“Finally, there is a smart tech device that can jolt Americans into action”

*Stephen Colbert*
Waiver and Release of Liability

By using this device, I have agreed to purchase the Pavlok device(s) (the “Products”) provided by Behavioral Technology Group Inc. (The “Company”) which is intended to change behavioral habits of mine. I understand the Products may be subject to modifications and improvements after my use. I am aware that the Products apply levels of electric stimulation or current to the body, and I understand that electric stimulation presents certain inherent risks of bodily and indirect injury, that may arise regardless of precautions and prior testing undertaken by the Company. BY USING THE PRODUCTS, I AGREE TO BE BOUND BY THE TERMS OF THIS WAIVER AND RELEASE OF LIABILITY.

In consideration for the Company’s provision of the Products, and in addition to my payment for the Products, I hereby voluntarily release and forever discharge the Company and each of its agents, employees, officers, shareholders, members, managers, and directors, from any and all liabilities, claims, debts, demands, suits, actions, causes of action, or rights of action, which I or my heirs, assigns, successors, legal or personal representatives, estate or any other person claiming by or through me can, shall, or may ever have, now or in the future, for, by reason of, or based upon any injury, death, illness, disease, or damage to or loss of property arising out of, directly or indirectly, or in any way connected with or related to my use of the Products, including but not limited to based upon negligence, breach of express or implied warranties, misrepresentations, strict liability, unfair or deceptive practices or any other legal or equitable theories.

- Check with your health care provider before using Shock Clock if you have a previously diagnosed medical condition.
- Do not use Shock Clock if you are pregnant.
- Shock Clock is not intended to be used by or on persons under the age of 18 years old.
- Avoid water and wet locations. Do not expose Shock Clock to water or rain, or handle near wet locations.

I understand that this is the entire agreement between myself and the Company related to this subject matter and that it cannot be modified or changed in any way by any oral or written representations or statements by any employee or agent of the Company or by me. I understand and agree that this Waiver and Release of Liability shall be governed by the laws of The Commonwealth of Massachusetts, without regard to its conflicts of law principles, and that if any court should find any part of this document to be invalid, the rest of this document shall, notwithstanding, remain in full force and effect. I agree that any claims or disputes must be resolved by a court in The Commonwealth of Massachusetts, and I agree to submit to the personal jurisdiction of the courts of The Commonwealth of Massachusetts for the purpose of litigating all such claims or disputes.

BY USING THE PRODUCT, I CERTIFY THAT I HAVE CAREFULLY READ THIS DOCUMENT AND FULLY UNDERSTAND ITS CONTENTS. I CERTIFY THAT I AM AT LEAST EIGHTEEN (18) YEARS OF AGE, CAPABLE OF PROVIDING INFORMED CONSENT, AND AM NOT AWARE OF ANY MEDICAL CONDITIONS THAT WOULD RENDER MY USE OF THE PRODUCTS TO BE DANGEROUS TO MY HEALTH. I UNDERSTAND THAT THIS IS A WAIVER OF LIABILITY AND THAT I AGREE TO ALL TERMS BY USING THE PRODUCT.
Welcome To The Pavlok Family!

Thank you for joining us. This booklet is an instructional guide for your new Shock Clock. To get started please download the Pavlok App from either Google’s Play Store or App Store.

What’s in the Box?

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<thead>
<tr>
<th>QTY</th>
<th>Item</th>
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<tbody>
<tr>
<td>1</td>
<td>Shock Clock Module</td>
</tr>
<tr>
<td>1</td>
<td>Wristband</td>
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<td>1</td>
<td>USB Charging Cable</td>
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<tr>
<td>1</td>
<td>Instruction Manual</td>
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</table>
What is the Shock Clock?

The Shock Clock is a wearable device that helps users wake up and get out of bed instead of snoozing and sleeping in. The Shock Clock uses three sensory stimuli (vibrate, beep, and zap) to ensure you wake up on time.

The Shock Clock isn’t like other alarm clocks you’ve tried. Other alarms rely on annoying you until you give up and get out of bed – awake, but now in a terrible mood because of your annoying alarm.

That is NOT how you want to start your day. Often, the sensation of touch can work much better than the sound of an alarm.

“If you have a bad habit, [Pavlok] will cure it, I guarantee it”

Dr. Jim Spears, The Doctors, CBS
Preparing Shock Clock for Use

Charging:
Charge the module through the Micro-USB port on the side of the module using the included USB cord. Plug one end into the Shock Clock, and the other into a computer’s USB port or USB wall charger. Shock Clock will pulse red when charging and turn solid yellow when fully charged.

Inserting / Removing The Module:
To insert the module into the wristband, make sure that the lightning bolt lines up with the lightning bolt in the band, and press firmly into the band until the module fits securely. To remove the module, push down on the edges of the wristband face.

