

Dr.Rock Pad

BianStone Far Infrared Heating Therapy SleepPad

砵石遠紅外線熱護睡墊



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CE **FC**

Designed by Zikko in Hong Kong
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User's manual

使用說明書

ENGLISH

繁體中文

1 ~ 4


5 ~ 8

Wish you health and peace.

願健康與平安歸給您。

After Service Card

售後服務保障卡

Product Name 產品名稱	
Product Model 產品型號	
Product Serial No. 產品序列號	
Purchasing Date 購買日期	
Customer Name 顧客姓名	
Phone 聯繫電話	
E-Mail 郵箱	
Add. 联系地址	
Distributor Name 經銷商名稱	
Phone 聯繫電話	
E-Mail 郵箱	
Sign/Seal Here : 經銷商簽章:	

Dr.Rock Pad BianStone Far Infrared Heating Therapy SleepPad

Product Introduction

Dr.Rock SleepPad of BianStone Far Infrared Heating Pad is made of pure natural premium BianStones of red colour. Electronic constant temperature heating of BianStones can emit far-infrared rays beneficial to the human body, accelerate and improve the blood micro-circulation of the human body, activate cells, and achieve thermal curative effect. It can help relieve body fatigue and pain, relax muscles, improve acidic physique and sleep quality and other warm care and warmth. It is a pure natural health phytotherapy method for warming the whole body. Long-term use it ,can promote metabolism and enhance human immunity.

Eight characteristics:

Natural premium BianStone

Graphene heating film

Far-infrared wavelength 6-15 microns

Anti-burning Anti-leakage

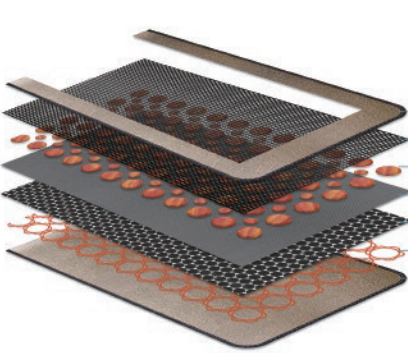
Full touch designed

Heating 20~60°C

Slim and easy to be rolled


Soft leather

Product Structure



- 1.Soft leather
- 2.High-density mesh cloth
- 3.Natural BianStone
- 4.Bamboo charcoal fiber cotton layer
- 5.Graphene heating film
- 6.Gathering energy and slow heating layer
- 7.Soft leather

Correct use of temperature controller



1. Insert one end of the temperature controller attached power cable into the corresponding socket of the SleepPad, check whether it is fully inserted in place, and plug the other end power supply.
2. Lightly press the **⏻** key to turn on the temperature controller, and the screen will display "F# " by default for the first use;
3. Lightly press the **⏻** key and the **⬆️** key to adjust the temperature level up or down.
4. Lightly press the **⏻** key for timing, continue to lightly press the **⬆️** key or **⬆️** key to adjust the timing to add or subtract. "5-5:36" means 1 to 12 hours, and the heating will automatically stop when the time is up; if no timer, auto OFF after 8 hours.
5. **Mode**

	Set up	Auto heating time
A. Sleeping	20-40°C	Timer 1~12 Hours
B. WarmTherapy 1	41-42°C	After 4 Hours,auto adjust to 37°C.
C. WarmTherapy 2	43-49°C	After 1 Hour,auto adjust to 37°C.
D. HotTherapy	50-60°C	After 40 Mins,auto adjust to 37°C.

Note: 1. When there is no one in the room or the SleepPad is not used, please turn off the power switch or unplug the power cord.
2. Adjust the temperature gear reasonably according to the body constitution, Stop using in case of discomfort.

The product particularly soothes and improves the following peoples

1. Insomnia, long-term fatigue, deficiency and cold constitution;
2. Women with physical pains, cold hands and feet, edema and obesity, sub-health;
3. Back pain, shoulder and neck pain, numbness of hands and feet;
4. Sports injuries.

Therapy modes

- **Sleeping:** set the temperature to 34~38°C, for daily conditioning of the body. It is suitable for cold-hands and feet, female physical discomfort, insomnia, improvement of acidic physique, etc. It can promote blood circulation and obtain a sense of comfort. It is recommended to use it for 8~10 hours/each time.
- **Warm therapy:** set the temperature to 41~49°C, for daily conditioning of the body. It is suitable for long-term fatigue, rheumatic pain, dysmenorrhea, cold palace, blood stasis, cold-hands and feet, poor body microcirculation, weakened immunity, edema and obesity, sub-health, hemorrhoids, male prostatitis and other symptoms to restore health. It is recommended to use it for 4~8 hours/each time.
- **Hot therapy:** set the temperature to 50~60°C,for heat treatment when needed. Suitable for sports injuries, back pain, shoulder and neck pain, numbness in hands and feet. Can accelerate blood circulation, perspiration and detoxification, effectively relieve and improve pain. Suggestion for heating: 1hour/each time.
- **Cold therapy:** the thermostat power heating switch is turned off (room temperature), and the room temperature is natural care in hot weather or normal. It feels cool and comfortable when used in Summer; in normal long-term use, the body can absorb the far infrared rays that are continuously and naturally emitted by the BianStone, which is beneficial to the body, which is beneficial to maintain and improve the normal operation of the body's microcirculation system. Recommendations for use: long-term.

