



Advanced Settings Instructions



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Video Tutorials

We know reading a user guide can be boring, so we made a video tutorial too!

Just click the link below to see it.

[>> Advanced Settings Video Tutorial <<](#)

[>> Our Premade Greetings Library<<](#)

If you'd like to follow along with the user guide, please continue to read along.

We've detailed very thorough instructions and best practices!

We hope Ruggie serves you well!

- Team Ruggie

Requirements for Advanced Settings

By purchasing Ruggie, you should already have these 4 requirements.

1. Ruggie
2. USB Cable (Comes with Ruggie purchase)
3. Computer
4. And Ruggie.exe (You just downloaded this software)

Why Use Advanced Settings?

With Advanced Settings, you can enable 3 additional settings for Ruggie. These 3 settings can really make an impact in improving your morning routines!

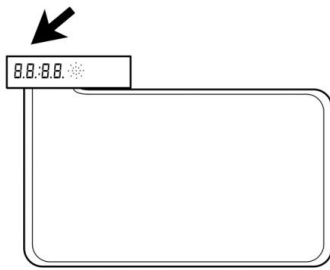
1. Set multiple alarms
2. Change time needed to stop the alarms
3. Upload custom post alarm motivation

We believe **#3 is the most powerful**. Because one small positive thought in the morning can change your entire day! And we want this for you... everyday! 😊

Getting Started

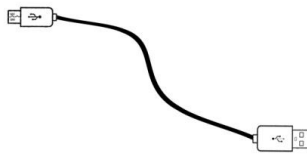
Using advanced settings is pretty straight forward and simple.

To get started, complete these 3 steps below



1.

**MAKE SURE RUGGIE IS
TURNED ON**



2.

**CONNECT RUGGIE TO
A COMPUTER BY USB**



3.

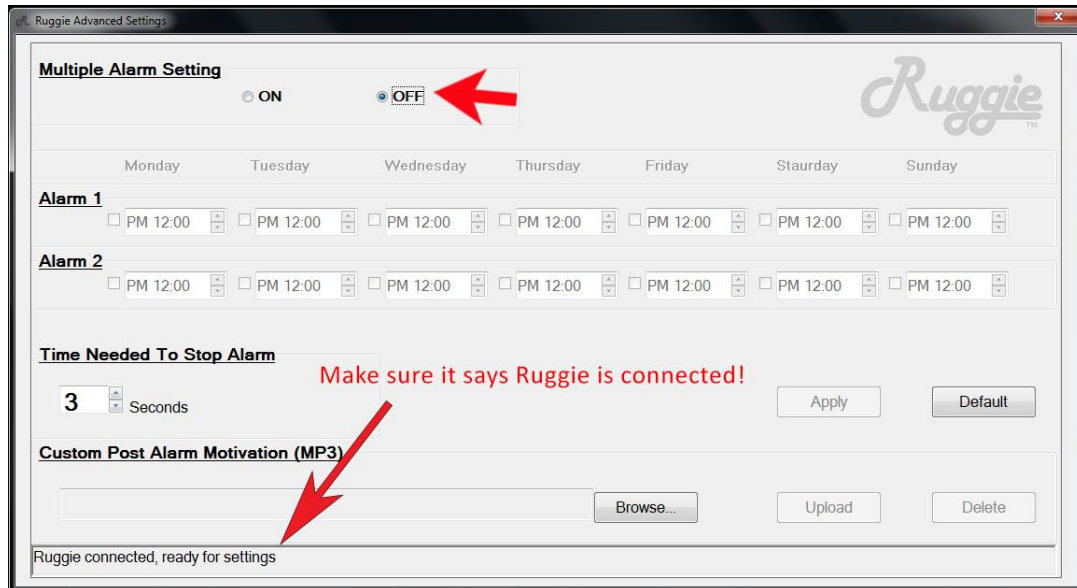
**OPEN RUGGIE'S
SOFTWARE**

Once these 3 steps are complete,

Ruggie will automatically sync its time and date to your computer!

