

# Serenity Pendant User Manual



## SERENITY PENDANT

### Helps you relax and improve your sleep !

A serene, pendant-shaped device that helps promote inner peace and clam through its elegant design and soothing energy. Serenity Pendant uses near infrasound relayed via bone conduction on the chest bone as a means of stimulating and conditioning the relaxation response of the vagus nerve. Serenity Pendant is designed to improve the quality and length of your sleep, so you can wake up feeling refreshed and rejuvenated each morning.

### Why use Meditation Pendant

1. Calm your nerves
2. Reduce stress
3. Boost resilience
4. Feel relaxed
5. Sleep soundly
6. Improve Heart Rate Variability

### PACKAGE CONTENTS

- . Serenity Pendant
- . Type-C cable with 50 cm
- . Neck cord
- . Manual

### PRODUCT OVERVIEW AND FUNCTIONS



Three Modes for Button:  
First press -- Heartbeat  
Second press -- Built-in music (White noise)  
Third press -- Connect Bluetooth music

Indicator light for Battery :  
Green light - 70-100%  
Yellow light - 30-69%  
Red light - below 30%

### USER INSTRUCTIONS

- . To turn the Serenity Pendant on press the ON/OFF button at the top of the housing.

- . Each press on the button will be different models:
- . First press -- Heartbeat
- . Second press -- Built-in music (five musical pieces, each press button to choose different music.)
- . Third press -- Connect Bluetooth music
- Press and hold the power button for 3 seconds to turn the Serenity Pendant OFF at any point.

## CHARGING INSTRUCTIONS

- . The battery should be fully charged prior to use.
- . To charge the battery, plug in the Type-C cable into the charging port and the other end into a USB power source.
- . When the power is low, the battery indicator light will flash.
- . The battery indicator light will flash while charging and will turn solid green once fully charged.
- . The average charging time of the Serenity Pendant is 2 hours.

## HOW TO MAINTAIN

- . To keep this device in its pristine condition, wipe its surface with a slightly damp towel and dry it with a soft cloth.
- . Keep the device away from liquids and heat.

## PRODUCT SPECIFICATIONS:

Dimension	50 x 75 x 30 mm
Model No.	ZM-130
Charging Type	DC 5V/0.5A max, Type-C charge
Full Charge Voltage	DC 4.2V
Rated Voltage	DC 3.7V
Battery Type	Lithium Polymer Battery
Battery Capacity	3.7V, 600 mAh/2.22Wh
Motor Type	Wideband
Charging Time	2 hours
Working Time	2-4 hours
Net Weight	50 g
Color Selection	White, Gray, Pink and Customized colors

## USER WARNING

- . This is not medical device, do not use this product beyond the intended use.
- . Do not use it with medical appliances implanted in the body, such as pacemakers, which may cause equipment failure or danger.
- . Do not disassemble, repair or modify this product without permission. May cause equipment failure.

. When removing the battery, the appliance must be powered off. The battery must be removed from the appliance before it is discarded. Batteries should be disposed of safely.

## **FCC WARNING STATEMENT**

- . Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
- - Reorient or relocate the receiving antenna.
  - - Increase the separation between the equipment and receiver.
  - - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
  - - Consult the dealer or an experienced radio/TV technician for help.

### FCC Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference.

(2) This device must accept any interference received, including interference that may cause undesired operation.

## **DISCLAIMER**

Read the instructions carefully before using the Serenity Pendant. The use of this device is subject to following its instructions closely. Manufacturer is not liable for any damage or loss caused by inappropriate use of this device.

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