



...helping people create meaningful moments throughout their busy day...

## Thank you for your order!

Your life and the lives of people around you will begin to change the moment you take your first pause!

QUALITY is very important to us! Rest assured you have a quality product that is hand crafted and assembled in the USA! Each Bracelet is strung by hand with love – please use care when putting on and removing. If your bracelet breaks within 2 months please post back to P.O. Box 676 Alamo Ca 94507 and we will re string for you - several factors can cause the bracelet to break; including a sharp edge inside of a bead or spacer or just not enough glue on the knot... If you are not 100% satisfied with your bracelet, send it back within 30 days of purchase and we will provide a refund (less shipping).

### **How to operate the pause capsule:**

The bracelet arrives to you “disabled” or in “sleep mode.” The internal clock is always running in 90 (or 60) minute intervals.

### **SLEEP MODE:**

You can disable the vibration by pressing the function button for 3 seconds or longer and releasing it. You will receive a short 1/2 second vibrate acknowledging the sleep mode. (hold the capsule between your index finger and thumb – use thumb to firmly depress the button)

### **AWAKE MODE:**

You can enable the vibration by pressing the function button for 3 seconds or longer and releasing it. You will receive 2 short vibrations acknowledging the awake mode.

### **RESET THE 90 (or 60) MINUTE INTERVALS:**

If you want to change the start time of your interval, simply press the function button and release it. You will receive a longer 1.5 second vibration acknowledging the reset. There is no way to modify a 60 min order to a 90 min order once received, this will need to be exchanged.

### **SYNC YOUR PAUSE WITH A FRIEND, GROUP OR COMMUNITY:**

You can sync your pause bracelet with others to go off at the same time by simply pressing the function button at the same time and releasing it. You will receive a longer 1.5 second vibration acknowledging that you have synced.

Check out: <http://www.meaningtopause.com/global-sync.php>

### **Important things to know about your bracelet and capsule:**

- The capsule is NOT waterproof or water resistant – please keep it away from water and liquids
- The elastic band may stretch after wearing – this is normal. If you would like the fit to be more snug or loose, you can take the bracelet to a craft store or bead shop and ask to have the beads restrung – or you can send it to us at P.O. Box 676 Alamo Ca 94507 (please enclose \$8 to cover restringing and return shipping if after 60 days of wear)
- Fit should be comfortably snug so that you can feel the vibration well (**capsule should be worn on the inside of the wrist**)
- The battery should last appx 6-8 months – and can be replaced by removing the 3 screws on the bottom and opening the capsule. Battery type: CR1632. You can purchase extra batteries from the meaning to pause on-line store by selecting “accessory pack.” Also, check out our site for instructional videos: <http://www.meaningtopause.com/how-to-videos.php>
- If you have known allergies to plastic, you should not wear the bracelet. The high quality, non-toxic plastic capsule is made from resin that has undergone biocompatibility testing and is approved for **medical grade** applications
- Every capsule has a 60 day warranty. Should you need to contact us for a replacement, please e-mail [info@meaningtopause.com](mailto:info@meaningtopause.com) We cannot warranty the stretchy string portion of the bracelet as there are many factors that can cause this to break (sharp edges inside of the beads, catching on something, etc). If the elastic breaks, it can be easily restrung at a local bead shop or you can send it to us at P.O. Box 676 Alamo Ca 94507 (please enclose \$10 to cover restringing, new battery and return shipping if broken after 60 days of wear - \$8 if no new battery is required)

**We appreciate your business and look forward to your feedback!**

<http://www.meaningtopause.com/testimonials.php>