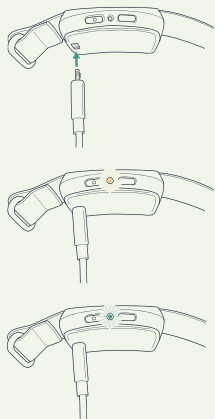
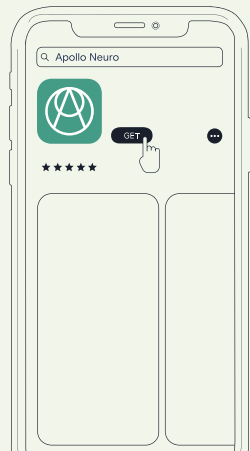


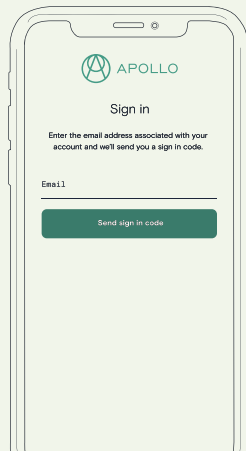
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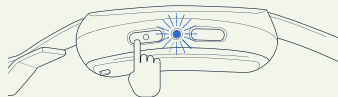
2



3



4



Charge your Apollo

Connect your charging cable into the port on the bottom of your Apollo to charge it.

Your Apollo will shine a yellow light when it's charging, then a green light when it's fully charged. It can take up to 2 hours to fully charge.

Download and launch the Apollo Neuro app



Create your Apollo account

Enter your email address, tap "Send sign in code", then tap "Create" to create your Apollo account.

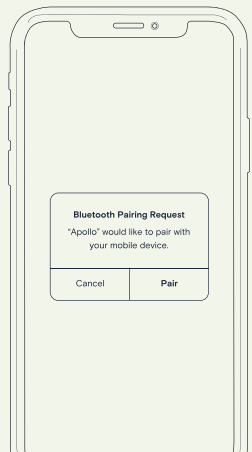
Connect to your Apollo

When prompted, press the raised dot button on your Apollo.

- If you see a blinking blue light, tap "Connect to your Apollo" in the app.
- If you see a red light, charge your Apollo.
- If you see a green light, visit bit.ly/apolloFR



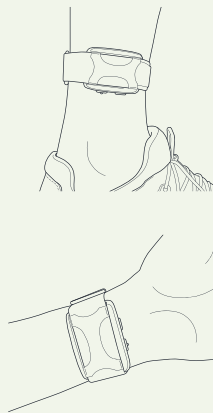
5



Pair your Apollo to your mobile device

After you sign in, finish your profile, and learn about wearing and controlling your Apollo, your mobile device will ask to pair with your Apollo. Tap "Pair" when you see this request to pair your Apollo to your mobile device.

6

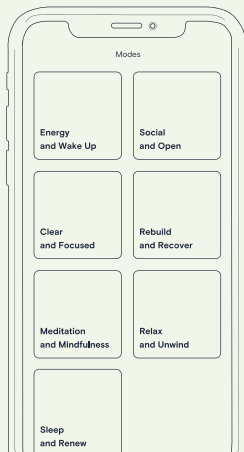


Put on your Apollo

Try wearing your Apollo on your ankle. Many people find Apollo soothing on the ankle, especially for sleep. Your Apollo can also be worn on your wrist.

We recommend wearing your Apollo on the inside of your ankle or wrist, but it can also be worn on the outside of either.

7



Choose your desired mode

Apollo offers seven distinct modes designed to help you reach different goals, whether that's to get more energy, focus your attention, recover after exercise, meditate, relax, or to prepare yourself for restorative sleep. When your Apollo starts, you'll feel gentle waves of vibration that prime your body to meet your goals.

8

Using the buttons on your Apollo



Press both buttons at the same time to:

- Pause or play the mode you're currently playing
- Restart the last mode played after it finishes



Press the raised dot button to increase mode intensity by 5% each time you press it. Hold it down to rapidly increase mode intensity.



Press the smooth button to decrease mode intensity by 5% each time you press it. Hold it down to rapidly decrease mode intensity.



Have questions?

Visit our **Help Center**
help.apolloneuro.com

Call us
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