

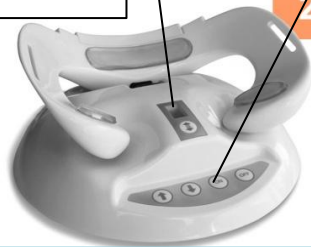
# The Humming Mask HM-G3 | Quick start



## Connect Power Cord to Base and Mask to Base Unit.

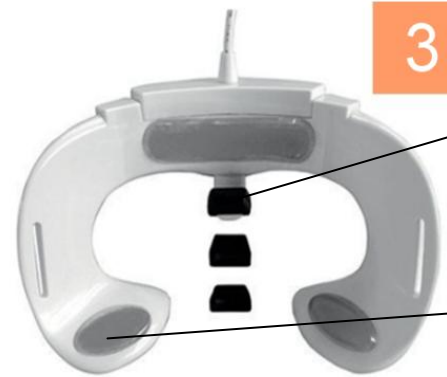
1. Power Input
2. Connection for Mask
3. Connection for optional Second Mask.

- 1-Power On/Off Button.  
2-Select Program.  
1,2,3, or Sleep Program.



- Arrow UP High Intensity.  
Arrow Down Low Intensity.  
ON = Start Program.  
Off = End Program.

**Program 1: Total** Duration 22 minutes, with 3 minutes pauses in between. **Program 2:** 44 minutes with 3 minutes pauses in between. **Program 3:** 66 minutes with 3 minutes pauses in between. **Sleep program "S"**. Duration 16 minutes. Two times 6 minutes continuously with short pauses in between.



Optional Nose tips in 3 sizes for better contact with Nose Bone.

Pre-installed Hygienic Silicone Face Pads. Can be replaced with Soft Foam Pads (supplied).



Attach the Velcro straps to the U-shaped shackles as shown on the picture. For extra overhead support attach the third strap to the two shackles. Do not overtighten straps as this may lead to pressure points on the face.

Register your purchase on the website for your warranty and service.

Download the Detailed User manual available from the website. [www.thehummingmask.org/support](http://www.thehummingmask.org/support)



7 4 4 8 1 4 9 9 9 5 9 3 2  
Model HM-G3