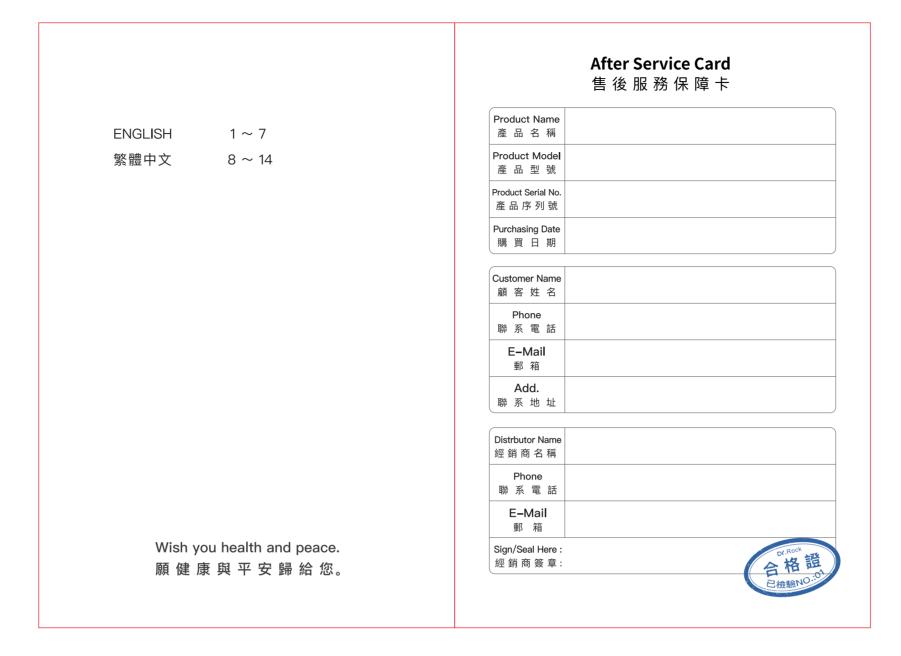
封面封底 封面內頁





### BianStone & Graphene Far Infrared Heating Therapy SleepPad Pro Ten characteristics Product Introduction THz This SleepPad Pro is made with selected natural red Bian-Stones, combined with erahertz energy stones and a Graphene heating film for heat generation, as well as PEMF (Pulsed Electromagnetic Field) 7.83Hz Schumann wave energy. It operates at a low PEME voltage of 36V, ensuring safety against electric shock. Through its multi-energy formula, 7.83 Hz it improves sleep quality, promotes body recovery and regeneration, and wakes you up Product material and function Dual-layer full touch design 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 Product usage diagram kinds of anti-aging elements such as calcium, magnesium, zinc, chromium, strontium, and selenium that are necessary for the human body. Graphene: Nobel Prize in Physics, a revolutionary material for biomedicine in the 21st century. Graphene far-infrared rays have the functions of improving blood circulation, **PEMF**: World Class Energy Technology. The cells of the human body need energy to achieve optimal functional status. Pulsed magnetic fields are a soothing and energetic method that can help the human body replenish energy, activate the vitality of the body, and dredge the meridians. 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. connection port 3 Product Structure 1: Nylon edging 3: High-density mesh cloth → 5: Natural red BianStone / terahertz 6: Graphene heating film 7: Bamboo charcoal fiber cotton layer

### **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.

### Thermostat Usage and Troubleshooting



- 2Hz Deep Sleep Mode Time Unit - Hours Heating Indicator Light

1. After the power is turned on, long press the "(b)" 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 " icon is for temperature adjustment. Press " or " or " or " 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. "  $\overset{ullet}{ullet}$ " is for timing adjustment, press " $ilde{ riangle}$ " or " $ilde{ riangle}$ " key for timing adjustment

the unit is H/hour. 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 " — " icon flashes to indicate heating, and when the set temperature is reached, the " ... "

icon disappears to indicate that the heating is stopped;
5. PEMF regulation: default off. Press PEMF button to turn on. After 15 minutes in 7.83Hz sleep mode, it will automatically switch to the 2Hz deep sleep mode and continue running for another 15 minutes before automatically ending.

6. The thermostat has a memory function. After the last function adjustment, the default last adjustment parameters will be used again; 7. Temperature mode set up Automatic heating time safe mode: 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

8. Temperature Controller Display Troubleshooting

Display	Cause of issue		Troubleshooting
E1	The thermostat is not connected to the product or the connection is in poorcontact;     The temperature sensor probe fails.		Check the connection line, whether the connection is normal, and it needs to be re-energized.     If the product is still abnormal, please contact after-sales service.
EH	High temperature error or temperature out of protection		Turn off the power, turn on the product again after cooling to confirm, if it shows that the product is abnormal, please contact after-sales
EU	Abnormal voltage	Check the power supply, whether it is normal;     Recommended output power ≥ 208W certified power adapter or car charger;     If there is any abnormality after reinserting the power supply and restarting, please contact the after–sales service.	
EC	Current overcurrent		

# Physiotherapy mode

- Sleep Heat Therapy: Set the temperature controller to 30-40°C. If necessary, turn on the PEMF switch (default 7.83Hz sleep mode, automatically switches to PHz deep sleep mode after 15 minutes, continues for another 15 minutes, and automatically ends). Recommended heating usage: 6-12 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. If necessary, turn on the PEMF switch (default 7.83Hz sleep mode, automatically switches to 2Hz deep sleep mode after 15 minutes, continues for another 15 minutes, and automatically ends). 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 (maintain room temperature during summer) 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 or use with caution when the temperature is between 41-50°C.

