



Pure Relax System  
take care of yourself.





calms

your way to relax.

# Thank you

## Thank you for choosing calmoo®.

This manual contains a detailed description as well as the usage and operating instructions for the calmoo® Deep Relaxation Trainer.

This manual is intended to help you to use calmoo® particularly effectively.

Read the instructions carefully and completely before using calmoo® and keep them in a safe place.

For more information about our products, please visit our website at [www.calmoo.eu](http://www.calmoo.eu) or use our customer service email at [service@calmoo.eu](mailto:service@calmoo.eu)

### Package includes:

- calmoo® deep relaxation trainer
- calmoo® transport bag
- calmoo® relax mask
- calmoo® USB charging cable
- calmoo® quick start guide



Bauart geprüft  
Sicherheit  
Regelmäßige  
Produktions-  
überwachung

[www.tuv.com](http://www.tuv.com)  
ID 1111232462

### Important note:



This product is intended for human use only.

calmoo® is not a substitute for a medical diagnosis and/or treatment of diseases.

If you have any health problems, please consult your doctor.

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= Recommendation



= Important

# General safety instructions

Danger from suffocation! Keep children away from packaging material.

The trainer may only be used for relaxation for humans.

calmoo® is not intended for use by persons (including children) with reduced sensory or mental capabilities or lack of experience and/or knowledge, unless they are supervised by a person responsible for their safety or have been given instructions on how to use the relaxation trainer.



Do not use calmoo® if there are obvious signs of damage!



Risk of hearing damage due to high sound frequencies.



Do not hold calmoo® directly against your ear for an extended period of time when it is running!



Electrical components must not be immersed in water and must be protected from moisture and extreme temperatures!

Never remove or modify any components or perform repairs by yourself, otherwise you run the risk of a fire hazard or danger of electric shock.

Never place calmoo® on sloping and uneven surfaces, it could tip over or fall down and cause injuries.

The calmoo® relaxation trainer is not a toy! Make sure that children do not play with calmoo®.

calmoo® is a precision device. Do not let it fall and avoid shock and excessive force.

Do not use scratching or abrasive cleaning agents for cleaning, as these can damage the surface.

Do not cover calmoo® during the entire time it is in use!

**If moisture has got inside calmoo®, contact your specialist dealer**



calm

your way to relax.

# Interesting facts about stress and its development

## Interesting facts and additional information

Stress always has two faces. On the one hand, there is positive stress, also called eustress. The distress describes the negative stress.

Without stress, there would be little success in life. When eustress is generated, the body sends hormones to the brain in order to increase attention and achieve the highest possible performance. Stress can be stimulating to a certain extent. It acts as a motivating or stimulating force.

On the other hand, distress is felt in a threatening situation. People who are under permanent stress are more susceptible to diseases. In addition, their performance decreases.

Stress reactions manifest themselves on several levels, including emotional, cognitive, behavioural and physical levels. When our body reacts under stress, we feel, think and behave differently.

The biological reaction patterns of the reaction to stress are fight and flight. In order to release the necessary energy for this, all of the body's systems are activated in order to set it up for performance.

Every organism reacts with its own signals, one reacts immediately with gastrointestinal problems, another gets a headache, one can no longer eat, another needs a lot of sweets.

Depending on the initial situation and the degree of severity of the respective stressors, the period of time before visual relaxation begins varies. It can take several days for the first results of using calmoo® to become visible.



your way to relax.



# Possible uses and applications

**calmoo® can successfully help to significantly reduce various stressors (acute, recurrent and long-lasting).**

**Here are some examples of possible stressors:**

## External stressors

- Noise
- Climate / environmental stimuli
- Waiting times
- Worries
- Loneliness
- Pain
- Boredom
- Criticism
- Worries about loss
- Debts
- Job loss

## Internal stressors

- Low resilience
- Excessive expectations
- Fear / panic
- Sleep disorders
- Unfulfilled desires
- Perfectionism
- Unfulfilled wishes
- Weight of expectation

## Mental and psychological stressors

- Excessive demands / insufficient demands
- Unclear goals
- Performance / deadline pressure
- Double stress
- Competitive pressure
- Concentration problems
- Double stress

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**According to current knowledge, stress factors can trigger the following diseases:**

- Back pain and other muscular tension
- Common colds due to a weakening of the immune system
- Headache, migraine and tinnitus
- Gastric and intestinal ulcers
- Disturbed reproduction and reduced libido
- Alcohol and drug abuse
- Mental illnesses such as panic attacks and depression
- Calcification of the coronary arteries (with possible consequence of heart attack)
- Burn out

# How calmoo® works

## This is how the calmoo® all-in-one solution for deep relaxation works

Thanks to specially composed sound worlds and the integrated, subliminal sound wave structures with our Deep Relaxation Technology (DRT), calmoo® can ensure a fast, long-lasting reduction of inner, outer, psychological and social stressors and overstimulation in every age group and can thus increase daily well-being, inner balance, concentration, balance and quality of life.



calmoo® can help to regenerate the body, strengthen mental resistance and ensure a balanced psyche as well as restful sleep.

