



## User Guide

Thank you for your purchase of Groundology Earthing products. Please take a few minutes to read this user guide to ensure that you get the most from your purchase.

These products provide a convenient way to connect to the Earth's electrical field while indoors. This connection is called 'earthing' or 'grounding' and provides many benefits. You can read more about the benefits and the supporting scientific evidence on our website: [www.groundology.com](http://www.groundology.com)

In general, the more time you can spend grounded the better. Grounding is particularly recommended while sleeping. We spend many hours of each day sleeping; it is the time when the body is repairing, rebuilding and regenerating, and being grounded optimises these processes, and also improves the general quality of sleep.

## Connecting your Earthing product

Each Earthing product consist of 3 parts:



Earthing Sheet, Pillow Case, Recovery Bag, Grounding Mat, Grounding Band, Patch, etc.

Connection Cord, straight or coiled

Earth Connection Plug for your mains socket, or Grounding Rod

- (1) Snap the connection cord onto the metal stud on the sheet, pillow case, mat, etc.
- (2) The other end of the connection cord plugs into an Earth Connection Plug specific for your mains socket, or into the end of the wire running to a Grounding Rod.

The connection plugs have two holes. Plug the connection cord into **either of the two holes**. Push firmly as it is a snug fit. Both holes are the same and allow use of two Earthing products from a single plug.

Some connection plugs (e.g. **Switzerland, Italy, India, Israel, etc**) are made up of two parts: either a UK or Europe connection plug, plus an appropriate adapter. This adapter can also be used with a UK or Europe Socket Tester (see Testing the mains Earth).

For **North America** there is no connection plug - the connection cord plugs directly into the 'ground' hole of the mains socket outlet.

The Earthing products connect only to the Earth and do not use any power, so the mains outlet does not need to be switched on (although it doesn't matter if it is).

If your mains system is not Earthed (see the section on Testing the mains Earth), then a Grounding Rod can be used instead. The stainless steel rod should be pushed into the soil outside, and the connecting wire run into the house. The wire is thin enough that it can usually be routed through a window opening and the window closed. For a more permanent installation a hole can be drilled and sealed around the wire.

## Testing the mains Earth

In most modern or recently rewired houses, the mains system provides an excellent connection to Earth. However, if you have any doubt as to whether your property is properly wired and Earthed, then it is recommended to use a Socket Tester to confirm this. A number of different socket tester types are available: UK, Europe, Denmark, Australasia and North America.

The UK type can also be used in India or Israel in conjunction with the adapter included with the appropriate Earth connection plug.

The Europe type can also be used in Italy, Switzerland, South Africa, etc. in conjunction with the adapter included with the appropriate Earth connection plug, and Worldwide in conjunction with the Worldwide Earth connection adapter.

When plugged into a mains socket, a combination of lights indicates the test result. The key printed on the tester explains what each combination means. You are looking for the result "OK" or "CORRECT". The result "LIVE/NEUTRAL REVERSE (EARTH OK)" is also acceptable.

In some countries (the Netherlands for example), it may be that only sockets in certain rooms such as kitchens and bathrooms, are earthed. Non-earthed sockets may look similar, so use a Socket Tester to check the actual socket you will use, and if necessary run an extension cord from an earthed socket, or use a grounding rod instead.

## Using your Earthing product

For optimal effect, it is recommended to have direct skin contact with the Earthing product.

The **half sheet** is placed on top of a regular sheet and tucked in around the mattress. It is usually placed across the bottom half of the bed, but can also be fitted in other positions.

The **fitted sheet** is placed directly on the mattress, instead of a regular sheet.

The **recovery bag** can be used either zipped up, or unzipped and laid flat as a bottom sheet.

The **sleep mats** are designed to fit on the mattress under a regular bed sheet. They must be placed with the smooth / leatherette side upwards.

The **grounding bands** can be worn on various parts of the body depending on the size of band. They should be adjusted to fit snugly without being too tight.

The **grounding mat** can be used in any position where there will be skin contact, for example under your bare feet, or on a desk with your hand or arm resting on it. It can also be used to directly ground electronic devices. Only the upper side of the mat where the wire connects is conductive.

For use of the **grounding patches**, please refer to the separate instruction sheet included.

## Use with laptops, tablets and smart phones

Certain laptops, tablets and smart phones (Apple products for example) can have a high voltage present on the outside of their case, while connected to their mains charger. If physically touching one of these devices while you are grounded, it can cause a current to flow through the body. There is a current limiting device in the Earthing products, so this is not dangerous, however it can feel like a slightly unpleasant tingling sensation.

If you experience this unpleasant tingling sensation, it is recommended either to unplug the device from its charger while you are grounded, or to directly ground the device itself by placing it on a grounding mat. In the latter case, ensure there is direct contact with the device case (i.e. it's not enough that a plastic cover or rubber feet alone are touching the grounding mat). Another option for a laptop is to use an external keyboard and mouse so you do not physically touch the laptop.

## Safety warning

Only connect your Earthing product using the supplied cord and plug, which has built-in safety protection in case of an earth fault. If connecting via a mains outlet and your socket tester does not display "OK" or "CORRECT", then consult an electrician before using the outlet. For your safety, locate the connecting cord in such a way that it does not cause a tangling or tripping hazard.

## Washing and care instructions

The Earthing **sheets**, **pillow case**, **recovery bag**, **throw** and **plush pad** may all be machine washed. Please follow the guidelines below to ensure the longevity of the silver thread.

It is good to wash your Earthing product. It will not be harmed by washing, in fact it is beneficial. Washing strips body sweat and natural skin oils from the silver, keeping it conductive.

DOs

- Wash every week or two
- Wash in a washing machine with warm water (40°C / 105°F)
- Use a liquid laundry detergent

- Line dry or dry in a dryer on low (up to 65°C / 150°F)
- Can be ironed on a low heat if desired

#### DON'Ts

- Don't wash with bleach
- Don't wash with fabric softeners
- Don't use whitening detergents or oxi-detergents
- Don't use detergents with strong fragrances (either chemical or essential oil based)
- Don't use dryer sheet fabric softeners
- Don't dry clean

Bleach, lotions and oils can tarnish the silver rendering it non-conductive. Fabric softener builds up on the silver and will eventually ruin its conductive properties. Please also check/clean the detergent drawer of your washing machine for residues of other detergents, since many detergents (particularly powders) contain whitening agents which will harm the silver, even in small quantities.

It is advised to wait at least one hour after applying lotion to the skin before using your Earthing product.

The **sleep mats** and **grounding mats** may be wiped down with mild soapy water, using a non-abrasive cloth or sponge.

The **grounding bands** can be gently hand washed in warm soapy water.

## Optional accessories

### Conductivity tester

After a period of use, you may wish to test your Earthing products to ensure that they are still conducting well. The simplest way to do this is with our conductivity tester. Please see the instructions which come with the tester for further details.

### Extension cord

If you are not close enough to a mains outlet or grounding rod for the supplied cord to reach comfortably, then extension cords are available.

## More Information

For more information on your products and on grounding in general, please visit our website.

If you have a question, you may find the answer in our FAQs section, but if not then please feel free to contact us and we will do our best to help you.

[www.groundology.com](http://www.groundology.com)