

Mild

INSTRUCTION MANUAL
BY DSTSRs
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What's Mild?

A SMART COMPANION TO HELP YOU RELIEVING YOUR ANXIETY BY TRACKING YOUR ANXIETY LEVEL CONSTANTLY AND GIVING YOU A SOLUTION BEFORE YOU EVEN REALISE YOU NEED IT.

What's in the bag?

SMART CASE

The Mild Case holds your earplugs and works also as an anxiety tool. It is a case with a soft feel and a distraction smell-diffuser to calm you down when you need it. It includes a vibration function to help you set your breathing pace.



EARPODS

The Mild Earphones provide you with either music, calming sounds or a breathing pace you can follow.

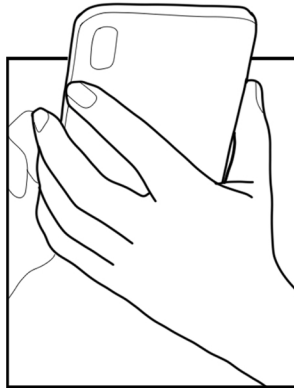
SMART BRACELET

The bracelet tracks your anxiety level all day long and when the anxiety level is too high it communicates with the app that will help you with a solution.



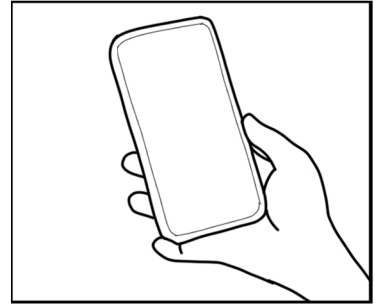
How it works?

The user wears the bracelet during his daily life



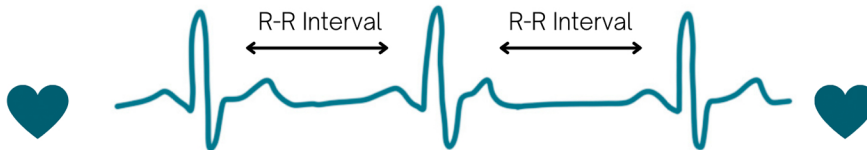
Receives a notification when the bracelet detects anxiety levels

Can access the Mild application and choose among 4 options



How it tracks your mood?

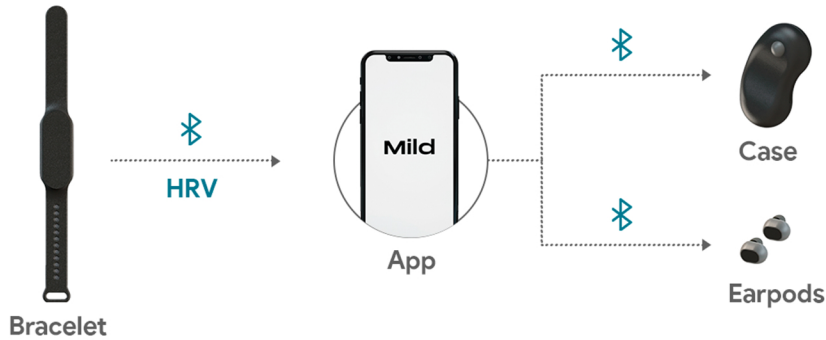
Heart Rate Variability (HRV) indicates the state of mental health.



HRV is high
You're calm.

HRV is low
You're anxious.

How to use?



ON/OFF

1. The case and earphones are on when you open the case or when you use the app on your smartphone
2. The bracelet is always on and tracking your anxiety level

TO CHARGE CHARGING CASE

1. Connect the lightning cable to lightning port on the case
2. Plug the USB connector of the cable into a USB Power source
3. When the case is fully charged the light connected to the charging port will blink

TO CHARGE EARPHONES

1. Put the earphones in the charging case correctly
2. Charging case will start charging the earphones automatically

SAFETY PRECAUTIONS

Please read follow and keep these instructions:

1. Keep the device out of extreme heat and humid
2. Power time may differ depending on personal habits
3. Do not listen at high volume level for a long period to protect hearing
4. Stop using this product immediately if it causes discomfort or pain
5. Don't use the tracking bracelet in a hot area (max. 85 degrees)
6. Not appropriate for childrens use

Download the App

The app will control everything. It will get the information from the bracelet and will be able to give you a notification when it tracks that your heart rate variability is off.

Then it will provide you with solutions. There is also a log in screen in the app, so it is more personal to your needs. The app will be the connection to the case and the earphones too, this will be a bluetooth connector.



MUSIC

Create your own playlist or choose Ready-made playlists that will be recommended with the main goal of promoting relaxation.



SONGS

A library of different sounds with different categories capable of calming and relaxing to be listened to in the background, such as nature sounds: ocean sounds, birds, forest.



VIBRATION

Feel the vibration of the earphone case without wearing the earphones. This option is effective in situations where earphones cannot be worn.



BREATHE

Sounds to guide the breathing pattern to relax and achieve a normal breathing rate.



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