### Specifications

Model: SP716

Product name: Dr.Rock BianStone & Graphene Far Infrared Heating Therapy SleepPad Pro Size: L70 x W160 x H1.5 CM Product net weight: 8.8kg

BianStones quantity: 253 Pcs (166 large Pcs + 87 small Pcs ) Terahertz quantity: 50 Pcs PEMF (Pulsed Magnetic Field) transmitter: 1 Group

Therapy Modes: Natural temperature therapy, Sleep therapy, Thermal therapy, PEMF therapy. Adapter input/output: 100-240V~50/60Hz, DC 36V/5.8A 208W SleepPad Pro input power: Maximum 208W Current Voltage: Human body safety low voltage max 36V/5.8A

PEMF adjustable gear: 7.83Hz, 2Hz 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 (fireproof) The product particularly soothes and improves the following peoples

- Insomnia, chronic fatigue, and cold body constitution. 2. Female physiological discomfort, cold extremities, edema, obesity.
- 3. Low immune function, suboptimal health. 4. Lower back pain, shoulder and neck pain, numbness in hands and feet.
- 5. Muscle soreness, sports injuries.

# Package Contents

\* SleepPad Pro x1 \* Temperature controller x1 \* Storage bag x1 \* Charger adapter x1\* Manual book 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 and Care Methods**

You can clean the contaminated parts with a damp cloth when the power is not connected, or regularly disinfect them with disinfectant wipes. After cleaning, let it air dry before reconnecting the power and using it for heating.

# A Precautions

- 1. Carefully read the instruction manual before use and follow the operating
- 2. Do not use the product alone by individuals who are unable to care for themselves, infants, or those who are not sensitive to heat.
- Do not use in wet or damp environments 4. Do not dry clean or wash. You can clean the contaminated parts with a damp
- cloth when the power is not connected. Let it air dry before reconnecting the power and using it for heating.
- 5. Do not insert sharp objects into the product.

stop using it immediately.

- 6. Do not place bedding or other items that cover only a small area of the heating zone while the product is heating to prevent local overheating and malfunction.
- 7. Do not place flammable items such as fireworks, firecrackers, or lighters on
- the surface of the product to prevent fire hazards. 8. Before finishing use or leaving the area, ensure that the power is disconnected. 9. When using the heating function, adjust the temperature according to your skin tolerance level. To prevent burns, adjust the temperature settings based on your individual body sensitivity. If you experience any discomfort,

### 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

the use of the heating pad.

Disclaimer

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

1. The use of a heating pad carries inherent risks, and users should follow the

manual. We are not responsible for any issues resulting from user error or

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

direct or indirect loss or damage resulting from the use or inability to use

failure to follow the instructions, and users assume all risks associated with

operating instructions and maintenance guidelines provided in the product

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.

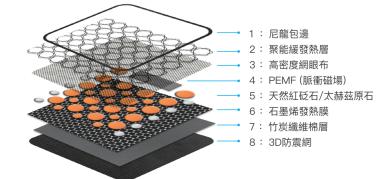
# 砭石&石墨烯遠紅外線熱護睡墊專業版

這款 熱護睡墊專業版,精選天然紅砭石製成,結合太赫茲能量石和石墨烯 發熱膜發熱,以及PEMF(脈衝磁場)7.83Hz 舒曼波能量,人體低電壓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。

**天然紅砭石**: 砭術,中醫的六大醫術之一,《黃帝內經》中多處提及,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、鉻、鍶、硒等20多

**石墨烯**:諾貝爾物理學獎,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、提振精神、護膚美容等作用。 PEMF (脈衝磁場):世界級能量科技。人體的細胞需要能量來達到最佳功能狀態,脈衝 磁場是一種舒緩並富有能量的方法,可以幫助人體補充能量,激活機體活力,疏通經絡。 **太赫茲**:可以產生波熱效應,能夠增加細胞活力,調整神經以及機體,促進身體的 新陳代謝,改善人體磁場,打通人體內的經絡,增強人體精神活力,還可促進汗腺功 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



