



# Sleep Shepherd Blue

User Manual

# Congratulations!

You've taken the first step to getting a better night's sleep! We know you are anxious to start using your Sleep Shepherd Blue right away, but please take a moment to read through this user manual so you know exactly what to expect from the Sleep Shepherd Blue and how to get the most out of this revolutionary sleep aid and sleep tracking device. If you have any further questions, please feel free to contact us directly.

## We're here to answer your questions!

[sleepshepherd.com/FAQ](https://sleepshepherd.com/FAQ)  
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# What's in the Box

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Sleep Shepherd Blue Headband



Micro USB  
Charging Cord

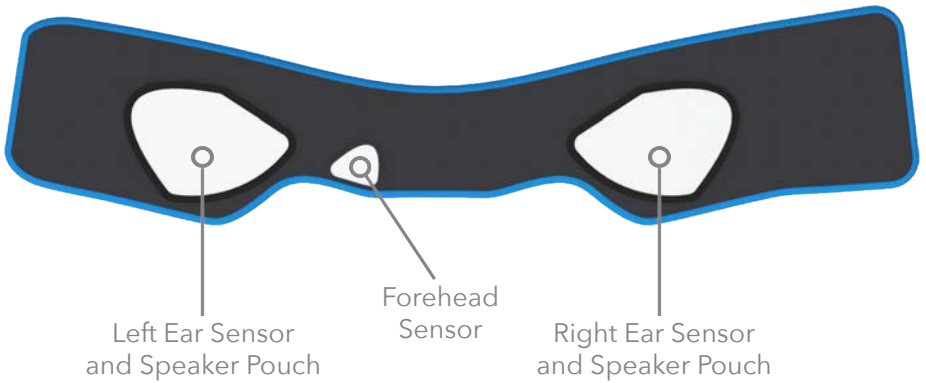
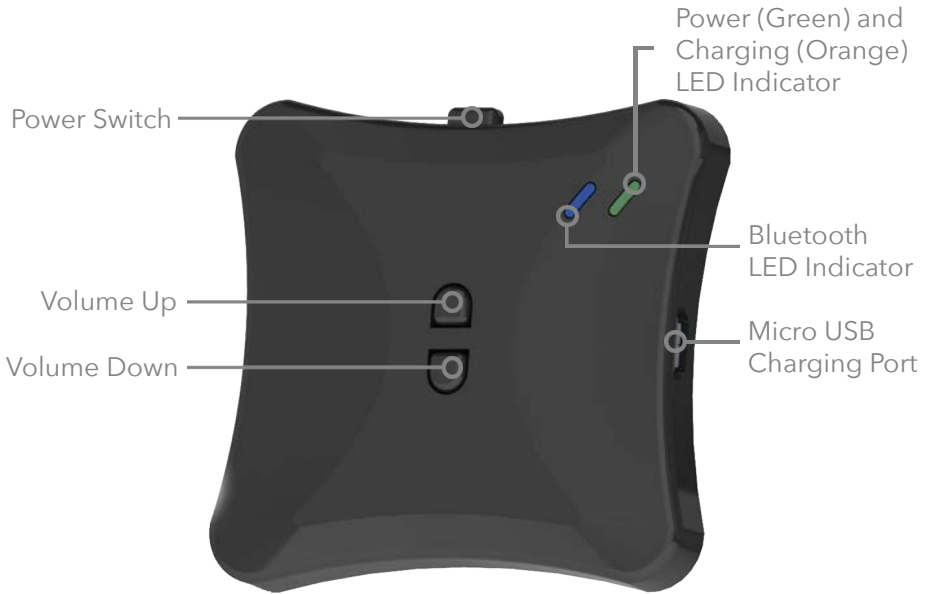


