

How to set up your Earthing Half-Sheet

1. Place the Earthing half-sheet across width or length of the bed, over the bottom sheet, so that when you lie down you make bare skin contact with the Earthing half-sheet. Skin contact can be made at any part of your body whereas many people place it at the foot end, so that the lower legs and/or feet make contact.
2. Insert one end of the Earthing cord into the ground port (third hole) of a properly grounded wall outlet. Alternatively, connect Earthing cord to an Earthing ground rod inserted into outdoor ground.
3. Find the connecting tab on the sheet and snap other end of Earthing cord onto the tab.
4. Tuck loose ends under mattress.

How to care for your Earthing Half-Sheet

The sheet may be machine washed using gentle warm setting, approximately 40 Celsius degrees (105 Fahrenheit). Line dry is preferred. If tumble dry please use medium setting, up to 65 Celsius degrees (150 Fahrenheit).

Do not use chlorine bleach or liquid fabric softener, or any detergent containing bleach or fabric softener, which can ruin the conductivity of your sheet.

Do not dry clean.

When necessary, use hydrogen peroxide-based non-bleach cleaner to remove stains and/or to whiten.

Do not apply lotions, creams, or oils to the skin before bedtime on parts of your body that will be in contact with the sheet. Such substances oxidize and can damage conductivity.