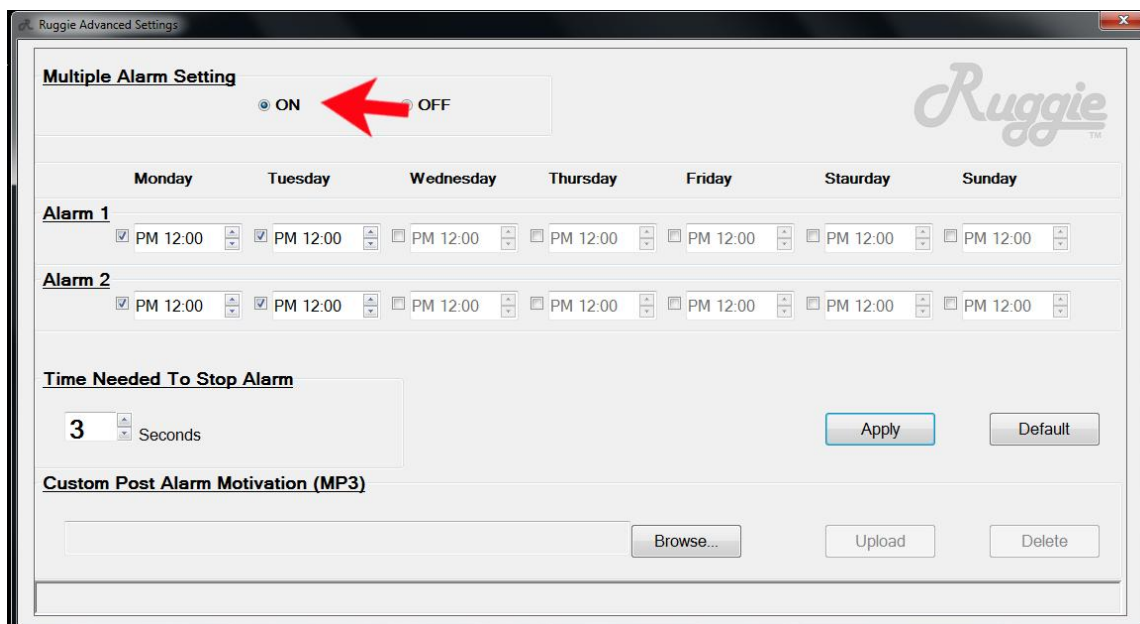
Setting Multiple Alarms

This feature allows you to set 2 different alarms for every day of the week. By default it should be turned OFF as seen below. Make sure Ruggie is connected!

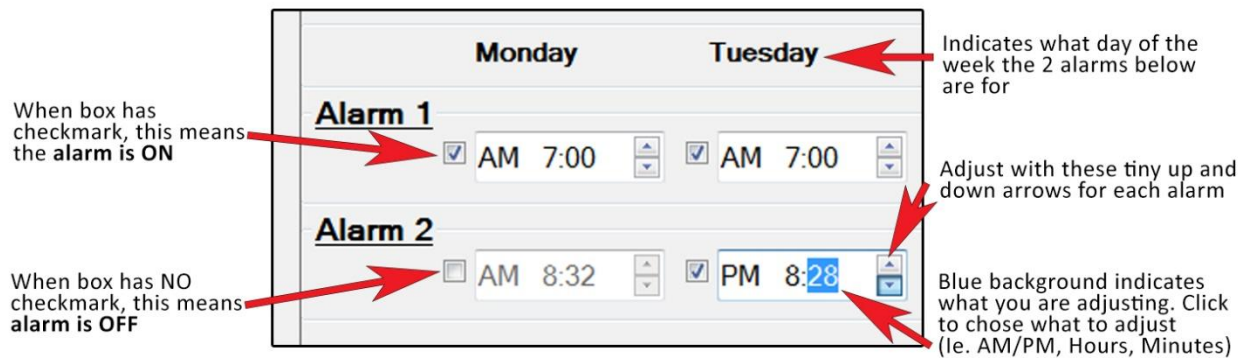


How to set multiple Alarms

Step 1.) Click ON - click the circle beside ON to enable this feature



Step 2.) Set the alarms - Use the check boxes and tiny up/down arrows to set the alarms you wish to have.



Step 3.) Click Apply – When you're done with settings, simply click Apply to record settings.