USB Wall Charger



# Components

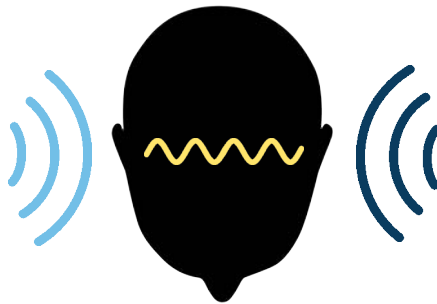
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# How it Works

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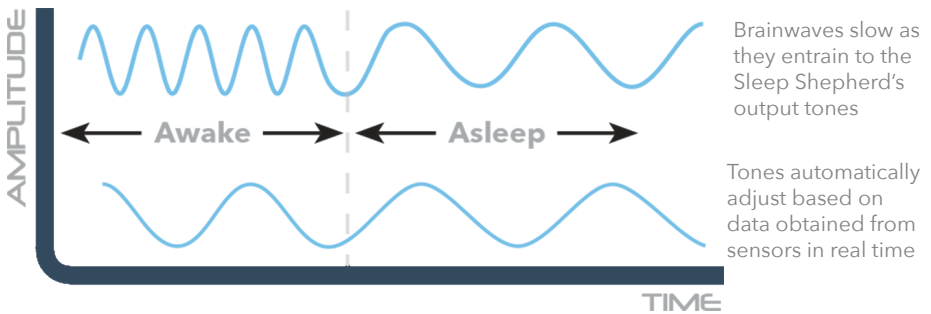
The Sleep Shepherd Blue is a complete sleep enhancing system that uses scientifically proven technology to actively improve your sleep quality. The Sleep Shepherd Blue is unique in that it works with your brain's natural structure to slow your brainwaves down and guide you to better sleep without altering brain chemistry in any way. This technology incorporates a biofeedback system that utilizes specialized tones to help entrain your brainwaves to a slower frequency in preparation for sleep. While wearing the Sleep Shepherd Blue, you will begin to perceive a rhythmic pulse over a constant carrier tone. This phenomenon is created by your brain deciphering the difference in frequency between the two tones that are played into either ear.



# How it Works

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The forehead and ear sensors contained within the Sleep Shepherd Blue closely monitor your brainwaves. The data is used in real time to adjust the tones delivered to each ear such that the resultant frequency of the tones is always slightly slower than your current brainwave frequency.



The specialized tones automatically shut off when your brain has reached a sleeping state. However, the unit continues to passively monitor your brainwaves and movement throughout the night and is ready to come back on whenever needed.

# Charging

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To charge the Sleep Shepherd Blue, use the included charging cord. Connect the micro-USB plug into the unit's micro-USB port (Figure A). Connect the USB plug into the included charging adapter (Figure B). **The unit should be fully charged between every use.**



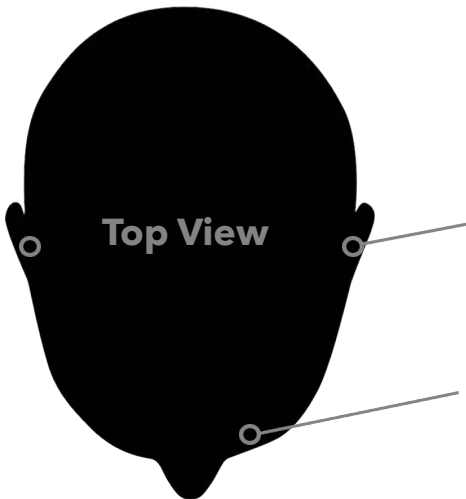
The orange charging indicator LED will appear when the device is being charged. Once the device is fully charged, the orange LED will automatically turn off, indicating the device is fully charged and ready for use. The device will generally take two hours to charge fully.





# Positioning the Sensors

The Sleep Shepherd Blue is able to passively monitor your brainwaves through conductive fabric sensors integrated into the inside of the headband. In order to obtain accurate readings, the sensor pads must be in firm contact with the wearer's skin. The two sensors along the side of the headband should align over the wearer's ears. The front sensor should come in contact with the wearer's forehead above the left eye. Hair must be pulled back away from the forehead and behind the ears to ensure adequate contact.

