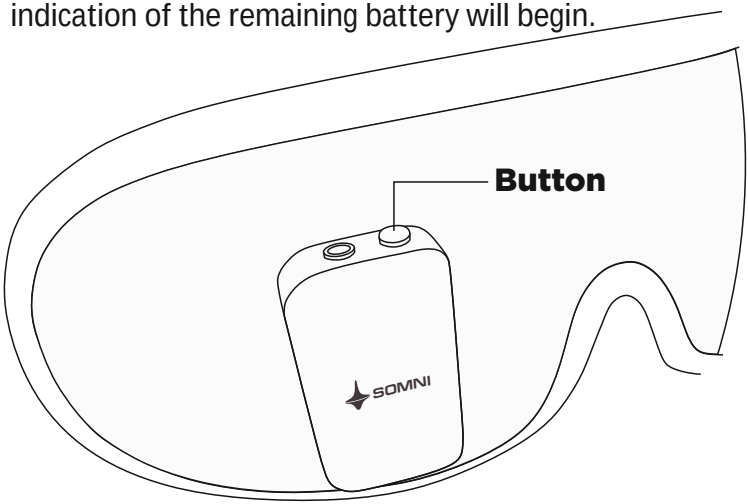
The Somni Mask Is The Easiest Way To Lucid Dreaming

SOMNI

Instructions For Use

FIRST LAUNCH

To turn on the Somni Mask, you need to **hold down the device button for two seconds and release it.** After that, the indication of the remaining battery will begin.



The battery charge is shown based on the LED when the device is turned on or off.

- Green means full battery power remains.
- Yellow means half the battery charge remains.
- Red means low battery.

The mask also has a Test Mode Function. To enable this mode, hold down the device button for 7 seconds and then release it, the LED will blink with different colors, and the device will start playing Lucid.mp3. This function is needed to test the brightness of the lights and the sound volume.

When the device is working, press the button for more than 2 seconds, and the device will go into Off Mode. Before that, it will show the remaining battery charge.

If the battery is low, the device will turn off automatically.

There may be a slight difference in the battery charge display.

Button functionality

1. If the device is turned off, hold down the button for more than two seconds, and you will see the battery flash. When you see this flash, you can immediately release the button.

2. If you quickly press the button while playing the calming melody, you will immediately skip the calming melody and start the calm pause from the program settings.

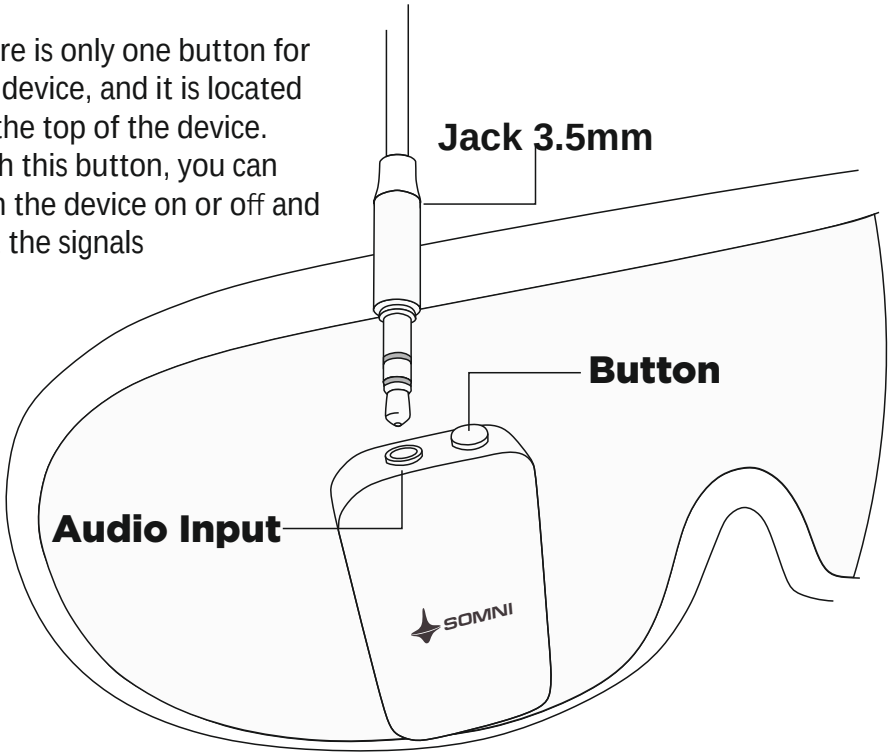
3. When turning on the device, hold down the button for more than 7-10 seconds and release. You will see and hear light and sound signals. This is necessary to test the volume and brightness of your settings. The device turns off automatically after playing the signals. The button does not work during testing.

