



Sleep

Owner's Manual



"I Choose Restorative Sleep"

www.geoshieldsleep.com



Sleep

THE CONTENT

WELCOME	Page 1
SPECS & EMFs.....	Page 2
PEMF CONTRAINDICATIONS & MOTORIZED/SLAT BEDS.....	Page 3
RETURN/REFUND POLICY & WARRANTY POLICY.....	Page 4
UNBOXING YOUR GEOSHIELD SLEEP MAT.....	Page 5-6
INSTALLING & TESTING THE MAT.....	Page 7
FAQs.....	Page 8-12



Hi there!

Welcome to the GEOSHIELD Sleep community.

Congratulations on your commitment to enhancing your sleep and overall wellness with the GEOSHIELD Sleep mat.

As the only sleep system in the world to provide 100% protection against earth radiation and deliver beneficial PEMF Sleep Entrainment™ through PEMF, you're at the forefront of a new era in sleep technology.

Sleep well,

From the Geoshield Team

Specs

Features

Single Size: 39.4 inches (96 cm) by 68.9 inches (189 cm) Weight: Approx. 50 lbs.
110 V
Geopathic-free zone for restorative sleep
Pre-programmed PEMF Sleep Entrainment™
Sine wave
ELFs shielded
Low VOCs
Easy installation
Quiet device
Low energy consumption

Benefits

Geopathic-free sleep
Restorative sleep
Improved circulation
Reduced Inflammation
Increased Oxygenation

GEOSHIELD Sleep optimizes your sleep cycle.

Invisible Earth Stimulation Shielding:

Engineered with layers of industry-proven radiation shielding components, GEOSHIELD Sleep offers a Geopathic-free zone for quality, restorative sleep.

Enhanced Sleep Frequencies:

Take your sleep experience to the next level with the pre-programmed PEMF Sleep Entrainment™ that aligns the body's natural rhythms with the Earth's electromagnetic frequencies.

Product Disclaimer:

GEOSHIELD Sleep is designed to support quality sleep. It is not intended to treat, cure, or prevent any disease. Please refer to the PEMF Contraindications before use.

EMFs

GEOSHIELD Sleep is a non-invasive sleep aid with low VOCs that creates a Geopathic-free zone where you sleep. When the GEOSHIELD Sleep mat is NOT ACTIVATED or OFF, it serves as protection against exposure to Geopathic radiation. When ACTIVATED or turned ON, it provides the added benefit of PEMF Sleep Entrainment during sleep. The control box of the mat is electrical, emitting EMF, so we recommend avoiding placing it near your head or pillow area. Instead, let it hang down on the floor where the low EMF levels will not affect you.

PEMF Contraindications

GEOSHIELD Sleep mat is a non-invasive sleep aid with low VOCs that features PEMF Sleep Entrainment (Pulsed^MElectromagnetic Field) in a Geopathic-free zone.

When the GEOSHIELD Sleep mat is not activated or unplugged, it can serve as full spectrum protection against exposure to Geopathic radiation. When it is plugged in and turned on, it provides the added benefit of PEMF Sleep Entrainment during sleep.

If you choose to use the PEMF Sleep Entrainment™ feature regularly, leave it plugged-in and turn it on when going to sleep.

PEMF (Pulsed Electromagnetic Field) is a safe technology established over 40 years ago by NASA. However, it is not recommended in the following cases:

PEMF is NOT recommended in the following cases:

- Pregnancy
- History of seizures
- Implanted electronic device
- Pacemaker
- Cochlear implants
- Intrathecal pumps
- Grave's disease
- Any case of active bleeding

Motorized/Slat Beds

The GEOSHIELD Sleep mat CANNOT be installed with certain motorized bed models. ONLY beds with mattresses that are elevated from a platform under the mattress are suitable for a GEOSHIELD mat. Models that have an electrical adjustment that works directly on the mattress CANNOT be used, as this will cause damage to the functional integrity of the GEOSHIELD Sleep mat, and will render warranty void.