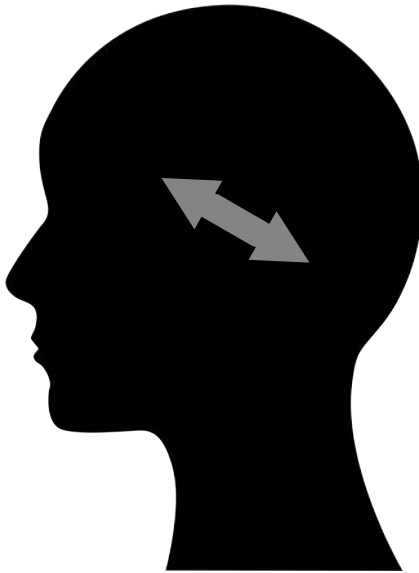


Place left and right sensors such that the conductive fabric makes contact with the skin on your ears.

Place the front sensor above your left eye, ensuring the sensor makes contact with the skin on your forehead.

# Adjusting the Speakers

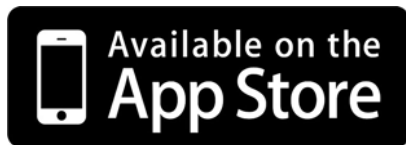
Thin speakers are incorporated into the headband within the conductive fabric pockets located over the ears. The speakers can be positioned within these pockets so that they align comfortably over the natural indentation of your ears. Volume levels can be adjusted on the electronics casing. Volume balance can be adjusted using the Sleep Shepherd companion app.



# Using the App

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The Sleep Shepherd Blue offers unparalleled sleep tracking insights by collecting brainwave data in combination with head orientation and movement to comprehensively and accurately track your nightly sleep. This data can be used to beneficially analyze and adjust your sleep routines to help optimize your sleep like never before.

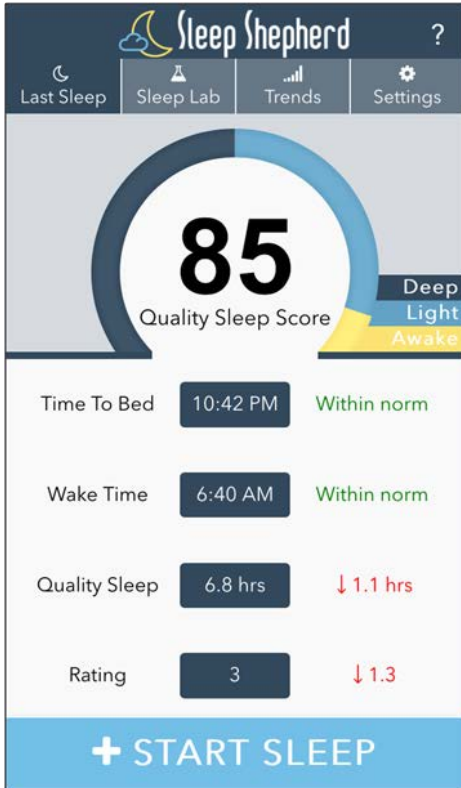


Download the Sleep Shepherd app by scanning the QR code above. Alternatively, the app can be downloaded by accessing the Google Play store for Android devices or the Apple App store for iOS devices.

Upon first opening the app, you will encounter a prompt to complete a detailed tutorial for syncing your Sleep Shepherd Blue. Please follow these in-app instructions prior to navigating the app.

# Last Sleep

The Last Sleep page gives a quick insight into last night's sleep.



## Quality Sleep Score

A numerical score quantifying last night's sleep quality is automatically generated each morning. This score takes into account time spent in each sleep stage, duration of quality sleep time, and movement throughout the night. The radial graph shows a ratio of time spent in deep sleep, light sleep, and awake states.

