

User manual

The logo for ZenSpire Pocket is centered within a white rounded rectangular border. It features the brand name "ZenSpire" in a white sans-serif font, with a circular graphic element behind the "i" and "p" that resembles a lens or a camera aperture. Below the brand name, the word "Pocket" is written in a smaller, white sans-serif font.

ZenSpire  
Pocket

READ ME

Taking the 5 minutes needed to read this manual will greatly increase your chances of falling back to sleep, managing stress, and boosting energy levels.



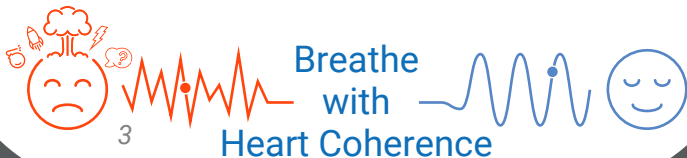
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## HOW DOES IT WORK?

Breathing deeply with a slightly longer breath out than in will help you find restful, restorative sleep. This particular rhythm of breathing leads to a state of heart coherence, which is beneficial for relaxation.

Your heartbeat slows down, calming your mind, and your brain goes into recovery mode. Your whole body finally relaxes, allowing you to restore your energy levels.

With light therapy, gentle vibrations, and a meditative soundtrack, ZENSPIRE® helps you find deep and regenerative sleep.



## BREATHING WITH ZENSPIRE®

It is recommended to breathe in through the nose and out through the mouth. While focusing on the light, sound, or vibration cues, concentrate on your abdominal area and listen to the air flowing in and out.

Whichever mode you choose, the mind is virtually bypassed when you focus on your breathing in this way. Unwanted thoughts and ruminations, often responsible for stress and insomnia, fade away.

In just a few minutes, your thoughts subside, and your mind lets go.



## CHOOSING THE RIGHT MODE FOR YOU

ZenSpire® has several modes. We're all different, so some people are more comfortable with a combination of two modes, while others prefer the light on its own.

Try them all! Once you've found the one that suits you best, it will automatically be selected for your next session.

### LIGHT MODE

Eyes closed or open? It doesn't matter. With your eyelids closed, or even if you're under the covers, you can still make out the halo of light from ZenSpire® at night.



Avoid looking directly  
at the colored LEDs

**BREATHE IN**



**BREATHE OUT**



**RED, BLUE, or GREEN**



**WHITE**

## VIBRATION MODE

USER  
FAVORITE!

### TOTALLY DISCREET

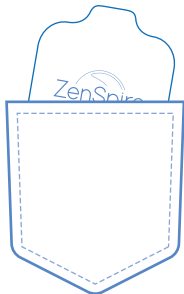
It can be a real challenge to relax in a public place!

By placing ZenSpire® in your pocket or bag, you can practice your breathing exercises discreetly: in a queue, on public transport, or even before a meeting or exam.

Unwinding in a public place can take practice, but with heart coherence, you can develop the skills needed to feel more relaxed in any situation.

ZenSpire® will help you manage stress and relax, no matter where you are.

ZenSpire® is quite simply the best offline wellness solution!



**BREATHE IN**



**VIBRATION**

**BREATHE OUT**



**no VIBRATION**

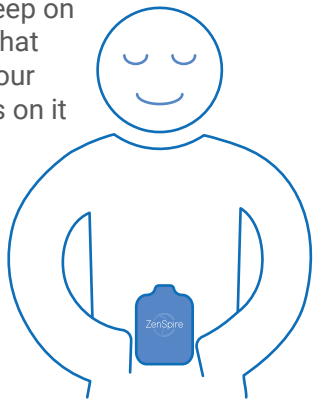


## LIGHT & VIBRATION MODE

A real plus! For those who sleep on their backs, we recommend that you place the ZenSpire® on your abdomen and put both hands on it to better feel the vibrations.

Placing the ZenSpire® like this has a massaging and relaxing effect that promotes sleep.

Side sleepers can simply put one hand on the device.