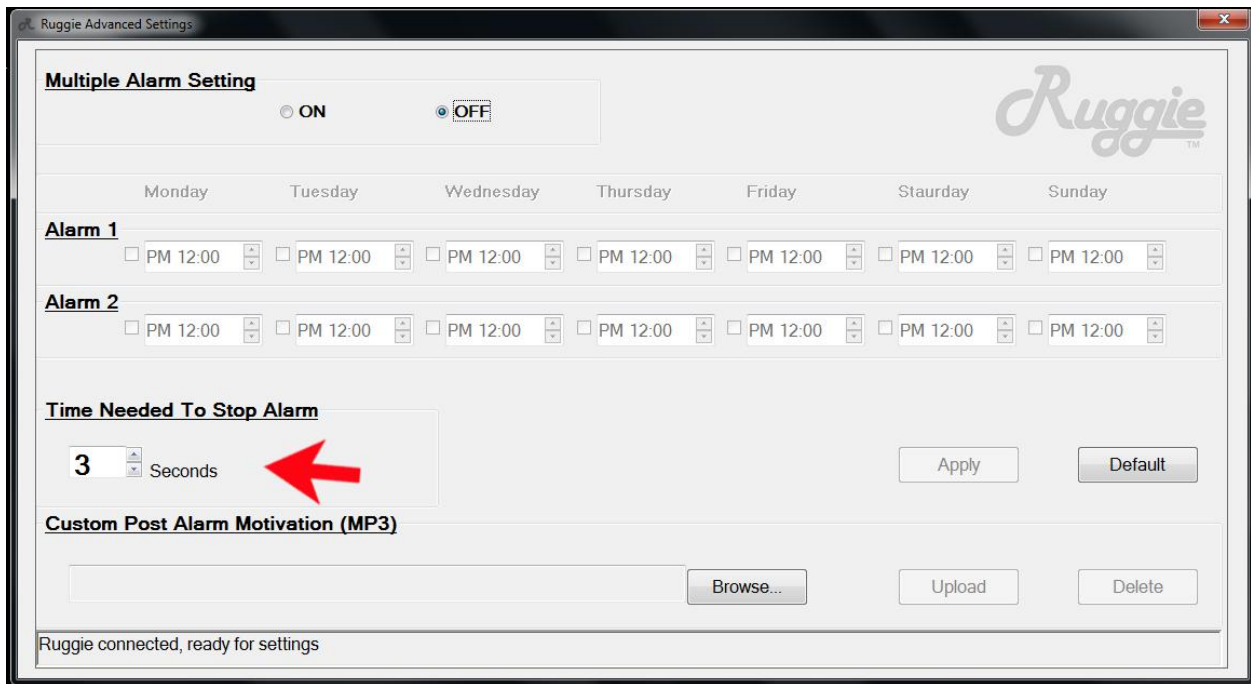
Important Note!

- **Make sure Ruggie is ON and connected.** Or it won't record your settings!
- **No need to adjust time on Ruggie** after you've set multiple alarms, because by connecting Ruggie to your computer, Ruggie syncs the time to your computer's time.
- By enabling Multiple Alarms Setting, **the Alarm Mode** on Ruggie will display **[PC:On]** Indicating your alarms are set on the computer.

If you wish to change it, simply hold (M) button for 5 seconds, or switch ON/OFF to reset. **This will reset all your Advanced Settings to default.**

Set Time Needed to Stop Alarms

This feature allows you to shorten or lengthen the time needed to stop your alarm. Ruggie needs to detect your pressure for **3 seconds by default** to turn off the alarm.

