

INSTRUCTION MANUAL



Glo to Sleep^{ADVANCED}[®]

Sleep Therapy Mask | *Quickly relax and get to sleep naturally*

sound oasis[®]
sleep better. feel better. live better.[®]

Model GTS-2000SE
www.glotosleep.com

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About Glo to Sleep ADVANCED®

Your GTS-2000SE is an effective, safe and natural way to help you get the sleep your body needs. By looking at the dimming Points of Glo and breathing in a relaxed manner, your mind will let go of the thoughts and worries that can keep you awake.

Your GTS-2000SE can help you get better sleep in a number of ways:

1. The dimming light is pleasant to look at and distracts your brain from thoughts keeping you awake.
2. The dimming and slowing pulsating light option (the Sleep Enhancement® mode) lulls you to sleep.
3. The mask blocks out external light that can keep you awake or wake you too early in the morning. Sleep doctors regularly recommend the use of sleep masks to control your light environment.
4. The GTS-2000SE is perfect for getting quality sleep on airplanes, trains or buses where a variety of sleep distracting light is common.
5. The GTS-2000SE is ideal for shift workers that need to sleep during daylight.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USING

All the safety and operating instructions should be read, adhered to, and followed before the unit is operated.



WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH of CHILDREN**.
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



- Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.
- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.

- This Glo to Sleep AdvancedGTS-2000SE is powered by one (1) CR2032 coin cell battery. The nominal battery voltage is 3V. This battery is NOT to be recharged.
- Do not force discharge, recharge, disassemble, heat above 70° C/158° F or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- Ensure that the battery is installed correctly according to polarity (+ and -).
- Remove and immediately recycle or dispose of battery from equipment not used for an extended period of time according to local regulations.
- Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the battery, and keep the battery away from children.
- Do not immerse unit in liquids or allow liquids to enter unit.
- Do not use while bathing or in a shower.
- Do not place or store unit where it can fall or be pulled into a tub or sink.
- Do not allow young children to play with this unit as it is not a toy.
- Do not allow children to play with any plastic bag that may accompany this unit as it may present a choking hazard.
- Never operate this unit if it is not working properly, if it has been dropped or damaged or dropped into water.
- Do not perform any servicing on the unit other than replacing the battery or gentle cleaning.
- Do not try to disassemble unit.

KEY BUTTONS AND CONTROLS



- A - Mask
- B - Points of Glo
- C - Mask Strap
- D - Mask Strap Adjustments
- E - Light Control Button
- F - Light Control Cover

How to Set Up Your Glo to Sleep ADVANCED®

- Adjust the fit of your Glo to Sleep ADVANCED® to your head with the Mask Strap Adjustments. When it fits correctly, your Glo to Sleep ADVANCED® will be comfortable to wear, but fit snug enough to block out external light.

STEP 1



- Remove the Light Control Cover.
- Pull the "Pull to remove before use" plastic strip from underneath the CR-2032 coin cell battery.

STEP 2



1. Choose your color and program:

- Press the Light Control Button to choose your color of light (blue or red) and whether you want the light to only dim, or to pulsate while it dims (we call this Sleep Enhancement®).
- Four (4) different programs are available by pressing the Light Control Button:
 - **First press: Dimming Blue Light:** Pressing the Light Control Button once displays a blue dimming light.
 - **Second press: Dimming Blue Light** with Sleep Enhancement®: Pressing the Light Control Button a second time displays a blue dimming light with pulsation that slows down as the light dims.
 - **Third press: Dimming Red Light:** Pressing the Light Control Button a third time displays a red dimming light.

- **Fourth press: Dimming Red Light** with Sleep Enhancement®: Pressing the Light Control Button a fourth time displays a red dimming light with pulsation that slows down as the light dims.

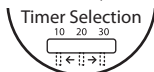
- **Fifth press: Off.**

Note: Choosing Your Initial Brightness

- You can choose your initial brightness.
- Once you have selected your light program, press and hold down the Light Control Button until you reach your desired brightness level. This will be the brightness level that your mask starts with every time you use it.

