



How to Install Your Grounding Sheet:

STEP BY STEP



GROUNDED
By ————— Ana

Step #01



OUTLET TESTER

1. Plug the white **outlet tester** into the outlet where you'll connect your grounding sheet and where you will connect your conductivity tester to verify that your outlet is grounded.
2. **Both orange lights should turn on** at the same time. If only the red light turns on, or any other light combination appears, your outlet is **not properly grounded**. In that case, contact a licensed electrician to install a proper ground connection.

3. Do not use your grounding sheet until **both orange indicator lights turn on**.

POSITIONING YOUR GROUNDING SHEET

4. Your grounding sheet comes in two sizes: **Small and Large**.

5. The **Small size** is designed for Twin beds and cribs. The Large size fits Full, Queen, and King beds.

6. For a **Twin bed**, place the sheet vertically on the mattress.



7. For **Full and Queen beds**, also position the sheet vertically.

Step #07

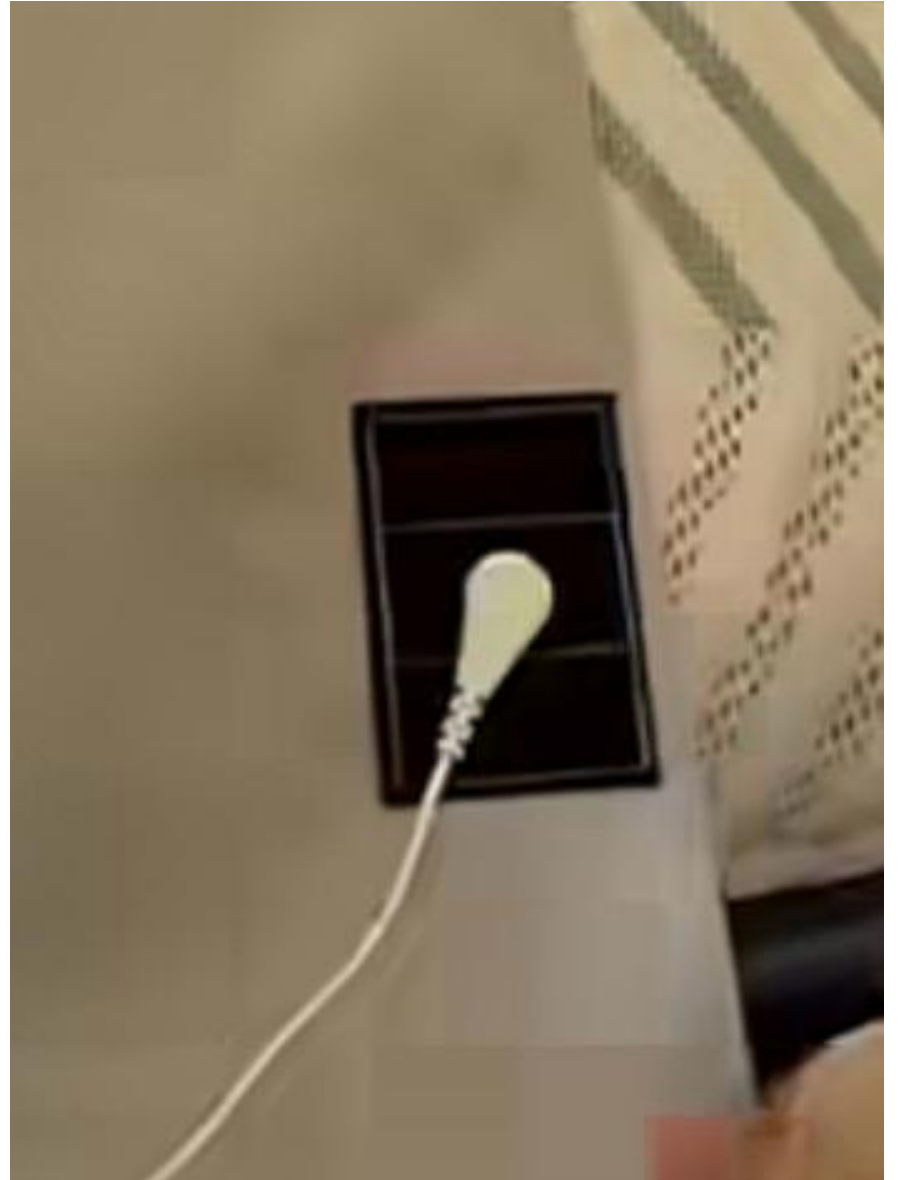


Step #08



8. For a **King bed**, leave space at the top for your pillows, then place the grounding sheet horizontally, starting at shoulder level. Remember, **as long as one part of your body is in contact with the sheet, you're grounded.**

Step #09



9. **Connect the white grounding cord** to your grounding sheet and plug it into the outlet you previously verified with the outlet tester.

