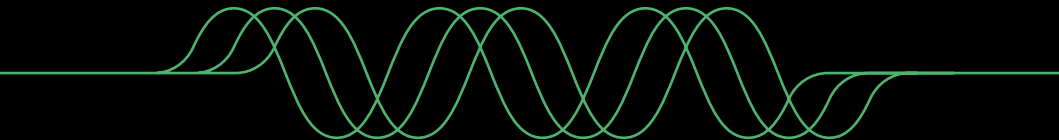


ABOUT
PULSETTO



GO WITH THE WAVE

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FEEL THE POWER OF PULSETTO

There is no prior mindfulness or meditation experience required. Benefits to your well-being are cumulative with regular sessions and are effective from the first time you use your *Pulsetto*.

OUR STORY

The purpose of Pulsetto is to provide stress resilience and well-being to people from all walks of life by utilizing effective methodologies and cutting-edge technology.

After decades of exploring how stress impacts daily life, we created Pulsetto – a simple, non-invasive wellness device that supports relaxation, better sleep, and overall wellbeing.



We are a small team working hard to bring *Pulsetto* to as many people as possible – your support and assistance are really appreciated, so please stay in touch or even leave a 5-star rating in the App Store or Google Play if you're enjoying your sessions.



How to get ready?
Make the most of your sessions

6

1

Set aside some uninterrupted time – even 10 to 15 minutes is sufficient.

2

To avoid notifications, set your phone to sleep or do-notdisturb mode.

3

Put Pulsetto on your neck and adjust the size to keep it in place.

4

Make sure Bluetooth is turned on, begin your session using the app, and relax...

What should you expect after a session?

Even if Pulsetto works from the first session, the longterm effects are cumulative and can vary. When you're finished, move gently and carefully as you become a better version of yourself! Pulsetto affects everyone differently; however, the most frequent long-term outcomes people describe are:

1

improved sleep length and quality

2

supported relaxation and mood balance

3

increased resilience to stress

4

supported recovery from daily stress

We advocate keeping an open mind – please let us know what changes you see along the way; we'd love to hear from you.

Leave your insights here:



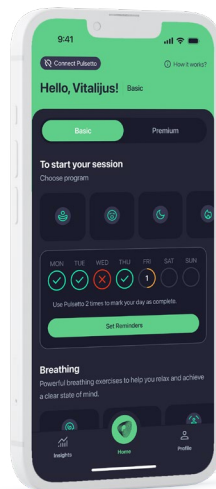
GETTING STARTED



Using your smartphone, search for “Pulsetto” in the App Store (iOS) or Google Play (Android) and install the app.

Scan code to download the app. After downloading, open the app and follow the instructions to complete your setup.

1. Make sure that Bluetooth and location services are enabled on your phone, and the phone is near the *Pulsetto* device.
2. Please view the tutorial and follow the instructions in the application.
3. Sign up to the application. If it is your first time, you will have to sign up to the *Pulsetto* application to become a *Pulser*.
4. When you first log in, you will see the tutorial messages. Later, you can find them on the “Settings” page under “Tutorial.”
5. Remove any jewelry that may touch the session location.
6. Find a comfortable sitting position. (A place where you can see your neck in the mirror may be helpful.)
7. Make sure the session location is clean and dry.
8. Apply gel to the neck region. Apply on both sides.
9. Place the *Pulsetto* device on your neck and check that the contact pads align with the area where you applied the gel. If the gel is not applied as described, the session may feel less comfortable or less effective.
10. Turn *Pulsetto* on by pressing the power button on the device. You will see a green LED indication around the button.
11. You will see the available programs on the home screen. You can read more on the “Settings” page.



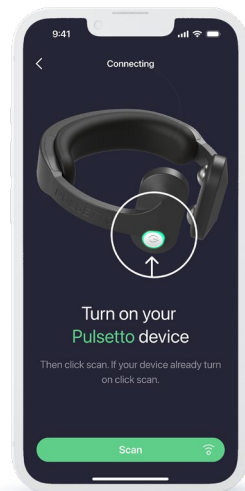
12. Position the device in the correct place on the neck over the session location. Adjust the collar dimension to feel mild to moderate pressure, so the device makes good contact with the skin; however, do not apply excessive pressure to the neck.
13. The *Pulsetto* app also has a sound library – the soundscapes are engineered solely for *Pulsetto*, using frequency harmonics with auditory stimuli and frequency following responses. *Pulsetto* continually adds new features and functionality directly to the app without

the need to buy new hardware. It is usually used in programs that are longer than others, match with your desired programme.

