise Phase

Once four breaths have been analyzed and four triangles appear on display, the melody begins. Synchronize your breathing to the "breathe-in" and "breathe-out" guiding tones. When you hear the high tone, inhale gradually. When you hear the second (low) tone, exhale gradually.



ⓘ Important

The guiding tones may become too slow to follow without effort, or cause you to hold your breath (i.e. after breathing in when lungs are full or breathing out when lungs are empty). In this case stop synchronizing and simply breathe naturally. RESPeRATE will readjust and begin the slowing process once again.

Your Goals

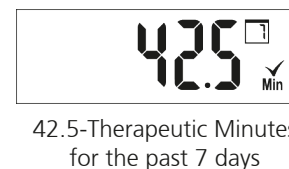
Session Goal: Accumulate at least 10 minutes in the Therapeutic Breathing Zone of less than 10 breaths per minute.

Weekly Goal: Accumulate at least 40 minutes per week in the Therapeutic Breathing Zone.

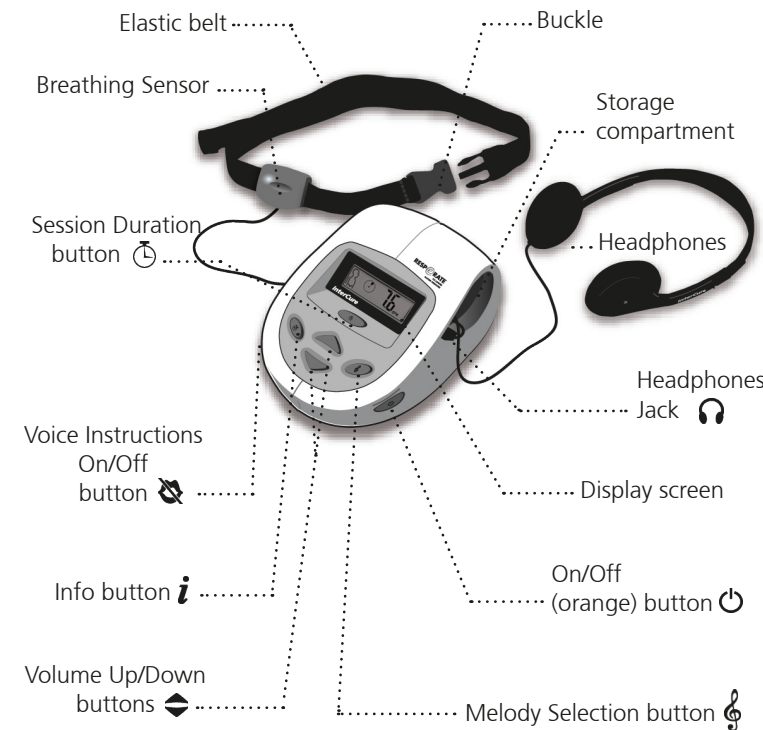
A 10 - Therapeutic Minutes Clock appears once you have entered the Therapeutic Breathing Zone.



Weekly Therapeutic Breathing Time appears momentarily each time you turn on the device.



Exploring Your RESPeRATE Device



Tips for Using RESPeRATE

Tip 1: Be patient - results are at hand. While the pleasant experience of each RESPeRATE session is immediate, an all-day blood pressure lowering result can require 3-4 weeks of regular use.

Tip 2: Monitor your weekly goal. To help track your progress, the Weekly Therapeutic Breathing Time (accumulated over the past 7 days), momentarily appears each time you turn on RESPeRATE. Your goal is to keep this number above 40.

Tip 3: Breathe effortlessly. Your RESPeRATE session is not a competition to reach the slowest breathing rate possible. Trying to achieve an excessively slow breathing rate, (i.e. below 5 breaths per minutes) may not be as beneficial for lowering blood pressure.

Tip 4: Breathe gradually. Avoid holding your breath after inhalation. Effortless breathing is best achieved by a gradual inhalation through the nose, then a gradual exhalation through the mouth. One way to prolong exhalation is to purse your lips as if you were blowing out a candle.

Tip 5: Other breathing techniques such as breath-holding or Buteyko during the RESPeRATE session are not recommended. These maneuvers require effort, which is counter-productive to lowering blood pressure.

We are committed to lowering your blood pressure.

Our Product Specialists will be glad to help you with questions and suggestions. Post your questions or feedback on the RESPeRATE User Forum at www.resperate.com/forum.

USA: 1-877-988-9388 (Toll Free)

United Kingdom: 0800-177-7778 (Toll Free)

Other Countries: +1-646-652-5800 (USA)

E-mail: support@resperate.com

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TO LOWER
BLOOD PRESSURE



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Quick Start