



BianStone & Graphene Far Infrared Heating Therapy SleepPad

Product Introduction

This SleepPad is made with selected natural red Bian-Stones, combined with Terahertz energy stones and a Graphene heating film for heat generation. It operates at a low voltage of 36V, ensuring safety against electric shock. Through its multi-energy formula, it improves sleep quality, promotes body recovery and regeneration, and wakes you up feeling energized every day.

Product material and function

Natural Red BianStone: Bianstone surgery, one of the six medical techniques of Chinese medicine, mentioned in many places in the "Huangdi Neijing", it is called a stone that can cure diseases, using Bianstone as a treatment tool. Representative: Chinese medicine Bian Que. After testing by modern instruments, it contains more than 40 kinds of trace elements and minerals that are beneficial to the human body, as well as more than 20 kinds of anti-aging elements such as calcium, magnesium, zinc, chromium, strontium, and selenium that are necessary for the human body.

Graphene: Graphene far-infrared rays have the functions of improving blood circulation, improving joint pain, boosting spirit, skin care and beauty.

Terahertz: It can produce a wave heat effect, increase cell vitality, adjust nerves and the body, promote body metabolism, improve the human body's magnetic field, open up the meridians in the human body, enhance the human body's mental vitality, and promote the function of sweat glands, thereby accelerating the excretion of waste in the body, beneficial to health.

Product Structure

- 1: Nylon edging
- 2: Heat-gathering layer
- 3: High-density mesh cloth
- 4: red BianStone / terahertz
- 5: Graphene heating film
- 6: Bamboo charcoal fiber cotton
- 7: 3D shockproof net

Eight characteristics:

- Natural premium BianStone
- Terahertz rough stone
- constant temperature 20~50°C
- Graphene heating film
- Far-infrared 5-15 μm
- Dual-layer full touch design
- Anti-leaking Anti-leakage
- Foldable and rollable

Product usage diagram

Product Connection Diagram:

1. Connect the six-pin connector (male) to the temperature controller's six-pin connector (female) by aligning the guide slot and following the arrow indication, then rotate it tightly.
2. Connect the other end of the temperature controller's DC connector (female) to the power supply's DC connector (male) by aligning the plug guide slot and rotating it to secure the connection.
3. Insert the matching power cord into the power interface.

Controller use and troubleshooting

Power Indicator Light, Temperature Display, Time Unit - Hours, Heating Indicator Light, Temperature Up Button, Timer Increase Button, Temperature Down Button, Timer Decrease Button, Power On/Off Button

1. After the power is turned on, long press the "ON/OFF" key to turn on or off. The default temperature "30°C" is set to "8" hours when it is used for the first time.
2. The "ON/OFF" icon is for temperature adjustment. Press "UP" or "DOWN" to adjust for temperature rise and fall. Note: After the temperature is set, the displayed temperature will automatically jump to the actual sensing temperature.
3. "ON/OFF" is for timing adjustment, press "ON/OFF" key for timing adjustment, the unit is H/Hours. Note: After the timer is counted down, it will automatically stop working and shut down when the set time is reached.
4. The icon flashes during adjustment, and the icon is always on for 6 seconds after setting to indicate completion. Note: After the temperature is set, the "ON/OFF" icon disappears to indicate that the heating is stopped.
5. The thermostat has a memory function. After the last function adjustment, the default last adjustment parameters will be used again.
6. Temperature safe mode:

mode	set up	Automatic heating time
A.Warm therapy 1	20-45°C	Can be set manually for 1-12 hours
B.Warm therapy 2	46-50°C	Heating for 4 hours, automatically return to 39°C

7. Temperature Controller Display Troubleshooting

Product Connection Diagram:

1. Connect the six-pin connector (male) to the temperature controller's six-pin connector (female) by aligning the guide slot and following the arrow indication, then rotate it tightly.
2. Connect the other end of the temperature controller's DC connector (female) to the power supply's DC connector (male) by aligning the plug guide slot and rotating it to secure the connection.
3. Insert the matching power cord into the power interface.

