

# PAVLOK 3

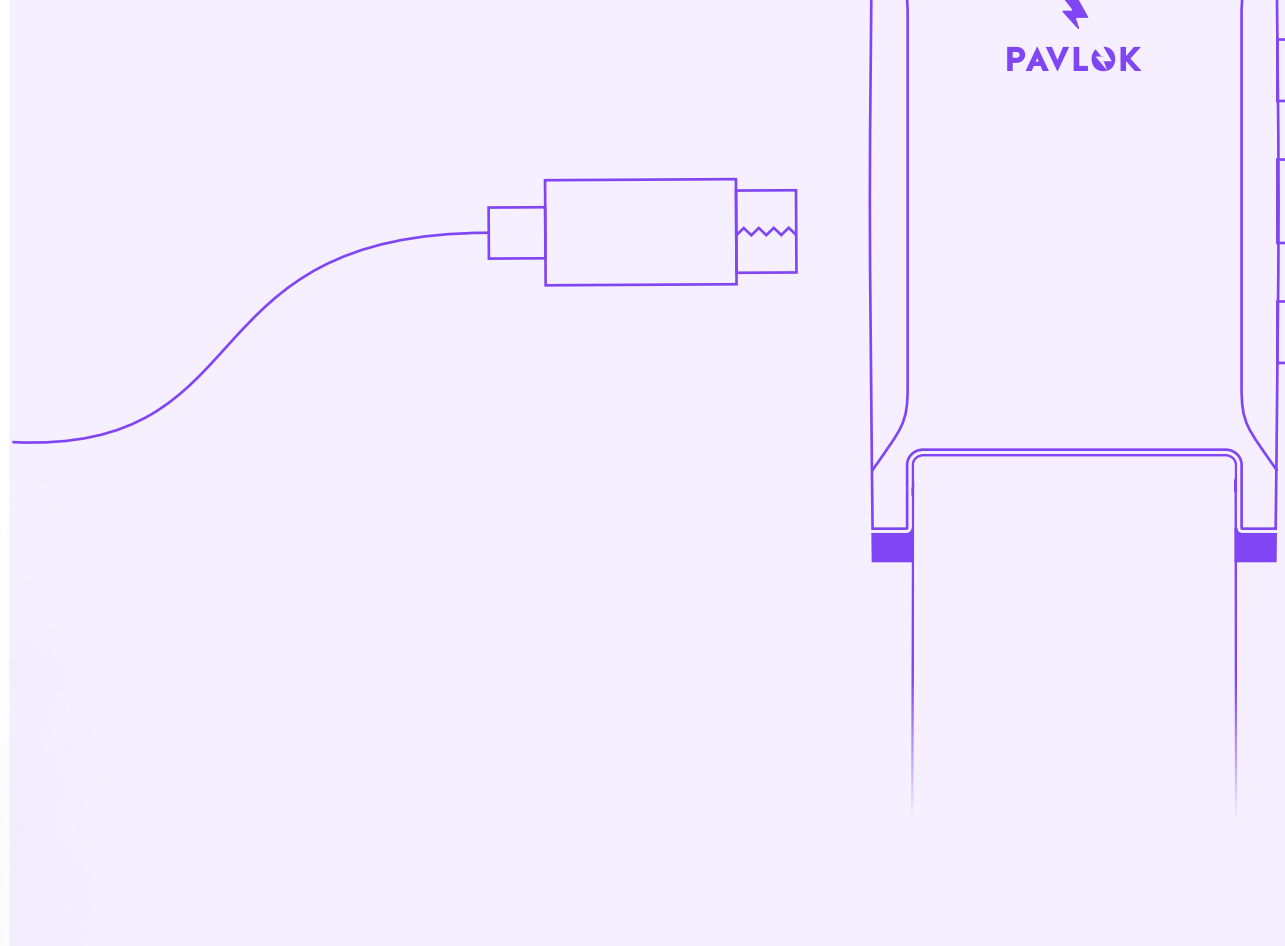
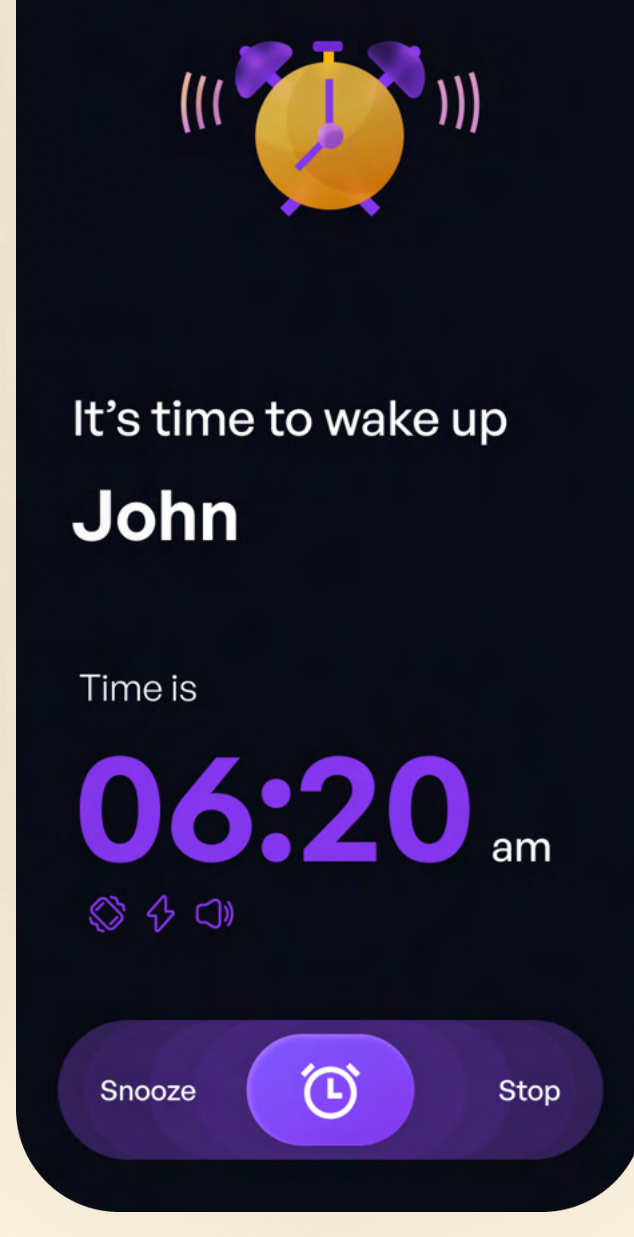
