

Dr.Rock Pad
BianStone Far Infrared Heating Therapy SleepPad Pro
砒石遠紅外線熱護睡墊 Pro



User's manual
使用說明書

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CE **FC**

Designed by Zikko in Hong Kong
www.zikkotech.com

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繁體中文 6 ~ 10

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 聯系電話	
E-Mail 郵箱	
Addr. 聯系地址	

Distributor Name 經銷商名稱	
Phone 聯系電話	
E-Mail 郵箱	

Sign/Seal Here :
經銷商簽章:



BianStone Far Infrared Heating Therapy SleepPad Pro

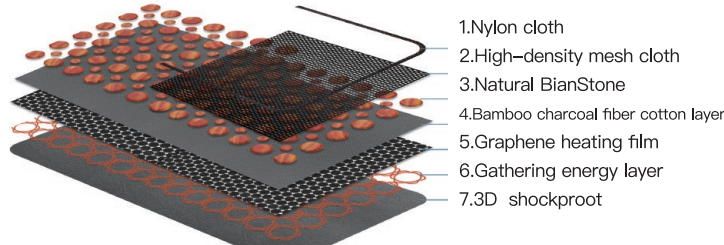
Product Introduction

SleepPad Pro has a breakthrough heat energy injection technology. It is made of up to 308 pure natural red BianStones. It uses a therapy-grade Graphene flexible electric heating cloth, which is not a high-voltage wire to generate heat. In particular, the human body's safe low-voltage 24V/5A input power supply, extremely rapid heating, electromagnetic waves close to 0, waterproof and Anti-electric shock. Ultra-thin and soft, 3D mesh ergonomic shock-proof waist support, foldable and easy to store. Built-in two temperature sensors, with the intelligent temperature control system, accurately and automatically adjust the temperature. Electronic constant temperature heating Graphene-cloth and Bianstone can emit double-layer far-infrared rays and negative oxygen ions that are beneficial to the human body, and resonate with the body cells and water molecules at the same frequency so that the microcirculation of human blood and gas can be accelerated and improved, and cells can be activated to achieve hyperthermia effect. It can help improve deficient cold, acidic constitution, and sleep quality, relieve physical fatigue and pain, warm compresses to reduce inflammation, and also help to resolve chronic diseases and sequelae. It is a pure natural thermotherapy tool. It is used in combination with Graphene Far-infrared Reflection Blanket, which can achieve the effect of Hot-house and perform three-dimensional whole body detoxification and acid removal. Long-term use can promote metabolism and enhance human immunity.

Eight characteristics:

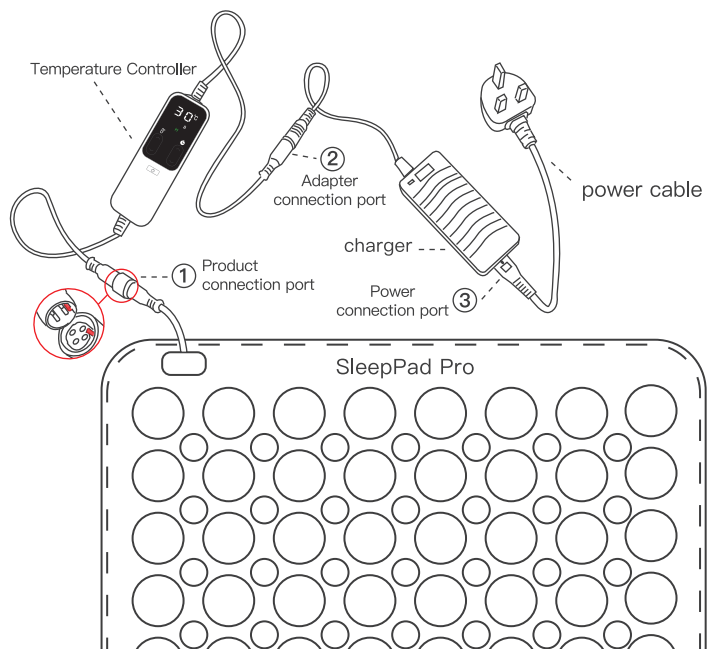
- Natural premium BianStone
- Graphene heating film
- Far-infrared wavelength 6-15 microns
- Anti-burning
- Full touch designed
- Heating 20~60°C
- Slim and easy to be rolled
- 3D shockproof

Product Structure



- Nylon cloth
- High-density mesh cloth
- Natural BianStone
- Bamboo charcoal fiber cotton layer
- Graphene heating film
- Gathering energy layer
- 3D shockproof

