

USAGE, CARE & SAFETY INSTRUCTIONS

HOW TO SET UP YOUR EARTHING™ SHEET, HALF-SHEET, RECOVERY BAG or PILLOWCASE

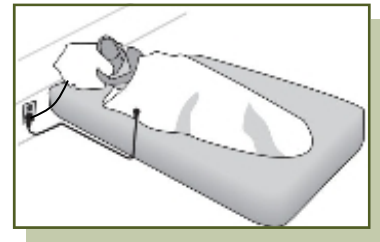
1. For fitted sheets, place the Earthing™ sheet over your mattress, stretch the corners gently to fit, as you would any fitted bottom sheet. For half sheets, place the sheet either cross-wise or length-wise on the bed, and tuck in the ends. Ideally, have bare skin contact with the Earthing™ sheet and for maximum benefit do not place another plain bottom sheet over the Earthing™ sheet. If using a recovery bag, zip up the bag or leave it open, and place it on the mattress.



Fitted sheet, flat sheet and pillowcases

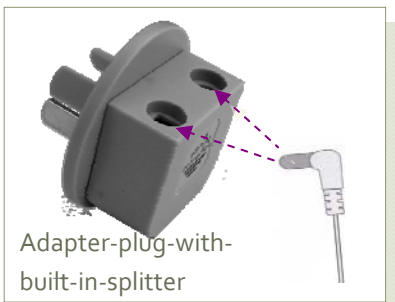


Half sheet and pillowcases



Recovery bag and pillowcase

2. Insert one end of the Earthing™ cord into either of the holes in the adaptor-plug-with-built-in-splitter.
3. Plug the adaptor-plug-with-built-in-splitter into a wall socket or power board. You can operate your product with the power switch or power board, on or off.
4. Find the connecting tab on the sheet, half-sheet, recovery bag or pillowcase and snap the other end of the Earthing™ cord onto the tab. The tag is located on the under-side of the sheet and half-sheet. The tag is located on the inside of the recovery bag and pillowcase.



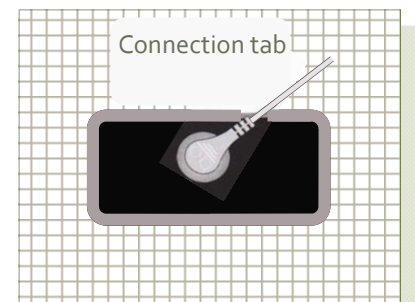
Adaptor-plug-with-built-in-splitter

Step 2



Wall socket or power board

Step 3



Connection tab

Step 4

5. If you are using two Earthing™ products at the same power-point, you can either use two adaptor-plug-with-built-in-splitter or use both holes on the same adaptor-plug-with-built-in-splitter.

HOW TO CARE FOR YOUR EARTHING™ PRODUCT

Your new Earthing™ product is made with natural cotton and silver thread. Please follow the guidelines below for the best possible Earthing™ experience and to increase the longevity of the silver in your Earthing™ product.

Wash your product a minimum of twice per month with warm water. Washing in warm water strips body sweat and natural skin oils from the silver keeping it conductive. If you need to iron your product, use a low heat setting. You will not damage your product if you use a washing machine, use liquid laundry detergent, rinse with vinegar, or use a dryer on low.

DO NOT use following items when washing your product. They contain chemicals that can destroy conductivity of the silver thread: **NO** liquid fabric softeners **NO** chlorine or oxy bleach
NO detergent containing bleach **NO** dryer sheets **NO** dry cleaning

DO NOT APPLY body creams, oils, lotions before bedtime to any area of your skin or face. Such substances can degrade the conductivity of the silver fibres in the product and will void warranty. If you wish to wear creams or lotions on your face or body while sleeping or if you have very oily skin we recommend that you put a regular cotton pillowcase over the top of your Earthing™ pillowcase or place a regular cotton sheet over the top of your Earthing™ sheet/recovery bag. You will still benefit from Earthing™ and will prolong the life of your Earthing product. The product is anti-bacterial and anti-microbial.

SAFETY WARNING

1. Always use as directed. Use only Earthing™ approved connecting cord with built-in internal safety feature. For your safety, locate any connecting cords in such a way that it does not cause a tripping hazard.
2. Your Earthing™ pillowcase cord is a strangulation hazard for infants and young children. We therefore strongly advise that only older children and adults use Earthing™ pillow cases.
3. If you are testing with an Earth Socket Tester and it does not display “OK”, do not use the product before consulting an electrician.
4. If you are taking any blood thinning or Thyroid medications be sure to consult your doctor before Earthing™ .
5. It is the responsibility of the home owner to check that their home outlets are in good working order. All Australian power point outlets must be earthed to comply with the Australian Standards. If in doubt have your electrical system checked by a licensed Electrician.

FURTHER QUESTIONS?

Go to the EarthingOz.com.au home page and click **FAQs** in the left-hand column.

CONNECT TO THE EARTH AND HEAL

For our full range of products, accessories and books visit our website, EarthingOz.com.au



The **Universal Mat** offers broad flexibility. Use it anywhere in the house or office. The mat serves as a floor mat to place your bare feet on as you work at the computer, or as a desk mat to ground your hands while typing or using the mouse.



The **Earth Power Outlet Tester** is used to verify that your electrical outlet is wired properly for grounding. Simply plug it into an outlet, turn on the power and 3 amber lights will read that your outlet is grounded and ready for use with an Earthing Product.