4. When the device is working, hold down the button for more than two seconds, and the device will go into off mode. Before that, it will show the remaining battery charge in a color flash.

5. To connect to a computer, you need to hold down the button for one second and release. When it has been successfully connected it will show a constant blue light.

6. If the battery is low, you will see the red flash when you try to turn it on, and you won't hear the calming melody.

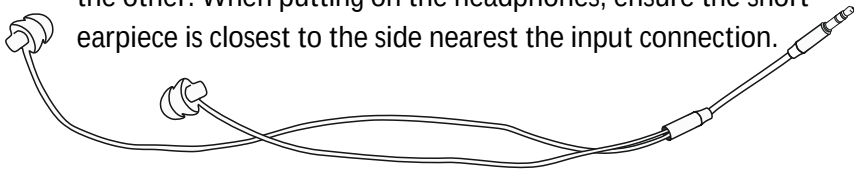
There is only one button for the device, and it is located on the top of the device. With this button, you can turn the device on or off and test the signals

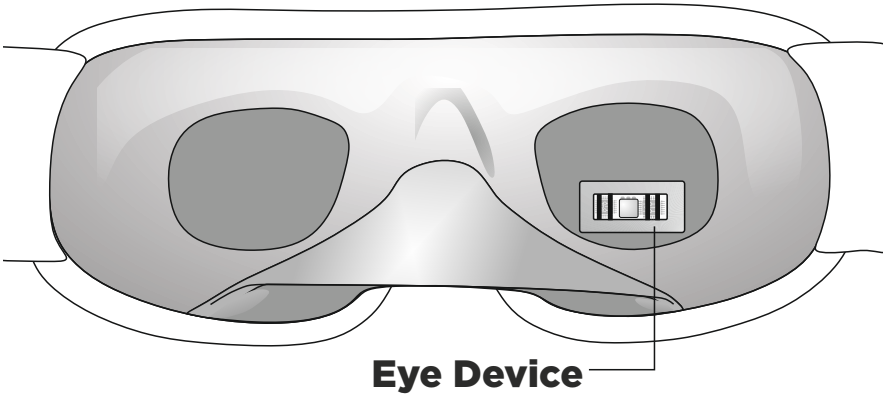


To connect the headphones, you need to insert the headphone jack into the input connection of the device. **The audio input connection can be seen in the picture above.**

There are no speakers built into the device. To hear the audio files on the device's memory, you need to connect the headphones to the audio input. Only the audio files: **Calm.mp3, Lucid.mp3** can be played through the headphones

Remember, all headphones come with one earbud shorter than the other. When putting on the headphones, ensure the short earpiece is closest to the side nearest the input connection.





An eye device is positioned on the eye socket of the mask to record your eye movements. In addition, eye sensors are located in the device's windows. **The mask completely blocks out the light inside** to effectively track eye movements. The device also has an accelerometer sensor for head tracking. For the sensors to record eye movement, you need **to ensure the eye mask is on tightly.**

Before using the device for the first time, charge it for 20 minutes. Then connect the headphones, put on the mask, hold down the button for 2 seconds, and release it. Your device is turned on if a calm melody is playing through the headphones.

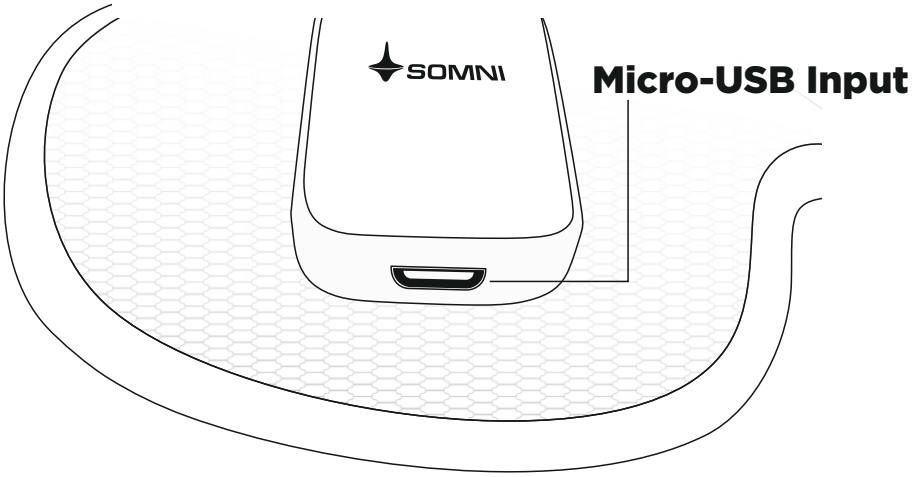
Once you have plugged in the headphones, put on the mask, and you are ready for bed. At first, the mask will play a calm melody and then go into sleep mode so as not to disturb you during the deep sleep phases. After the calm pause time, eye tracking will begin to track for REM sleep. If REM sleep is detected, the device will turn on the lucid audio and RGB signals. During REM sleep, you may notice these signals in your dream.