If placing GEOSHIELD Sleep mat on wooden slats, under a mattress, the slats must NOT be spaced more than 2 inches apart. This is important so as to avoid damage to the functional integrity of the internal components of the GEOSHIELD Sleep mat. Failing to follow these instructions will render warranty void. For further support/options please contact our team at info@geoshieldsleep.com

Return/Refund Policy & Warranty Policy

30-day Terms:

If you decide GEOSHIELD Sleep mat is not for you within 30 days of purchase, you can ship the mat back to us at your expense (Geoshield, Inc. covers shipping one way only). We refund you the total amount minus \$500 (plus applicable taxes) for one-month use, and an additional charge of \$300 plus taxes, for function verification, sterilization and restocking. Returned mats are resold as pre-owned.

60-day Terms:

If you decide that GEOSHIELD Sleep mat is not for you within 60 days of purchase you can ship the mat back to us at your expense (Geoshield, Inc. covers shipping one way only). We refund you the total amount minus \$1,000 (plus applicable taxes) for two months use, and an additional charge of \$300 plus taxes, for function verification, sterilization and restocking. Returned mats are resold as preowned.

All GEOSHIELD, Inc. sales are final after the 60-day limited RETURN & REFUND POLICY as outlined above.

Voided warranty conditions / Mat care and condition:

Returned mats must be in the same condition as when delivered - free of excessive creases or extreme bending (please note position of folded mat in box). The mat must be folded gently and neatly placed in the box without compromising its structural integrity and functionality.

If the product is returned with missing items, there may be additional charges. Furthermore, any damage, including visible creases or extreme bending may eliminate the possibility of a refund.

The mat must be re-sellable as a pre-owned properly functioning device. Refunds will be issued once the mat is received and passes inspection.

In the event that a GEOSHIELD Sleep mat is returned within the RETURN AND REFUND POLICY of either 30 or 60 days, you must provide a FedEx tracking number and a proof of insurance for shipment of a returned mat.

Please Note: The mat must be returned in the original packaging with all materials including the accessories (controller, cables, metal bead tester, Nylon-zippered bag, double corrugated shipping box). The warranty terms and conditions are subject to change. Please refer to geoshieldsleep.com for updates.

Unboxing

Prior to unpacking your GEOSHIELD Sleep mat from box, prepare the location where it will be placed. If placing mat between mattress and box spring, remove mattress or slide it off from the side where the GEOSHIELD mat will be installed. Then, carefully follow directions on unpacking GEOSHIELD Sleep mat, making sure not to throw out any packing materials in the event of a return. If GEOSHIELD Sleep mat is being placed on wooden slats underneath a mattress, please make sure the spaces between the slats are not more than 2 inches to prevent damage to the components and layers inside the GEOSHIELD Sleep mat. *This is very important to secure proper function, and if returning mat within 60-day Product Refund Policy conditions.*

Please visit our website - How It Works Page to see the unpacking on video.

1 Place box upright

- Carefully remove the plastic packing ribbons securing the box. Keep the ribbons and the shipping box for at least 60 days. (In the event of a return the mat must be shipped back in same condition, and packing method (spaces between folds of mat - please see photo of mat inside box), and with original packaging materials: plastic bag, nylon carrying bag, controller & plug with cap, plastic cylinder tester).

2 Open box on top

- Tilt box on its side and pull mat out (may be too heavy to lift for one person).
- GEOSHIELD Sleep mat comes in a nylon zippered bag. Remove from shipping box and unzip it.



Unboxing

3 Please NEVER forcibly fold the mat:

- As you remove the mat from the case, please take note that there is a space between each fold.
- It is folded this way to prevent damage to internal components.



