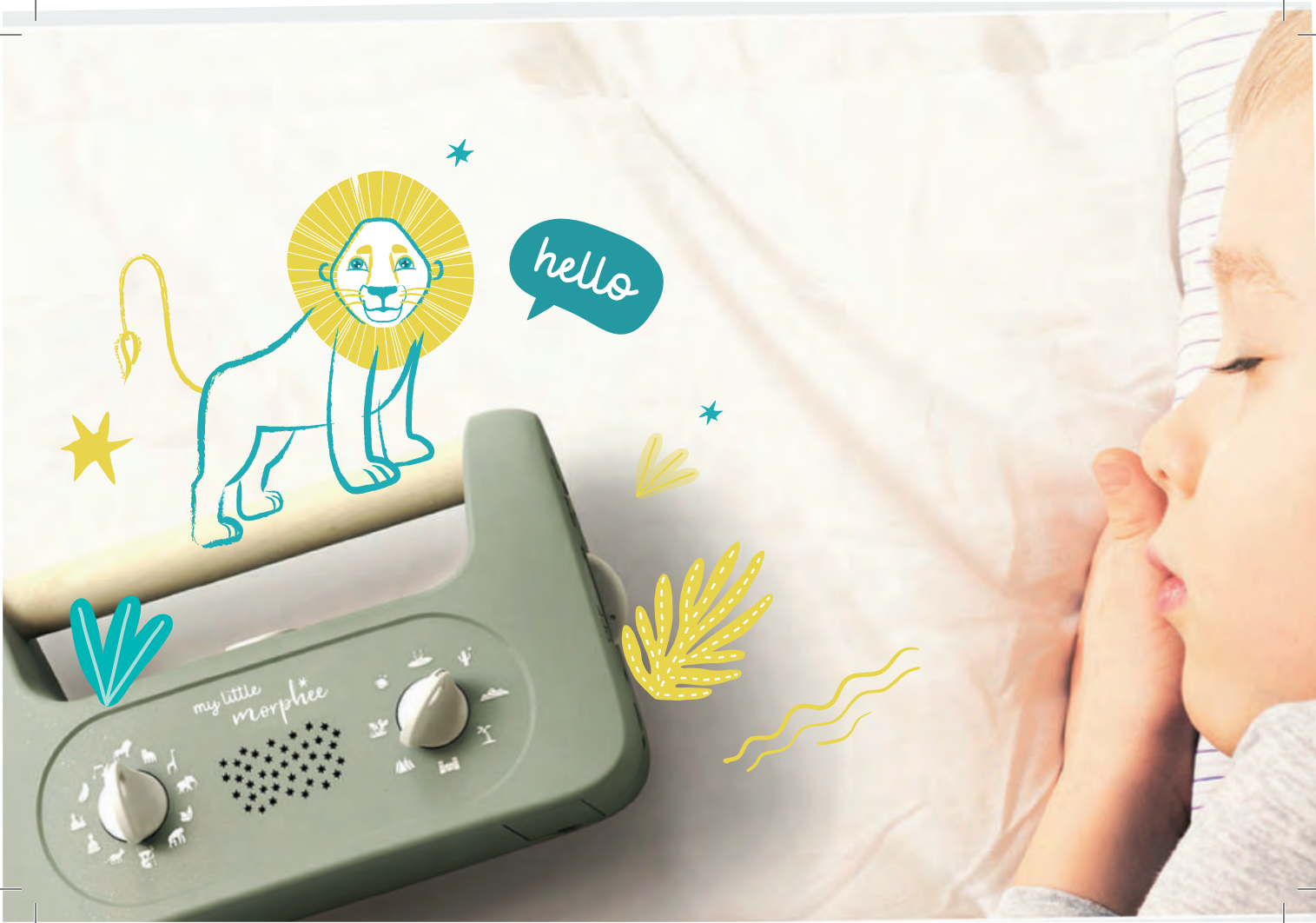




my little  
morphee\*



hello

my little morphee

Hello and welcome!

