

# HOW TO USE ZenBud



## 1 POSITION THE BLUE PAD

Put on over-the-ear headset.



## 2 CONNECT POWER

Connect to power.



## 3 ADJUST FIT

Ensure blue silicone pads are positioned as pictured.



## 4 AFTER USE

Unplug and clean silicone pad after use.



## 5 RELAX / SESSION DURATION

ZenBud automatically turns off after 30 mins.  
Start with 5 mins.



**PLACE BLUE BUDS  
DIRECTLY AGAINST  
THE CYMBA CONCHA**