

1

Launch SITA Calm

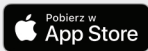
hold down the ONE Touch button for a minimum of 3 seconds

2

Download SITA App



register or log in



3

Pair SITA Calm with The App

adjust the colour and brightness of the relaxation LEDs and bio sound volume to your liking

4

Position the Breathing Sensor

at a distance of 0.5 cm from the unobstructed nostril, so that the sensor does not touch the skin or facial hair

CALM