

Massage Chair – Relax and Recharge

Quality sleep is vital

- Healthy adults are advised to have 7 to 9 hours of quality sleep per night.
- But sometimes you can't get a full night of sleep.

Benefits of napping

- A short nap can reduce fatigue, boost memory, improve performance, regulate emotions, make you more alert, and ease stress.
- That's why the Massage Chairs are here to help you get a 20-minute nap time to relax and recharge.

References

- Jones, B. J., & Spencer, R. (2020). Role of Napping for Learning across the Lifespan. *Current sleep medicine reports*, 6(4), 290–297. <https://doi.org/10.1007/s40675-020-00193-9>
- Mantua, J., & Spencer, R. (2017). Exploring the nap paradox: are mid-day sleep bouts a friend or foe?. *Sleep medicine*, 37, 88–97. <https://doi.org/10.1016/j.sleep.2017.01.019>
- Milner, C. E., & Cote, K. A. (2009). Benefits of napping in healthy adults: impact of nap length, time of day, age, and experience with napping. *Journal of sleep research*, 18(2), 272–281. <https://doi.org/10.1111/j.1365-2869.2008.00718.x>

Massage Chair – User Guide

1. Make a reservation

- Reserve a Massage Chair up to 1 day in advance at



<https://cwrbs.vtc.edu.hk/Secure/EquipmentSearch.aspx?typeid=1151>

Each user may book once per day. Each booking session lasts for 30 minutes.

2. Check-in

- Tap your VTC student/staff card at the card reader after appointment time started.

3. Cleaning

- Clean the Massage Chair with the wipes provided.

4. Use it properly

- Each Massage Chair is for single person only.
- Always follow the safety precautions.
- Incline the Massage Chair to a comfortable angle.
- Select massage and vibration functions as needed.


5. After use


- When the session is over, press the “Power” button, wait for the Massage Chair to return to the original position before leaving.
- Clean the Massage Chair after use.

零重力狀態 (無需按摩功能)


Zero Gravity Position (without massage function)



1. 按「開/關」鍵 ，等待座椅自動調校傾斜角度，達至「零重力狀態」，享受最放鬆的休息。

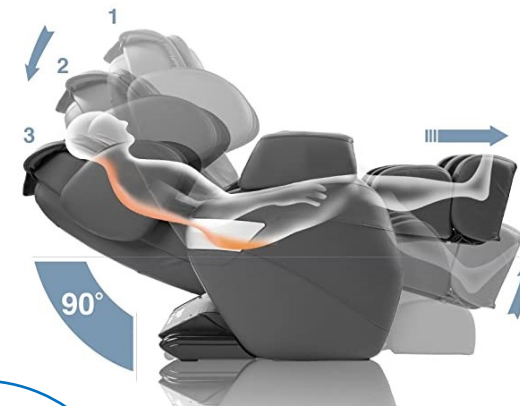
2. 使用後，再按「開/關」鍵 ，等待座椅回復至原來位置，即可離開。



1. Press the “On/Off” button , wait for the chair to recline to the “Zero Gravity Position” to enjoy the most relaxing rest.

2. After used, press again the “On/Off” button , wait for the chair to return to original position for leaving.

按摩功能 (自動模式)

Massage Function (Auto mode)



