User Guide

Introducing the vest

Take time to get used to the pressure vest and the pressure on your body. If you are sensitive to pressure stimuli, start with little pressure and gradually build it up. On the contrary, if you like firm stimuli, you can fully inflate and deflate the vest a few times before leaving it inflated for an extended period of time. This often helps regulate tension and alertness. Practice using the vest in calm situations first, by inflating and deflating it a few times, before using it in situations of tension or overstimulation.

Determine how the vest will be deployed

The pressure vest can be used when there is a need for deep pressure, but it can also be preventative to avoid over-stimulation, frustration and anxiety. Explore with the vest what works best for you. Using the pressure vest can be:

- Time bound: use the vest for a specific length of time
- Activity bound: the vest is deployed during certain activities
- Stress level bound: the vest is deployed when under- or over-stimulation occurs
- Or a combination of the above ways.

How long do you keep the pressure vest inflated?

Our advice is to keep the vest inflated for about 20 minutes and then deflate it for mini 20 minutes before re-inflating. This keeps you aware of the pressure on your body and keeps you feeling the pressure well. By alternating between pressure and no pressure, your body also responds the same to the pressure each time.

It can't hurt to keep the vest inflated for longer than 20 minutes, if you notice that you like it better that way.

The pressure vest can be worn all day, it does not give pressure when it is not inflated. By keeping it on, you always have the pressure vest at hand when needed. It can feel warm.

Choose moments to use the pressure vest

We recommend that you initially choose 1 or 2 situations in which to try the vest. Once you know more about your response to deep pressure, you can gradually expand its use to other times and situations.

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Adjusting the pressure vest

Putting on the pressure vest

Always wear something under the pressure vest, a T-shirt or camisole. If possible, adjust the vest standing for a better fit. Start by adjusting all velcro strap sections to the widest position. Put the vest on, making sure you close the zipper all the way to the top. Pull the vest down, then tighten the sections in the side, pump the vest up and then adjust the shoulder sections.

For the best fit, check that:

- The uninflated vest sits loosely along the body. Your hand can still easily fit between your body and the empty vest.
- The Velcro on both sides is adjusted about the same so that the vest sits symmetrically.
- The hooks of the Velcro are completely covered.
- In case of panic, you can quickly remove the pressure by pulling off the vest using the zipper or by opening the Velcro parts.

Inflating & deflating the pressure vest

Squeeze the hand pump repeatedly to inflate the vest so that you feel a comfortable firm pressure. To deflate the pressure vest again, hold down the button on the hand pump.

Wearing your own clothes over the pressure vest

You can also put your own clothes on over the pressure vest. Because the vest is relatively thin, even when inflated, you can hardly see it when wearing a hooded vest, sweater or blouse over it.

Tucking away the hand pump

The hand pump can be tucked away in several ways:

- In the pocket of your pants or jeans
- By attaching the air hose to the vest using the Squease flap

Disconnecting the hand pump

If desired, the hose can be shortened, by pulling it loose and cutting a piece off with scissors. It is also possible to disconnect the pump. With the coupling in the air hose, the pump can be disconnected. Press the button and pull the two parts of the coupling apart.

The ventiel closes and the pressure vest just stays inflated!

To further inflate or deflate the vest, the hand pump must first be reconnected. When connecting it, make sure you hear a “click” indicating that it is properly connected.

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