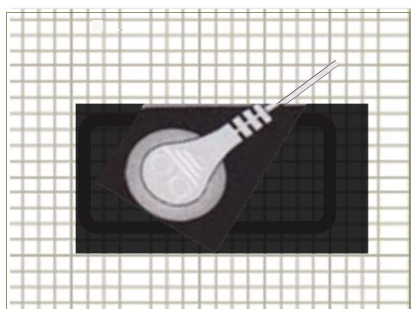


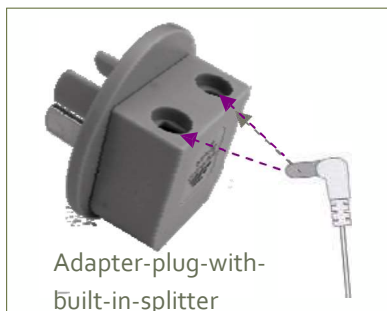
# USAGE, CARE & SAFETY INSTRUCTIONS

## HOW TO SET UP YOUR EARTHING™ SLEEP MAT

1. Unroll your Earthing™ Sleep Mat and place the smooth side facing up on your mattress.
2. Fasten in place with the elastic straps.
3. The connection tab will be facing down towards the mattress, snap the cord onto the connection tab.
4. Insert the end of your Earthing Cord into either of the holes in the grey Australian Adapter Plug with built in splitter.
5. Plug the adaptor plug into a wall socket or power board. You can operate your Earthing™ Sleep Mat with the power switch or power board, on or off. You can verify that your electrical outlet is wired properly for grounding by using a Power Outlet Tester
6. Place your fitted sheet over the top of the Sleep Mat. You will still be conductive through your sheet.



Step 3



Step 4



Step 5

## HOW TO CARE FOR YOUR EARTHING™ SLEEP MAT

To clean the Mat, simply wipe down the Mat using water or a mild soap (a non-corrosive cleaner). Wash your product with warm water to strip body sweat and natural skin oils. Allow to air dry only.

**DO NOT** use following items when washing your product. They contain chemicals that can destroy conductivity: **NO** liquid fabric softeners **NO** chlorine or oxy bleach  
**NO** detergent containing bleach

## SAFETY WARNING

1. Always use as directed. Use only Earthing™ approved connection cord with built-in internal safety feature. For your safety, locate any connection in such a way that it does not cause a tripping hazard.
2. If you are testing with an Earth Socket Tester and it does not display “OK”, do not use the product before consulting an electrician.
3. If you are taking any blood thinning or Thyroid medications be sure to consult your Doctor before Earthing.
4. It is the responsibility of the home owner to check that their home outlets are in good working order. All Australian power point outlets must be Earthed to comply with the Australian Standards. If in doubt have your electrical system checked by a licensed Electrician.

## FURTHER QUESTIONS?

Go to the [EarthingOz.com.au](http://EarthingOz.com.au) home page and click **FAQs** in the top column.

For our full range of products, accessories and books visit our website, [EarthingOz.com.au](http://EarthingOz.com.au)



The **Universal Mat** offers broad flexibility. Use it anywhere in the house or office. The mat serves as a floor mat to place your bare feet on as you work at the computer, or as a desk mat to ground your hands while typing or using the mouse.



The **Body Band Kit** comes with a small and a long adjustable elastic body band and 5 disposable patches. The bands and patches can be attached near an injury or wound or area of acute pain to accelerate the healing process and reduce local inflammation and discomfort. Athletes have found them to be especially effective against common injuries.



The **Earth Power Outlet Tester** is used to verify that your electrical outlet is wired properly for grounding. Simply plug it into an outlet, turn on the power and 3 amber lights will read that your outlet is grounded and ready for use with an Earthing Product.



The optional **Product Tester** checks the conductivity of your Earthing products, cords and ground cords to determine that they are conductive and in good working condition.