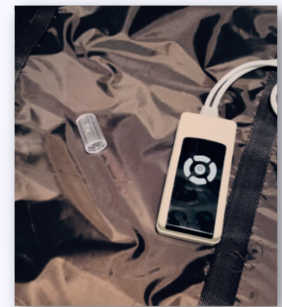
4 Stand mat in front of you in a “U”

- It's best to keep it standing up on its side rather than laying it flat when removing plastic cover.
- Keep plastic wrap, along with brown nylon zippered bag plastic bead tester and the original shipping box in the event of a return.
- These details are very important for return shipping as outlined in the warranty return policy.*



5 Unpack the control unit

- Locate the power plug, and PEMF tester (plastic cylinder containing metal bead)
- Unwrap and remove any plastic ensuring the plug is free and clear to connect to mat and wall outlet.
- Save and store plug cap and all plastic packaging



6 Connecting the GEOSHIELD Sleep Mat

- Position the mat with the GEOSHIELD LOGO at the head of the bed (pillow location).
- Plug one end of the control into the mat (see image), and the other end of plug into a suitable power outlet.



Installing & Testing

MOTORIZED & SLAT BEDS: The GEOSHIELD Sleep mat CANNOT be installed with certain motorized bed models. ONLY beds with mattresses that are elevated from a platform under the mattress are suitable for a GEOSHIELD mat. Models that have an electrical adjustment that works directly on the mattress CANNOT be used, as this will cause damage to the functional integrity of the GEOSHIELD Sleep mat. And will render warranty void.

SLAT BEDS:

If placing GEOSHIELD Sleep mat on wooden slats, under a mattress, the slats must NOT be spaced more than 2 inches apart. This is important so as to avoid damage to the functional integrity of the internal components of the GEOSHIELD Sleep mat. Fail-ing to follow these instructions will render warranty void.

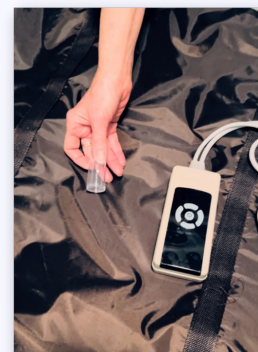
7 Installing & Testing GEOSHIELD Sleep mat

- Press the center button on the controller to turn it on. BLUE light when 'OFF' and 'GREEN light when 'ON'
- There are zero EMFs on the bed over GEOSHIELD Sleep mat.



8 PEMF function test

- To turn PEMF “ON”, press center control button from BLUE to GREEN
- Slide the metal bead test container slowly over the surface of mat
- When metal bead is directly over one of the six PEMF coils, you should see/hear the metal bead "jumping" or “vibrating” in response to the electromagnetic field. This confirms that the PEMF is functional.



9 Ready for use

- Position your GEOSHIELD Sleep under your mattress. Your mat is now ready for use.
- You can leave the mat plugged in.
- Every night, simply press the button to engage the preset PEMF sleep frequency sequence. It will run for 8 hours and turn off automatically.
- Make sure to keep the control box away from your head by letting it hang over your bed or by placing it on the floor



FAQs

1/ What results can I expect from a GEOSHIELD Sleep mat?

The GEOSHIELD Sleep provides effective shielding against unwanted stimulation from vertical ionizing radiation where you sleep while delivering essential vital Schumann resonance. The results are enhanced deeper sleep and the benefits of that. GEOSHIELD Sleep mat is not a panacea; it helps optimize a healthy lifestyle by supporting restorative sleep. You can expect noticeable benefits within as little as several days, up to several weeks. Results will vary based on length of exposure to Geopathic stress, sleep hygiene, diet, chronic health issues, pH*, and dental infections*.
(*according to authors Dr. Paul Schmidt and Dr. Josef Issels)

2/Does the GEOSHIELD Sleep mat help resolve sensitivities to EHS/EMF sensitivity (Electro Hypersensitivity/Electromagnetic sensitivity?)

Yes, some people using a GEOSHIELD mat will notice over time decreased sensitivity. The GEOSHIELD Sleep mat is designed to address VERTICAL Ionizing Radiation (VIR) in the high range on the EMF spectrum. If you suffer from sensitivity to HORIZONTAL Non-ionizing man-made EMFs. i.e. dirty electricity, WiFi, smart meters, 3, 4, and 5G, you may consider shielding from the low range of the EMF spectrum.

3/ If I experience Therapy Resistance could this explain why I derive minimal benefit from daytime PEMF therapy, even after extended use?

