

## Apply early Adjust faster

To get the best results from your See-LEVEL device, we recommend you use See-LEVEL at the first hint of seasickness. This will give you the fastest relief and help your body adjust to wave conditions sooner.

**The sooner you apply See-LEVEL, the sooner you can relax and enjoy your journey.**

Of course, should your seasickness return, you can simply reapply See-LEVEL again for further relief.

Seasickness is not permanent. Given enough time, your body will slowly adjust to conditions at sea. See-LEVEL speeds up this process and relieves your nausea and other unpleasant symptoms while this acclimatization occurs.

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### Apply, don't deny

For fast relief, apply your See-LEVEL in the first stage of seasickness. **(1 to 4)**

#### Seven stages of seasickness

1. **Denial.** "I'll be OK, it'll go away in a minute."
2. **Sweating.** Feeling hot, clammy and sweaty.
3. **Pallor.** Face turns pale, saliva increases.
4. **Social withdrawal.** Dizziness, inverted posture, loss of appetite, initial nausea
5. **Nausea.** Wanting to vomit (even if unable to). Also known as the "I want to die!" stage.
6. **Vomiting.** Can be ongoing as visual disturbance continues.
7. **Initial relief (for some).** After vomiting some people will start to adjust while others continue to feel poor.

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### What is seasickness?

Seasickness is a complex reaction that happens when our brains receive conflicting information from our eyes, inner ears and nervous system. Our environment has suddenly changed from stable (land) to shifting (sea), and our bodies need time to catch up.

The carefully designed VR scene provided by See-LEVEL gives the stability your eyes need for reference and relieves your seasickness symptoms, while you slowly adjust to wave and vessel conditions.

To minimise seasickness try to avoid unpleasant smells, sit in the middle of the boat, and most importantly, remember to apply See-LEVEL early.

Your body will thank you for it.