



Thank you!

Thank you for purchasing the Tirami-su posture coach.

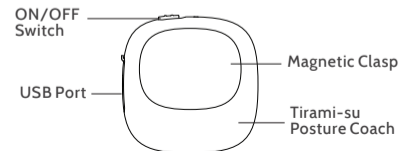
Tirami-su, is the first wearable device that monitors sitting or standing postures. It's designed for children to improve their posture during study.

Though designed for children, adults can also wear it and benefit from it.

The iSWEO team

What's inside the box

- 1.Tirami-su Posture Coach
- 2.USB Cable
- 3.Magnetic Clasp
- 4.This Manual
- 5.Warranty Certificate

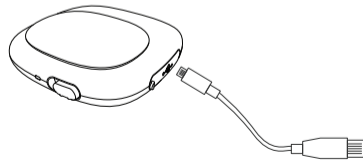


Getting started in 3 steps

1 Charge it

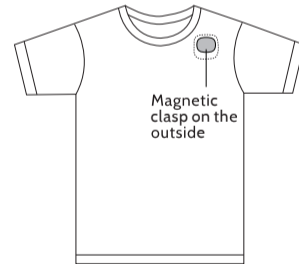
Plug the USB connector into the USB port of your computer or USB charging adapter. Then connect it to your Tirami-su posture coach. A red LED light indicates that the product is being charged. The light turns blue when the charge is complete.

A full charge takes about 45 minutes. You can use your Tirami-su for about a month with one charge. When your Tirami-su is out of charge, a red light will blink every 10 seconds to remind you to recharge the battery.



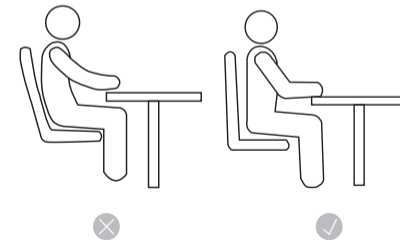
2 Wear it

Turn on the Tirami-su by using the ON/OFF switch. The red and blue lights will blink, followed by a short vibration. Wear the device under your garment. Then attach the magnetic clasp on to the outside of your clothes. We recommend to place the product right underneath the collarbone.



3 Calibrate it

Get into a good and comfortable sitting posture (head high and shoulders pulled back). Hold this for a few seconds until the product vibrates 2 times. This indicates that you have successfully aligned it with your preferred posture. We recommend to repeat this procedure multiple times a day, especially when you change your position.



Posture coach vibrations

The Tirami-su communicates through gentle vibrations. Whenever you slouch away, the posture coach will vibrate, and repeat this every 10 seconds until you move back in the correct posture.

If the Tirami-su keeps vibrating, even though you believe you are in the correct posture, it needs to be re-calibrated by switching it off and on.

Inactivity vibrations

When the Tirami-su vibrates 3 times, it means you are in sitting posture for over 45 minutes. You should stand up and take a short break. Otherwise the Tirami-su will remind you for another 4 times.

Questions? Please contact us at www.isweo.com