14. Select the program. You will see more instructions on the program screen.
15. In the app, gradually increase the intensity to a level that feels comfortable for you. Once you've found your preferred setting, simply enjoy the rest of your session. You may notice gentle sensations or light twitches in the area where the device rests – this is normal

and will fade once the session ends. The right intensity varies from person to person and may also differ from one session to another.

16. Following the session, you will have the ability to rate your session and view session details. Your profile has all of this information. This will also help us create a better user experience.



NOTE: You can always check your previous sessions and preferences in your profile to check the programs.

NOTE: Gentle neck muscle twitches during a session are normal and not a reason to stop. If the sensation feels too strong or uncomfortable, try:

- Lowering the intensity level by pressing the “-” button.
- Repositioning *Pulsetto* on the neck over the pulse and slowly increasing the intensity level again by pressing the top area of the control button.
- If the sensation remains uncomfortable switch off the device by pressing and holding the power button and end the session.

- Removing *Pulsetto* from the neck.

Clean *Pulsetto* by wiping the leftover gel off the contact surfaces with a soft dry cloth.

Gently wipe away excess gel with a cloth or tissue. For comfort, avoid leaving gel on the skin, as it could occasionally cause mild irritation.

Exploring the app – understanding sound

Pulsetto offers a curated collection of musical soundscapes that users can select for free via the app. These soundtracks have been carefully selected and arranged by our dedicated team to ideally match your

unique moods or requirements. To delve into this diverse library, you’re invited to click on ‘Select Music’ and skim through the numerous tracks on offer. The audio level can be adjusted by phone volume.

The enthralling *Pulsetto* experience is a product of a uniquely engineered music system that allows simultaneous listening through headphones.

Our team leverages a distinct audio blend, encompassing four confidential elements, to craft a captivating, harmonious auditory experience. This immersive sound experience is synchronized across the entire audible spectrum, enhancing your interaction with our platform.

WELLNESS APPLICATIONS AND PRODUCT DESCRIPTION

Pulsetto wellness wearable device can be used for:



Stress
reduction



Supporting
relaxation



Supporting
restful sleep

Pulsetto delivers gentle signals in the neck area designed to support relaxation, stress reduction, and sleep.

According to your selected program, each session with *Pulsetto* lasts from 4–20 minutes depending on the program of your choosing. You can always add a couple of additional minutes.

The user controls the intensity level and duration.

Now Pulsetto Fit comes in 3 sizes to match every body type and preference:

- **L size** – device worn without padding
- **M size** – with medium padding
- **S size** – with larger padding

We've developed two soft padding options to boost comfort and flexibility. Designed to reduce pressure points and fit naturally against the skin, the new paddings ensure a secure and personalized experience. Thanks to the magnetic attachment system, switching between paddings is simple and smooth.

This increased adaptability ensures a **secure, customized fit**, improving both usability and overall user experience. The integrated **magnetic attachment** system makes the padding easy to apply and remove, offering a seamless and user-friendly solution for daily use.



Device Feature	Description / Use
1. Power button	Turns the power ON/OFF
2. Charging port	Charges the device
3. Neck contact pads	Contact points for signal delivery
4. Soft pads	Attach magnetically for adjustable fit

LED display symbols:

LED indicator

- Device is booting / ready to operate
(Glowing blue light)
- Device is ready for pairing
(Glowing green light)
- The session has started
(Blinking purple light)
- Charging
(Glowing red light)

Power button:

Press the power button ❶ to turn the **device ON**.

Hold the power button ❶ to turn the **device OFF**.

Charging Instructions:

1. Plug the USB-C cable into the device charging point ❷. Connect the other end of the USB-C cable to the power outlet minimum requirement of 0.5A.
2. The device LED will glow RED color while charging. The red light does not indicate full charge. Your *Pulsetto* fully charges in 1 hour.

Cleaning:

Clean the device after each use by gently wiping the neck contact pads ❸ with a soft, dry cloth to remove the leftover gel.

HOW PULSETTO CAN SUPPORT YOUR WELL-BEING

- Supports relaxation and stress management
- Promotes a sense of calm and wellbeing
- Helps encourage better sleep routines
- Supports focus, mental clarity, and balance
- Can complement mindfulness, meditation, and breathwork practices

- Personal use, wearable, portable, easy to integrate into daily life
- Provides a non-invasive way to support overall resilience and lifestyle wellness

NOTE! This device is a general wellness product. It is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease or medical condition.