Button Info:
The lightning bolt is a button used to either Snooze (1 press) or Turn off (hold for 5 seconds) the alarm. The snooze will last for 5 minutes before alerting you to wake up again with your chosen stimulus. Please note that while the Shock Clock is in snooze mode, it will blink red every 15 seconds.
Getting Started

Setting an Alarm:

1. Make sure you have the App downloaded and installed on your mobile device. Open the App and follow the directions as it walks you through the setup and pairing process. If you choose to skip this initial setup process, you can also pair your device later from the Device section. **You will need to pair your Shock Clock to your phone before you can set your first alarm.**

2. Select the Clock section (Figure A) from the bottom of the App. You now have the option of setting an Alarm, Timer, or the Stopwatch. Choose Alarm and then press the + sign to set a new alarm. **You must be paired with your Shock Clock to be able to set an alarm.**

3. Once you have selected the time (Figure B), select your **Alarm Stimulus** mode (Modes include, Quiet, Noisy, All Stimuluses, and more). This is how you will be woken up.

4. Select the stimulus strength (Figure B).

5. Press **Save** to confirm your settings. The Shock Clock will vibrate twice and flash once, indicating that the alarm has been created and saved. **If this does not happen your alarm has not saved properly.** You should confirm that the device is paired before repeating the above steps.

**Note:** You can set Alarms to repeat on a recurring basis. To determine what days the alarm will trigger. Select each day of the week you would like the alarm to trigger in the repeat section (Figure B). New alarms are by default one-time alarms.
Getting Started Screens

Figure A

Figure B

Note: App design(s) and function(s) are subject to change at any moment without any prior notice.
Getting Started Continued

Setting Multiple Alarms:
Sometimes one alarm just isn’t enough. To set additional alarms, just tap the + sign again. Make sure to hit “save” once you’ve finished each alarm to program it to your device.

Turning The Alarm Off:

• **To Turn The Alarm Off:** Simply press and hold the lightning bolt symbol on the Shock Clock module for five seconds. Any less will trigger a snooze, which will cause the alarm to go off again in another 5 minutes.

• **You can also choose to press “Turn Off”** in the App when the notification appears on your phone. When the alarm is turned completely off (not just snoozed) the Shock Clock will vibrate three times and flash red once. You must be paired to turn off alarm from the app.

What Happens When I Hit Snooze?
The snooze will last for 5 minutes before alerting you to wake up again with your chosen stimulus. **Please note that while the Shock Clock is in snooze mode, it will blink red every 15 seconds.**

When setting an alarm using **Multi Zap** you also have the option to turn on **Snooze Zap.** This will provide an extra wake up call in the form of a zap the moment you hit snooze each time regardless of the stimulus you are using.
Thank you.

From all of us at Pavlok, we are proud to introduce the long-awaited features from our Indiegogo Campaign in 2016.

We wanted to make the world’s most effective alarm clock. Thanks to our backers, we raised $342,515 and now we finally get to deliver the good stuff.

Introducing:

- **Jumping Jack Snooze Lock (we need a better name)**
- **Sleep Tracking. (this one is pretty ‘meh’ too)**
- **Accountability Community (seriously though)**

Welcome to the family.

-**Maneesh Sethi and The Pavlok Team**

P.S. Do you have a better idea for the names of our features? Text them to my personal cell—(415) 562-6337. I’m better with SMS than voice.
Jumping Jacks Snooze Lock

Ever have trouble getting out of bed? Meet Snooze Lock -- the first alarm that uses motion tracking to help you get out of bed and stay out of bed.

Enable Snooze Lock in the Create an Alarm screen, and the device’s snooze will no longer work. Instead, when you feel the initial stimulus (usually vibration), you will need to get out of bed and perform 5-10 jumping jacks. **This turns the alarm off!**
Sleep Tracking

Pavlok uses a 3-axis accelerometer to track your sleep cycles and estimate the time spent in deep sleep, light sleep, and restless sleep.

Enable this feature by sliding the orange slider (Figure A) before you go to sleep. Now, it’s time to go to bed! Put your phone away, and let the device track your sleep peacefully.

When you wake up, you can turn off tracking by swiping the orange slider left (Figure B), or the next alarm will automatically turn off tracking.
Accountability Community

Over on the Pavlok Facebook Group, we often do 30-day challenges, community events, and training to help all of us wake up on time together. Join the accountability group at Pavlok.com/fbgroup.

We are actively improving our accountability features, so let us know your ideas in the group.
Additional Options

Changing Intensity Of The Stimulus:

If you wish to have a stronger wake up stimulus, we have got you covered! Go into the alarm settings and navigate over to “Stimulus Strength.” From there you can raise or lower the strength of the zap.

You can always tap the stimulus icon to ensure the stimulus is at just the right setting for your personal needs.

Raising The Number Of Zaps (For Alarms That Use Zap):

Sometimes one zap is just not enough to get you out of bed. While setting an alarm, scroll down until you see “Multi Zap.” By default, the zap is set to go off only once, but you can press the plus button to receive up to five zaps in a row. Five zaps will certainly help to wake you up!

Using The Timer:

The timer is a helpful tool to help you monitor your activity by helping you set limits or time a specific event. Set a timer for 15 minutes for example and receive a zap, beep, or vibration when the time is up!

To set up a timer navigate to the Clock section and select Timer. Simply set the timer for however long you would like it to be.