## At-A-Glance Stats

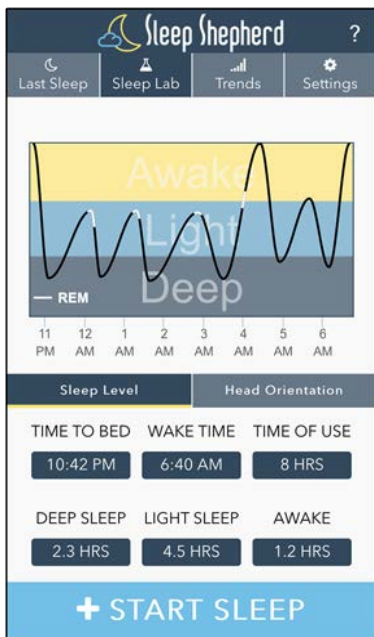
The Sleep Shepherd App keeps track of your sleep routine to alert you of inconsistencies in the time you go to bed, the time you wake up and the time spent in quality sleep. The app will also keep track of user-provided sleep ratings so you can quickly see how your sleep habits are affecting your reported sleep quality.

## Start/End Sleep Button

Hit the **Start Sleep** button, and your headband will begin recording data. When you wake up, hit the **End Sleep** button to sync recorded sleep data to the app. The Sleep Shepherd Blue only emits electronic signals during this brief syncing process.

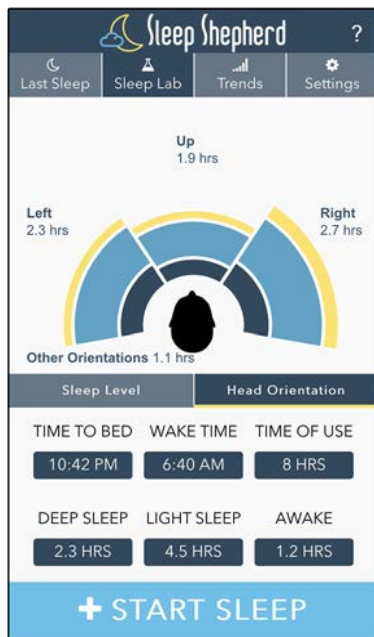
# Sleep Lab

The Sleep Lab page gives detailed insight into last night's sleep.



## Sleep Level

The **Sleep Level** graph tracks your sleep throughout the night and classifies the data into 'Awake', 'Light' and 'Deep' sleep states. Portions of the line shown in white indicate R.E.M. episodes. Any portion of the graph that does not plot data, indicates insufficient data was collected (refer to 'Positioning the Sensors' section of this manual to ensure proper sensor contact).

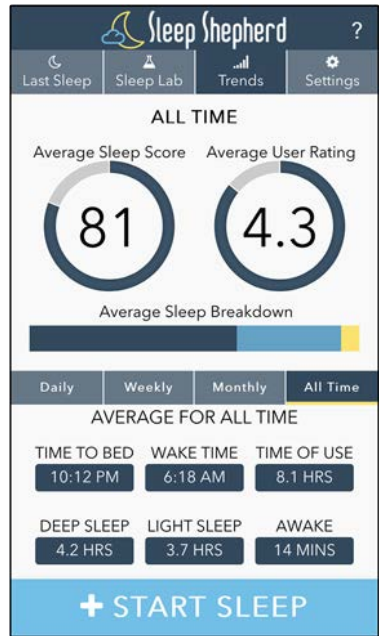
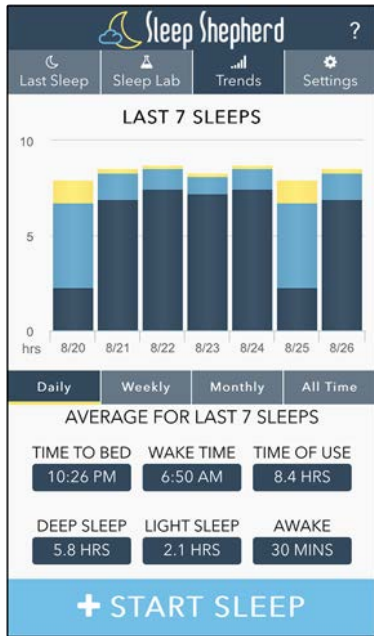