Yes, and this may also explain why other efforts may have limited effect i.e., Sleep, diet, exercise, meditation, and so on. Geopathic radiation may be an overlooked, underlying contributing factor to “why no matter what you try, nothing seems to be working.”

4/ How can I know if I am sleeping in a geopathically-stressed location?

According to Paul Schmidt**, (Building Biology Specialist/Engineer), “the distribution of negative earth energies inevitably causes a disturbance point in almost every sleep location.” You can hire a qualified Radiesthesis (dowsing) specialist to survey your sleep environment. Alternatively, you can audit your sleep patterns with our GEOSHIELD Stress Test.

5/ How can I know if I need the GEOSHIELD Sleep mat?

It will depend on the quality of your sleep and how well you feel. Your score on the GEOSHIELD Stress Test can also help you determine if you need one. (Keep in mind that a high score can be attributed to exposure to Geopathic rays where you sleep, or a lack of beneficial Schumann resonance due to the rebar reinforced concrete foundation in the building you live in, or a combination of both).

6/ If I am exposed to Geopathic radiation how may this impact my overall well-being?

According to Jane Thurnell Reid, Researcher & Dowsing specialist in Geopathic Stress, “When a person sleeps or sits above negative radiation this exposure results in Geopathic Stress. The body is constantly struggling to cope, resulting in the production of large quantities of stress hormones. Geopathic Stress can have a debilitating effect on the body, leaving it susceptible to bacteria and viruses.”

7/ How can I know if where I live is blocking essential earth frequencies (Schumann resonance)?

Buildings built after 1958 are constructed with rebar reinforced concrete, relative to building codes. However, there are buildings constructed before that time that have rebar reinforced concrete as well. You would need to inquire into the records of the building or ask an expert to verify this for you.

8/ Can you explain what impact the 'built environment' has on sleep?

Human brain waves are synchronized to the frequency emitted by the Earth (Schumann resonance). As the earth rotates away from the sun, the Schumann frequency lowers and at the same time, our brainwave activity normally lowers to prepare us for sleep. As the earth rotates towards the sun, the Schumann frequency increases and so do our brainwaves, preparing us for activity. The built environment may cut us off from this vital Schumann resonance. PEMF is a technology that emits frequencies that can be used to replace Schumann resonance loss due to the Faraday Effect created by rebar reinforced concrete

9/ What is the difference between EMF and GEOPATHIC radiation?

EMF (Electromagnetic Frequencies) encompasses a scale from extremely low to ultra-high frequency. Geopathic radiations are naturally occurring LOW INTENSITY, and range from medium to ultra-high frequency on the EMF scale. They can include IONIZING radiations, such as Gamma and X-Ray.

10/ How does the GEOSHIELD Sleep mat work?

Geopathic Stress exists in the upper range of EMFs. Geopathic Stress can be harmful when sleeping. GEOSHIELD Sleep mat blocks geopathic radiation with its industry-proven multi-layered, shielding technology*. Its PEMF Sleep Entrainment system compensates for the loss of Schumann resonance caused by the Faraday effect due to the built environment (i.e., rebar-reinforced concrete).

11/ How do I set up my GEOSHIELD Sleep mat?

The logo must be placed at the head of the bed where you place your pillow. You can watch an installation video on our website at geoshieldsleep.com

12/ If the GEOSHIELD Sleep mat is plugged in, does it give off EMFs?

GEOSHIELD Sleep mat is designed with that in mind and EMF levels are not detectable with a meter when the mat is placed beneath a mattress, while the PEMF is engaged, and when it is turned off. The controller emits a certain level of EMFs only when the meter is in close proximity. It is to be left hanging down at the side of the bed, away from the pillow.

13/ How do you use the PEMF application?

Plug the GEOSHIELD Sleep mat into your wall outlet (you may leave it plugged in – negligible EMFs). When ready to sleep, press the ON button (blue changes to green) on the control box to engage the pre-programmed PEMF cycle. The PEMF Sleep Entrainment program has a proprietary combination of frequencies designed to help support restful sleep. When the intermittent 8-hour cycle is complete, it will automatically turn off. (3.5 intermittent hours of PEMF).

