SHIFTWAVE

Quick Start Guide

Reset and Regenerate.

FEEL THE SHIFT IN MIND & BODY

What's in the box
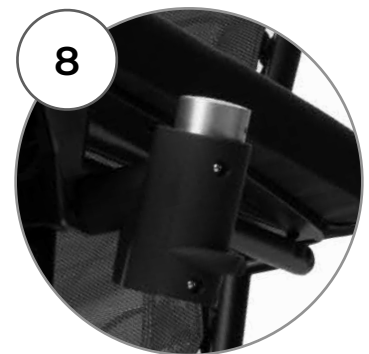
①	Shiftwave Chair	⑤	Headphones Case	⑨	XLR Cable
②	Portable Travel Bag	⑥	Headphones	⑩	Control Box
③	Accessory Case	⑦	Ethernet Cable	⑪	AUX Cable
④	Power Supply Cable	⑧	Vibration Control	⑫	Eye Mask

Setup Guide

Welcome to Shiftwave!

This step-by-step setup guide will take you through setup and breakdown. Scan the QR code to watch the comprehensive setup video.

Step 1: Unfold your Shiftwave Chair

Step 2: Plug the power supply cable into the box under the chair (<u>flat side up</u>)

Step 3: Plug one end of the XLR cable into the round port on the box under the chair (notch facing up)

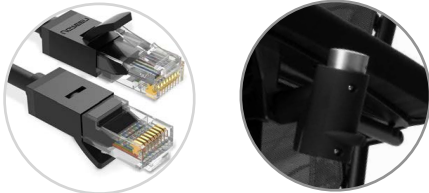**Step 4**: Plug the other end of the XLR cable into the left port on the control box
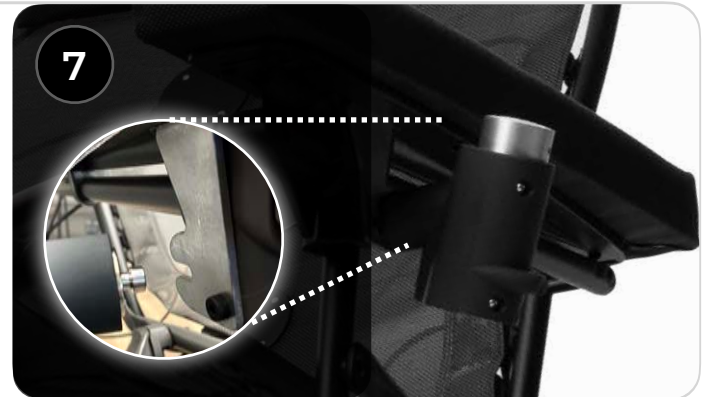
Step 5: Plug one end of the ethernet cable in the bottom of the control knob

Step 6: The other end of the ethernet cable plugs into the bottom-right of the control box
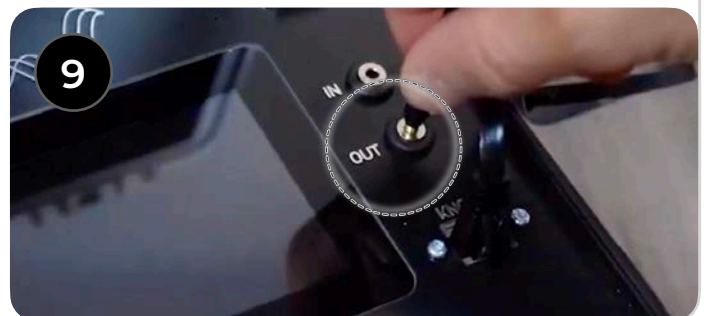

Step 7: Secure the control knob to the chair arm using its built-in magnet and shoulder joint.

Step 8: Connect the headphone cable to the headphones, making sure the volume control is closest to the headphones

Step 9: The other end of the headphone cable connects to the "Out" port on the control box

Your Shiftwave is set-up and ready to go!

Packing Guide

To ensure a seamless experience, we've crafted a step-by-step setup guide for our users. Dive into the process effortlessly by scanning the QR code provided and watching our comprehensive setup video.

Step 1: Pack head phones and audio cable in headphone case

Step 2: Pack XLR cable, ethernet cable and vibration control knob in accessory case
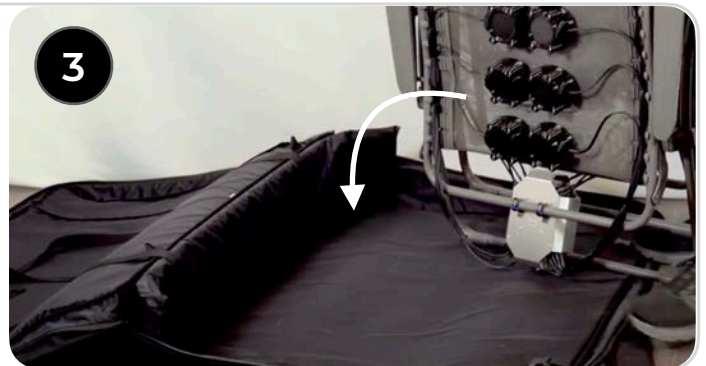

Step 3: Lay chair with motors down in bag

Step 4: Pack control box, headphone case, accessories case and power supply

Step 5: Attach straps and zip up the bag

Usage Guide

1. Select Protocol

Press the arrows on the screen to choose your protocol.