WHAT YOU MAY FEEL WHILE USING *PULSETTO*

What You May Feel:

- You may notice mild tingling, warmth, or light muscle twitches in the area of contact.
- Temporary skin redness can occur where the device touches the neck.
- These sensations are normal, usually short-lived, and fade after the session.
- If you ever feel discomfort that persists, stop using the device.

WHEN NOT TO USE *PULSETTO*

Pulsetto is designed as a general wellness product. To ensure safe and comfortable use, avoid using it if:

- You have an implanted electronic device such as a pacemaker or hearing implant.
- You have metal implants in the neck area.
- The skin on your neck is broken, irritated, or has a rash.
- You are in or near water (e.g., shower, bath, pool).

SAFETY NOTES

- Use Pulsetto only as described in this manual.
- Do not use while driving, operating machinery, or doing activities that require your full attention.
- Always apply the conductive gel as instructed for comfort.
- Keep out of reach of children.
- If you notice dizziness, light-headedness, or discomfort, end the session.

ADDITIONAL SAFETY INFORMATION

Pulsetto is intended only for general wellness purposes such as stress support, relaxation, and sleep.

The most common experiences are limited to temporary tingling, mild

redness, or light muscle twitching where the device makes contact.

Pulsetto is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease.

If you ever experience unusual or persistent discomfort, stop using the device and contact our customer support team.

PRODUCT HANDLING



Scan the QR code to learn more about *Pulsetto* and how to get started.

Each order includes two USB-C protective caps. Always keep a protective cap installed in the charging port when the device is not being charged. This helps prevent gel, moisture, and debris from entering and damaging the port.

OPERATING CONDITIONS:

Range: 10°C to 45°C (50°F to 113°F)
Humidity: 10% to 90%
Barometric Pressure: 80 to 101 kPa
Altitude: Use below 2000m
Maximum Output: 30V (peak), 40mA (peak)

STORAGE/TRANSPORT CONDITIONS:

Pulsetto should be stored at room temperature away from moisture
Range: 0°C to 50°C (32°F to 122°F)
Humidity: 10% to 90%
Barometric Pressure: 80 to 101 kPa

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PADDING CARE:

Please note that the soft padding is a **consumable component**. While it is crafted from high-quality materials and built to last, it may naturally wear over time, especially with frequent or intensive use. Factors like pressure, moisture, friction, and repeated attachment or removal may gradually affect the padding's shape or surface texture. This is a normal result of regular use and does not indicate a defect. Replace as needed.

Replacement paddings will be available for purchase on our official

website and through authorized sales channels.

To extend its lifespan, please follow all care and handling instructions carefully.

Washing Instructions

- Hand wash only in cool water (max 30°C / 86°F).
- Use mild soap – no bleach or harsh chemicals.
- Handle gently – avoid twisting, scrubbing, or soaking.

- Rinse thoroughly to remove all soap residue.

Drying & Care Instructions

- Do not machine wash or dry.
- Lay flat to air dry – no twisting, hanging, or heat sources.
- Keep away from heat and flames.
- Do not iron or dry clean.

Handle gently to preserve shape and performance.

General Care

- Keep away from heat and fire.
- Do not iron.
- Do not dry clean.

Only use gentle hand washing to protect materials.

By diligently following these detailed instructions, you can significantly extend the lifespan and preserve the original quality of this item.

Disclaimers

Do Not Alter or Modify: Any modification to the product, including cutting, sewing, or attempting to remove magnets or foam layers, may result in damage or reduced performance.

Store Properly: Store in a cool, dry place when not in use. Avoid folding or compressing the padding for extended periods, as this may cause permanent deformation.

Magnet Safety: Keep the product

away from credit cards, digital storage devices, and medical implants. Magnets may interfere with or damage electronic equipment.

Non-Repairable: This product contains internal components that are not user-serviceable. Do not attempt to disassemble or repair.

TROUBLESHOOTING

***Pulsetto* does not turn on**

- Charge *Pulsetto*. If the device is charging, the button will glow RED. After several minutes the device will stop blinking. Charging takes about an hour.

- Restart *Pulsetto*. Turn *Pulsetto* off and on again.

***Pulsetto* does not charge**

- Ensure the USB-C power cord is plugged in correctly.

You can find more information in the FAQ section of the application or on the website.

PRODUCT DISPOSAL



Pulsetto is an electronic wellness device and should be disposed of responsibly, like other electronic equip-

ment. Do not throw the device into household waste. Please follow local regulations for recycling or safe disposal of electronic products. If you have questions about how to dispose

of your device, contact *Pulsetto* Customer Service (see Section 27).

