

Bracelet Size Guide

Not sure of your size? No Problem...

- ✓ **We highly recommend that you follow these steps to find your size for a snug and comfortable fit**

 - ✓ **Wearing the bracelet too loose could cause a slight rattling sound or a missed notification**
1. Use a piece of string or a ¼ wide strip of paper as your guide
 2. Wrap the string or paper around your wrist just below the wrist bone
 3. Mark the string or paper where it meets to form a complete circle around your wrist (fitted)
 4. With a ruler, measure the length of string or paper to determine your wrist size. **Then add ½ inch to that length – that is your correct *BRACELET SIZE* for a snug, comfortable fit**

Now you are ready to place your order! Remember, the meaning to pause® bracelet should be worn snug...but not tight. This is because the vibration is best felt when the pause capsule is directly against the skin. Again - if the bracelet is too loose, the vibration could cause the loops and beads to make a rattling sound.