Easy, mobile application with integrated PCBA control for quick deep relaxation, without any side effects.

calmoo® is not comparable to conventional relaxation music, because calmoo® contains not only the audible composed sound waves, but also six additional subliminal sound carrier tracks that are not consciously perceptible to the human ear, which can trigger a deeply relaxed, calm state.

In addition, with calmoo® there is the option of using a selector switch to play back the stress level according to different composed sound worlds, so that calmoo® can be adapted to the respective stress intensity.

calmoo® is fully automatic and effective. It is your ideal daily companion, which, thanks to its powerful battery operation, works completely independently of a socket.

### Note:

If you hear an „unusual noise“ in the audibly composed sound waves, this is not a defect, but rather a quality feature of the frequency, saved audio tracks.

### Sound module technical specifications

Nominal coverage	90° x 65°
Nominal impedance	4 Ω
Sound module power	3 W
Battery power	600 mAh
Charging time (100%)	approx. 60 minutes
Input voltage	3.7 V 600 mA
Charging port	USB Typ C
DC input	

# How to use calmoo® correctly

## Tips for first use

Place calmoo® uncovered on a stable surface at a distance of approx. 30 cm from your resting place.

It is best to slightly darken the room you are in and switch off any devices, for example telephone, which may interfere with your relaxation, to take full advantage of the relaxing process.

## Volume adjustment

You can adjust the volume of the calmoo® according to how you are feeling.

## Usage time

The usage time for calmoo® depends on your individual needs and the intensity of the stress.

At the beginning, it is recommended to use calmoo® together with the relax timer function, which disables the relaxation trainer after 20 minutes.

## Stress intensity

At the beginning, use the light-medium stress intensity (default setting).

If you suffer from elevated stress, you can, of course, also use the higher stress intensity right from the start.

Of course, you can vary the duration of use according to your needs to trigger the relaxing process. However, we recommend a minimum use time of 20 minutes each time.



## calmoo® when driving vehicles and machines

Please do not use calmoo® when driving or operating machines due to the relaxing effect

# calmoo® | Basic functions

## calmoo® Relaxation trainer at a glance



### **Power switch**

Press the button for 2 seconds to switch it on and off.

- ▶ white operating LED lights up



### **Stress intensity selector switch (stressors)**

Please select the selection function (light-medium | strong stressors) before or during operation.

- ▶ blue LED (non-flashing= light medium load intensity | flashing= high load intensity)



### **Side control panel**

(+) increases the volume, (-) reduces it

When the device is switched on, the medium volume is the default setting.

When the device starts after using the pause function, calmoo® returns to the default volume.

# calmoo® | Advanced Functions

## calmoo® Relaxation trainer at a glance



### **RELAX TIMER (Power-Napping) selector switch**

Please use the selection function (20min. Runtime | infinite) before or during operation.

- ▶ yellow LED lights up when enabled (20 min.) RELAX-TIMER.  
(see pages 14 and 17)



### **NOISE-MOTION selector switch® bedroom monitoring**

1. Mode selection (medium-high stress intensity)
2. Enable NOISE-MOTION® (replaces the On/Off function)
3. Disable NOISE-MOTION® when it is no longer required.

When NOISE-MOTION® is enabled, the two microphones for bedroom monitoring are enabled.

As soon as the integrated microphones detect a preset sound threshold during night-time stress, calmoo® switches on automatically for 60 seconds and then goes back into automatic monitoring mode (sleep support)

- ▶ blinking red LED = monitoring
- ▶ continuously lit red LED = operating
- ▶ blinking blue led = silent mode
- ▶ continuously lit blue LED = audible mode

(see pages 14 and 18)

# calmoo<sup>®</sup> volume control

## Volume | Pause Play | Charge Indicator



### Volume adjustment



The volume is adjustable in 15 levels, the default volume when starting is always the medium volume setting.

When restarting from pause mode, calmoo<sup>®</sup> starts automatically at the default volume.

### Play-Pause



Pressing the pause button (red circle) once when the device is operating, stops calmoo<sup>®</sup> immediately.

### Operating/charging status led



The green LEDs with battery symbol indicate the current charge level during operation:  
1 led = 20%, 2 led = 60%, 3 led = 100%

With less than 20% battery power, the last green LED changes from green to red, telling you that calmoo<sup>®</sup> must be charged immediately.

