

Step 2: Activate your Daysy

Press the activation button to start your Daysy. Press the button a second time to start the temperature measurement.



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Do you have any questions about your Daysy?

Are you looking for further tips and other interesting information? Or would you like to find the right contact person for your personal questions? Then visit our website:

daysy.me

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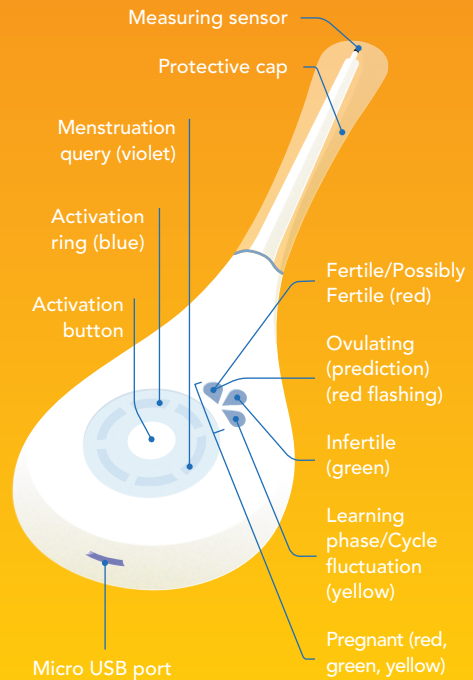
Quick Guide

Step 1: Charge your Daysy

Connect your Daysy to the USB cable and charge the battery until the activation ring lights up fully.



All features at a glance

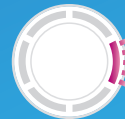


Step 3: Using your Daysy

Daysy needs to learn your cycle. To do so, you need to measure your basal body temperature under your tongue every day before you get out of bed in the morning.



Rotating blue LED:
Daysy is measuring your temperature.



Flashing violet LED:
Daysy is asking for your menstruation input.



Continuous violet LED:
Daysy has confirmed your menstruation input.

Step 4: Daysy indicators

Daysy informs you of your menstrual cycle status.



Fertile/Possibly Fertile



Infertile



Learning phase/Cycle fluctuation



Pregnant



Ovulating (prediction)

Step 5: Get more with the DaysyView App

Connect your Daysy to the DaysyView app to view all of your cycle data at a glance. Activate Bluetooth on Daysy by pressing the activation button twice and then follow the instructions on the app.

- View your current menstrual cycle status.
- Review and learn more about the course of your menstrual cycle.
- Share your cycle data with your partner.

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