Tip: You do not need to wear the mask before falling asleep. Just turn on the mask, put it next to you, and put it on at any sleep time.

To effectively use the mask, put on the mask 1-2 hours before waking up completely.

SETTINGS

On the bottom of the device is a micro-USB input. This device input is for **charging the device and connecting to** a computer or USB-OTG

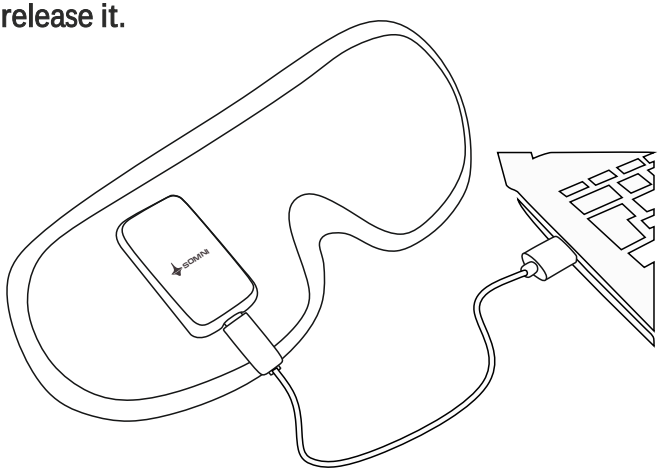


To charge or connect the device to a computer, you need to connect the device with a USB cable.

Insert the connectors as shown in the picture below.

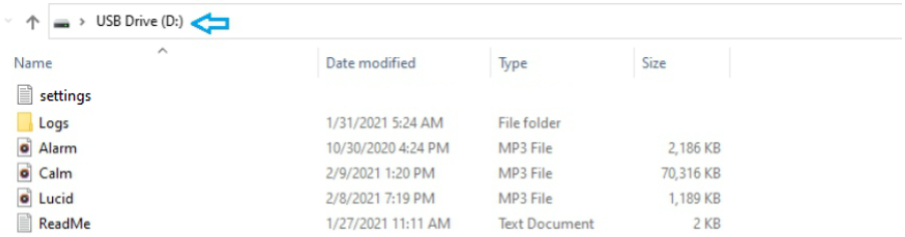
After that, you can start charging the device or configuring it.

To begin charging or setting up, you need **to hold down the button for 1-2 seconds and then release it.**



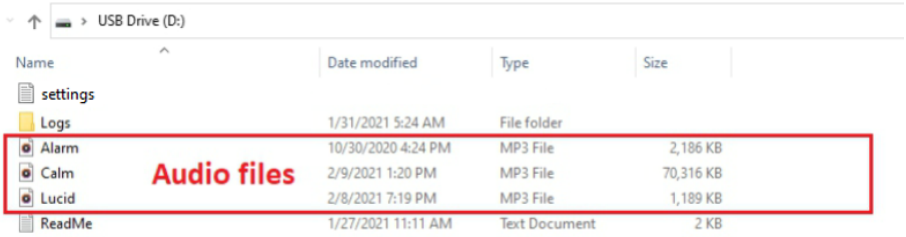
After pressing the button, you will see the automatic opening of the main memory window of the device. Thus, working like a USB flash drive

The main memory of the device will look like the picture below.



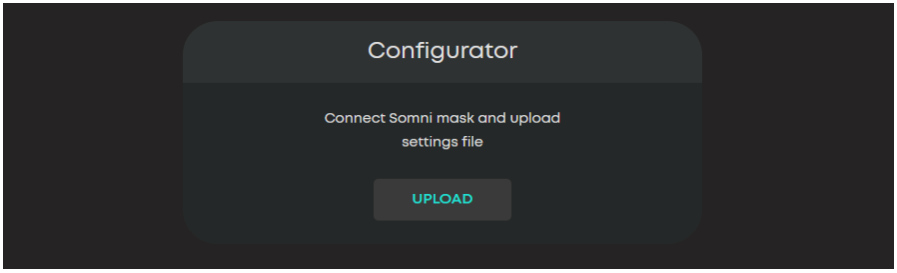
Device Memory

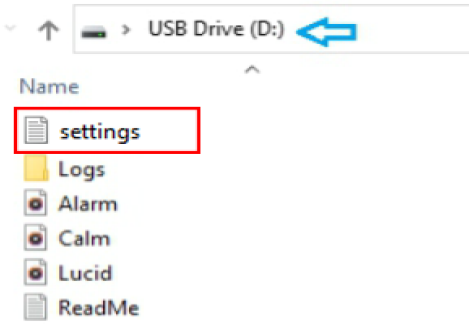
The device will only play the original audio files: Lucid, Calm, Alarm **(.mp3 only).**



To start configuring the device, you need to go to the device config page at somni.org/program/.