Specifications

Model : SP719
Product name: Zikko | Dr.Rock BianStone Far Infrared Heating Therapy SleepPad
Size: 70cm x190cm / Weight: 7.05 KG
BianStones quantity: 6 rows of large size x20 particles+5 rows of small size x20 particles=220 particles
Therapy mode: cold therapy (indoor temperature is not heated), warm therapy, hot therapy
Temperature controller input voltage: 110V~220V/50Hz
SleepPad power: 190W max
SleepPad Current and Voltage: Graphene heating film is not conductive
Heating device: Graphene heating film
Temperature controller can adjust the number of stages: 1~60°C
Temperature controller can set timing: 1~12 hours
Heating temperature: about 20~60°C/up and down button adjustment
Accessories: soft leather, fireproof mesh, aluminum foil, double-layer felt cloth

Package Contents:

*BianStone SleepPad x1	*Storage bag x1
*Temperature controller x1	*Manual book x1

Warranty description

Zikko provides quality warranty services for hardware products and accessories in the packaging and defects in materials and workmanship. The warranty period of the Dr.Rock SleepPad (including temperature controller) is one year from the date of purchase of the product, and the included storage bag is guaranteed for 6 months. Damages caused by normal wear or aging, accidents, improper use, alterations, etc. are not covered by this warranty. How to obtain after-sales service: Please call the Zikko authorized brand or go to the authorized retailer's purchase place or online customer service for after-sales service, and please provide the relevant purchase credentials (invoice or purchase record).

Product maintenance methods

You can use a wet towel to wipe the contaminated part when it is not powered on, or use a disinfectant wet towel to disinfect it regularly, and then turn it on for heating after drying.

Precautions

1. Read the manual carefully before use and use it in accordance with the operating instructions.
2. Don't let it be used alone by people who cannot take care of themselves, infants or children who are not sensitive to heat.
3. It is forbidden to use in water and humid environment.
4. Do not dry clean or wash. You can wipe the contaminated part with a wet towel when the power is not turned on, and then turn on the power to heat it after drying.
5. Do not insert sharp objects into this product.
6. Do not place bedding and other items in a small area to cover the heating area when the product is heated to prevent local overheating and causing malfunctions.
7. It is forbidden to place flammable materials such as fireworks and lighters on the surface of the product to prevent fire.
8. Please confirm whether the power supply is cut off before going out.
9. Using the heating function, the temperature can be adjusted according to the tolerance of the skin. In order to prevent skin burns.if you feel unwell, stop using it in time.

Dr.Rock Pad 砵石遠紅外線熱護睡墊

產品簡介

Dr.Rock 砵石遠紅外線熱護睡墊，精選純天然紅色砵石製成，通過石墨烯發熱膜電子恆溫加熱砵石，能夠發出對人體有益的遠紅外線，使人體血氣微循環加快及改善、活化細胞，達到熱療效應。可以幫助舒緩身體疲勞和痛症、肌肉放鬆、改善酸性體質和睡眠質素等溫熱護理及保暖作用。是一種純天然溫熱全身的健康療方式，長期使用，可以促進新陳代謝，提升人體免疫力。

八大特點

天然優質砵石

石墨烯發熱膜

遠紅外線波長6-15微米

防火防觸電

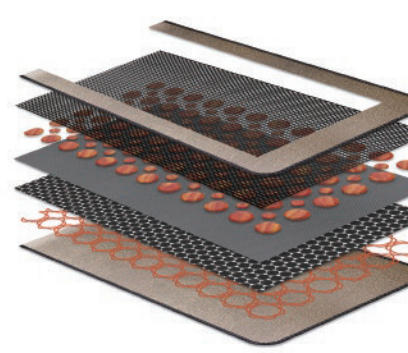
砵石晶片全體位接觸

發熱溫度約 20~60°C

超薄可捲起


柔軟親膚皮革

產品結構圖



- 第一層：柔軟皮革
- 第二層：高密度網眼布
- 第三層：天然砵石
- 第四層：竹炭纖維棉層
- 第五層：石墨烯發熱膜
- 第六層：聚能發熱層
- 第七層：柔軟皮革

溫控器的正確使用方法



1. 溫控器附線一端插入熱護睡墊對應插座，檢查是否完全插入到位，另一端插上電源。
2. 輕按 **⏻** 鍵即可開機，首次使用屏幕默認顯示「F」；
3. 輕按 **⬆️** 鍵和 **⬆️** 鍵為溫度級數上調或下調。
4. 輕按 **⏻** 鍵為定時，繼續輕按 **⬆️** 鍵或 **⬆️** 鍵為定時調整加或減。「5-5:36」為1到12個小時，時間到會自動停止加熱並開機；如沒進行定時，8小時後將自動關機。
5. **溫度模式**