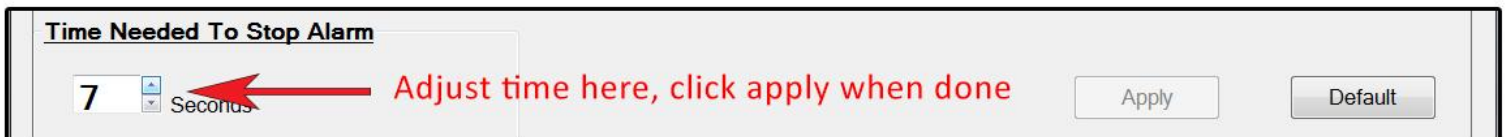


The screenshot shows the 'Ruggie Advanced Settings' window. At the top, there's a 'Multiple Alarm Setting' section with 'ON' and 'OFF' radio buttons, where 'OFF' is selected. Below this is a row of days from Monday to Sunday. Under 'Alarm 1' and 'Alarm 2', there are checkboxes and time selectors (all set to PM 12:00). The 'Time Needed To Stop Alarm' section shows a spinner box with the number '3' and the text 'Seconds'. A red arrow points to this spinner. To the right of the spinner are 'Apply' and 'Default' buttons. Below that is the 'Custom Post Alarm Motivation (MP3)' section with a text input field, 'Browse...', 'Upload', and 'Delete' buttons. At the bottom, a status bar says 'Ruggie connected, ready for settings'.

How to Set Time Needed to Stop Alarms

Step 1.) Simply adjust the time you want with the up and down arrows

Step 2.) Click apply when finished to save settings



This is a close-up of the 'Time Needed To Stop Alarm' section. It shows a spinner box with the number '7' and the text 'Seconds'. A red arrow points to the spinner. To the right of the spinner is a red text instruction: 'Adjust time here, click apply when done'. Further right are 'Apply' and 'Default' buttons.

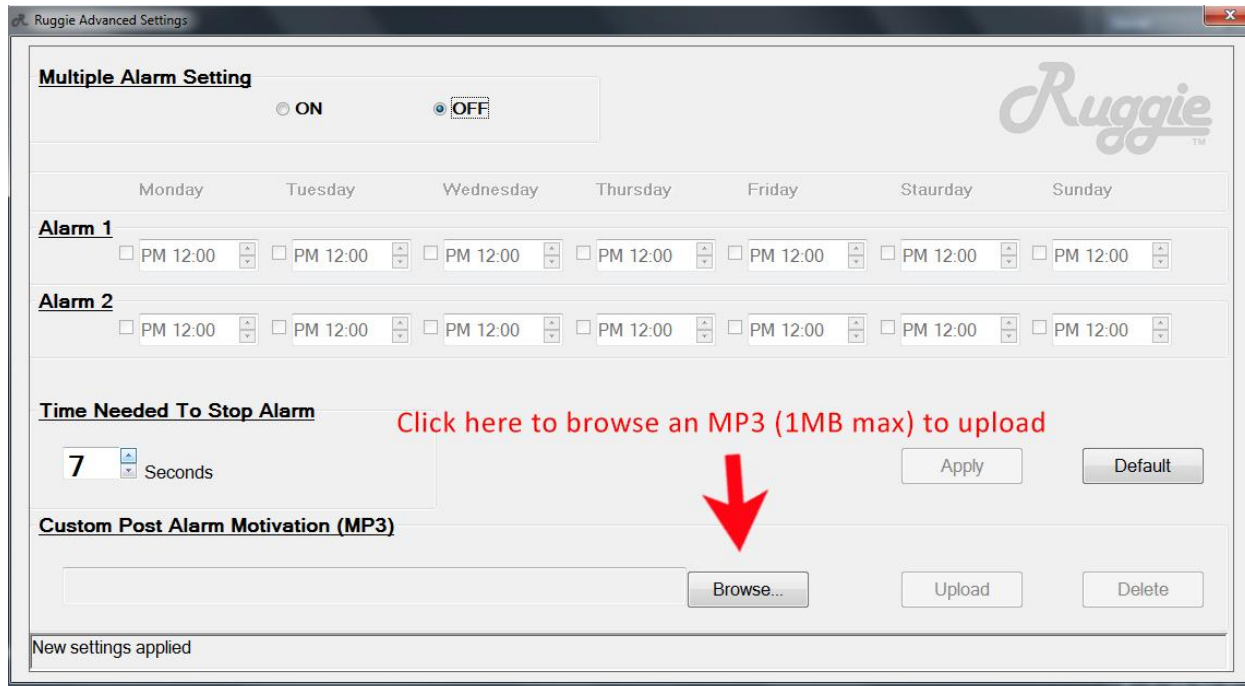
Uploading Post Alarm Motivation (Mp3)

This is the most powerful feature of Ruggie, when used properly it can help influence your conscious and subconscious mind to help achieve your personal goals!