## Head Orientation

The **Head Orientation** plot tracks the time spent in each sleep orientation. The plot also indicates time spent in deep, light and awake states for each sleep orientation. Any time spent out of bed or in a sitting position is categorized as 'Other Orientation'.

# Trends

The Trends page helps better track sleep habits and routines.



## Daily, Weekly, Monthly

From the **Daily** tab you can see the deep, light, and awake breakdown of the last seven sleep sessions. Selecting the **Weekly** tab will show weekly averages for the last seven weeks. Similarly, the **Monthly** tab will show averages for the last seven months.

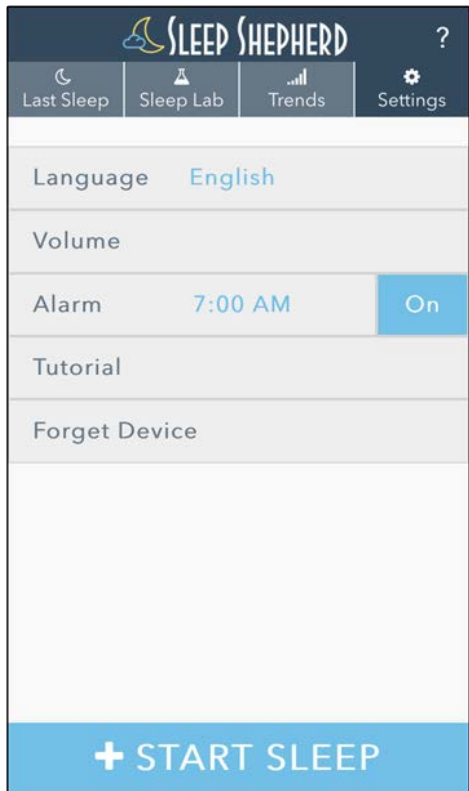
## All Time

The **All Time** tab averages data from every sleep session recorded on the app. These values are also used as baseline values for the comparisons found on the Last Sleep page.

# Settings

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The Settings page allows you to customize your Sleep Shepherd.



## Language

The Sleep Shepherd App is available in numerous languages, click the **Language** tab to select your desired language.

## Volume

The default volume of your Sleep Shepherd Blue can be set either in the app or on the unit. For users with differential hearing, volume balance can also be set by clicking on the **Volume** tab.

## Alarm

The Sleep Shepherd Blue contains a revolutionary Smart Alarm feature that can be easily set from the **Alarm** tab. Smart Alarm capabilities can be found in the Smart Alarm section of this manual.

## Tutorial

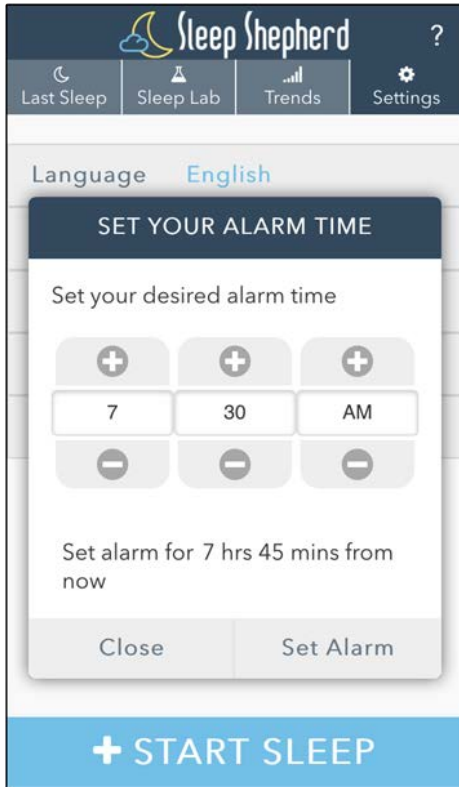
A step-by-step tutorial will guide you through connecting to your Sleep Shepherd Blue for the first time. This tutorial can be reviewed at any time by clicking on the **Tutorial** tab.