### During charging, the LEDs flash green

- if the battery is charged more than 20%, the first led remains continuously lit green and the 2nd LED flashes
- if the battery is more than 60% charged, the first two LEDs remain continuously lit green and the 3rd led flashes green
- When the battery is fully charged, all LEDs will flash green

# calmoo<sup>®</sup> LED display panel

## LED-Functions



The new calmoo<sup>®</sup> has a variety of visual displays on the side of the device.

### Operating indicator LED



The white LED indicates that calmoo<sup>®</sup> is working

### Stress intensity LED



The blue LED (continuously lit) indicates that calmoo<sup>®</sup> is working at low stress intensity and it flashes when the stress intensity is high.

### RELAX-TIMER LED



The yellow LED indicates that calmoo<sup>®</sup> is in relax timer mode. After 20 minutes calmoo<sup>®</sup> automatically switches to pause mode. If NOISE-MOTION<sup>®</sup> is additionally enabled, the red LED blinks and automatically switches to NOISE-MOTION<sup>®</sup> mode once the relax timer has finished. (see p. 17)

### NOISE-MOTION<sup>®</sup> LED



The red LED indicates that calmoo<sup>®</sup> is in NOISE-MOTION<sup>®</sup> mode at night. The red LED blinks, when the microphones are activated, calmoo<sup>®</sup> remains silent.

calmoo<sup>®</sup> automatically switches on for 60 seconds and the red LED lights up continuously only if the integrated microphones detect nocturnal noises (default DB).

Read the detailed explanation of the NOISE-MOTION<sup>®</sup> function (see p. 18).

**Do not cover calmoo<sup>®</sup> or its loudspeaker during use!**





# calmoo® | Advanced uses

## RELAX TIMER & NOISE MOTION bedroom monitoring

Our engineering team has succeeded in integrating two innovative additional functions into the calmoo® relaxation trainer, which make calmoo® the unique, mobile relaxation trainer that can be used in a wide range of situations.

### calmoo® RELAX-TIMER (Power-Napping mode)



After 20 minutes, the calmoo® integrated relax timer function switches off automatically in stages. This is how easy it can be to fall asleep (see p. 17).



*In relax timer / power napping mode, use the included calmoo® relax mask for an even better relaxation experience.*

### calmoo® NOISE-MOTION® bedroom monitoring



In the room to be monitored, the NOISE-MOTION® system automatically detects recognizable stressors and noises such as snoring, restless sleep, dreams and other disturbances and switches calmoo® on automatically for 60 seconds at the preset stress intensity (see p. 18).

If there are no detectable stressors or noises, the NOISE-MOTION® system switches back to monitoring mode.

### calmoo® RELAX-TIMER & NOISE-MOTION®



calmoo® has been designed in such a way that both functions can also be set to work together or automatically one after the other.

After 20 minutes of relaxation time with calmoo® (RELAX-TIMER function), calmoo® automatically switches to the NOISE-MOTION® mode and monitors the nightly rest (see p. 17).

**Please ensure sufficient battery capacity for all advanced uses**

# RELAX-TIMER

## The RELAX-TIMER

With calmoo®, you can choose between two sound cycles. calmoo® can be used continuously without interruption or with the RELAX TIMER (20 minutes working time).



RELAX TIMER enabled (20 minutes working time)



Permanent sound (default setting)



The 20-minute RELAX TIMER is the perfect sleep aid and can also be used for short-term daily relaxation. We recommend its use together with light stress intensity.

### How to use the RELAX TIMER function together with NOISE-MOTION®

First enable the RELAX TIMER, then start calmoo® using ON button and subsequently switch on the NOISE MOTION sensor.

After the 20-minute RELAX TIMER has expired, calmoo® automatically switches to NOISE-MOTION® monitoring mode and switches on again for 60 seconds when it detects stressors.

# NOISE-MOTION® (bedroom monitoring)

## The NOISE-MOTION® system at a glance

Two highly sensitive microphones in the calmoo® relaxation trainer monitor the environment (up to approx. 3m indoor) fully automatically and continuously once the NOISE-MOTION® system has been enabled and switch on calmoo® when noises or audible stressors occur.

The sound duration in NOISE-MOTION® mode is 60 seconds. After the 60-second sound duration, calmoo® automatically switches back to monitoring mode.



NOISE-MOTION® enabled (60 seconds running time)



NOISE-MOTION® disabled (default setting)



**Please do not cover the highly sensitive microphones on calmoo®!**

Should the integrated microphones detect further or continuous audible stressors, the 60-second sound process begins again.

### How to turn on the NOISE-MOTION® function

To use NOISE-MOTION® mode, simply enable the selector switch (see page 13).