2. Choose your timer setting:

- The Points of Glo can be set to dim over 10, 20 or 30 minutes. To select, remove the Light Control Cover and slide the timer switch to the 10, 20 or 30 minute position.



IMPORTANT: At bedtime every night you do not need to repeat the program selection described above. Simply press the Light Control Button **ONCE** and the program you initially selected and used the previous night will start. The Light Control Button can be pressed by pushing the rubber dome on the Light Control Cover.



STEP 3

- Replace the Light Control Cover.

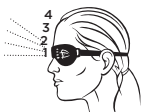


STEP 4



- Settle into a comfortable sleeping position, adjusting your **Glo to Sleep ADVANCED®** mask position as necessary so you can see the four (4) **Points of Glo** and no external light.
- Adjust straps to keep the mask even and comfortable on face.
- Align the mask to see four **Points of Glo**.
- Lie back and relax.

STEP 5



- Look up at the **Points of Glo** (the highest **Points of Glo** that you can). Use a relaxed gaze, you may blink.
- Points 3 and 4 are the most effective points.

NOTE: The blue **Points of Glo** do not emit enough light to slow the release of melatonin, so the light will not keep you awake in any way. Please see the “Glo to Sleep is Melatonin Friendly” section in this manual for more information.

STEP 6



- Take long, abdominal breaths. Let everything else relax while you inhale all the way and your lungs fill with air as your belly extends outward. Then exhale slowly and push the air out of your lungs. Wait a few seconds and repeat this cycle.

Breathe IN - 1... 2... 3... 4...

Breathe OUT - 1... 2... 3... 4...

- Keep your eyes open, looking up at a **Point of Glo**.

Free Glo to Sleep “Sleep Coaching” Track

For extra help falling asleep, Sound Oasis has partnered with the renowned Lee Tiller to bring you a free “sleep coaching” audio track that you can listen to while wearing your Glo to Sleep.

This audio track (about 30 minutes long) has been created to work exclusively with Glo to Sleep. Containing nature sounds, music and Lee Tiller’s chocolatey relaxing voice, this audio track helps guide you into a deeply relaxed state of mind and body using guided induction and “descending numbers” technique. It also encourages you to develop and practice ratio breathing, a technique that helps to engage the mind and calm specific physiological processes.

By following Lee Tiller’s spoken instructions, you can learn to suspend (or stop) thinking of daily worries at bedtime and let your brainwaves naturally slow from Beta to Alpha states as you drift off to sleep.

The free audio track can be downloaded from the Sound Oasis website as follows:



www.soundoasis.com/gts-free-download-sound

Please use this coupon code to obtain the free audio download: GLOTOSLEEP

Lee Tiller is a Clinical Hypnotherapist, Cognitive Behavioral Therapist and Psychotherapist located in County Kerry, Ireland. Mr. Tiller works extensively with insomniacs and



Technical Specifications

Foam: Hypoallergenic foam

Points of Glo: LED lights

Battery: Lithium CR-2032 3V coin cell type

Cleaning Instructions: To clean, gently wipe with a soft cloth moistened with warm water or mild detergents, and then remove all moisture with a soft, dry cloth. Do not use harsh solvents or chemicals for cleaning.

Blue or Red Light Options

Your GTS-2000SE provides you with two (2) different colors to choose from (blue or red) and four (4) different programs as described in Step 2.

Choose the color of light that works best for you. You may want to experiment.

About Red Light and Sleep

Medical research has shown that red light before bed improves sleep and can even aid in melatonin production (the hormone that naturally makes you feel drowsier).

Your GTS-2000SE allows you to select red light therapy - as gently dimming red light or gently dimming red light with slowing pulsation (Sleep Enhancement®).

To choose red light, press the **Light Control Button** until the red light is visible. Dimming red light is shown first. Pressing the **Light Control Button** again displays the dimming red light with Sleep Enhancement® pulsation.