Note: If you need to pause the timer simply hit stop and then start to begin the countdown again. If you wish to create a whole new timer and cancel the old one hit “Reset.”
**Additional Options Continued**

**Using The Stopwatch:**

The Stopwatch is a helpful tool to use if you need a repeating stimulus. To use the Stopwatch, you must first be paired to your Shock Clock.

Navigate to the Stopwatch tab in the Clock section of the app. You can run the stop watch without triggering a stimulus, or check the box next to the stimulus menu and press the bubbles to adjust the type stimulus, strength of stimulus, and frequency (1-60 measured in seconds or minutes between each stimulus).

Once you have set the stimulus, press Start to start your Stopwatch.

**Note:** To stop the stimulus, you must press Stop in the Stopwatch, or else it will keep going until Shock Clock runs out of battery!

**Deleting And Removing Alarms:**

Here are the instructions for iOS and Android:

**For iOS:** swipe left to delete and remove.

**For Android:** press and hold the alarm you would like to delete.
Troubleshooting Your Shock Clock

Shock Clock Won’t Pair To My Device:

1. **Forget Device from Phone:** Go to your phone’s Bluetooth settings. If your Shock Clock is listed under “My Devices”/”Paired Devices,” then tap on it and choose to Forget Device/Unpair.

2. **Turn your phone’s Bluetooth off and then on.**

3. **Hard Reset the Shock Clock:** Remove the module from the wristband. Place on flat surface. Press and hold the button for about 10 seconds until you see red blink followed by faint yellow flicker.

4. **Re-Pair the Shock Clock in the App.**

Alarm Didn’t Go Off!

Note: The Shock Clock is designed to go off even when your phone is turned off, asleep, drained of battery, or when the app is closed. Once saved, the Shock Clock alarm will continue to alert you as scheduled. **However, it is important that you set the alarm using our app. The Shock Clock will not automatically go off if you set an alarm using your phone’s default alarm app.**

1. Make sure that your Shock Clock is fully charged (for at least 3 hours) and paired correctly. If your Shock Clock has been fully drained of battery make sure to charge it. We then recommend that you re-pair and re-set your alarm.

2. Double check that the alarm is set for the correct time of day (AM or PM), and that you hit save. Once saved, the Shock Clock will vibrate twice to confirm your alarm.

3. Set a test alarm. To make sure your alarm is functioning properly set an alarm for one minute from now and see if it goes off as set.
Additional Information

Can You Trigger Zap On Shock Clock Like Pavlok?

The Shock Clock is designed to be used to set alarms only. It will not zap, beep, or vibrate when the lightning bolt is manually pressed down. To get these features and more please see the app for details about upgrading to full “Pavlok” features.

Your Shock Clock Went Swimming:

Although your Shock Clock was designed to be a powerful tool to transform your life. **Shock Clock is not waterproof and you should not wear it near water, including showers.** If you do happen to get it wet, drop it in the sink, take a shower with it, or drop it in the ocean, it might not survive. Our team is actively working to bring water protection to our future products.

Warranty:

We offer a one year manufacturer’s warranty. Just let us know and we will quickly replace your defective device. If there was accidental damage, e.g., you spilled coffee on your Shock Clock or took it scuba diving, we do not cover that. **Shock Clock is NOT waterproof.**

For more information about our warranty visit Pavlok.com/warranty

Our 6-Month, 100% Money Back Guarantee:

If you are not completely satisfied with your Shock Clock, we will refund you the full cost (minus shipping) within the first 6 months of ownership. First, we ask that you try the system to adjust your sleep schedule for at least one week. If you are having trouble with the device or aren’t seeing results you can reach out to us any time for suggestions. After that, if you still want a refund, just let us know and we will be glad to fulfill.
Other Questions?

If you’ve tried all troubleshooting options and you still can’t get your Shock Clock up and running, you may contact our support team at support@pavlok.com

We also offer in App live chat support:
## Technical Specifications

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Wristband Sizing (length)</td>
<td>5.9”- 8.6” (14.9cm-21.8cm)</td>
</tr>
<tr>
<td>Wristband Width</td>
<td>1.1” (27mm)</td>
</tr>
<tr>
<td>Module Dimensions (LxWxH)</td>
<td>0.9” x 1.5” x 0.4” (22.1mm x 39.1mm x 10.6mm)</td>
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<tr>
<td>Weight (Module + Wristband)</td>
<td>23.0g</td>
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<tr>
<td>Battery Life</td>
<td>2-4 days depending on use</td>
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<tr>
<td>Radio Transceiver</td>
<td>Bluetooth Low Energy</td>
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<tr>
<td>Sensors and Motors</td>
<td>Vibration Motor, 3-axis Accelerometer</td>
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<tr>
<td>Output Voltage</td>
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## App Requirements

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<tr>
<th>Platform</th>
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</tr>
<tr>
<td>Android</td>
<td>4.3+</td>
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This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

当該機器には電波法に基づく、
技術基準適合証明等を受けた特定無線設備を装着している。

Revision 3/2017