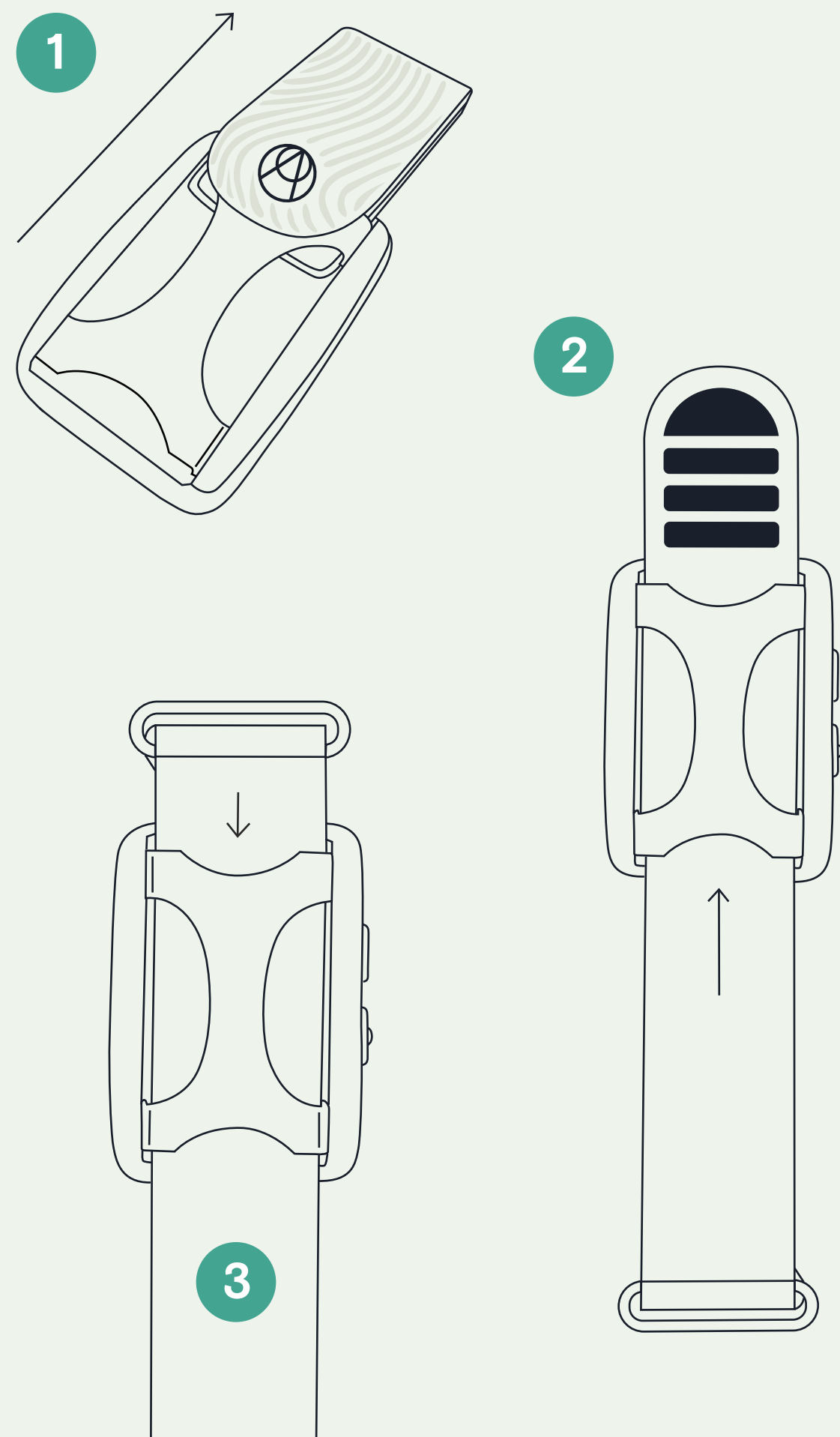


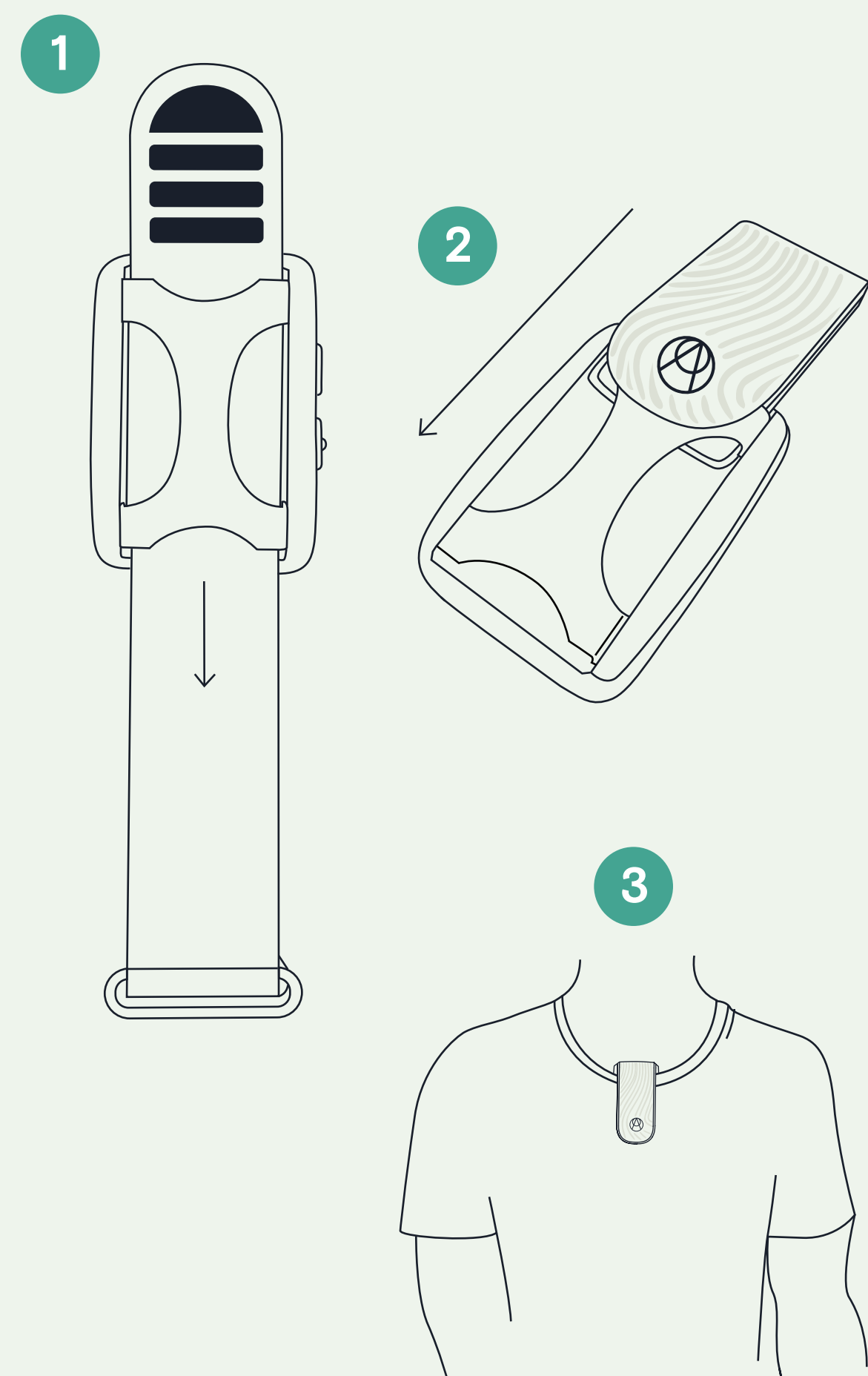
5



## Using the Apollo Band

1. Remove the Clip (if already attached)
2. Feed the rounded end of the Band with the textured side up under the metal faceplate and slide the Band through.
3. Slide the device all the way to the metal ring. Watch a video at [apnro.link/band](https://apnro.link/band).

6



## Using the Apollo Clip

1. Remove the Band (if already attached).
2. Slide the Clip underneath the metal faceplate. The smooth side of the Clip with the triangle on the back goes under the metal faceplate. The wavy side of the Clip with the Apollo logo should face up. There will be a click when it is securely attached.
3. Wear your Apollo with the back of the device (where the charging connector is) next to your body.

