

How to use “Sylph” ~ sleep inducing device

- 1 Set swing speed 700 (just a rough guide).
- 2 Switch on (Automatic OFF with a timer setting).
- 3 Lie down on the bed.
- 4 Make sure the device is working.
It is a little hard to feel it at first, but you can feel it gradually
- 5 If you feel some bumps in a certain rhythm, it works properly.
- 6 When you feel it for about 2 minutes, then you feel like you are floating.
If you feel quite a bump, it is too fast. Please make the swing speed slow.
If you feel nothing, make the swing speed fast.
- 7 If you actually feel it, you can sleep naturally.
Please wake up after one or two minute sleep if you use it for temporary sleeping.
- 8 When you wake up, everything which worried you in your mind is gone.

Properties

This product is made from the idea that it can make you concentrate on one thing in your mind when you think too much or feel frustrated or excited and refresh your body and mind by feeling fluctuation in a certain rhythm.

I don't have medical intelligence, psychological knowledge nor meditation knowledge, but I embodied it with my sense and skills. Everybody feels in different way, but I hope it can help you.

Operating procedure for Sylph (sleep-inducing device)

Initial check Check safety in the operating environment.
Make sure the power is off.

1、 Preparation for installing Sylph.

- 1、 Insert drive base under the head side and foot side of the bed
- 2、 Insert driven base under the head side and foot side of the bed
- 3、 Make sure if each of them is parallel with the motion direction and adjust it if needed.
- 4、 Fix a link bar of the drive part with a bracket of drive side (fit it in from above).
- 5、 Set a cover with a controller on the head side.
- 6、 Set a cover on the foot side.
- 7、 Connect a special harness for drive motor with a controller of drive-part cover.
- 8、 Connect the power wire with the power connecting port on the back of a controller.
- 9、 Connect the power with an outlet.

* After checking everything is done, power on Sylph.

2、 Prepparration for a user

- 1、 Double check surrounding safety.
- 2、 Switch on the power of the controller (start working)
- 3、 Adjust to an optimal speed with dialing of the controller

3、 How to adjust to an optimal speed

- 1、 Dial and set the controller to 500.
- 2、 Let a user lie down to try Sylph.
- 3、 When a user doesn't feel by the user's back if a device is moving or not with the eyes closed, dial the controller while watching the display, increase speed gradually to find out an optimal speed.

An optimal speed varies according to the setting environment or how a user feels at that time.
Please adjust it according to a user's wish or heartrate.

Specification of "Sylph" ~ sleep-inducing device~

Size	Drive side/ Driven side : W1000mm×L270mm×H210mm Drive part : W200mm×L220mm×H200mm
Weight	Drive side : about 15kg Driven side: : about10kg
Materials	SPCC
Power	AC100V~240V 50/60Hz
Operating method	Special cam link method
Operating direction	Head-foot direction
Scope of back-and-forth motion	100mm stroke
Variable number of back-and-forth motion	Variable: 2~ 3 times/minute of back-and-forth motion
Variable number of fluctuation	Variable: 4 ~60 times/ minute
Timer control	Voluntary setting
Features	By adding uncertain fluctuation to a regular back-and-forth motion, swing following a user's breathing rate and heart rate induces sound sleep comfortably.
Precautions	Please check safety surrounding or under the bed before using it.

“Sylph~mind-refreshing and sleep-inducing device” (TAIS code•01753 – 000003)

It is a swinging bed adding constant fluctuation to an stable swing at a sleep inducing time.

<https://www.youtube.com/watch?v=8KVNYrtri50>

It's short but a movie for Sylph.

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We thought it made you refreshing yourself when you used “Sylph” and measured brainwave with an inexpensive brainwave indicator, mindwave (channel 1) amateurishly.

The scope of measurement by the mindwave is a total of 8 including delta, theta, lawalpha, Highalpha, lawbeta, Highbeta Lawgamma and Highgamma and has gauges showing attention and meditation.



It is actually hard to judge for us, as amateurs, how the mindwave above is reliable. However, we think that our product “Sylph” is a device not only for sleep inducing and mind-refreshing but also has possibility to lesson stress and cure diseases such as alleviation of depression because we measured brainwaves (gamma waves and others) which shows relaxing quite a lot. Please feel free to toncatc us.

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