1. 按「開/關」鍵 ，按「自動按摩模式」
鍵 ，揀選活力、恢復、放鬆、睡眠四款模式。

2. 自動模式開始操作，約 15 分鐘後，自動停止。

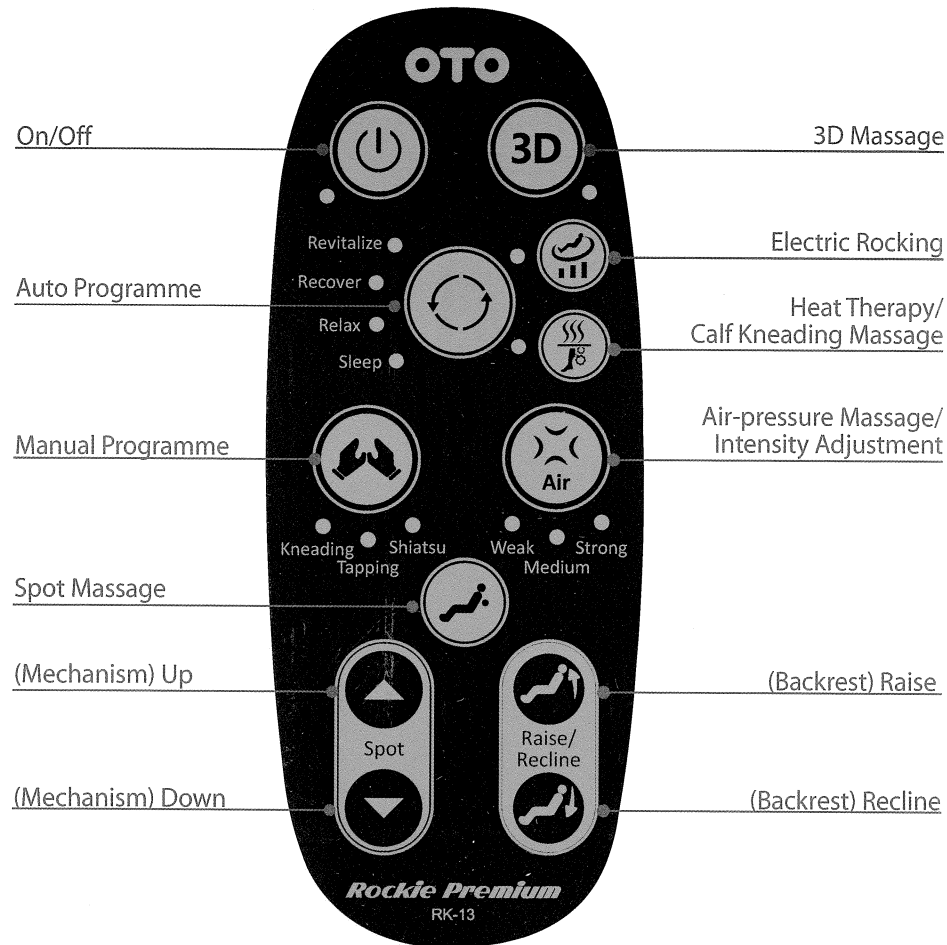
3. 停止後，長按「開/關」鍵  兩秒，等待座椅回
復至原來位置，即可離開。

1. Press the “On/Off” button  , press the “Auto Programme” button  to choose from Revitalize, Recover, Relax and Sleep modes.

2. Massage Programme will start and then stop after around 15 minutes.











3. Press again the “On/Off” button  for 2 seconds , wait for the chair to return to original position for leaving.

CONTROL PANEL



Note: Bluetooth Name "MusicStation-XXX"

1. Function Description of Control Panel

- 
On/Off Button
 Press once to enter standby mode. Press the button again to stop current massage function and return to standby mode.
- 
3D Massage
 Long press to turn on / off the bluetooth (Bluetooth Name: MusicStation-XXX) of loudspeakers.
 Short press to turn on / off the 3D massage mechanism function.
- 
Auto Programme
 Press this button to choose from 4 Auto Programmes: Revitalize, Recover, Relax and Sleep.
- 
Electric Rocking
 Press this button to turn on / off this function and adjust the swing amplitude.
- 
Heat Therapy/Calf Kneading Massage
 Long press to turn on heat therapy (light is on). Short press to turn on the calf kneading function (light flashes). When the two functions are used at the same time, the light is on and keeps on flashing.
- 
Manual Programme
 Press this button to select from 3 manual programmes: Kneading, Tapping and Shiatsu. By pressing this button again, the programme will be disabled.
- 
Air-pressure Massage Intensity Adjustment
 Press this button to turn on / off the seat and leg airbags. Default is medium speed. There are 3 levels of intensity of air-pressure massage: Weak/ Medium/ Strong.
- 
Spot Massage
 Spot massage can be selected when needed. This function is applicable to manual programme.
- 
(Mechanism) Up / Down
 Press and hold this button to adjust the up / down of the massage mechanism during spot massage .
- 
(Backrest) Raise / Recline
 Press this button to raise or recline the backrest. Press again to stop.