

Congratulations!  
You're taking a great step  
toward improving your  
sleep by trying Ebb.

We're here to help!

Get support tips at [ebbsleep.com](https://ebbsleep.com)

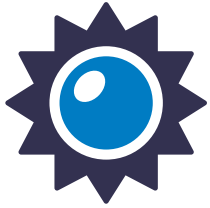
Have questions? Email us at:

[customercare@ebbsleep.com](mailto:customercare@ebbsleep.com)

or call **1-800-381-1145**

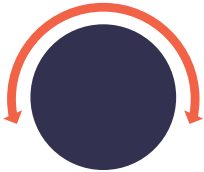


# It's easy to get started!



## Try using during the day

Try it initially for 20-30 minutes during the day or early evening to get everything set up properly in your bedroom and to make sure you are comfortable.



## Find a comfortable setting

Adjust the temperature dial to the setting that's most comfortable for you. P10 is the warmest and P1 is the coolest.



## Getting used to the cooling sensation

It may take a few nights to get used to wearing Ebb. If in those first few nights you feel uncomfortable, take it off and try it again the next night.



## Enhance your routine

Establish a wind-down routine each night to help you get ready for bed. You can use Ebb 20-30 minutes before bedtime to help you relax as part of this routine.