Controller use and troubleshooting

Power Indicator Light, Temperature Display, Time Unit - Hours, Heating Indicator Light, Temperature Up Button, Timer Increase Button, Temperature Down Button, Timer Decrease Button, Power On/Off Button

The product particularly soothes and improves the following peoples

1. Insomnia, long-term fatigue, deficiency and cold constitution;
2. Women with physical pains, cold hands and feet, edema and obesity, sub-health;
3. Back pain, shoulder and neck pain, numbness of hands and feet;
4. Low immune function, Muscle soreness, sports injuries.

Physiotherapy mode

- **Sleep Heat Therapy:** Set the temperature controller to 30-40°C. Recommended heating usage: 2-4 hours per session. Suitable for individuals with cold constitution, poor sleep quality, poor body microcirculation, chronic fatigue, rheumatic pain, cold hands and feet, and weakened immune system.
- **Warm Conditioning Therapy:** Set the temperature controller to 41-49°C. Recommended heating usage: 2-4 hours per session. Suitable for combating stubborn diseases, rheumatic pain, dysmenorrhea, cold uterus, blood stasis, cold hands and feet, poor body microcirculation, edema and obesity, and sub-healthy individuals. It helps in the recovery of symptoms such as hemorrhoids and prostatitis in men. It also aids in the recovery from sports injuries, lower back pain, bone pain, shoulder and neck pain, and numbness in the hands and feet. It can accelerate blood circulation, promote sweating and detoxification, effectively alleviate and improve pain symptoms.
- **Natural Room Therapy:** Turn off the power of the temperature controller or natural care of indoor temperature. Recommended usage: Long-term. In summer, it provides a cool and comfortable sensation. Prolonged use allows the body to absorb beneficial far-infrared and terahertz energy emitted by the BianStone, helping to eliminate cold and dampness in the body, promote metabolism, and maintain and improve the normal of the body's microcirculation system.

Caution: High blood pressure individuals and pregnant women should avoid use with caution when the temperature is between 41-50°C.

Specifications:

Model: SP719
Product name: Dr.Rock BianStone & Graphene Far Infrared Heating Therapy SleepPad
Size : L70 x W160 x H15 CM / Product net weight : 6.9kg
BianStones quantity : 205 Pcs (120 large Pcs + 85 small Pcs)
Terahertz quantity : 9 Pcs
Therapy Modes : Natural temperature therapy, Sleep therapy, Thermal therapy
Adapter input / output : 100-240V~50/60Hz, DC 36V/5.8A 208W
SleepPad input power : Maximum 208W
Current Voltage : Human body safety low voltage max 36V/5.8A
Heating device : Graphene heating film
Adjustable range of temperature controller : 20~50°C
Temperature controller can set timing : 1~12 hours
Heating temperature : 20~50°C, adjustable by lifting button
Accessories : 3D shock net, Density mesh cloth, Bamboo charcoal fiber cotton

Package Contents

- * SleepPad x1
- * Temperature controller x1
- * Storage bag x1
- * Manual book x1
- * Charger adapter x1
- * Q&A Card x1

Warranty description

Dr.Rock provides a quality warranty service for hardware products, accessory materials, and craftsmanship defects in the packaging. The warranty period for the SleepPad Pro (including the temperature controller) is one year from the date of purchase. Normal wear and tear, aging, as well as damages caused by accidents, improper modification, or misuse, are not covered under this warranty. To obtain after-sales service, please contact the authorized brand distributor of Dr.Rock, visit an authorized retailer, or contact customer service online, while providing relevant purchase proof. (invoice or purchase record)

Product maintenance methods

You can use a wet towel to wipe the contaminated part when it is not powered on, or use a disinfectant wet towel to disinfect it regularly, and then turn it on for heating after drying.

Precautions

1. Read the manual carefully before use and use it in accordance with the operating instructions.
2. Don't let it be used alone by people who cannot take care of themselves, infants or children who are not sensitive to heat.
3. It is forbidden to use in water and humid environment.
4. Do not dry clean or wash. You can wipe the contaminated part with a wet towel when the power is not turned on, and then turn on the power to heat it after drying.
5. Do not insert sharp objects into the product.
6. Do not place bedding and other items in a small area to cover the heating area when the product is heated to prevent local overheating and causing malfunctions.
7. It is forbidden to place flammable materials such as fireworks and lighters on the surface of the product to prevent fire.
8. Please confirm whether the power supply is cut off before going out.
9. Using the heating function, the temperature can be adjusted according to the tolerance of the skin. In order to prevent skin burns, if you feel unwell, stop using it in time.