2. Eye Mask

Place the eye mask on your forehead.

3. Headphones

Put the headphones on and adjust to fit.

4. Adjust Headrest

Make sure the headrest is comfortable beneath your head.

5. Adjust Intensity

Locate the intensity control dial, and turn it until the screen reads 60. Adjust as needed.

6. Press Play

Press play, recline, lower the eye mask, and enjoy.

Protocol Update Guide (USB)

1. Get the USB
Remove USB thumb drive from the Control Box

2. USB to Computer
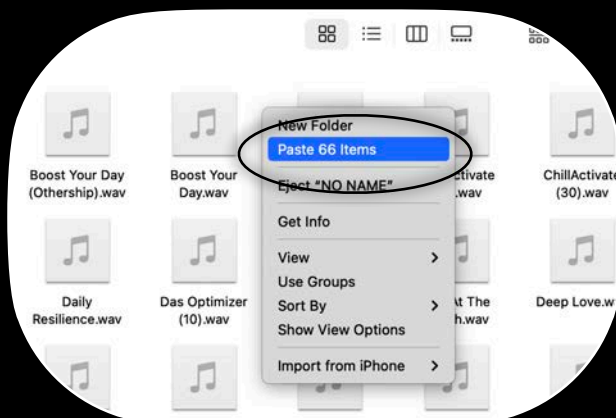Insert USB into your computer.
(may need a USB C to USB adaptor)

USB C

USB

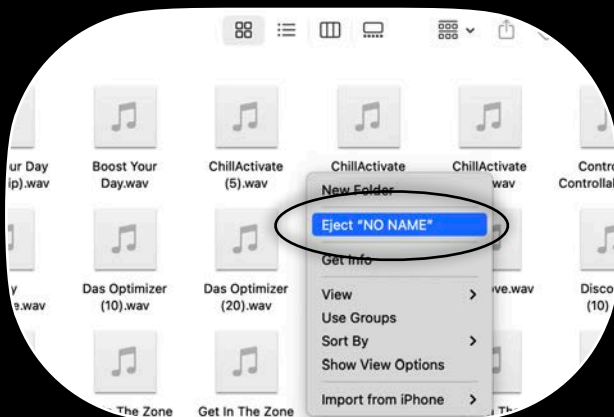## 3. Download Protocols
Download all protocols from
Dropbox.com

Copy to Dropbox Download Dropbox

Shiftwave Protocols
from Mike North (ReAllocate)

Name ↑

Bedtime.wav

4. Copy to USB
Clear the USB and copy over new protocols

Boost Your Day (Othership).wav   Boost Your Day.wav   ChillActivate .wav   ChillActivate (30).wav

Daily Resilience.wav   Das Optimizer (10).wav   Deep Love.w

New Folder
Paste 66 Items
Eject "NO NAME"
Get Info
View
Use Groups
Sort By
Show View Options
Import from iPhone

5. Eject USB
Safely Eject USB Drive from your computer
Instructions: **PC** | **MAC**

Boost Your Day.wav   ChillActivate (5).wav   ChillActivate   ChillActivate .wav

Das Optimizer (10).wav   Das Optimizer (20).wav

The Zone   Get In The Zone

New Folder
Eject "NO NAME"
Get Info
View
Use Groups
Sort By
Show View Options
Import from iPhone

6. USB to Control Box
Insert USB into control box and power on to explore new protocols

SHIFTWAVE

Shiftwave Protocols

See the suggested list below and note that any program will give you intended benefits.

Upshift

Downshift

Focus - Energy - Inspiration

Relax - De-stress - Sleep

First-time users start with Shiftwave 10

Daily Resilience (5 mins)
Train your nervous system in 5 minutes

Evolver (10 mins)
Train your nervous system in 5 minutes

Get In The Zone (10 mins)
To put mind and body into a flow state

Day at the Beach (10 mins)
Calm your mind and body to the ocean waves

Das Optimizer (10 mins)
To get you fired up and ready to go

Disco Nap (10 or 20 mins)
For the ultimate power nap

Neuroboost (9 mins)
To learn how to maximize performance

River Master (25 mins)
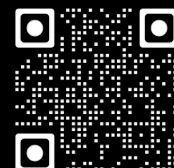Complete stress alleviation

Core Performance (12 mins)
To learn how to maximize performance

SS Meditate (15 or 30 min)
When you've learned to ride the waves

More Info

For more information scan the QR