Product usage diagram



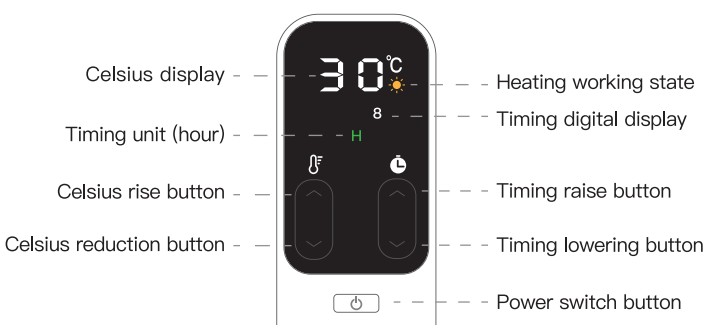
Product connection diagram:

- Connect the four-pin connector (male) with the thermostat's four-pin connector (female) according to the limit slot and arrow to confirm the built connection.
- Connect the DC connector (female) at the other end of the thermostat and the DC connector (male) of the power supply end to the limit slot attached to it and rotate and fix it;
- Insert the end of the matching power cord into the power connector.

The product particularly soothes and improves the following peoples

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

Controller use and troubleshooting



Celsius display - Heating working state
Timing unit (hour) - Timing digital display
Celsius rise button - Timing raise button
Celsius reduction button - Timing lowering button
Power switch button - Power switch button

- After the power is turned on, long press the key to turn on or off. The default temperature "30°C" is set to "8" hours when it is used for the first time;
- The icon is for temperature adjustment. Press or to adjust for temperature rise and fall. Note: After the temperature is set, the displayed temperature will automatically jump to the actual sensing temperature;
- The icon is for timing adjustment. Press for timing adjustment. Note: The timing duration is fixedly set to 2 hours, 4 hours, 6 hours, 8 hours, and 12 hours, and it will automatically stop shutting down after reaching the setting;
- After the temperature is set, the icon flashes to indicate heating is in progress, and when the temperature is reached, the icon disappears to stop heating;
- The controller has a memory function, after the last temperature and time adjustment, the default last adjustment parameters will be used again;

mode	set up	Automatic heating time
A.Warm therapy 1	20-45°C	Can be set manually for 2-12 hours
B.Warm therapy 2	46-50°C	Heating for 4 hours, automatically return to 37°C
C.Hot therapy	51-60°C	Heating for 4 hours, automatically return to 37°C

6. Thermostat display troubleshooting

display	cause of issue	Troubleshooting
E1	1. The thermostat is not connected to the product or the connection is in poor contact; 2. The temperature sensor probe fails.	1. Check the connection line, whether the connection is normal, and it needs to be re-energized. 2. If the product is still abnormal, please contact after-sales service.
EH	High temperature error or temperature out of protection	Turn off the power, turn on the product again after cooling to confirm, if it shows that the product is abnormal, please contact after-sales

Therapy modes

- Warm Sleep Therapy :** The thermostat is set to 30~40°C, it is used for daily sleep. It is suitable for those with deficient constitution, poor body microcirculation, long-term fatigue, rheumatism pain, cold hands and feet, and weakened immunity. It is recommended to use it for 6 to 10 hours per heating.
- Warm Conditioning Therapy :** The thermostat is set to 41~49°C, and it is used for daily conditioning of the body. It is suitable for resisting chronic diseases, long-term fatigue, rheumatic pain, dysmenorrhea, uterine cold, blood stasis, cold hands and feet, poor body microcirculation, decreased immunity, edema, obesity, sub-health; hemorrhoids, male prostatitis and other symptoms to restore health. It is recommended to use 2 to 4 hours / time for heating.
- Hot Therapy :** The thermostat is set to 50°C~60°C, it can be used for heat therapy when necessary. It is used for sports injuries, backache and bone pain, shoulder and neck pain, and numbness in hands and feet. It can accelerate blood circulation, perspiration and detoxification, and effectively relieve pain. Recommended use of heating: 1 hour / time.
- Natural Therapy :** The thermostat power heating switch is turned off (room temperature), natural care on hot days or normal indoor temperature. 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 : SP716
Product name : Zikko | Dr.Rock BianStone Far Infrared Heating Therapy SleepPad Pro
Size : 70cm x160cm / Weight : 8.1 KG
BianStones quantity : 8 rows of large size x21 particles+7 rows of small size x20 particles =308 particles
Adapter input voltage : 100-240V-50/60Hz 2.0A
SleepPad power : 120W max
Heating Current and Voltage : Human body safety low voltage max 24V/5A
Heating device: Graphene heating film
Adjustable range of temperature controller : 20~60°C
Temperature controller can set timing : 2~12 hours
Heating temperature : 20~60°C/up and down button adjustment
Accessories : 3D shock net, fireproof mesh, double-layer felt cloth