First prepare a motivational mp3 file (Below 1MB, approximately 1 minute)
Simply record yourself speaking with your smart phone, or your computer. We recommend recording yourself saying affirmations! (See [Best Practices](#) for examples)

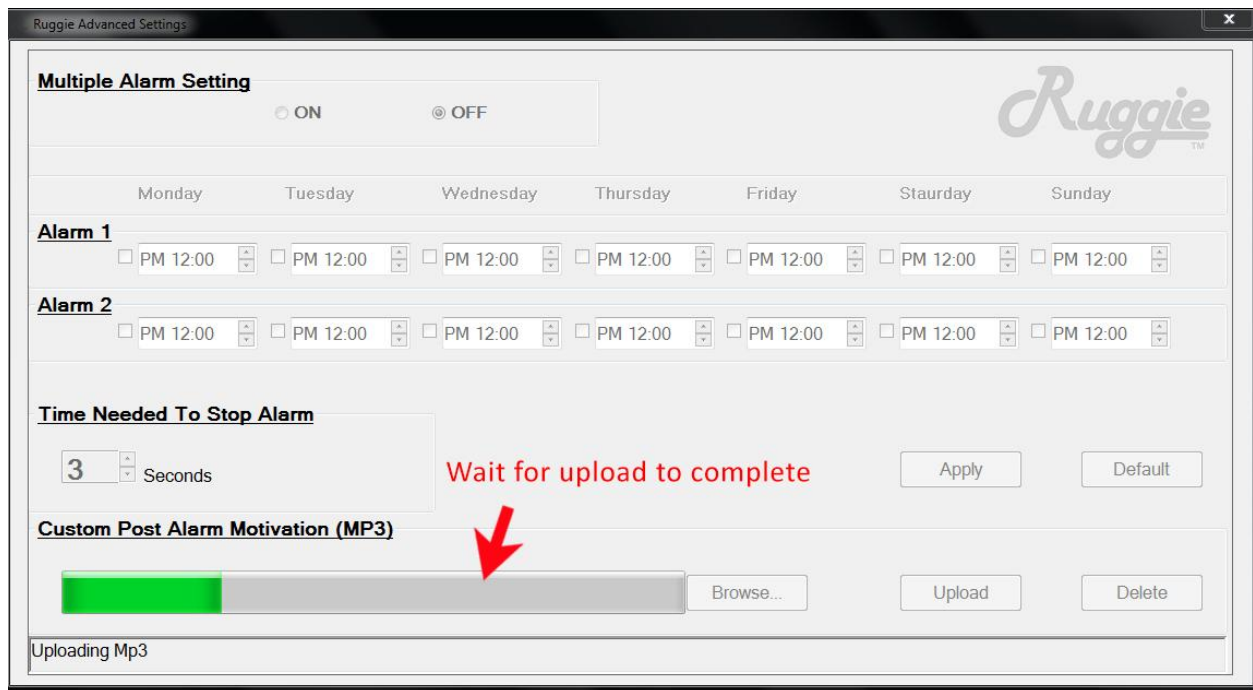
How to Upload MP3's

Step 1.) Click Browse to select your Mp3 (1MB limit, approximately 1 minute)