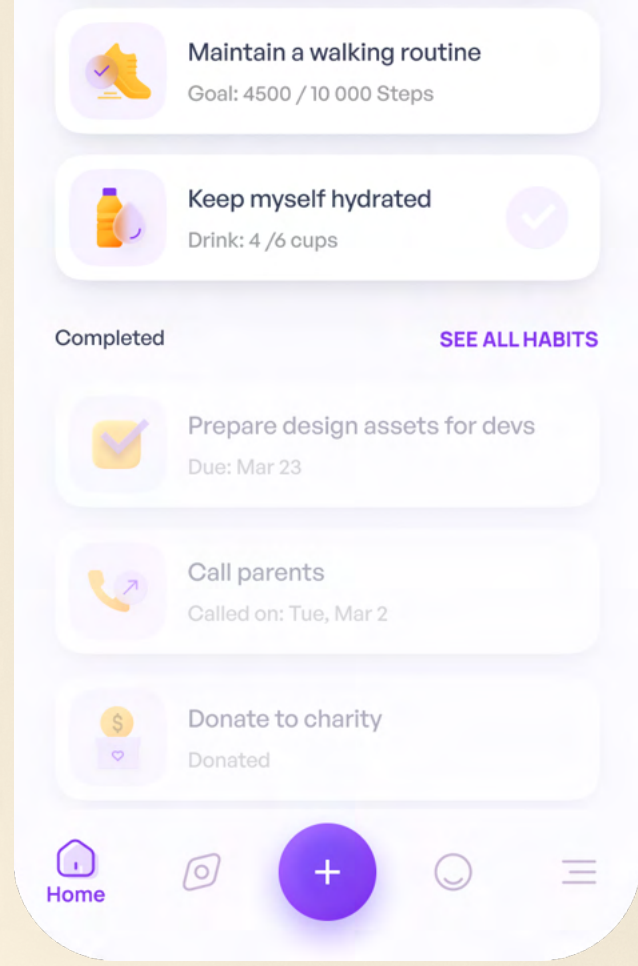
## Quick start guide