# 天然優質砭石 脈衝磁場7.83Hz 太赫茲 恆溫20~50℃ 石墨烯發熱膜 遠紅外線 砭石子母片 波長6–15微米 全體位熱接觸 防起火 防觸電 產品使用示意圖 ① 產品連接口 電源線連接口③

# 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, 然後旋轉到緊; 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



通電指示燈 2Hz 深睡模式 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

. 電源接通後,長按 🙂 鍵為開機或關機。首次使用開機默認顯示設定溫度 「 **30℃** 」和時間設定為「 <mark>8</mark> 」小時; 2、∬ 圖標為溫度調節,輕按 △ 鍵或 ✓ 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應溫度;

3、 ○ 圖標為定時調節,輕按 < 鍵或 <> 鍵為定時時長調整,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關機; 1、調節溫度或時間按鍵時圖標閃爍,設定後6秒圖標常亮表示完成。注意:溫度設 定後, 🙀 圖標閃爍為加熱工作中,到達預設溫度後, 💌 圖標消失為停止加熱工作; 5、PEMF 調節,開機默認關閉,如有需要輕按PEMF按鍵開啟,7.83Hz睡眠模式 15分鐘後,自動轉為2Hz深睡模式繼續運行15分鐘自動結束)。

6、溫控器有記憶功能,在上次溫度及時間調整後,再次使用默認上次調整參數; 溫度模式 溫度設置 自動加熱時間 A.溫敷1 20-45℃ 可手動定時運行1-12小時 B.溫敷2 46-50℃ 最多加熱4小時,自動回到39℃

# 8、溫控器顯示故障排除

<b>温控器顯示</b>	故障原因		故障排除
E1	1、溫控器與產品未連接或連結 接觸不良; 2、溫度感應探頭失效。		<ol> <li>檢查溫控器與產品之間的連接線、 插頭是否連結正常,需重新通電。</li> <li>如無誤仍顯示產品異常,請聯繫售後。</li> </ol>
EH	高溫報錯或溫度超出保護值		關閉電源,待產品冷卻後再次開機確認, 如仍顯示為產品異常,請聯繫售後
EU	電壓不正常		查電源,是否正常; 議使用輸出功率≥208W的有認證的
EC	電流過流	_	源適配器; 新插入供電重啟後任有異常,請聯繫售後。

●睡眠溫敷療法:溫控器設置至30~40℃。如有需要,打開PEMF開關 (默認 7.83Hz睡眠模式15分鐘後, 自動轉為2Hz深睡模式繼續運行 5分鐘自動結束),加熱使用建議 6~12小時/次。 適用於虛寒體質、睡眠質素差、身體微循環差、長期疲勞、 風濕疼痛、手腳冰冷、免疫力下降者。

●溫熱調理療法:溫控器設置至41~50℃。如有需要,打開PEMF開關(默認 7.83Hz睡眠模式15分鐘後,自動轉為2Hz深睡模式繼續運行 15 分鐘自動結束),加熱使用建議 2~4小時/次。 適用於抵抗頑疾、風濕疼痛、痛經、宮寒、血瘀、手腳冰冷、 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、腰酸骨痛、肩頸痛、手腳麻痛。 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:溫控器電源加熱開關關閉(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, 可以袪除人體內的寒 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℃時,禁止高血壓人士及孕婦使用或者慎用。

# 參數規格

產品名稱:Dr.Rock (絡醫生) 砭石&石墨烯遠紅外線熱護睡墊專業版

尺 寸:L70 x W160 x H1.5 CM 產品淨重: 8.8kg

砭石顆粒:253片(大166片+小87片)

太赫茲顆粒:50片 PEMF(脈衝磁場)發射器:1組

理療模式:室溫自然療法、睡眠溫敷、溫熱調理、PEMF磁療 適配器輸入/輸出:100-240V~50/60Hz, DC 36V/5.8A 208W 睡墊專業版輸入功率:208W 最大

電流電壓:人體安全低電壓最大 36V/5.8A PEMF檔位: 7.83Hz 、2Hz

加熱裝置:石墨烯發熱膜 溫度控制器可調節範圍:20~50℃ 溫度控制器可設置定時:1~12小時

發熱溫度:約20~50℃/升降按鍵調節 輔 料:3D防震網、高密度網眼布、竹炭纖維棉層(防火)

# 產品特別舒緩及改善以下人士:

- 1. 失眠、長期疲勞、虛寒體質;
- 2. 女性生理不適、手腳冰冷、水腫肥胖; 3. 免疫力低下、亞健康; 4. 腰酸骨痛、肩頸痛、手腳麻;

5. 肌肉酸痛、運動損傷。

\* 熱護睡墊專業版 x1 \* 充電適配器 x1 \* 收納布袋 x1 \* 温 度 控 制 器 x1 \* 使用說明書 x1 \* 問答卡 x1

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, 熱護睡墊專業版(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商購 買處或網絡客服售後,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,晾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,
- 晾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,合理調節溫度級數,如有不適及時停止使用。

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、頭部腫瘤、白血病患者、出血 性疾病患者、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療、高血壓160以上等;對熱不敏感者 或其他特定健康狀況的人群,請咨詢醫生的建議或者在醫生指導下使用。

3. 我們不對熱墊的性能、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法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

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。