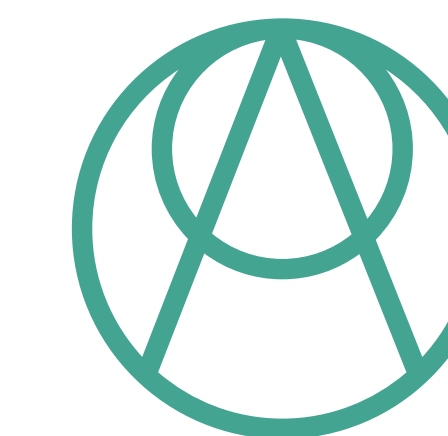
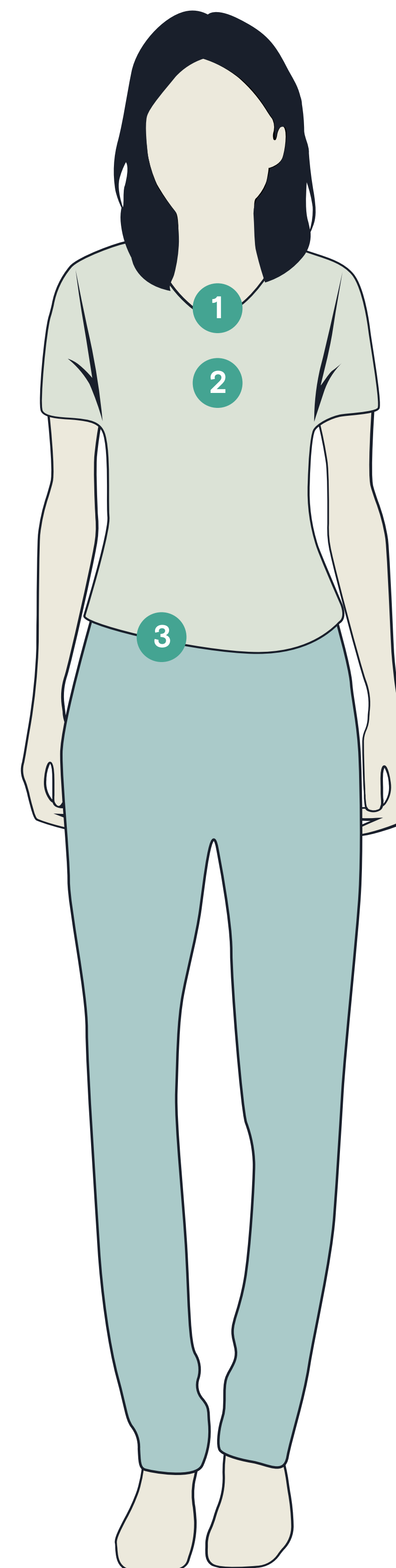
7

For best results, place your Apollo wearable in close contact with your body and ideally near a bone, such as near the chest bone, spine, wrist, hip bone, or ankle.