## Forget Device

Clicking on the **Forget Device** tab will allow you to connect your app to another Sleep Shepherd Blue unit.

# Smart Alarm

The Sleep Shepherd Blue Smart Alarm feature ensures you will wake up on time, feeling refreshed and ready for the day.



To set the Smart Alarm, simply click on the **Alarm** tab on the Settings page, and select your desired wake time. Once an alarm is set, the alarm can be toggled on and off from the **Alarm** tab.

When the Smart Alarm feature is enabled, the Sleep Shepherd Blue will begin to emit specialized tones to gradually lift you out of sleep just prior to your pre-set alarm time. An alarm beep will slowly be integrated into the binaural tones. This beat will gradually increase in volume to help wake you up without the abrupt startle of a traditional alarm.



# Sleeping Types

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To maximize the Sleep Shepherd Blue's effectiveness for you, it is helpful to determine what sleep category you fall into:



## Sensitive Sleeper

Members of this group suffer from frequent interruptions in sleep and often have difficulty falling back asleep during the night. The Sleep Shepherd Blue can help block out noises that cause sleep disturbances and help these individuals fall back asleep faster after a sleep interruption.



## Running Ragged

Members of this group work hard, perhaps balancing multiple responsibilities with long or out of the ordinary hours. For this reason, this group tends to not be able to budget sufficient time for sleep. The Sleep Shepherd Blue can help these individuals maximize their sleep by enhancing the time they spend sleeping as well as enabling them to better track their sleeping habits.

# Sleeping Types

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## **Bustling Brains**

Members of this group are constantly juggling the varied demands of life, including work and family issues, and thus have some difficulty slowing down their brains at bedtime. Members of this group can benefit from using the Sleep Shepherd Blue to help them fall asleep at night and allow their natural sleep cycles to return to a healthy level.



## **Committed Competitor**

Members of this group do not necessarily have trouble sleeping, but are looking to optimize their sleep patterns. This group can benefit from using the Sleep Shepherd Blue to help increase the time spent in deep sleep. In addition, the Sleep Shepherd Blue companion app can give members of this group a competitive advantage by providing sleep insights that other sleep trackers simply can't match.

# Sleep Hygiene Tips

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The Sleep Shepherd Blue's revolutionary biofeedback system is designed to help enable your brain to slow down and better prepare for a restful night's sleep. In addition, the companion app enables users to track their sleeping patterns like never before. The Sleep Shepherd Blue is most effective when paired with healthy sleep habits. To achieve the best results, we recommend following these proven sleep hygiene techniques:



## **Regulate Your Schedule**

It is important to maintain a consistent sleep routine as much as possible. Going to bed and waking up at the same time each day allows your body's natural circadian rhythm to restore itself to a healthy state. Establishing a nighttime routine will also condition your body to better prepare for sleep. The Sleep Shepherd Blue's companion app can help pinpoint sleep routine irregularities.



## **Exercise Daily**

Exercising daily (finishing 2-3 hours prior to bed) has been shown in countless studies to improve overall sleep patterns. As with any factor involving sleep, it is best to establish a consistent routine to condition your body into feeling alert when you wake up and relaxed when you're preparing for sleep.

# Sleep Hygiene Tips

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## Limit Use of Electronics



It is important to limit prolonged interaction with electronic devices prior to bed (phone, tablet, laptop, TV). These devices tend to emit wavelengths of light that have been shown to suppress melatonin levels and lead to increased brainwave activity. These devices also tend to evoke strong emotional and physiological responses that are not conducive to sleep and relaxation.