**BREATHE IN**



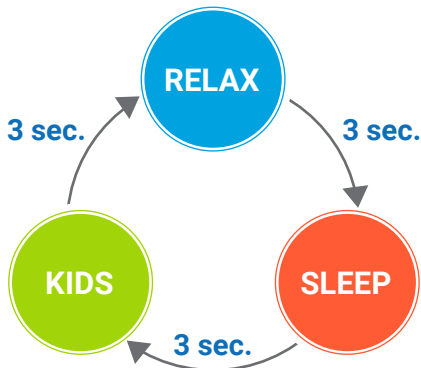
**RED, BLUE, or GREEN  
VIBRATION**

**BREATHE OUT**



**WHITE  
no VIBRATION**

## CHANGING PROGRAM



Turn on your ZenSpire® by pushing the center of the ZenSpire logo until your favorite program appears: Blue "RELAX", Red "SLEEP", or Green "KIDS". Release your finger when the program you want is displayed.

## THE 365 METHOD

PRACTICE

3

TIMES A DAY

RHYTHM

6

BREATHS  
A MINUTE\*

DURING

5

MINUTES

\*1 breath = breathe in 5 secs + breathe out 5 secs

*Created by Dr. David O'Hare, this method is the gold standard for practicing heart coherence. It has been recommended for stress management by the French Federation of Cardiology since 2014.*

Three sessions: morning, noon, and evening.

It can be practiced with the **RELAX PROGRAM**.



# RELAX PROGRAM

## THE EASIEST WAY TO RELAX

**BREATHE IN**

**5**

**SECONDS**

**BREATHE OUT**

**5**

**SECONDS**

**FOR**

**5**

**MINUTES**

**YOU'LL IMMEDIATELY  
FEEL THE BENEFITS!**

Heart coherence is a simple breathing method  
that effectively reduces stress.

## SETTINGS



### PUSH THE LOGO

- x1** LIGHT
- x2** VIBRATION
- x3** LIGHT & VIBRATION
- x4** OFF



**5**  
minutes

ZENSPIRE® automatically turns off after 5 min.

Every time you change mode, you restart a 5-minute session.

ZENSPIRE® stores the last program used.



# **SLEEP PROGRAM**

## **THE FASTEST WAY TO FALL ASLEEP**

**BREATHE IN**

**4**

**SECONDS**

**BREATHE OUT**

**6**

**SECONDS**

**FOR**

**10**

**MINUTES**

**FIND RESTFUL,  
REGENERATIVE SLEEP**

Heart coherence is a simple breathing method  
that helps you fall asleep.

## SETTINGS



### PUSH THE LOGO

- x1** LIGHT
- x2** VIBRATION
- x3** LIGHT & VIBRATION
- x4** OFF



**10**  
minutes

ZENSPIRE® automatically turns off after 10 min.

Every time you change mode, you restart a 10-minute session.

ZENSPIRE® stores the last program used.





# KIDS / START PROGRAM

**TO LEARN THE TECHNIQUE  
OR PRACTICE IT WITH CHILDREN**

**BREATHE IN**

**4**

**SECONDS**

**BREATHE OUT**

**4**

**SECONDS**

**FOR**

**3**

**MINUTES**



**FIND INSTANT  
PEACE AND RELAXATION**



Concentrating on your breathing is a great way to reduce stress and anxiety.

## SETTINGS



### PUSH THE LOGO

- x1** LIGHT
- x2** VIBRATION
- x3** LIGHT & VIBRATION
- x4** OFF



**3**  
minutes

ZENSPIRE® automatically turns off after 3 min.

Every time you change mode, you restart a 3-minute session.

ZENSPIRE® stores the last program used.

## FAQ

### **Using ZenSpire®: where and how?**

A ZenSpire® session is done seated with a straight, unsupported back and using abdominal breathing—ideally in a quiet place where you won't be disturbed.

The belly expands when breathing in and contracts when breathing out. A Sleep session can also be done lying down.

### **How often and when?**

As the effect of Heart Coherence lasts 4 to 5 hours, we recommend practicing 3 times a day: morning, noon, and evening. A fourth session can be done at bedtime (Sleep mode).

### **Why have a routine?**

To truly reap the benefits in the long term, we recommend making the ZenSpire® Heart Coherence device as much a part of your daily routine as brushing your teeth. This routine will soon prove to be the best thing you ever did for your physical, mental, and emotional health. Practicing with your family or in a group will boost the effects while also establishing a positive atmosphere that encourages quality interaction.

## How do you do it?



### **Breathe in**

Deliberately breathe in through your nose, if possible. Feel and listen to the air entering your lungs as your belly expands and relaxes.



### **Breathe out**

Slowly and deliberately breathe out through your mouth. Feel and listen to the air flowing out as your belly contracts.

