

VibraLITE can help with ADD/ADHD:

Vibration Watch with Countdown Timer
Makes life easier.

Private Reminders on your wrist will **keep you focused** and **remind you without alerting others**.... as often as you need them.

Set up to 8 (20 second duration) alarms for Variable Reminders such as:



- Wake up
- Daily Medication
- Leave for Work
- Appointments
- Completing a Task
- Pick up the Kids
- Start Dinner
- Check E-mails



**Alarm can be shut off before 20 second duration by pushing any button.*

Set the 5 second duration **Auto-Reset Countdown Timer**
for repeated Interval Reminders such as:

- Staying on Track - every 15 minutes,
- Medication - every 4 hours,
- Keeping on Schedule- every 50 minutes.

*5-second alarm conserves battery life and signifies the difference
between Countdown Alarm and Variable Alarm Settings.*

Use Reminder Option for Reminders before Zero on Countdowns.
(5 minutes and 10 minutes before zero)

Use Hourly Alert Option – Short reminder (1 second)
Every hour on the hour for additional reminders to stay focused.

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