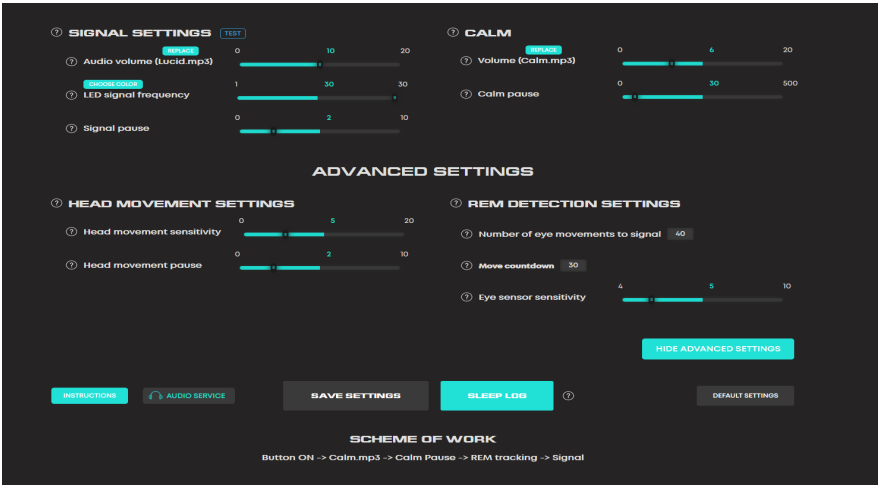
After you have gone to the page, you need to click on the “Upload” button.



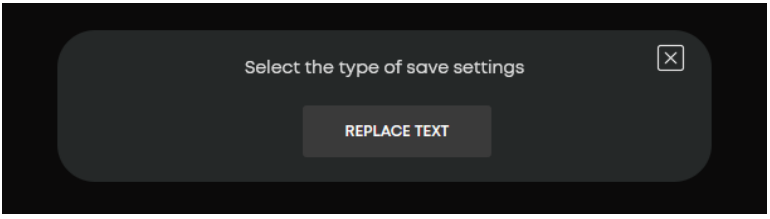


After clicking the upload button, a selection window will automatically open. First, select “USB Drive” from the list, then select the “settings.txt” file, then click Open

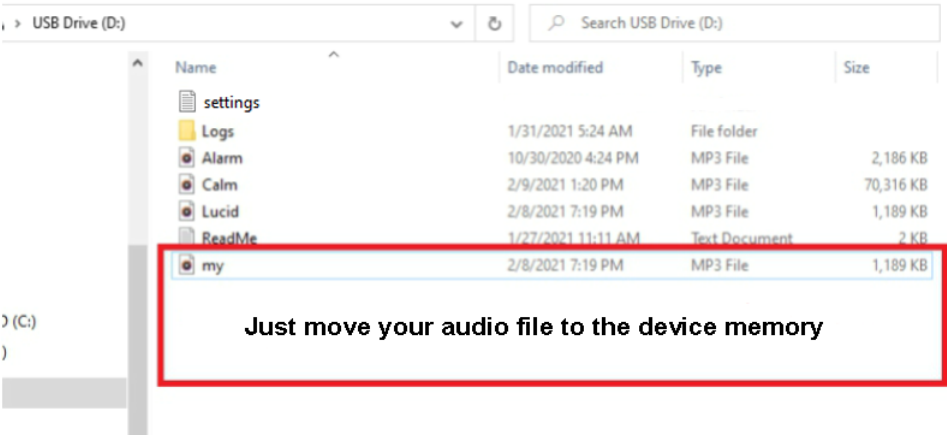
After you have opened the settings.txt configuration file, you will see the configuration page. Follow the instructions on the page and adjust the settings for your convenience.



After setting up, click the “Save Settings” button and follow the instructions.



To replace the original audio files, you need to move your audio to the device's main memory. For example, the file "my.mp3". (Calm file length should not be more than 30 minutes)



Then you need to assign this audio in the "settings.txt" file. Just open the "settings.txt" file, then rename the old parameter "fileLucid Lucid.mp3" to "fileLucid my.mp3" and save the file

Frequently Asked Questions you can find here: https://somni.org/faq

Thank you for your attention