FAQs

14/ I have been using the GEOSHIELD Sleep mat for several days now and have not noticed any improvement in my sleep. What could I be doing wrong?

Geopathic Stress is subtle and takes time to accumulate its effect on the body. Resolution takes on average 10 days to start noticing an effect of the mat, and about 45 days to reach its full effect. This is why we offer a 30 or 60-day refund policy* to enable users of the mat to experience the full effect.

15/Can atmospheric conditions impact my sleep?

Yes, they can. As our bodies are composed on average of 60% water, our sensitivity like the ocean, to the lunar cycle has been observed. Typically, a full moon can impact the quality of our sleep. Some GEOSHIELD Sleep mat users have reported effects as the moon becomes full, only to experience their good sleep resuming as the full moon phase passes.

16/I have noticed that I am aging prematurely. Can the GEOSHIELD Sleep mat help slow this process down?

Nothing ages us faster than sleep over ionizing radiation (Geopathic stress). The GEOSHIELD Sleep mat is designed to block this aging factor to help enhance deep sleep. Studies have shown that deep sleep supports growth hormone production which can lead to cellular repair and renewal (anti-aging). The production of melatonin, a major anti-oxidant, is enhanced as well through deep sleep.

17/I noticed the metal bead tester included with Geoshield vibrates when placed directly on the mat. After placing Geoshield under my mattress, I noticed the bead does not vibrate when placed on top of my mattress. Is the PEMF still effective?

Yes, through a 46 cm thick mattress (18 inches), the PEMF is reduced from 100 mT down to 1 mT. The standard mattress is 10 to 12 inches. Studies show that for a sleep cycle on a full-body PEMF mat, even .01 mT still maintains its therapeutic benefit. Schumann waves emitted by the earth are not typically detectable in the sleep location due to rebar-reinforced concrete in the built environment.

18/How does the GEOSHIELD Sleep mat compare with other devices that offer to harmonize or balance geopathic radiation?

According to the World Health Organization (WHO), radiation exposure should be as low as possible (alpha, beta, gamma particles). A certain amount of background radiation is unavoidable. Sleeping over Geopathic Stress can increase your exposure to ionizing radiation. Attempting to 'balance', 'clear' 'harmonize', or 'transform' ionizing radiation does not work. The only safe and effective solution is to shield from it with industry-proven radiation shielding to help reduce exposure. To demonstrate the inefficacy of attempting to 'harmonize' ionizing radiation, we can use sunbathing without protection as an example: using a 'harmonizing' device tuned to the wavelengths of UV light. This approach cannot prevent sunburn or damage to the skin. Only effective shielding can help prevent this from occurring. It is highly unlikely that a radiologist would be willing to replace what they currently use for protection from ionizing effects of X-rays, with a 'clearing', 'balancing' 'harmonizing', or 'transforming' device.

FAQs

19/ How does the GEOSHIELD Sleep mat differ from health mats offering heat during sleep?

GEOSHIELD Sleep mat is designed exclusively for sleep. We do not use any form of heat. It is well documented that attaining deep, quality sleep requires reduced temperature. Heat is an oxidizer and is an aspect of the Sympathetic nervous system response (stimulation) which you would like to avoid as much as possible during sleep.

20/Does GEOSHIELD offer a model with healing crystals?

No, we do not include these stones as they may act as a source of amplification of harmful Geopathic rays.

21/ How does the GEOSHIELD Sleep mat compare to a Shungite mat or ball?

The source of Shungite is a meteorite that collided with the earth in Russia. When tested with a Geiger counter, it typically demonstrates increased radioactivity. Shungite does not protect against ionizing radiation. It contributes to ionizing radiation.

22/Are there similarities between a grounding mat and a GEOSHIELD Sleep mat?