You do not need to switch on calmoo® as well. The on-off function is replaced by enabling the NOISE-MOTION® function.

Room monitoring starts immediately after NOISE-MOTION® is switched on. To switch off, switch off the NOISE MOTION® selector switch again.

**To switch off calmoo®, turn off the NOISE-MOTION® selector switch.**

# Lithium-ion batteries care instructions

## In this way, you can enjoy calmoo® for a long time

Only high-quality components are used in our electronic relaxation product. This also includes the integrated LI battery, which has a service life of approximately 1,000 charging cycles.

Like any battery technology, the integrated battery in our products is subject to capacity fluctuations.

Here we give you tips and advice on how to care for the integrated battery technology.

- Make sure the BATTERY is 50% charged when stored.
- Do not store our products with a completely empty BATTERY
- Use the included charging cable for charging and use a USB Type-C charging point with a minimum output voltage of 3 V.
- After charging the battery, remove it from the charging point
- Store calmoo© at room temperature
- Maintenance charging once a month

Excessive volume can reduce battery life by up to 60%. Therefore, adjust the volume of calmoo® to your listening habits.



**calmoo® includes an AUTOMATIC shutdown of the battery when used above 50 degrees C (122 degree F).**

**If calmoo® has switched off due to temperature, cool it down and switch it on again after cooling.**

# Lithium-ion batteries

## Proper handling of the integrated lithium-ion battery

It is important that you fully charge calmoo® before using it for the first time, in order to restore the full capacity of the integrated lithium-ion battery.

### calmoo® charging options

calmoo® has a built-in battery with a long service life and can be easily charged using the included USB TYPE C charging cable at a USB port. The charging time is 30-90 minutes (depending on the USB input voltage).

### CAUTION!

Do not place the battery in a fire or heater as this may cause an explosion. Do not dispose of the battery by mechanical extrusion or cutting.

Do not place the battery in an environment with extremely high temperatures where the battery may explode or where flammable liquids or gases may escape.

Do not place the battery in an environment of extremely low pressure where the battery may explode or where flammable liquids and gases may escape.

- The normal operating temperature range of the product is 0 - 45° C
- The temperature range to protect product charging is 0 - 45° C
- The temperature range for storing and transporting the product is -20 - 40° C
- Do not lower the air pressure below 86 kPa as this may cause an explosion or leakage of flammable liquids or gases.



Disposal of electrical and electronic equipment in the European Union

This product must not be disposed of with normal household waste. Instead, the old device must be disposed of at a recycling collection point for electrical and electronic devices. Separate collection and recycling of your used device helps to save raw materials and ensure that its recycling protects human health and the environment.

For more information on where you can return your old device for recycling, please contact your local municipal authority, your household waste disposal service or the point of sale of your product.

## Use tips & general questions

### Example

### Answer

**When can I use calmoo®?**

In fact, you can use calmoo® at any time, both at night and as a support for your inner peace during the day.

**Are external frequencies counterproductive (TV, radio, music, etc.)?**

Radio waves or television have no influence on the subliminal frequency sound waves of calmoo®, since they involve different sound wave frequency ranges.

**Can I connect calmoo® permanently to the power supply and use it at the same time?**

calmoo® has been equipped with electronic overload and over-charge protection. Permanent charging can affect battery capacity.

We therefore recommend using it in battery-powered mode.



# Troubleshooting

All calmoo® products are manufactured to the highest quality standards. If a problem that has not been listed here occurs, please email our customer service at [service@relaxopet.com](mailto:service@relaxopet.com), indicating what the problem is.

calmoo® meets all standards for electromagnetic fields (EMF). According to current scientific knowledge, the trainer is safe to use, provided it is handled properly and in accordance with the instructions in this manual. As with any other device, proper handling is essential for a good result.

Problem	Probable cause	Lösung
<b>White LED does not light up</b>		Battery insufficiently charged Reboot calmoo®
<b>Insufficient relaxation</b>	<ul style="list-style-type: none"> <li>• Incorrect use of calmoo®</li> <li>• Wrong stress intensity</li> <li>• Possible medical condition</li> </ul>	Read page 10 If necessary, consult your doctor.
<b>Yellow LED ON</b>	<ul style="list-style-type: none"> <li>• RELAX-TIMER selector switch enabled</li> </ul>	If necessary, disable the RELAX TIMER
<b>Red battery LED lights up</b>	<ul style="list-style-type: none"> <li>• Battery power below 20%</li> </ul>	charge calmoo®
<b>calmoo® cannot be switched off</b>	<ul style="list-style-type: none"> <li>• NOISE-MOTION system enabled</li> </ul>	Disable NOISE MOTION®. Move selector switch to the left. Read page 18

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