Disclaimer

1. The use of a heating pad carries inherent risks, and users should follow the operating instructions and maintenance guidelines provided in the product manual. We are not responsible for any issues resulting from user error or failure to follow the instructions, and users assume all risks associated with the use of the heating pad.
2. The heating pad may not be suitable for certain individuals, including infants, individuals with head tumors, leukemia patients, individuals with bleeding disorders, individuals with metal implants or pacemakers, individuals with severe cardiopulmonary insufficiency, individuals with epilepsy or mental disorders, individuals with undiagnosed acute abdominal pain, pregnant women, women in the gestational or lactation period, individuals with heat insensitivity, or individuals with other specific health conditions. It is advised to consult a doctor's advice or use the heating pad under the guidance of a doctor.
3. We make no express or implied warranties regarding the performance, suitability, quality, or reliability of the heating pad. We are not liable for any direct or indirect loss or damage resulting from the use or inability to use the heating pad, nor are we liable for any personal injury, property damage, or other adverse consequences arising from the use of the heating pad.
4. When using the heating pad, exercise caution and remain vigilant for any abnormal conditions such as excessive heat, overheating of the power cord, or other safety issues. If any issues are detected, discontinue use immediately and seek professional assistance.

砭石&石墨烯遠紅外線熱護睡墊

產品簡介

這款 熱護睡墊，精選天然紅砭石製成，結合太赫茲能量石墨石墨烯發熱膜發熱，人體電壓36V輸入，安全防觸電，通過能量複方，改善睡眠質量，促進身體的恢復和再生，每天醒來時充滿活力。

產品材料及作用

天然紅砭石：砭術，中醫的六科醫術之一，《黃帝內經》中多次提及，稱之為能治病的石頭，使用砭石為治療器具代表人：中醫扁鵲。經過現代儀器檢測，含有40多種有益於人體的微量元素和礦物質，以及人體所必需的鈣、鎂、鋅、鎂、鎂、鎂等20多種抗衰老元素。

石墨烯：超具物理學界，21世紀生物醫學革命性材料。石墨烯遠紅外線有改善血液循環，改善關節疼痛，提神精神，護膚美容等作用。

太赫茲：可以產生波動效應，能夠增加細胞活力，調節神經以及機體，促進身體的新陳代謝，改善人體組織，打通人體內的經絡，增強人體精神活力，這可促進汗腺功能，從而可以加速體內廢物排泄，有利於身體健康。

產品結構圖

- 1: 尼龍包邊
- 2: 聚能發熱層
- 3: 高密復網眼布
- 4: 天然砭石+太赫茲砭石
- 5: 石墨烯發熱層
- 6: 竹炭纖維棉層
- 7: 3D防電網

特點

- 天然優質砭石
- 太赫茲
- 恆溫20~50°C
- 石墨烯發熱膜
- 遠紅外線波長5-15微米
- 砭石子母片全顆位點接觸
- 防熱火防觸電
- 超潔可捲起

產品使用示意圖

產品連結示意圖:

1. 將六針接頭 (公頭) 與溫控器六針接頭 (母座)，按限位槽及箭頭指示對接，然後旋轉到位。
2. 將溫控器另一端DC接頭 (母座) 與電源端DC接頭 (公頭) 依插頭限位槽插入對接旋轉固定。
3. 將匹配電源線尾端插入電源接口。

溫控器使用方法及故障排除

溫度顯示, 溫度上調按鍵, 溫度下調按鍵, 定時單位 (小時), 加熱工作指示燈, 定時上調按鍵, 定時下調按鍵, 電源開關按鍵

1. 電源接連後，長按 [ON/OFF] 鍵為開機或關機。首次使用開機時顯示設定溫度「30°C」和時間設定為「8」小時。
2. [ON/OFF] 鍵為溫度調節，輕按 [UP] 鍵或 [DOWN] 鍵為溫度的高低上、下調節。注意：溫度調節後，顯示屏顯示溫度會自行跳至實際感測溫度。
3. [ON/OFF] 鍵為定時調節，輕按 [ON/OFF] 鍵為定時長調整，單位為H/小時。注意：定時後時間顯示為倒計時，到達設定時長後會自動停止工作並開機。
4. 調節溫度或時間時顯示閃爍閃爍，設定後6秒鐘標常表示完成。注意：溫度設定後，[ON/OFF] 標常為加熱工作中，到達設定溫度後，[ON/OFF] 標常消失為停止加熱工作；溫度調節有記憶功能，在上次溫度及時間調整後，再次使用時該上調調整參數。
5. 溫度安全模式如圖：

