


**Thank you for choosing our device! We appreciate your purchase and hope it brings you great satisfaction.**

Please read these instructions carefully before starting to use the Ostron – vagus nerve stimulation device. 

### The package contains:

- Ostron device.
- USB-C cable.
- Instruction sheet.

### Operation description

The Ostron device has internal vibration stimulation actuators and the LEDs illumination around the device, both used for the stimulation sessions and indication of device operation state.

The LEDs slowly blinking green near the USB port indicates that the device battery level is low and it should be charged.

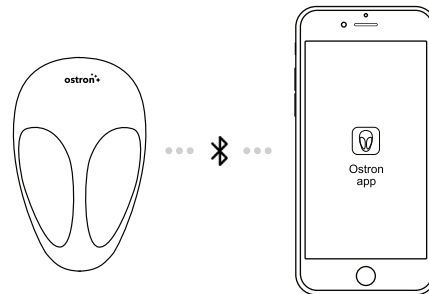
A continuous green light indicates that the device is turned on and ready.

Blue colour indicates a connected to smartphone state. Changing colors indicate a session.

The device has a Bluetooth communication function that

allows it to connect to a smartphone and control device operation, monitor progress, and adjust settings.

The device also has two buttons on the side. A long press of the right button allows turning the device on/off. When the meditation session is started, short clicks on the buttons allow either increasing the strength of the stimulation (left button), or reducing the strength (right button).



### Preparation and use of device

1. Unpack and check whether the package contains all the above-mentioned items.
2. Connect the USB-C cable to the Ostron device and let it charge for a few hours (when the battery is low, the

LEDs next to the USB light up, at the end of charging, all the LEDs light up).

3. After charging, unplug the device.
4. Download the "Ostron" application to your smartphone.



iOS



Android

5. Follow the instructions and connect to the device.
6. Place the device on your chest and enjoy the session.



## Materials and design

The **casings** of the Ostron device is made of Nylon plastic. This material is widely used in medical devices and food packaging. However, exposing it to the ultraviolet light (including the sunlight) may cause a change in color over time. The device is not to be merged in the water, put in the dust, placed near fire, or damaged. It should not receive shocks, nor be disassembled or repaired by unqualified personnel. **All these or any other unauthorized activities may lead to inaccurate operation and malfunctioning.**

## Technical parameters

Dimensions: 113 x 68 x 24 mm  
Weight: 100 g  
Voltage: 5 VDC  
Operating Temperature: +10° C to +40° C  
Storage Temperature: 0° C to +45° C  
Barometric Pressure: 80 to 101 kPa  
Humidity: 0-90% RH without condensate  
Power Supply: USB-C cable only  
Compliance: Ostron is CE compliant

## Disposal



Ostron device has an internal Li-Po battery. Regulations mandate that the disposal of electrical and electronic equipment be managed in a controlled manner.

Any device containing chemicals or elements that may pose a risk to people or the environment must be disposed of in accordance with relevant government regulations in force.

## Warranty and final notes

The warranty of the Ostron device is 2 years.

Ostron is designed for the stimulation of the vagus nerve under normal indoors conditions. It is designed to show a result with periodic use that improves mental health over time.

**For any health-related questions, user must consult with a medical doctor to determine if such neural stimulation can be applied.**

## Returns policy

If you are unsatisfied with your purchase, you may return it within 30 days of the delivery date for a full refund. Please be aware that only the item's price and applicable taxes will be refunded; shipping costs are non-refundable unless the Ostron device is found to be defective.

Returns will not be accepted under the following circumstances:

- The product is returned without all hardware and accessories.

- No refunds will be issued after thirty (30) days from the delivery date.
- The returns must be in their original, unaltered packaging.
- The product is missing components or has been damaged due to misuse.
- The product has been altered or damaged from its original condition in a way that is not typical of normal use.

## Usage warning

If you have any health illnesses, that you are aware of, you must discuss the usage of the Ostron device with your medical doctor or therapist.

The usage of the device is meant to be periodic. Do not use the device for longer than 20 minutes without interruptions. Take pauses of at least 1 hour between sessions. This is not a medical device and is intended only for relaxation; do not use it for the treatment of any condition.

**If you have noticed any unusual feelings, stop using the device and discuss it with your medical doctor before further device usage.**

Made in EU



**ostron**   
*elevate your life!*



**User's guide**