Package Contents

*SleepPad Pro x1 *Charger adapter x1
*Manual book x1 *Temperature controller x1 *Storage bag 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 Pro (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

- Read the manual carefully before use and use it in accordance with the operating instructions.
- Don't let it be used alone by people who cannot take care of themselves, infants or children who are not sensitive to heat.
- It is forbidden to use in water and humid environment.
- 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.
- Do not insert sharp objects into this product.
- 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.
- It is forbidden to place flammable materials such as fireworks and lighters on the surface of the product to prevent fire.
- Please confirm whether the power supply is cut off before going out.
- 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.

砒石遠紅外線熱護睡墊專業版

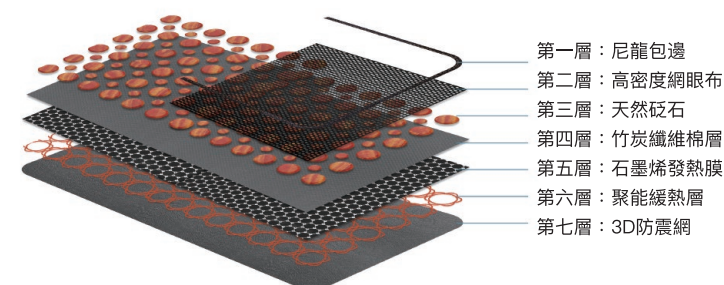
產品簡介

這款熱護墊擁有突破性能注入技術，多達308粒純天然紅色砒石製成。採用醫療級別的石墨烯柔性電熱布，絕非高壓電線發熱。特別是人體安全低電壓24V/5A輸入供電，極速升溫，電磁波接近為0，防水防觸電，超薄柔軟，3D網人體工學防護護腰，可折疊易收藏。內置兩粒溫度感應器，配合智能溫控系统，精準自動調節溫度。電子恆溫加熱石墨烯布和砒石，能夠發出對人體有益的雙層遠紅外線和負氧離子，與身體細胞、水份子產生共振，使人體血氣微循環加快及改善，活化細胞，達到熱療效果。可以幫助改善虛寒、酸性體質和睡眠質量，舒緩身體疲勞和痛症，運動後，對於化解酸積痰和後遺症亦有幫助。是一種純天然溫熱療法工具，與加配的石墨烯遠紅外線反射被結合使用，更可達到能量自然熱效果，進行立體式全身排毒解毒。長期使用，可以促進新陳代謝，提升人體免疫力。

八大特點

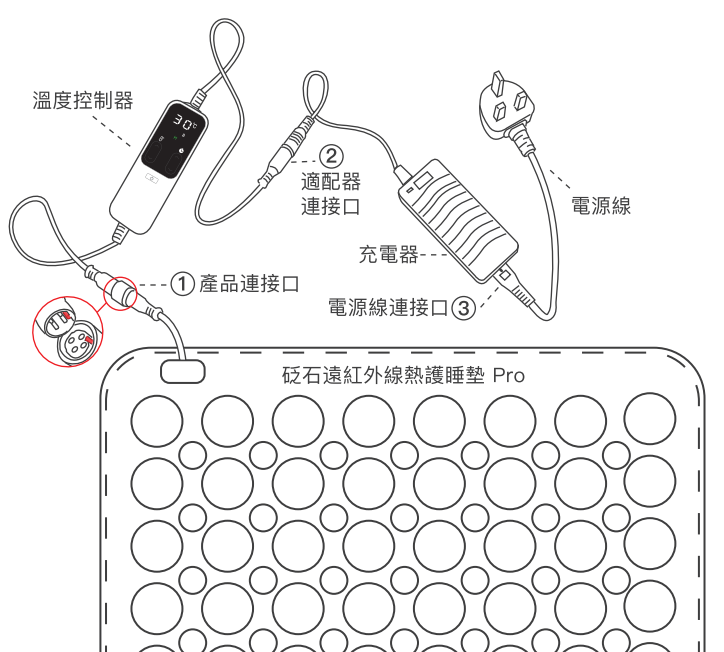
- 天然優質砒石
- 石墨烯發熱膜
- 遠紅外線波長6-15微米
- 防起火防觸電
- 砒石子母片全立體熱接觸
- 發熱溫度約20~60°C
- 超薄可捲起
- 3D防震網