### Downloading the app

Shock Clock is controlled through the Pavlok App, which you can download by searching for "Pavlok" in the App Store (iPhone) or Play Store (Android). Or simply scan the following QR code:

You'll need to sign up for an account using your best email address. Don't forget the password you created!



### Charging

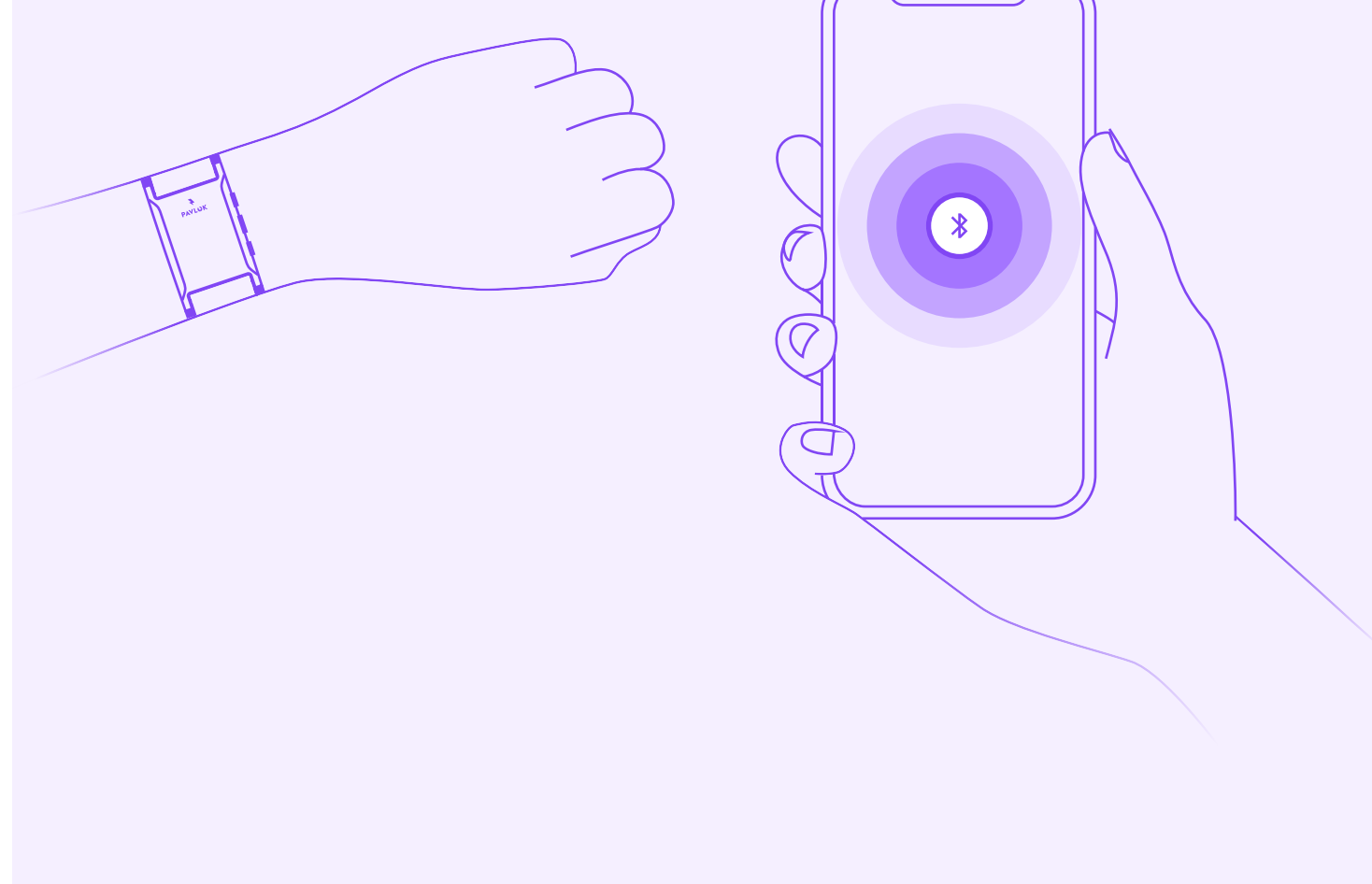
When you first receive your Shock Clock, we recommend you connect the provided USB-C cable to your device and plug the other end into any USB charging source (either a charger or a computer).

If done correctly, you should see a single yellow LED indicating your Shock Clock is now charging. You'll know the device is 100% charged when the green LED light lights up (it takes approximately 90 minutes).

To quickly check the battery level, you can double-tap the face of the device with your fingers.

### Turning on the device

The device automatically turns on when you plug it into the charger and remains active as long as it's charged.



### Bluetooth pairing

We recommend you pair your Shock Clock through the Pavlok app. You can also pair it through your phone or tablet Settings.