## Why use vibration mode?

The vibration mode is a real plus, as it allows us to relax the senses that experience the most stimulation: sight and hearing.

This means that individuals who suffer from high levels of stress or hyperactive children who find it difficult to concentrate on sounds or images can practice guided breathing much more easily.

### **Why is it hard to breathe to the right rhythm?**

At first, it may seem hard to breathe to the required rhythm. This is quite normal. It may take a few practice sessions for you to get the hang of it. Start with the easier Kids 4s/4s mode, then move on to the Relax 5s/5s mode, and finally the Sleep 4s/6s mode. Doing so will bring you closer to breathing to the rhythm of your ZenSpire®.

### **What if I wake up during the night?**

Turning ZenSpire® back on in the middle of the night is a breeze. The Sleep program used at bedtime will still be stored in memory. Keep your ZenSpire® close to you so you can easily start a new session if you wake up. The gentle vibration or audio played when ZenSpire® is turned on is subtle and won't disturb your partner.

### **A final word of advice!**

Stress and sleep are complex subjects, and no two sleeping disorders are alike. Allow yourself the time to adjust and persevere over several days! You'll be rewarded in no time!

***Enjoy breathing!***

## CHARGING YOUR ZENSPIRE



Charge your ZenSpire® with the USB cable supplied. The light goes from red to green when fully charged.

## CHANGING STRAPS

Straps are removed or changed **at the top**



### MORE INFORMATION

[www.zenspire.com](http://www.zenspire.com)

### MANUFACTURER'S WARRANTY

Under normal conditions of use, ZenSpire® is covered by the European statutory 2-year warranty against material and manufacturing defects. For further information, visit [www.zenspire.com](http://www.zenspire.com).

### WARNING

ZenSpire® is not a medical device and should not be used for medical diagnosis or treatment.

**USA** - 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 and (2) this device must accept any interference received, including interference that may cause undesired operation.

The ZenSpire logo features the brand name in a light blue, sans-serif font. The 'S' in 'Spire' is stylized, with a circular outline that has a gap at the top and bottom, resembling a globe or a sphere. The entire logo is centered within a larger, faint circular outline.

ZenSpire

## **BONUS!**

Once you've familiarized yourself with ZenSpire®, tried out the different programs, and made the 365 method part of your daily routine, you can try out some bonus methods.

These are based on the Sleep, Kids, and Relax programs. Don't try to find them in your ZenSpire®—they're just variations on the existing programs.



## **ENERGY BONUS**

*Based on the SLEEP program*

### **THE FASTEST WAY TO REGAIN ENERGY**

*This will recharge your batteries, making you feel more alert and focused all day long*

**BREATHE IN**

**6**

**SECONDS**

**BREATHE OUT**

**4**

**SECONDS**

**FOR**

**10**

**MINUTES**

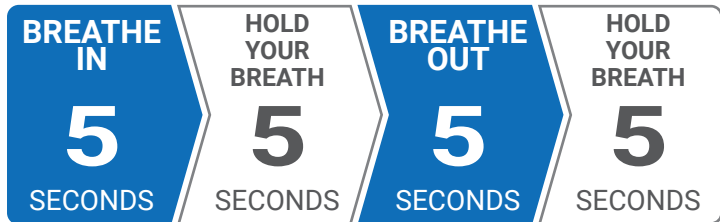
**TAKING DEEP BREATHS IN WITH SHORTER  
BREATHS OUT INCREASES THE AMOUNT OF  
OXYGEN IN THE BODY**





## **BALANCE BONUS**

**Based on the RELAX program**



**FOR 5 MINUTES**

**BOX BREATHING PROVIDES AN IMMEDIATE SENSE OF WELLBEING**



## CONCENTRATION *BONUS*

Based on the **KIDS** program

**BREATHE  
IN**

**4**

SECONDS

**HOLD  
YOUR  
BREATH**

**4**

SECONDS

**BREATHE  
OUT**

**4**

SECONDS

**HOLD  
YOUR  
BREATH**

**4**

SECONDS



FOR **3** MINUTES

**BOX BREATHING PROMOTES  
RELAXATION AND CONCENTRATION**



1% of our turnover is donated to environmental causes.



*Manuel d'utilisation*



*User manual*



*Bedienungsanleitung*



*Manual de uso*



*Manual del usuario*



*Handleiding*



*Manual de utilização*

[www.zenspire.com](http://www.zenspire.com)