溫度模式	溫度設置	自動加熱時間
A.溫數1	20-45°C	可手動定時運行1-12小時
B.溫數2	46-50°C	最多加熱4小時，自動回到39°C

產品連結示意圖:

1. 將六針接頭 (公頭) 與溫控器六針接頭 (母座)，按限位槽及箭頭指示對接，然後旋轉到位。
2. 將溫控器另一端DC接頭 (母座) 與電源端DC接頭 (公頭) 依插頭限位槽插入對接旋轉固定。
3. 將匹配電源線尾端插入電源接口。

溫控器使用方法及故障排除

溫度顯示, 溫度上調按鍵, 溫度下調按鍵, 定時單位 (小時), 加熱工作指示燈, 定時上調按鍵, 定時下調按鍵, 電源開關按鍵

1. 電源接連後，長按 [ON/OFF] 鍵為開機或關機。首次使用開機時顯示設定溫度「30°C」和時間設定為「8」小時。
2. [ON/OFF] 鍵為溫度調節，輕按 [UP] 鍵或 [DOWN] 鍵為溫度的高低上、下調節。注意：溫度調節後，顯示屏顯示溫度會自行跳至實際感測溫度。
3. [ON/OFF] 鍵為定時調節，輕按 [ON/OFF] 鍵為定時長調整，單位為H/小時。注意：定時後時間顯示為倒計時，到達設定時長後會自動停止工作並開機。
4. 調節溫度或時間時顯示閃爍閃爍，設定後6秒鐘標常表示完成。注意：溫度設定後，[ON/OFF] 標常為加熱工作中，到達設定溫度後，[ON/OFF] 標常消失為停止加熱工作；溫度調節有記憶功能，在上次溫度及時間調整後，再次使用時該上調調整參數。
5. 溫度安全模式如圖：

溫度模式	溫度設置	自動加熱時間
A.溫數1	20-45°C	可手動定時運行1-12小時
B.溫數2	46-50°C	最多加熱4小時，自動回到39°C

7. 溫控器顯示故障排除

溫控器顯示	故障原因	故障排除
E1	1. 溫控器與產品未連接或連接接觸不良； 2. 溫度感測探頭失效。	1. 檢查溫控器與產品之間的連接線，插頭是否連接正常，需重新插電。 2. 如無顯示顯示產品異常，請聯繫售後。
EH	高溫報警或溫度超出保護值。	關閉電源，待產品冷卻後再次開機確認。如仍顯示高溫異常，請聯繫售後。
EU	電壓不正常	1. 檢查電源，是否正常； 2. 建議用輸出功率>208W的有認證的電源適配器； 3. 重新插入供電電線後任有異常，請聯繫售後。
EC	電流過流	

產品特別舒緩及改善以下人士

1. 失眠、長期勞累、虛寒體質。
2. 女性生理不適、手脚冰冷、水腫肥胖、亞健康。
3. 腰酸背痛、肩頸痛、手腳麻、免疫力低下。
4. 肌肉酸痛、運動損傷。

療效模式

- **睡眠溫度療法：**溫控器設置至30-40°C，加熱使用建議 6~12小時/次。適用於虛寒體質、睡眠質量差、身體微循環差、長期疲勞、風濕痛、手脚冰冷、免疫力下降者。
- **溫熱調理療法：**溫控器設置至41-50°C，加熱使用建議 2~4小時/次。適用於抵抗頑疾、風濕痛、痛經、宮寒、血虛、手脚冰冷、身體微循環差、水腫肥胖、亞健康人群、痔瘡、男性前列腺炎等症狀恢復健康；運動損傷、腰酸背痛、肩頸痛、手脚麻痺。可以加速血液循環、排汗排毒，有效舒緩及改善痛症。
- **室溫自然療法：**溫控器電源加熱關閉開關(室溫)熱天，或平時室內溫度天然護理。使用建議：長期。

