

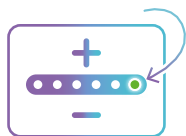


## Quick Start Guide

Please refer to the Instructions for Use for complete guidance and operating instructions.

## 5 steps to using Nidra™

Begin therapy only after completing personalized device titration with a specialist.



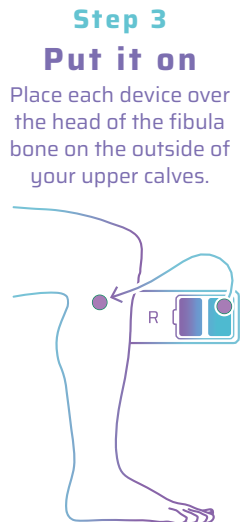
### Step 1 Charge up

Your devices are ready to use when the light turns green.



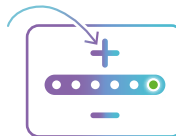
### Step 2 Place CDI

Remove the reusable plastic liners (store for later) from the CDI and place one on each device. Note: blue liners are meant to be discarded.



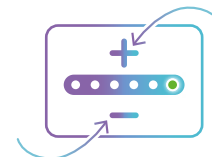
### Step 3 Put it on

Place each device over the head of the fibula bone on the outside of your upper calves.



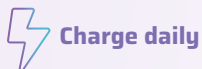
### Step 4 Power on

Hold the (+) button on each device for three seconds to begin the session.



### Step 5 Adjust intensity

To unlock each device, press the (+) and (-) buttons at the same time. Then, use the (+) and (-) buttons to increase or decrease treatment intensity as needed.



Charge daily



Avoid water

Questions?  
Call 866-EASE-RLS

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