## Limit Alcohol, Caffeine, and Tobacco



Limiting consumption of these substances will drastically improve overall health and sleep patterns. These items should especially be avoided prior to bed as they are known to alter chemical compositions in the body (particularly the brain) and tend to have a negative impact on sleep cycles.

## Allow Your Brain to Relax

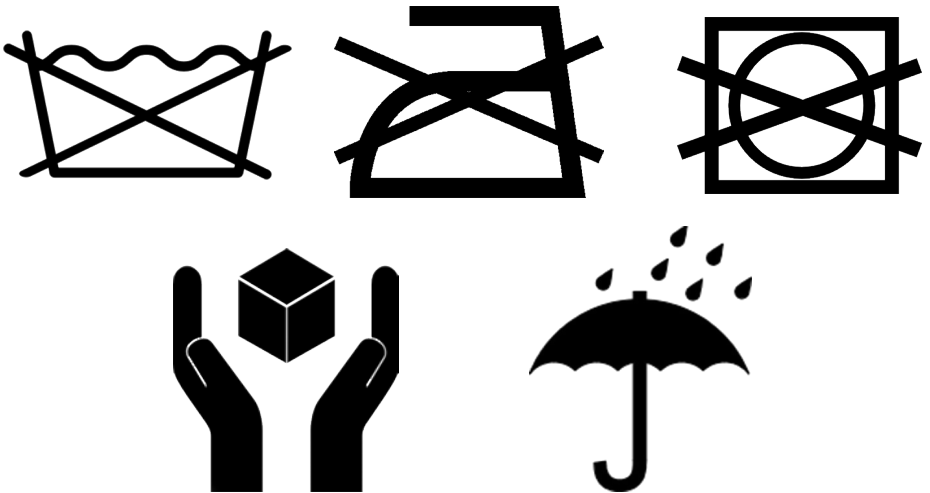


While wearing the Sleep Shepherd Blue, clear your mind of distractions and allow your brain to relax. Only use the Sleep Shepherd Blue when you are prepared to go to sleep. Do not engage in other activities such as reading, conversing, or watching television while using the Sleep Shepherd Blue.

# Care Instructions

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The Sleep Shepherd Blue is surface clean only. Clean fabric portion with a slightly damp cloth and fabric cleaning solution. Do not allow the sensors, speakers, or electronics to become submerged in water. Do not wash, iron, or dry the Sleep Shepherd Blue. Doing so will damage the unit and will void any and all warranties. Handle with care. Do not drop or throw. Electronics are fragile. Keep in safe, dry area when not in use.



# Troubleshooting

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If you experience technical difficulties with your Sleep Shepherd Blue unit, please follow these steps. If the problem persists, visit: [www.sleepshepherd.com/FAQ](http://www.sleepshepherd.com/FAQ)

- 1) Ensure the device is charged fully.
- 2) Ensure the sensor pads are making contact with your skin.
- 3) Rotate your head side to side to reinitialize the device.
- 4) Turn the electronics off using the power switch located on the electronics case. Wait 1 minute, and turn the power switch back on.

If you experience technical difficulties with the Sleep Shepherd Blue companion app, follow these steps. If the problem persists, visit: [www.sleepshepherd.com/FAQ](http://www.sleepshepherd.com/FAQ)

- 1) Close the app entirely (see phone manual for instructions).
- 2) Power cycle your phone.
- 3) Download any updates from your phone's app store.

# Warranties and Returns

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Since this is a hygiene article, it is excluded from exchange. The guarantee is subject to the standard legal requirements. Many technical questions can already be answered on the manufacturer's website under: <http://sleepshepherd.com/support/>. Should you still be forced to make use of your guarantee, please turn to the dealer you bought the product from.