

## Caring for Your aaboRing

To best take care of your aaboRing to enhance its longevity and ensure you get the most out of your experience wearing aaboRing for the long-term, we suggest following basic steps to be done regularly.

### General Use

#### Clean Sensors

We recommend cleaning the infrared LED sensors (the three small bumps) located on the interior of your aaboRing once a week. This can be done by wiping them with a piece of soft cloth or, by rinsing your ring with a small amount of mild dish soap and water. By doing so, you'll remove any dust or dirt that may be interfering with the signal between your ring's sensors and the arteries on the palm side of your finger.

#### Avoid Extended Exposure to Extreme Temperatures

aaboRing's operating temperature ranges from 14°F – 129°F / -(10)°C – 54°C. You can safely wear your ring in hot tubs, saunas, ice baths, and cryotherapy tanks. However, extended exposure to extreme temperatures (<32°F / 0°C or >95°F / 35°C) may lead to battery damage.

#### Tips for Scratch Prevention

Wear your aaboRing on your non-dominant hand to reduce the amount of contact with various surfaces and objects you push, pull, and hold on a daily basis.

Avoid wearing other rings below, on top of, or next to your aaboRing. Other rings may scratch your aaboRing while rubbing against it.

Consider removing your aaboRing in situations that involve friction (e.g. weightlifting), or when handling objects made of metal, ceramics, or stone (handling pots or pans).