

# Daysy fertility indicators

Daysy informs you of your menstrual cycle status.



Fertile / possibly fertile



Not fertile



Learning phase / cycle fluctuation (potentially fertile)



Possible pregnancy



Highly probable pregnancy



Ovulation prediction

# 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](https://daysy.me)

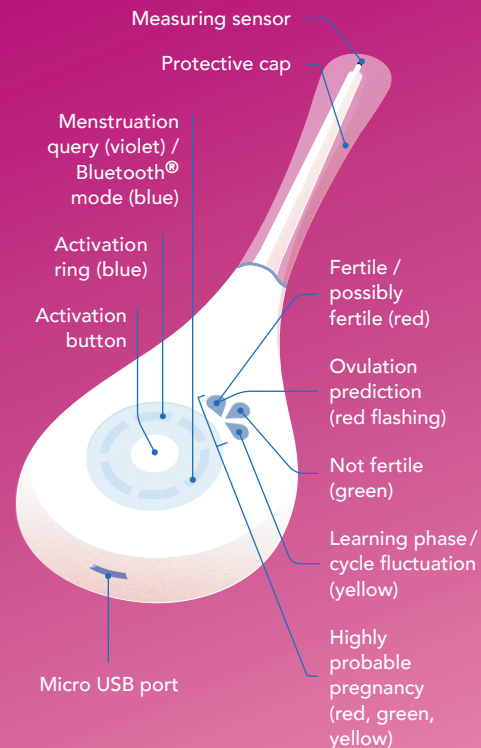


Visit [daysy.me/start](https://daysy.me/start) for important information before beginning use of your Daysy.



# Quick Guide

## All features at a glance



## Step 1: Charge your Daysy

Connect your Daysy to the micro USB cable and the cable to a USB port. Press the activation button to see the charging status. The blue lights moving from bottom to top indicate Daysy is charging. All blue lights remain illuminated when Daysy is fully charged. Daysy will enter standby mode after 60 seconds but will continue charging. Simply press the activation button once to check the status.



## Step 2: Measure your temperature

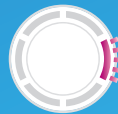
Daysy needs to learn your cycle. To do so, you need to measure your basal body temperature every day under your tongue with your mouth closed. Press the activation button to start your Daysy. Press the button a second time to start the temperature measurement. Use your Daysy after waking up and before you get out of bed. Please be sure to sleep at least 1 consecutive hour immediately prior to measuring.



**Rotating blue light:**  
Daysy is measuring your temperature.

## Step 3: Enter your menstruation

You need to tell Daysy when you have your menstruation. To enter menstruation, press the activation button to start your Daysy, then press and hold the activation button again until the violet light is solid and you hear a “beep”. Confirm you are menstruating for each day of active bleeding and from the first day on for a minimum of 3 consecutive days.



**Flashing violet light:**  
Daysy is asking for your menstruation input.



**Continuous violet light:**  
Daysy has confirmed your menstruation input.

## Step 4: Get more with the DaysyDay app

Connect your Daysy to the DaysyDay app to view all of your cycle data at a glance. To do this, open the app and press the activation button to start your Daysy. Activate Bluetooth® by double-clicking the button, then follow the app’s instructions. Please note that your data can only be displayed after the first successful measurement. Each time you wish to transfer your data you must always make sure Daysy is in Bluetooth® mode.



**Flashing blue light:**  
Daysy is connecting.



**Continuous blue light:**  
Daysy is connected.