



Insomnia Therapy

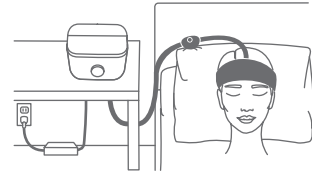
Better Sleep Guide



Getting Started

When you get home, take some time to read the instructions and set up Ebb in your bedroom.

Turn on the unit, lay down, and place the headband on your head. Make sure everything feels comfortable.



Instructional videos are available at www.ebbsleep.com/support

Getting to Sleep

Establish a Routine

Create a regular bedtime routine, and allow yourself enough time to wind down before going to sleep.

Go to Bed at the Same Time

Try to go to bed at the same time each night and wake up at the same time each morning. Allow yourself enough time in bed to get the amount of sleep that you need to feel refreshed the next day.

Relax in Bed

You can sit in bed relaxing or reading with the device on, but do not engage in stimulating activities. Once you feel a sense of sleepiness, turn off the lights and lay down for sleep.

If You Can't Sleep

Don't try harder and harder to fall asleep. If you are lying wide awake in bed for more than 30 minutes, consider leaving the bedroom to relax or read quietly in another room until you feel the urge to sleep. Then return to bed and put on Ebb Insomnia Therapy.

Relief from Insomnia Takes Time

Be patient – it may take a few weeks of using Ebb Insomnia Therapy, along with healthy sleep habits, for your body to adjust.

Stick with it!

Along with following tips and regular consultation with your doctor, you may become one of the many to experience life-changing benefits.



We want you to be successful,
so if you need additional support,
please call us at 1-800-381-1145
or visit www.ebbsleep.com