	溫度設置	自動加熱時間
A.睡眠	20-40°C	可手動定時運行1-12小時
B.溫敷1	41-42°C	最多加熱 4小時後，自動回到37°C繼續加熱。
C.溫敷2	43-49°C	最多加熱 1小時後，自動回到37°C繼續加熱。
D.熱療	50-60°C	最多加熱 40分鐘後，自動回到37°C繼續加熱。

注意: 1.當室內無人或者不使用熱護墊時，請關閉電源開關或者拔掉電源線。
2.根據自己身體體質，合理調節溫度級數，如有不適及時停止使用。

產品特別舒緩及改善以下人士

- 1.失眠、長期疲勞、虛寒體質；
- 2.女性生理不適、手腳冰冷、水腫肥胖、亞健康；
- 3.腰酸骨痛、肩頸痛、手腳麻；
- 4.運動損傷。

理療模式

- **睡眠：**溫控器設置至34~38°C，日常調理身體用。
用於手腳冰冷、女性生理不適、失眠、改善虛寒體質、酸性體質等，能促進血液循環，並獲得舒適感。 加熱使用建議8~10小時/每次。
- **溫敷：**溫控器設置至41~49°C，日常調理身體用。
適用於長期疲勞、風濕疼痛、痛經、宮寒、血瘀、手腳冰冷、身體微循環差、免疫力下降者、水腫肥胖、亞健康；痔瘡、男性前列腺炎等症狀恢復健康。 加熱使用建議4~8小時/每次。
- **熱療：**溫控器設置至50°C~60°C，需要時熱療調理用。
適用於運動損傷、腰酸骨痛、肩頸痛、手腳麻痛。可以加速血液循環、排汗排毒，有效舒緩及改善痛症。 加熱使用建議：1小時/每次。
- **冷敷：**溫控器電源加熱開關關閉（室溫），熱天或平時室內溫度天然護理。
夏季使用時感覺到涼爽舒適；平時長期使用時，更可以使身體吸收砵石不斷地自然發出來的有益於身體的遠紅外線，有利於保持和改善身體微循環系統正常運作。 使用建議：長期。

參數規格

型 號： SP719
產品名稱： Zikko (即刻) Dr.Rock (絡醫生) 砵石遠紅外線熱護睡墊
尺寸： 70cm x190cm / 重量： 7.05 KG
砵石顆粒： 大顆6列x20粒 + 小顆5列x20粒 = 220粒
理療模式： 冷敷（室內溫度不加熱）、溫敷、熱敷
溫度控制器輸入電壓： 110V~220V/50Hz
熱護睡墊功率： 190W 最大
熱護睡墊電流電壓： 石墨烯發熱膜不導電
加熱裝置： 石墨烯發熱膜
溫度控制器可調節級數： 1~60°C
溫度控制器可設置定時： 1~12小時
發熱溫度： 約20~60°C/升降按鍵調節
輔料： 軟皮革、防火網帕、鋁箔紙、雙層毛氈布

包裝內容

*砵石熱護睡墊 x1	*收納袋 x1
*溫度控制器 x1	*使用說明書 x1

質保說明

Zikko為包裝中的硬件產品和配件材料及工藝缺陷提供質量保修服務，熱護睡墊（含溫度控制器）保修期限為自您購買該產品之日起一年，所附帶的收納袋保修6個月。正常的磨損或老化以及意外、不正當使用、改造等造成損壞，不在此保修範圍之內。獲取售後服務方式：請致電 Zikko授權品牌商或前往授權零售商購買處或網絡客服售後，同時請提供相關購買憑據。（發票或購買記錄）

產品維護和保養方法

可在不通電情況下，用濕毛巾對污染部分進行擦拭，或者定期用消毒濕巾進行消毒，晾乾後再通電加熱使用。

注意事項

1. 使用前詳細閱讀說明書，並按照操作說明使用。
2. 不要讓生活不能自理、嬰幼兒或對熱不敏感人群單獨使用。
3. 禁止在有水和潮濕環境下使用。
4. 不得乾洗或洗滌。可在不通電情況下，用濕毛巾對污染部分進行擦拭，晾乾後再通電加熱使用。
5. 勿將尖銳物體插入本產品。
6. 請勿在本產品加熱時將被褥等物品放置在加熱區域小面積覆蓋，防止局部過熱導致故障。
7. 產品表面禁止放置煙花爆竹、打火機等易燃物品，防止引發火災。
8. 使用結束、外出前，請確認電源是否切斷。
9. 使用加熱功能，溫度可根據皮膚耐受程度進行調節，為防止皮膚燙傷，請根據自己身體體質，合理調節溫度級數，如有不適及時停止使用。