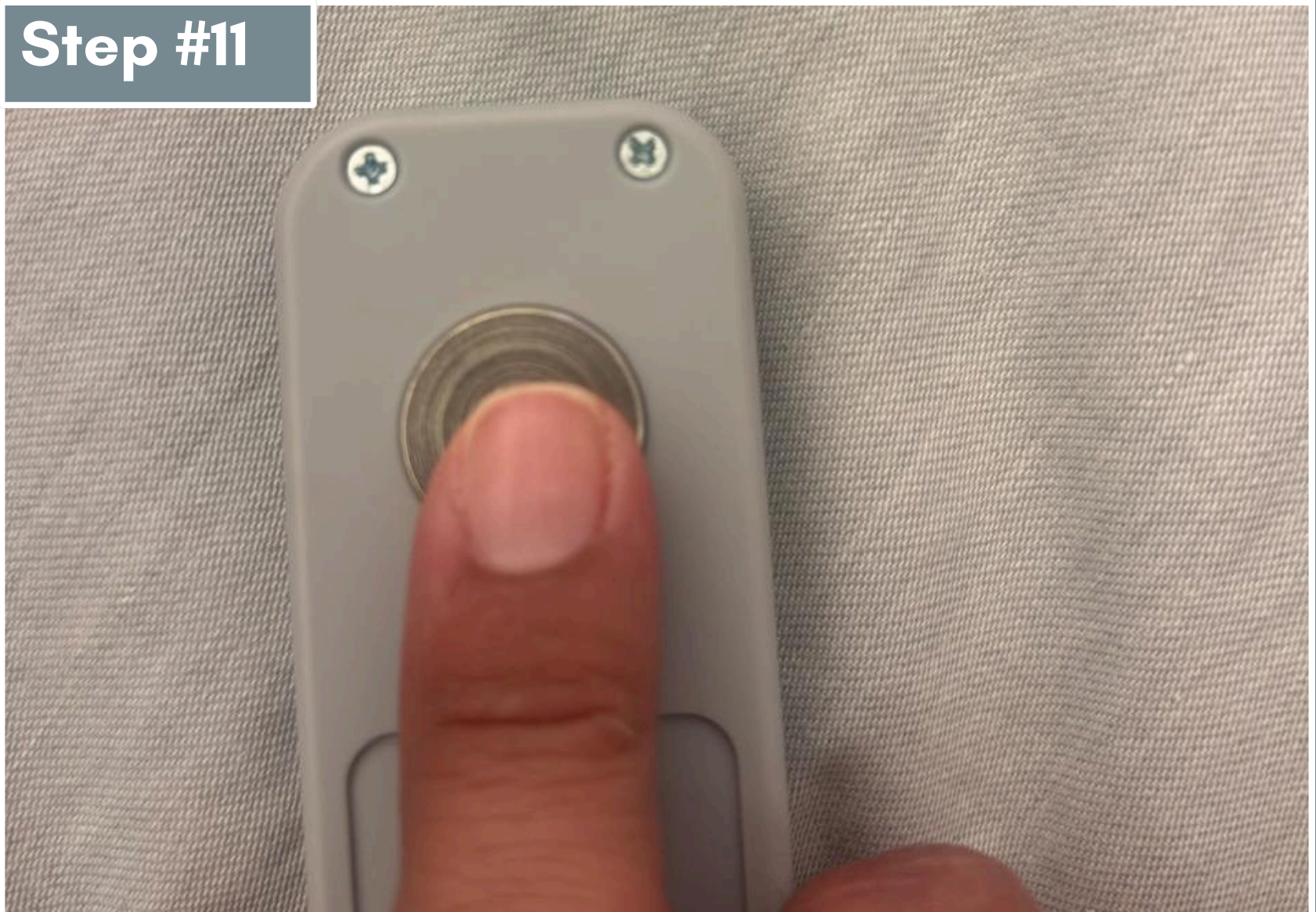
CONDUCTIVITY TESTER

Step #10



10. **Plug the gray conductivity tester** into the second outlet you previously verified.

Step #11



11. Hold the **gray conductivity tester** in your **right hand**.

12. Place your **index finger** on the silver contact plate located on the back of the tester.

Step #13



13. Press and hold the "**Press**" button with your thumb.

Step #14



14. While continuing to **hold the "Press" button** and keeping your index finger on the silver contact plate, touch the connected grounding sheet with your **left hand**. The indicator light should **stay green** as long as you maintain contact and continue holding the **"Press" button**.



15. Place your **fitted sheet** over the grounding sheet.

16. **Repeat Step 14** with your fitted sheet in place. Most fitted sheets—especially those made of **cotton or bamboo**—are thicker, so the indicator light may **not stay green continuously**. This does not mean your grounding sheet isn't working.

17. Lightly **moisten your left hand**, then touch the fitted sheet and repeat the test. The **green indicator light should turn on**.

Moistening your hand simulates what naturally happens while you sleep, when tiny amounts of perspiration help create conductivity through the sheet.

IMPORTANT NOTICE FOR USERS TAKING BLOOD THINNERS

Grounding has been studied for its potential effects on **circulation and blood viscosity**.

If you take **blood thinners or antiplatelet medications**, consult your healthcare provider before using this product.

Do not change or stop your medication without medical supervision.