



Welcome

This re-mind helps you stop **grinding and clenching your teeth** using the Habit Reversal Training method. Use the re-mind for at least 6 hours a day, and you will notice a clear difference after 1 – 2 weeks!

However, realize that it took you years to unconsciously develop this habit. It will also take some time to completely unlearn it.

Instructions

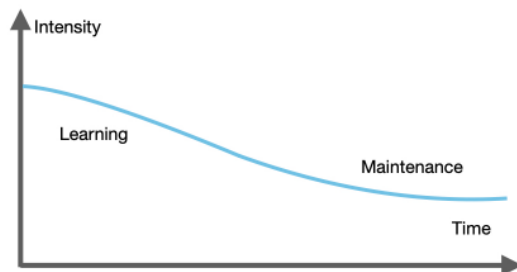
Step 1: Briefly press the button to turn the re-mind **on** (vibrates once) or **off** (vibrates twice).

Step 2: Put the re-mind in your pocket, use a wristband or place it on the table.

Step 3: Relax your jaws. Gently place your tongue against your palate.

Learning curve

The re-mind is set by default to a learning curve where you are reminded to relax your jaws 10 times per hour initially. This might seem frequent, but you will see that you regularly clench and grind without realizing it. Over approximately 6 weeks, the intensity decreases to about 4 times per hour.



Choose your own program

You can also set the interval yourself if you don't want to use the built-in learning curve.

The programs:

1. Intensive (3 min)
2. Frequent (6 min)
3. Regularly (12 min)
4. Normal (20 min)
5. Supportive (30 min)
6. Learning curve

This is how you select a program

Step 1: Keep the button pressed until the re-mind vibrates.

Step 2: Select a program: for example, press 4 times for the “Normal” program.

Step 3: The re-mind now vibrates this program. (so 4 times for “Normal”)

Set vibration time

If you want to make the re-mind vibrate longer so that you feel it better, press and hold the button until it vibrates. Then press the button **again for a long** time until it vibrates again.

(repeat this procedure to make the re-mind vibrate briefly again).

Replace battery

The battery lasts 3 months with daily use. If you feel that the re-mind vibrates less strongly, replace the battery (loosen the lid of the re-mind with a skewer, replace the battery and click it closed again).

The battery type is a **CR2032** button cell and is available at a drugstore or supermarket.