A grounding mat is designed to remedy the problem of elevated body voltage. It is useful if you are living in a building that has faulty grounding. This is a common problem and can be verified by a specialized electrician. Important to note is that a grounding mat will not provide beneficial Schumann resonance (ultra-low frequency). A grounding mat can act as an antenna that captures and therefore may block beneficial frequencies, similar to the undesirable effects of rebar-reinforced concrete in the built environment. Grounding mats do not offer any degree of 'protective' shielding from ultra-high frequency vertical radiation.

23/ Are beds made with metallic coil springs something to be concerned about?

Yes. Metallic coil springs in mattresses and box springs act as multiple antennae that broadcast low-level EMFs throughout the bed. This problem can be averted with a non-metallic bed. Numerous companies manufacture coil-free beds. Choose a mattress made with natural materials that produce the minimum off-gassing of chemicals.

24/How do I know the GEOSHIELD Sleep mat protects me from Geopathic radiation?

The GEOSHIELD Sleep mat is designed to block 100% of Geopathic radiation using industry-proven radiation shielding materials. It is impossible to harmonize or balance ionizing radiation, therefore we do not offer that as a solution.

25/What waveform does GEOSHIELD Sleep mat deliver through its' proprietary PEMF Sleep Entrainment system?

GEOSHIELD's PEMF Sleep Entrainment uses the Sine waveform, to deliver a unique sequence of frequencies (at low intensity) to help enhance deep sleep cycles.

FAQs

26/What is the difference between a SINE waveform and other waveforms?

A Sine wave is referred to as a 'harmonious' configured wave as found in nature. Sunlight is an example of a harmonious wave. According to Paul Schmidt***, any other waveforms like the square, triangular, sawtooth, ramped, etc. are waveforms that may cause an energetic deficit. He states that every organ and cell in the human body operates at a certain frequency and that vitality is defined 'as the sum total of all the frequencies found in the body. An energy deficit at any frequency is like turning off the power current to those organ or cell structures, leading to the eventual loss of function.'

27/I own a PEMF mat. Can't I just slip it under my mattress?

All PEMF mats currently on the market are designed for daytime use. The GEOSHIELD Sleep mat is specifically designed for sleep. Other PEMF mats do not offer Geopathic radiation shielding.

28/Can GEOSHIELD Sleep mat be used with a motorized bed?

It depends on the position of the motor mechanism. ONLY beds with mattresses that are elevated from a platform under the mattress are suitable for a GEOSHIELD mat. Models with an electrical adjustment that works directly on the mattress CANNOT be used, as this will cause damage to the mat. Children mustn't jump on a futon/mattress positioned over wooden slats to avoid damage to the functional integrity of the GEOSHIELD mat. Motorized beds may be a source of unwanted EMFs, therefore it is best to verify this with a qualified EMF expert. Please refer to the Product page re: MOTORIZED BEDS.

29/ Can a GEOSHIELD Sleep mat be installed on top of wooden slats beneath a futon/mattress?

Yes, provided the space between the slats is no wider than 2 inches. This is important to maintain the functional integrity of the internal components of the GEOSHIELD mat. Please refer to the Product page re: MOTORIZED BEDS.

30/Can I prolong the sleep cycle beyond 8 hrs. ex: if I want to sleep longer?

If you get up at some point during the sleep cycle to relieve yourself, or drink water, etc., you can stop and then restart the GEOSHIELD PEMF program again. It will turn off automatically when the cycle is completed.

31/ Are there any contraindications that I need to be aware of prior to purchasing a GEOSHIELD Sleep?

Yes. Please refer to the Product page re: CONTRAINDICATIONS

32/Are there any other products being offered by GEOSHIELD Inc.?

Our R&D team is hard at work designing the expanded GEOSHIELD technology collection, including GEOSHIELD Baby, GEOSHIELD Work, GEOSHIELD Pet, and GEOSHIELD Tiles.

*Bioresonance, According to Paul Schmidt, Author Dietmar Heimes - pg. 22, 2004 edition

**Bioresonance, According to Paul Schmidt, Author Dietmar Heimes - pg. 78 & 86, 2004 edition

***Bioresonance, According to Paul Schmidt, Author Dietmar Heimes – pg. 140, 2004 edition