

Our Short & Sweet

# Jet Lag Protocol



## Set Your Destination Time

Get settled on the plane and set your phone to your new time zone. See instructions below for both iPhone and android users.

### Step 01

## Set Your Alarm

To reset your body clock, choose a time for your first alarm between 07:00 - 09:00 at your destination. This is when you will start using the HumanCharger.

### Step 02

## Follow Up Alarms

Then, set 4 additional alarms every two hours. During these times you will also put the HumanCharger on and let it run for 12 minutes.

### Step 03

## Use Your HumanCharger

When each alarm goes off, put on the HumanCharger, press the button, and it will run for exactly 12 minutes, then automatically shut off.

### Step 04

## Repeat

Repeat this protocol for day 2 to help your body clock fully reset. If you're feeling sluggish in the afternoon it is safe to add another HumanCharger session on the first day.

### Step 05

# Important Tips



To set a new time while traveling, go to:

- Settings > General > Date & Time
- Turn off "Set Automatically" and manually select the time zone of your destination location
- Your iPhone will now display the time at your destination.
- We prefer the 24-hour time feature as it helps avoid mistakes.

## For iPhone

To set your phone to a destination time while traveling, go to:

- Settings > General management > Date and time > Select time zone and then choose the time zone of your destination.
- Again, we prefer using the 24-hour time feature as it helps avoid mistakes.

## For Android

After the second day, you can simply use the HumanCharger once daily when you first awake. However, don't hesitate to use it for a pick-me-up in the afternoon if necessary!

## Ongoing Use

With the **HumanCharger + Uplift Jet Lag Free App** bundle, you also have access to Uplift's patented Precision Nerve Stimulation protocol. Make sure to download and log into the app before your trip, and you'll be notified of when to use it! **You can also find these instructions under the FAQ page on the Uplift App if needed.**

## Uplift App

FOR MORE INFORMATION



[humancharger.us](https://humancharger.us)



[upliftnaturally.com](https://upliftnaturally.com)