**Try clipping the Apollo wearable to your:**

1. Collar or spine
2. Center of chest
3. Hip

8



# APOLLO

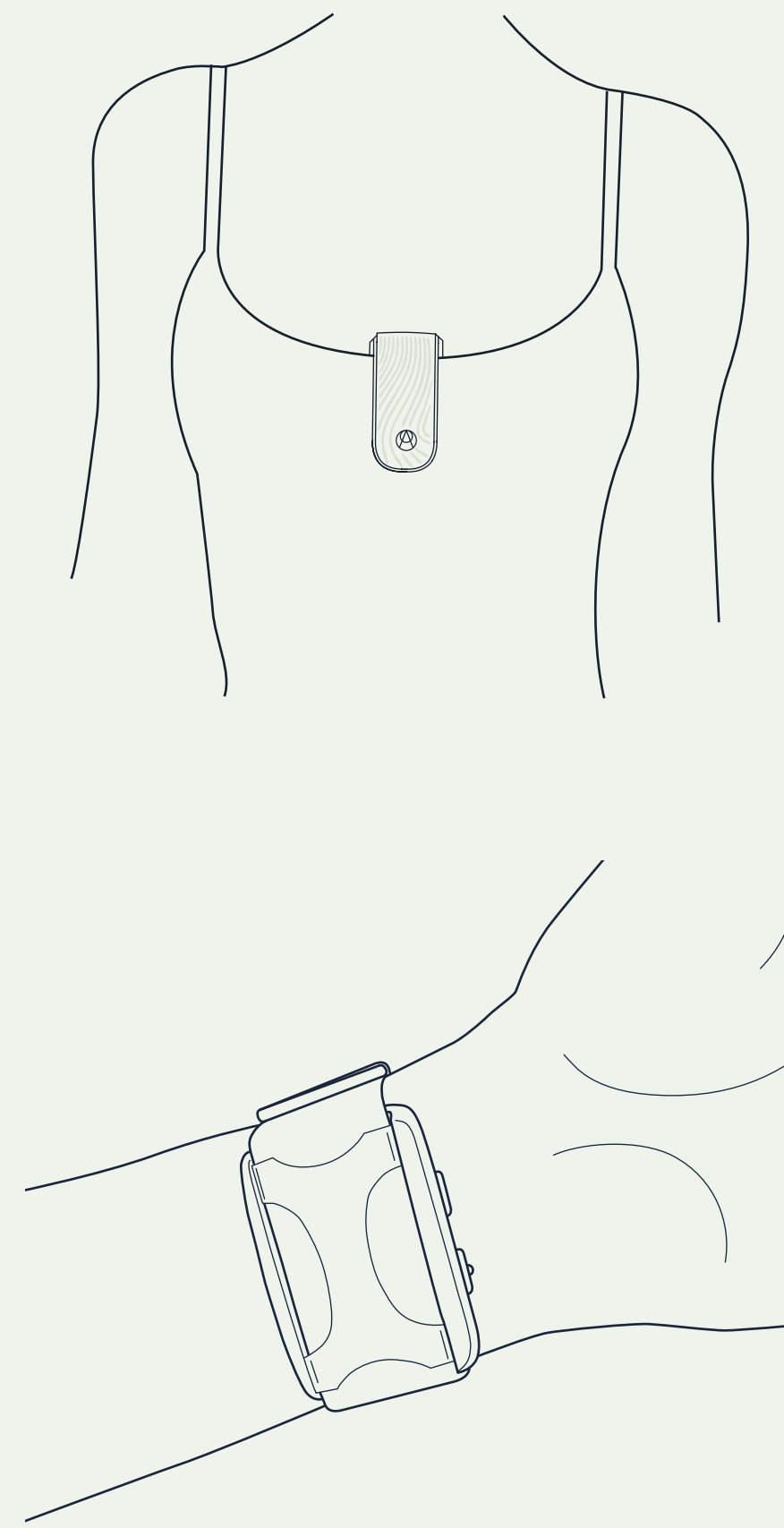
Clip Getting Started Guide

1

Use Apollo™ wearable consistently for improved:

-  Calm
-  Sleep
-  Focus
-  Recovery
-  HRV

2



The Apollo Neuro™ experience is about finding what works best for you. Whether that's with the Clip attached to your clothing or the Band around your wrist or ankle, we recommend having the Apollo wearable gently vibrating on your body for at least **3 hours a day, 5 days a week**, during the day and night, for best results.

3

Choose where you want to wear it

**Wear it your way.**

The Apollo wearable comes with both the Band and the Clip, making it easy to wear it anywhere that feels good to you. Whether that's on your wrist, ankle, or clipped to your shirt, bra, or waistband, you may choose to wear the Apollo device in different ways as you go about your day. For best results, it's important to place it near a bone, like your wrist, ankle, chest, spine (near the back of your neck), or hip bone.

**Feel the difference.**

Intensity level preference will vary depending on how you wear your Apollo device. Use the Apollo Neuro app or the buttons on the Apollo wearable to adjust the intensity up or down. You can feel the vibrations more intensely on larger bones, so if you wear it on your chest or spine, you'll likely want to start with a much lower intensity than wearing it on your wrist or ankle.

4

**Consistency matters.**

Aim for at least 3 hours a day, 5 days a week, during the day and night. No matter where you choose to wear your Apollo device, consistent use is key.



Have questions?

Visit our **Help Center**  
[help.apolloneuro.com](https://help.apolloneuro.com)

**Call us**  
+1-844-218-2896

Flip over to continue ↴