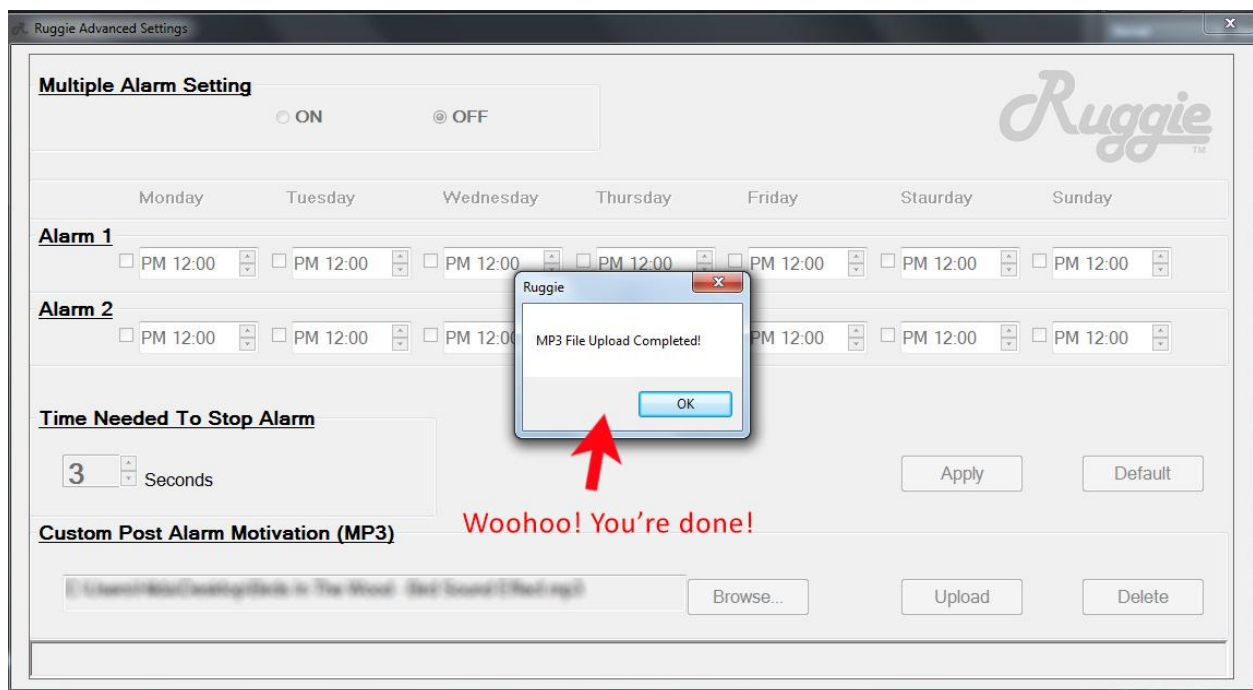


The screenshot shows the 'Ruggie Advanced Settings' window. At the top, there's a 'Multiple Alarm Setting' section with 'ON' and 'OFF' radio buttons. Below this is a table for setting alarms for each day of the week (Monday through Sunday). The table has two rows, 'Alarm 1' and 'Alarm 2', each with a checkbox and a time selector (currently set to 'PM 12:00'). Below the table is a 'Time Needed To Stop Alarm' section with a spinner set to '7' and the unit 'Seconds'. To the right of this are 'Apply' and 'Default' buttons. At the bottom is the 'Custom Post Alarm Motivation (MP3)' section, which includes a text input field, a 'Browse...' button, and 'Upload' and 'Delete' buttons. A red arrow points to the 'Browse...' button, and a red text label above it says 'Click here to browse an MP3 (1MB max) to upload'. A status bar at the bottom left says 'New settings applied'.

Step 2.) Click upload and wait for the upload bar to complete



Step 3.) A notification will pop up indicating you are done! From here you can unplug Ruggie and insert it back into the Rug for use.



Best Practices

Use Affirmations for your Post Alarm Motivation!

Why?

Affirmations are sentences aimed to affect your conscious and subconscious mind. When used repeatedly, you gain the ability to influence your subconscious mind, which in turn influences behaviour, habits, and actions towards success!

Affirmations are a proven tool, Here is a list of affirmation users who you might recognize: Jim Carry, Oprah Winfrey, Will Smith, Arnold Schwarzenegger, Conor McGregor, Bruce Lee, Lady Gaga, and many more!

Examples of Affirmations

- “ I’m always learning and growing!”
- “ I’m always surrounded by love and beauty! “
- “ I’m always having the most amazing human experiences”
- “ I’m divinely guided for success! I naturally attract wealth and happiness. “
- “ I let happiness manifest in my life, and happiness always seeks me! “
- “ I know my inner world creates my outer world, and I chose to think positively!”
- “ My body is filled with health, vitality and positive energy!”
- “ I chose to take massive action towards my goals and dreams!”

These are just examples... you should create your own affirmations that best helps you towards achieving your life goals and dreams!