

RUBEDO RESET

YOUR FREE COMPANION GUIDE

The 4PM Reset Protocol

Seven days of small, repeatable resets for eyes that have been staring at a screen since morning. Ten minutes a day. No willpower required.

7 days

One short session each

10 minutes

The whole daily ritual

Gel pads

The cold half, in the box

Why 4 in the afternoon

There is a moment most people can name without thinking about it. Somewhere after lunch and before the day is done, the screen starts to feel heavier. You blink harder. You lean in closer. You catch yourself pressing your fingers into the inner corners of your eyes.

That moment has a simple explanation. Focused screen work reduces how often you blink and keeps your eye muscles locked at one fixed distance for hours. Everything downstream of that — the tightness around the brow, the dull pressure behind the eyes, the tired look you see in the bathroom mirror — builds up quietly across the day and peaks in the afternoon.

The Rubedo Reset is built for that peak. Gentle air pressure, vibration and a few minutes with your eyes closed, at the hour your eyes are asking for it. This guide turns that device into a habit that actually sticks.

How the ritual works

Three phases, always in the same order. Your body learns a sequence faster than it learns a schedule — which is exactly why the order never changes.

1 Settle — 2 minutes

Device on at the gentlest mode, eyes closed, nothing else happening. The first two minutes are what tell your face the workday is paused. Resist the urge to keep scrolling with the device on.

2 Press — 6 to 8 minutes

Let the device run its compression and vibration cycle, and put everything into the breathing. Breathe in for four, out for six — the out-breath always the longer one. That single change does more than any setting on the device.

3 Cool — 2 to 3 minutes

Swap to your chilled gel pads, straight from the fridge. Pressure loosens, cold refreshes. Ending cold is what makes the difference between feeling sleepy and feeling reset — which is exactly why they are in the box.

Keep the gel pads in the fridge, not the freezer

Refrigerated, they are cool and comfortable against thin skin. Frozen, they are too harsh for the eye area and you will stop using them by day three. Put them in the fridge tonight so they are ready tomorrow.

Your first four days

Each day has one session and one small thing to change around it. Do the session even on the days you skip the habit — the streak matters more than the perfection.

1

SET THE ANCHOR

Pick your hour and protect it

Run the full ritual once and note the time. That time is now your reset. Put a repeating alarm on your phone labelled with it. An anchor you decide once beats a decision you have to make daily.

2

BLINK

Twenty full blinks before you start

Sitting upright, close your eyes slowly and completely twenty times, as if falling asleep in slow motion. Most blinks made at a screen are partial ones. Full blinks feel noticeably different by the tenth.

3

DISTANCE

Learn the 20-20-20 rule

Every 20 minutes of screen work, look at something about 20 feet away for 20 seconds. A window, a hallway, the far wall. Set it three times today so your eyes remember they can focus far.

4

SCREEN SETUP

Fix the two things behind your eyes

Drop your monitor so the top edge sits at or just below eye level, and match its brightness to the room rather than beating it. Looking slightly down keeps more of the eye covered and comfortable.

Closing the week

5

HYDRATION

Front-load your water

Most of the day's water arrives in the evening, which is the least useful time for the face you will see in the morning. Move two glasses to before lunch and keep the last hour before bed light.

6

EVENING

Move the session to bedtime

Tonight, run the ritual in the last half hour before sleep, lights low, phone in another room. Notice how different it feels from the afternoon version. Many people end up keeping both.

7

DECIDE

Choose the version you will actually keep

Afternoon, evening, or both. The long session or the five minute one. There is no correct answer — only the one you will still be doing in a month. Write it down and set the alarm to match.

The five minute version, for bad days

One minute to settle, three minutes of compression, one minute of cold. On the days when ten minutes feels impossible, this is the version that keeps the streak alive. A short reset beats a skipped one every single time.

INCLUDED WITH YOUR KIT

Your cooling gel pads

They are not an accessory. They are the third phase of the ritual, and the one that decides whether you get up feeling sleepy or genuinely reset.

The rule that matters

Fridge, never freezer. Refrigerated, they are cool and comfortable against the thinnest skin on your face. Frozen, they are too harsh for the eye area — and you will quietly stop using them by day three.

How to use them

- Straight after the device, while everything is still loose
- Two to three minutes, eyes closed, lying back if you can
- Give them ten minutes out of the fridge if they feel too cold at first
- Cold on its own is a fine morning reset, with no device at all

Caring for your device

- Wipe the inner surface with a soft dry cloth after each use
- Never rinse it under water or use alcohol wipes on the fabric
- Charge it fully once a month if you are not using it
- Fold it flat, never crease the hinge backwards

Caring for your gel pads

- Rinse with cool water and mild soap, then air dry
- Keep them in a clean bag or box inside the fridge
- Never microwave them, and never use them warm
- Replace them if the gel ever leaks

Something missing from your box?

Your kit should contain the device, its charging cable, the cooling gel pads and the card with the link to this guide. If any of it did not arrive, reply to your order confirmation email and we will put it right — no forms, no returns process.

BEFORE YOU BEGIN

Please read this part

The Rubedo Reset is a personal wellness device, not a medical device. It is designed to feel good and to help you unwind. It is not intended to diagnose, treat, cure or prevent any disease or condition.

Do not use the device if

- You have an eye infection, an injury, or any inflammation around the eyes
- You have recently had eye surgery or any procedure around the eye area
- You have glaucoma, retinal disease, or another diagnosed eye condition — unless your doctor has told you it is fine
- You are wearing contact lenses — take them out first, every time
- You have an implanted electronic device such as a pacemaker
- The skin in the area is broken, irritated, or sunburned

Stop and check with a professional if

- You feel pain, stinging, or anything sharper than gentle pressure
- Your vision changes in any way during or after a session
- The skin around your eyes becomes red or irritated and stays that way
- Discomfort or irritation keeps building rather than easing

General guidance. Keep sessions to the recommended length and to no more than twice a day. Do not use the device while driving or operating anything. Keep it away from children and pets. If you are pregnant, or under medical care for anything affecting your eyes or your circulation, speak with your healthcare provider before starting.

Nothing here is medical advice. This guide describes a comfort and relaxation routine. Any concern about your eyes or your health belongs with a qualified professional, not with a wellness accessory.