NOTE: *Pulsetto* contains a lithium battery that cannot be removed by the user.

PRODUCT DESCRIPTION

Pulsetto is a Bluetooth Low Energy communication based device, powered from an internal rechargeable battery, LiPo 350mAh, 3.7V. The device is powered over a USB-C connector. The device has a single button to turn it on and off.

The main control is done over a dedicated smartphone application. The device has an internal DC-DC voltage converter that creates 0.2ms period, 12-46Vp-p, 50% duty cycle impulses, 5 impulses that are repeated each 15ms. It might vary from program to program.

Device has a single embedded ceramic antenna with a gain of 0.5dBi and the transceiver that is set to 0dBm Tx. Device operates as a „System using digital modulation techniques“. Single channel bandwidth is 1MHz, operating frequency range is 2402-2480MHz.

RETURNS POLICY & WARRANTY

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If, for any reason, you are not happy with your purchase, you can return your order within 21 to 30 days from the date of delivery for a full refund. Please note that the item price and applicable taxes will be refunded. Shipping will not be refunded unless an error occurs on our part or the merchandise is deemed defective.

Returns will not be accepted if any of the following conditions apply:

1. The product is missing parts or has been damaged due to improper use.
2. The product has been damaged or modified from its original form in a manner not consistent with typical use.
3. The product is not returned with all hardware and accessories.
4. No refunds will be given after thirty days from the date of delivery.
5. All returns must be in their original unaltered packaging.



The conformity with the essential requirements has been demonstrated against the following harmonized standards:

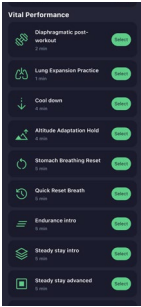
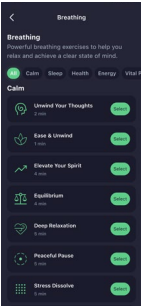
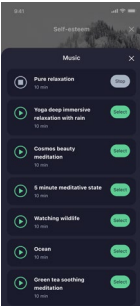
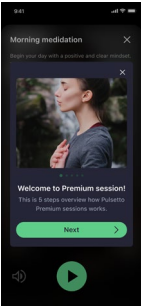
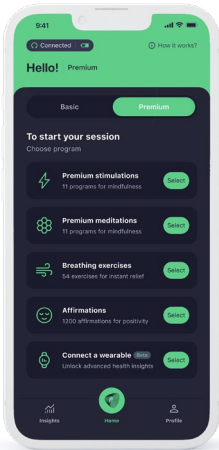
Harmonized standard reference	Article of Directive 2014/53/EU	Test report No.
EN 62368-1:2014/A11:2017	Health and safety – Article 3.1(a)	PUL-202403/S01-V1
EN 301 489-1 V2.2.3 EN 301 489-3 V2.1.1	Electromagnetic compatibility – Article 3.1(b)	PUL-202403/E01-V1
EN 300 440 V2.2.1	Efficient use of radio spectrum – Article 3.2	PUL-202403/R01-V1

PREMIUM APP

The PREMIUM section of the Pulsetto app represents the pinnacle of our commitment to holistic wellbeing and everyday balance. Designed for users seeking a deeper, more comprehensive approach to relaxation

and wellbeing, PREMIUM offers an enriched experience with features like guided meditation sessions, an extensive library of 54 breathing exercises, and 1200 powerful affirmations. These can be seamlessly paired with Pulsetto sessions and our calming background audio library. Premium features include additional guided meditations, breathing exercises, and affirmations designed to enhance the relaxation experience.

Furthermore, the PREMIUM section is ever-evolving, with new features and enhancements continually being added to support users in their relaxation and wellbeing journey. By integrating these features, PREMIUM transforms the Pulsetto app into a versatile tool for building balance, resilience, and a deeper sense of overall wellbeing.



Connect with us:



Pulsetto



pulsetto.tech



Pulsetto



@pulsetto



r/pulsetto_device

NOTICE:

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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence.

L'exploitation est autorisée aux deux conditions suivantes:

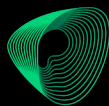
(1) l'appareil ne doit pas produire de brouillage, et

(2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

NOTICE:

Changes or modifications made to this equipment not expressly approved by Pulsetto may void the FCC authorization to operate this equipment.

NOTE! *This device is a general wellness product. It is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease or medical condition.*



PULSETTO

GO WITH THE WAVE

Scan to watch:



Our CEO
Message



How to use
PULSETTO