Please accept the pairing and notification requests to enable full app functionality. Your Shock Clock will vibrate twice when it's paired.

Try this if you cannot pair your device:

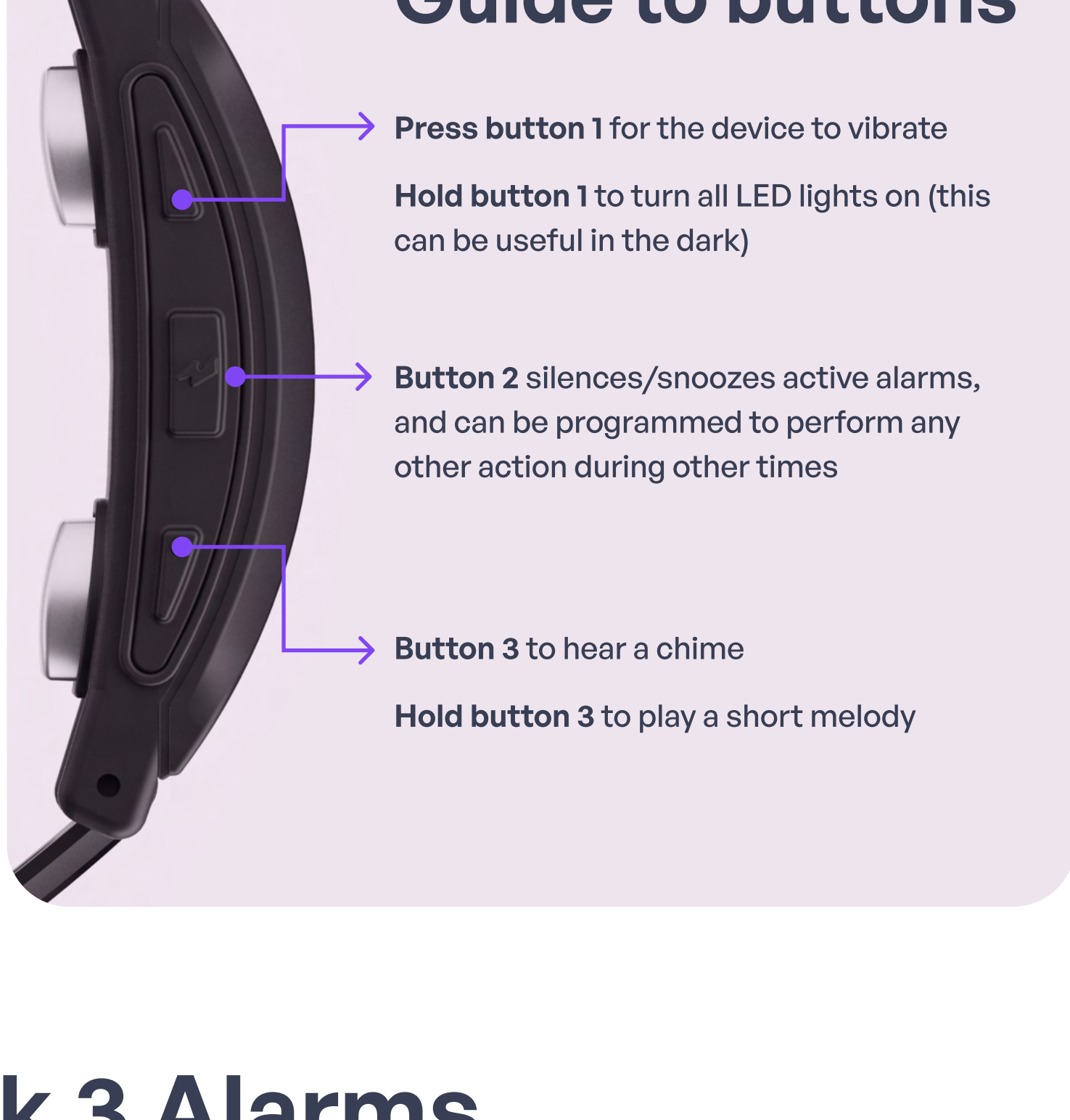
1. Delete the existing Bluetooth connection in iOS / Android Settings and reconnect
2. Delete the Pavlok app, redownload it, and reconnect
3. Delete / forget current WiFi network in your OS settings screen and reconnect
4. Restart your phone and try connecting again

### Updating the firmware

If a firmware update is available, you will be prompted to update your firmware when you log into the Pavlok App for the first time.

