

*Vibra*LITE can help with NARCOLEPSY:

Preventing falling asleep or becoming drowsy at inappropriate times and places requires Life Style Changes as well as Medication. “*Vibra*LITE” watch will be there to help you with reminders for Medication(s), Scheduled Naps, Exercise, to take breaks when driving and to help develop a Night Time Sleeping routine. “*Vibra*LITE” will give you the vibration reminders on your wrist as often as you need them. The benefit of vibration alarms allows you to be reminded without alerting or disturbing anyone else. (an audible alarm is also available if you wish to set it)

“*Vibra*LITE 8” allows you to set up to 8 alarms and “*Vibra*LITE 3” has 2 alarms that can be preset for variable reminders throughout the day. These alarms have a 20 second duration with automatic turn off or can be turned off prior to the auto shut off with the push of a button.

Daily alarm setting can be used for reminders for Drug Therapy; Nap Times (i.e. 2 to 3 short naps per day at times when you tend to feel sleepiest); Bedtime and Wake Time; for your several short daily walk start time(s); These alarms will alert you each day at your preset times and remind you of your required routine.

With the Auto Repeat Countdown Timer Feature, “*Vibra*LITE 3” and “*Vibra*LITE 8” will automatically reset and countdown for the preset amount of time each time it reaches zero. These “interval” reminders are preset once and continue to repeat until you turn the countdown OFF with a push of a button.

Simply set the Countdown for the duration you need (i.e. 15-20 minutes to time your walk or for 90 minutes to take breaks on a long driving trip) and you won't have to clock watch. “*Vibra*LITE 3” and “*Vibra*LITE 8” will provide you with a short one-second reminder at 10 minutes and again at 5 minutes before zero. This little silent reminder is very often helpful. On “*Vibra*LITE 8” you can set this reminder feature to ON or OFF as you prefer.

Use the hourly alert feature if you want a quick reminder that is a short -1 second Vibration that will repeat every hour on the hour.

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