



Sheets

Recovery Bags

Pillow Cases

Plush Pads

So much more than just beauty sleep. Since you spend a third of your life asleep, we at Bio-Energy Products believe that you should use this time to improve your health, wellness and vitality. Our Grounding Sheets, Pillow Cases & Plush Pads gently discharge any detrimental voltages you may have induced during the day and welcome a beneficiary flow of free electrons into your body, meaning a more restful sleep and increased energy levels.

The products work by inducing a safe and gentle flow of free electrons from the earth into your body. These electrons neutralize any harmful positive electrical charges in the body, charges which can be the cause of many inflammation-based health issues. Our sheets, bags, cases & pads are designed to work by themselves or in conjunction with other grounding products to promote increased vitality, good health and a general feeling of increased wellness.

The Sheets, Recovery Bags, Pillow Cases and Plush Pads will induce a flow of beneficiary free electrons into the body to help you wake up feeling refreshed with increased energy levels. They are also perfect for helping treat chronic illnesses, acute pain and full body conditions. All our sheets, bags, cases and pads are made of 100% cotton with a silver thread grid interwoven to ensure that the whole product is conductive, and you get a full body grounding experience. While the Sheets, Pillow Cases and Plush Pads provide lower intensity than some of our targeted area products such as the Grounding Bands, they do provide a whole-body holistic treatment and can be utilized to treat certain conditions like gastric inflammation.

Our Recovery Bags are for high-intensity healing for the whole body. The bag is perfect for treating chronic whole-body conditions and is also suitable for use by athletes looking to recover from heavy exertion in a short amount of time.

Instructions

To connect the Sheet, Recovery Bag, Pillow Case or Plush Pad:

1. Attach the flat connection of the cable to the press stud found on the product.
2. Insert the silver rod end of the cable into the earth slot of any standard earthed wall socket, or your Grounding Rod Cable. Note: If connecting via a Grounding Rod please see separate Grounding Rod instructions.
3. Relax and enjoy a good night's sleep.

Notes

- These products work best with direct skin contact, although this can be as little as bear arms and/or legs.
- Grounding products will work just as well when plugged into an earthed extension cord as they would when plugged directly into an earthed socket.
- Grounding uses no live current/power - it connects only with the safety line to earth.

Safety

- The silver rod end of the cable should be connected into the earth slot of the wall socket only. It should not be connected into any other slot on the socket.
- For safety, the cable has an inbuilt 100,000 ohms (100 Kohm) electrical resistor. This resistor is designed to reduce any charge induced in the cable from accidental incorrect fitting.

Caring for Your Sheets, Recovery Bag, Pillow Case & Plush Pad

Our products can be washed like any quality item. However, it is critical to take absolute note of the type of washing product used. If you have any questions not covered by this guide, please email us on customerservice@bioenergyproducts.com

Key Care Points

- **Washing**

- We recommend using a style of detergent that is suitable for silk and wool: this is free from additives that can harm the silver. Products we have tested and found suitable is the eCover range. Use the detergent as per usual, avoiding excessive amounts and direct application to the product.
 - Do not use bleach, oxidizing agents or fabric softener as this can damage the products conductivity.
 - The ideal temperature to wash your products at is cold or warm on a gentle cycle to preserve the silver fibers. You can wash them on hot every 4 washes to help strip the silver fibers of any oil or grease build up.
- **Regular washing:** Washing your sheet, bag or case every two weeks is recommended. If you don't wash them regularly, sweat, wastes, and a variety of organic compounds excreted through your skin can build up and create a film that can impair conductivity. Such substances could oxidize and permanently damage the silver fibers.
 - **Body products:** Avoid applying creams, lotions, and essential oils directly before bedtime to any areas of your skin that will be in contact with the product. The oils contained in these products become absorbed into the fabric and can reduce or damage conductivity.
 - **Stains:** When necessary, use hydrogen peroxide-based bleach to remove stains and/or to whiten. Use carefully and rinse off as soon as possible.
 - **Drying:** Unlike manmade fibers, cotton will benefit from line-drying, leaving the sheet, bag, case or pad almost wrinkle free and smelling fresh. If you wish you may also use a dryer on a low heat.
 - **Ironing:** Some people like to iron their sheets, bags, cases or pads. If you do, set the iron to a low heat and iron while still damp – a small amount of steam can help. Keep contact and exposure time to heat to a minimum.
 - Do not dry clean.