If a firmware update becomes available at a later time, you will see a firmware update banner at the top of the screen in the app - simply tap the banner to update.

You can also see if an update is available in the Pavlok App settings.



### Guide to buttons

- Press button 1 for the device to vibrate
- Hold button 1 to turn all LED lights on (this can be useful in the dark)
- Button 2 silences/snoozes active alarms, and can be programmed to perform any other action during other times
- Button 3 to hear a chime
- Hold button 3 to play a short melody

## Shock Clock 3 Alarms



### Setting an alarm

Open Pavlok for Waking Up in the home screen of the Pavlok app and tap on the Alarms section at the top of the screen. Then press the yellow plus (+) button.

On the following screen you will set the time you want the alarm to go off and on which days of the week you would like it to repeat.

Lastly, select the combination of stimuli (beep, vibrate, and zap) and the amount of time between them by using the slide bar underneath the selector.

### Turning off an alarm

To turn off an active alarm, hold down button 2 for about 2.5 seconds.

If done correctly, your Shock Clock should vibrate twice.

You can disable this functionality in the app, in which case only doing Jumping Jacks or scanning a QR code will turn off the alarm!

### Snoozing an alarm

You can snooze the alarm by quickly pressing button 2.

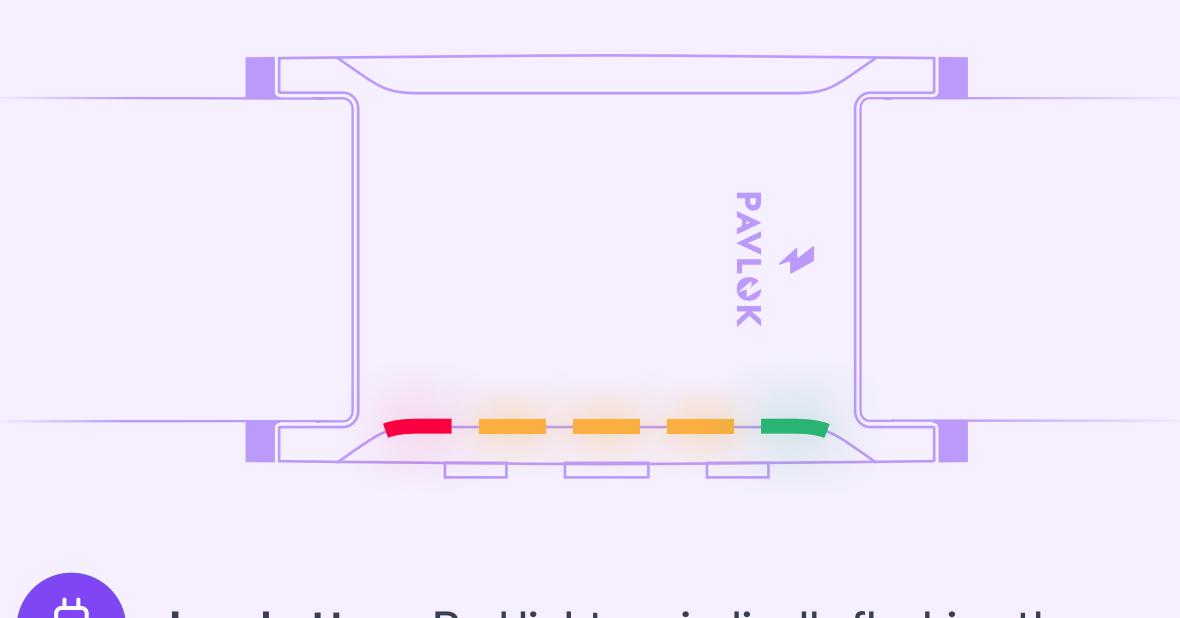
When an alarm is snoozed, the programmed stimulus for it will not occur for 5 minutes, and every 10 seconds the middle yellow LED will blink quickly three times.

After the snooze period ends, the regular alarm stimulus will resume.

Please note that alarms that had the snooze functionality disabled in the app cannot be snoozed!

### LED guide

Shock Clock has a set of lights (LEDs) above the buttons (see image above). The lights are used to report many different conditions and events, the most important of which are listed here. A few other LED indicators can be found in other sections of this quick start guide.



**Low battery:** Red light periodically flashing three times in succession means the battery level is low and that you should recharge soon.

**Clock not set:** Two long double flashes of the red light followed by a long red flash indicates that the clock is not set - reconnect with the app to restore the clock and alarms.