產品結構圖



- 第一層：尼龍包邊
- 第二層：高密度網眼布
- 第三層：天然砒石
- 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：3D防震網

產品使用示意圖



產品連接示意圖:

- 將四針接頭 (公頭) 與溫控器四針接頭 (母座)，按限位槽及箭頭指示對接；
- 將溫控器另一端DC接頭 (母座) 與電源端DC接頭 (公頭) 依插頭限位槽插入對接接頭固定；
- 將匹配電源線尾端插入電源接口。

產品特別舒緩及改善以下人士

- 失眠、長期疲勞、虛寒體質；
- 女性生理不適、手脚冰冷、水腫肥胖、亞健康；
- 腰酸骨痛、肩頸痛、手脚麻；
- 運動損傷。

溫控器使用方法及故障排除



溫度顯示 - 加熱工作狀態
定時單位 (小時) - 定時數字顯示
溫度上調按鍵 - 定時上調按鍵
溫度下調按鍵 - 定時下調按鍵
電源開關按鍵 - 電源開關按鍵

- 電源接後通，長按 鍵為開機或開機。首次使用開機默認顯示設定溫度「30°C」和時間設定為「8」小時；
- 圖標為溫度調節，輕按 鍵或 鍵為溫度的高低上、下調節。注意：溫度調節後，顯示屏顯示溫度會自行跳至實際感應溫度；
- 圖標為定時調節，輕按 鍵或 鍵為定時長調整。注意：定時時長固定設置為2小時、4小時、6小時、8小時、12小時，到達設定時長後會自動停止工作並開機；
- 溫度設定後， 圖標閃爍為加熱工作中，到達預設溫度後， 圖標消失為停止加熱工作；
- 溫控器有記憶功能，在下次溫度及時間調整後，再次使用默認上次調整參數；

溫度模式	溫度設置	自動加熱時間
A.溫敷1	20-45°C	可手動定時運行2-12小時
B.溫敷2	46-50°C	最多加熱4小時，自動回到37°C
C.熱療	51-60°C	最多加熱4小時，自動回到37°C

6. 溫控器顯示故障排除

溫控器顯示	故障原因	故障排除
E1	1. 溫控器與產品未連接或連接接觸不良； 2. 溫度感應探頭失效。	1. 檢查溫控器與產品之間的連接線，插頭是否連接正常，需重新插電。 2. 如無誤仍顯示產品異常，請聯繫售後。
EH	高溫報錯或溫度超出保護值	關閉電源，待產品冷卻後再次開機確認，如仍顯示為產品異常，請聯繫售後

治療模式

- 溫熱睡眠療法：**溫控器設置至30~40°C，日常睡眠用。用於手脚冰冷、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。
- 溫熱調理療法：**溫控器設置至41~49°C，日常調理身體用。適用於抵抗頑疾、長期疲勞、風濕疼痛、痛經、宮寒、血瘀、手脚冰冷、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2-4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、手脚麻痺。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。
- 室溫自然療法：**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，更可以使身體吸收砒石不斷地自然發出來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：SP716
產品名稱：Zikko (即刻) Dr.Rock (絡醫生) 砒石遠紅外線熱護睡墊 Pro
尺寸：70cm x160cm / 重量：8.1 KG
砒石顆粒：大顆6列x21粒 + 小顆7列x20粒 = 308粒
治療模式：室溫自然療法、溫敷、熱敷
適配器輸入電壓：100-240V-50/60Hz 2.0A
熱護睡墊功率：120W 最大
熱護睡墊電流電壓：人體安全低電壓最大 24V/5A
加熱裝置：石墨烯發熱膜
溫度控制器可調節範圍：20~60°C
溫度控制器可設置定時：2~12小時
發熱溫度：20~60°C/升降按鍵調節
輔料：3D防震網、防火網帕、雙層毛氈布

包裝內容

*砒石熱護睡墊Pro x1 *充電適配器 x1 *收納布袋 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Pro (含溫度控制器) 保修期限為自您購買該產品之日起一年，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

- 使用前詳細閱讀說明書，並按照操作說明使用。
- 不要讓生活不能自理、嬰幼兒或對熱不敏感人群單獨使用。
- 禁止在有水和潮濕環境下使用。
- 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。
- 勿將尖銳物體插入本產品。
- 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。
- 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。
- 使用結束、外出前，請確認電源是否切斷。
- 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。