Product life

You may become concerned that the product could be losing conductivity and no longer carrying the Earth's healing energy through the silver fibers embedded in the fabric. Although there is no precise lifespan, if well cared for the sheets, bags, cases and pads should have a similar lifespan to a normal bedsheet with regular use. When a product does lose its conductivity, it should be replaced.

Short term side effects

Information for those with Chronic Fatigue Syndrome, ME or Compromised Energy

Grounding is especially effective at minimizing symptoms associated with Chronic Fatigue Syndrome. If you are low on energy, for example suffering from CFS, Myalgic encephalomyelitis (ME) or are elderly, it is important to pace yourself and ensure that the system you are using is best suited to you. After gathering feedback from many of our users we know people benefit from Grounding at different rates.

Consider these important factors when grounding:

- the time spent earthed
- the time of day you earth
- the product
- the connection

There have been indications that when you earth, you improve the cells vitality, enhancing the ATP/energy production capability. Sometimes this increased capability can mean that users need more resources/nutrition to match their cells increased energy. This can lead to a deficit of the body's resources.

For example, ME sufferers who use the Recovery Bag seem to have an initial boost of vitality and then flag. The Recovery Bag provides a high contact area over the whole body. It appears that the increased cell energy may outstrip the body's resources.

What to do if you have side effects from the Grounding products

In the rare case that you experience any discomfort when you first start to ground, we recommend using the products for shorter amounts of time or starting with a foot mat and gradually building up your usage. The discomfort is due to the body adapting to being earthed and adjusting its rhythms to match. The sensation usually settles after 2-3 nights.

Medical Advice

Grounding provides the same effect as walking on grass, sand or soil. However, to ensure your absolute health the following recommendations are provided:

Research indicates that grounding the body affects physiological functioning in a variety of ways which is why we strongly recommend that any individual taking medication to thin the blood, regulate blood sugar, control blood pressure, or to supplement thyroid activity should consult with their doctor before using grounding products. Grounding should be used as a complementary therapy to your medical regime and it is always recommended that you consult with your doctor prior to starting any new treatment.

You are covered by the Bio-Energy Products 1 Year Money Back Guarantee

If for any reason you are not happy with your product(s), we will offer a refund or exchange free of charge within the first 12 months of purchase.

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Take Advantage - Everybody is different and sometimes it can take a little longer for your body to adapt to being earthed. For some it can take around 6 months, for others just 1 night. With this in mind, if you find you're not receiving the benefits you were expecting, we always recommend you take advantage of your years guarantee and give your body the chance to adapt to being earthed.

Full Support – We offer full customer support so once you receive your grounding product(s), if you have any questions that aren't covered in these instructions or you would like further advice, please do not hesitate to contact us.

Peace of mind – Our reputation lies in the quality and performance of our products, so we fully test all our products before sending them out. If you have any concerns about the functionality of your product, please let us know and we will find the right solution for you.

How do I know if it's working? Earthing/Grounding with any of our products provides the same benefits as if you were walking barefoot on grass. Therefore, you won't necessarily feel any instant sensations as it is completely natural using NO electricity. Please note there is no indication such as a green light when the product is connected. For that reason, we test all products before dispatching. On top of that, all our products are covered by our 1 year money back guarantee, so if you have any questions or are unhappy for any reason please contact us - we are more than happy to help.

Does your product packaging look like it's been opened? That's because it has! We test all our products before sending them out, and carefully open the packaging to do this. So, it is a good thing if your packaging doesn't look perfect, it means it passed our rigorous functionality and performance tests.