**IOS pairing problem:** Under rare circumstances, Bluetooth pairing with IOS can stop working. If the device starts repeating a pattern of 2 all-yellow flashes followed by 3 red flashes then you will need to go to the Bluetooth menu in the IOS Settings, tap on the i icon next to your device, and select "Forget Device" in order to be able to pair again normally.

**Zap:** Red light indicates zap is charging; yellow lights will animate during the actual zap; green light will flash if the charge was successfully delivered (if you don't see it, the bottom of the Shock Clock might not have good contact with your skin - try adjusting the position or tightening the wrist band).

**Other stimulus:** Most vibrations or chimes will include an LED animation.

### Proper care of your shock clock



### Water resistance

Shock Clock 3 received IP 67 rating, designating it as "protected against the events of temporary submersion (10 minutes) in lukewarm water up to 1 metre / 3 feet". Which means that, while Shock Clock 3 will survive a shower, don't take it for a swim. Don't worry, Shock Clock 3 is fully safe to use even if wet.

### Cleaning

Clean with mild soap and water. Cleaning with isopropyl alcohol is fine too.

## FAQ

### How long does a full charge last?

Battery life should be 5-7 days, depending on actual use.

### I don't feel the zap / zap is not powerful enough!

Ensure that the device is fairly tight on your wrist and making contact with the skin. Then open Quick Remote in the Pavlok app and increase the strength of the zap using the slider. Also, please note that you might need to adjust the intensity from time to time, depending on factors such as room humidity and changing dryness of your skin.

### I can still not feel the zap!

Try this:

1. Force-close the Pavlok app
2. Delete the existing Bluetooth connection in iOS / Android settings and reconnect your device
3. Factory reset your Shock Clock by plugging in your device into a power source and then holding the middle button until you feel a long vibrate and see red LEDs - then keep holding the button until the device stops vibrating

### Can you share some instructional videos?

Sure can:

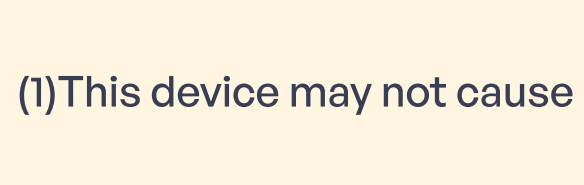
- [Wakeup alarms \(including qr code scan, jumping jacks, etc\)](#)
- [Pairing and pairing issues](#)
- [Hand detection](#)
- [Button configuration](#)
- [Zap testing](#)
- [Pavlok unlocked remote](#)

### My issue is not listed here!

We'll be happy to assist you at [pavlok.com/support](https://pavlok.com/support)

## Regulatory Information

### USA



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.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the Federal Communication Commission (FCC) rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment causes harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by doing one or more of the following measures:

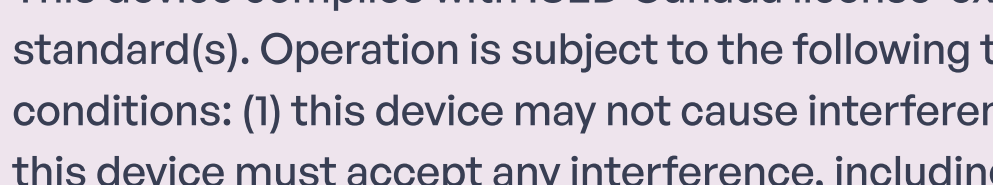
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

### RF EXPOSURE WARNING

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

### Canada



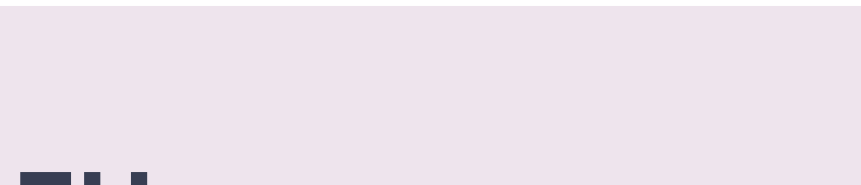
### ISED Regulatory Statements

This device complies with ISED Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

### Déclarations réglementaires de l'ISED

Cet appareil est conforme à la (aux) norme(s) RSS exempté(s) de licence d'ISED Canada. Son fonctionnement est soumis aux deux conditions suivantes : (1) cet appareil ne doit pas causer d'interférences, et (2) cet appareil doit accepter toute autre interférence reçue, y compris les interférences pouvant entraîner un fonctionnement non désiré.

### Japan



### EU