GLO TO SLEEP IS MELATONIN FRIENDLY

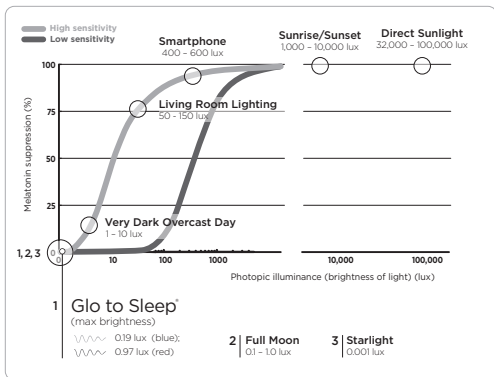
Melatonin is a hormone naturally produced by the pineal gland in the brain. It plays a crucial role in regulating the body's natural cycle of sleep. Normally, melatonin levels begin to rise in the mid to late evening to promote sleep, remain high for most of the night, then drop in the early morning hours to help wake you up.

Light affects how much melatonin your body produces. With the use of artificial lighting at night, bright smartphone/tablet screens and the changes in daylight hours throughout the year, your body's internal clock can be pushed out of sync making it harder for you to fall asleep at night and more difficult to wake up in the morning.

Glo to Sleep ADVANCED® blocks out external light that can harm your natural melatonin cycles and adds melatonin friendly light therapy to help you relax and fall asleep. Since the light emitted from Glo to Sleep is so dim, it has no negative effect on your melatonin levels.

The following chart compares lab tested brightness levels for the GTS-2000SE to typical light emitting objects at home and in nature. The chart then correlates the brightness of these sources with research undertaken to determine at what levels of brightness melatonin starts to become negatively impacted. As shown, Glo to Sleep's light emission is so low that it is below the measureable starting point in the research.

Melatonin Friendly Glo to Sleep®



Scientific research has shown what levels of light brightness interfere with a person's natural melatonin secretion. The above chart shows how different light sources effect melatonin secretion for high and low light sensitive people. The light emitted from Glo to Sleep on maximum brightness falls far below the level required to stimulate melatonin secretion.

Research Source: **High sensitivity and interindividual variability in the response of the human circadian system to evening light**

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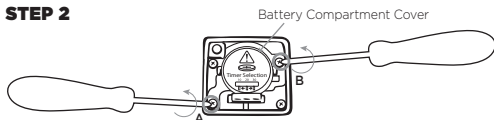
REPLACING THE BATTERY

STEP 1



- Remove the Light Control Cover.

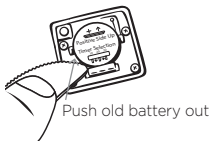
STEP 2



Loosen the A and B screws

- Use a Phillips head (+) screwdriver to loosen the A and B screws holding the Battery Compartment Cover in place. (turn the A and B screws in a counterclockwise direction to loosen) You only need to loosen them enough to enable you to remove the Battery Compartment Cover.
- Remove the Battery Compartment Cover.

STEP 3



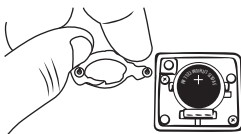
- Remove the old CR2032 battery from the Battery Compartment. You may need to use a flat instrument like a dull knife to push the old battery out.
- Please follow the safety warnings in this manual for safe handling and disposal of the old CR2032 battery.

STEP 4



- Insert a new CR2032 battery into the Battery Compartment making sure that the battery's + side faces up.

STEP 5



- Replace the Battery Compartment Cover on the Battery Compartment.



Turn the A and B screws in a clockwise direction to tighten

- Retighten the 2 screws on the Battery Compartment Cover.

STEP 6



- Replace the Light Control Cover.

1 Year Limited Warranty

Sound Oasis Company Warrants that this product is free from defects in materials or workmanship for a period of one (1) year from the date of original purchase.

If this mask fails to operate properly or if you have any questions, please contact a Sound Oasis Customer Service at telephone number 1-866-625-3218 or e-mail us at info@soundoasis.com

Your satisfaction is our paramount concern. We will work hard to help you improve your sleep.

ONLINE REGISTRATION

Thank you for purchasing the Sound Oasis® Glo to Sleep ADVANCED..

Please register your purchase online at www.soundoasis.com/registration and receive a 20% discount toward any other Sound Oasis® product from our website. **Use coupon code: SLEEP**

We will never sell your personal information or allow others to see it. We simply want to know how we are doing and if we can do anything better so we can bring more innovative products to you.

Thank you!