夏季使用時感覺到涼爽舒適，長期使用可以使身體吸收砭石發出有益於身體的遠紅外線和太赫茲發出的能量，可以祛除體內的寒濕，促進新陳代謝，有利於保持和改善身體微循環系統正常運作。

提示：41-50°C時，禁止高血壓人士及孕婦使用或者慎用。

參數規格

型號: SP719
產品名稱: Dr.Rock (給醫生) 砭石&石墨烯遠紅外線熱護睡墊
尺寸: L70 x W160 x H15 CM / 產品淨重: 6.9kg
砭石顆粒: 206片 (大120片+小86片) / 太赫茲顆粒: 9片
理療模式: 室溫自然療法、睡眠溫度、溫熱調理
溫控器輸入/輸出: 100-240V~50/60Hz, DC 36V/5.8A 208W
溫度控制器: 208W 最大
電壓電壓: 人體安全低電壓最大 36V/5.8A
加熱裝置: 石墨烯發熱膜
溫度控制器可調節範圍: 20~50°C
溫度控制器可設定定時: 1~12小時
發熱溫度: 約20~50°C/升降按調節
輔料: 3D防震網、高密度網眼布、竹炭纖維層(防火)

包裝內容

- * 熱護睡墊 x1
- * 充電適配器 x1
- * 收納袋 x1
- * 溫度控制器 x1
- * 使用說明書 x1
- * 問答卡 x1

質保說明

Dr.Rock為包裝中的硬件產品和配件材料及工藝缺陷提供質量保修服務，石墨烯熱護睡墊(含溫度控制器)保修期限為自您購買該產品之日起一年，正常的磨損或老化以及意外、不正當使用改造等造成損壞，不在此保修範圍之內。獲取售後服務方式：請致電 Dr.Rock授權品牌商或前往授權零售店購買或網絡客服售後，同時請提供相關購買憑據。(發票或購買記錄)

產品維護和保養方法

可在不通電情況下，用濕毛巾對污染部分進行擦拭，或者定期用消毒濕巾進行消毒，乾後再通電加熱使用。

注意事項

1. 使用前詳細閱讀說明書，並按照操作說明使用。
2. 不要讓生活不能自理、嬰幼兒或對熱不敏感人群單獨使用。
3. 禁止在有水和潮濕環境下使用。
4. 不得乾洗或洗滌。可在不通電情況下，用濕毛巾對污染部分進行擦拭，乾後再通電加熱使用。
5. 勿將尖銳物體插入本產品。
6. 請勿在本產品加熱時將被褥等物品放置在加熱區域小面積覆蓋，防止局部過熱導致故障。
7. 產品表面禁止放置煙花爆竹、打火機等易燃物品，防止引發火災。
8. 使用結束、外出前，請確認電源是否切斷。
9. 使用加熱功能，溫度可根據皮膚耐受力程度進行調節，為防止皮膚燙傷，請根據自己身體體質，合理調節溫度數值，如有不適及時停止使用。

免費聲明

1. 使用熱墊存在一定的風險，用戶應當按照產品說明書中的操作指南正確使用和維護熱墊。如因用戶錯誤使用或未按照說明書進行維護而導致任何問題，我們不承擔責任，用戶需自行承擔使用熱墊所帶來的風險。
2. 熱墊可能不適用於某些人群，如：嬰幼兒、頭部腫痛、白血病患者、出血性痛患者、體內存在金屬異物或心臟起搏器、嚴重心肺功能不全者、癲癇或精神失常的患者、未明確診斷的急性腹痛、孕婦、妊娠期、哺乳期的女性、經期婦女禁止下腹部的熱敷、高血壓160以上者；對熱不敏感者或其他特定健康狀況的人群，請諮詢醫生的建議或在醫生指導下使用。
3. 我們不對熱墊的使用、適用性、質量或可靠性作出任何明示或暗示的保證，不對因熱墊的使用或無效使用而導致的任何直接或間接損失或損害承擔責任。不對因使用熱墊而導致的任何人身傷害、財產損失或其他不利後果承擔責任。
4. 在使用熱墊時，請保持警惕，注意任何異常情況，如異常發熱、電線過熱或其他安全問題，如果發現任何問題，請立即停止使用並尋求專業幫助。