My name is Oscar and I'm going to introduce you to

my little  
morphee\*

During the day, the meditative journeys and meditation sessions will help you  
to *calm down* and *relax*.

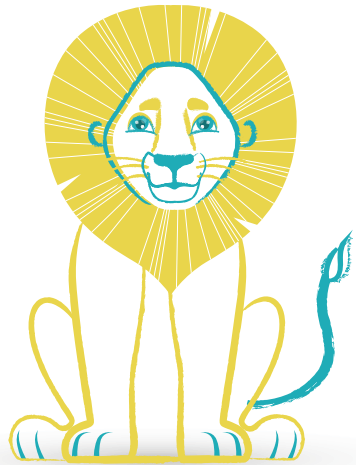
In the evening, they will *join you at bedtime*.



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# Functionality



First of all,  
here's how My Little Morphée works.  
It's very simple!



① ON / OFF button and volume

② With the left key, you can choose the animal who will accompany you on a journey.

You can also:

- Follow meditation sessions
- Listen to relaxing music
- Choose nature sounds.



5 Press **play / pause** and the session begins!

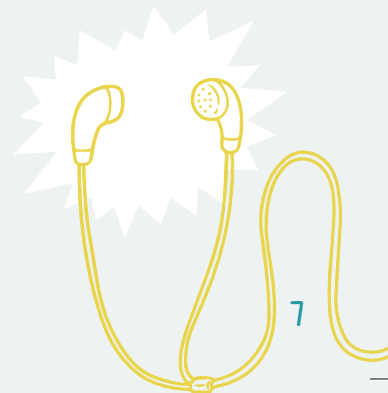
My Little Morphée turns itself off after each story.

4 On the side you can choose the **duration** of the story:

- **Short:** 8 minutes
- **Long:** 16 minutes.

3 With the **right key**, you can choose the **universe** where you wish to travel to.

This is where you can connect your earphones, headphones or your headband!



# A message for parents

Dear parents, we encourage you to *join your child*  
on their first meditative journey.



Over time, *My Little Morphée* will become a part of their daily relaxation routine.



*We wish you plenty of wonderful shared moments!*





## Soothing stories



Meet my friends!  
Go on a journey by their side.  
They will help you develop your skills!

The soothing stories were written by relaxation experts.  
They all contain visualisation, breathing and relaxation *exercises*..  
Each animal also helps you to develop a *skill*!



*your confidence*



*your enthusiasm*



*your generosity*



*your wisdom*



*your happiness*



*your boldness*



*your curiosity*



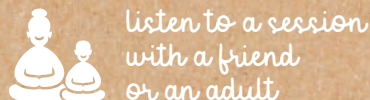
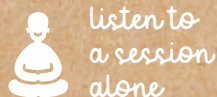
*your autonomy*

## Guided meditations

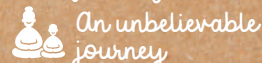
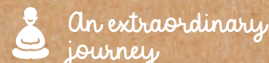
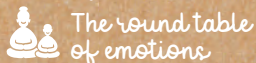
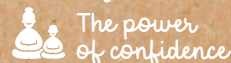
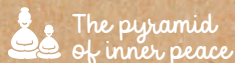


Like the *soothing stories*, the *meditations* also help improve your concentration.

The *meditations* help you control your emotions and gain self-confidence. You can:



Here are the *themes* of the meditations:



# Nature sounds



By choosing the feather  with the left key,  
you can listen to *nature sounds*.



Rain  
on the lake



Campfire  
in the desert



Mountain  
birds



The beach



Cast  
of the castle



Summer night  
in the forest



The jungle




White noise

# Soft music



Music *composed* especially for *My Little Morphée!*



By choosing the musical note  with the left key,  
you can listen to some *soothing music*



A tour  
of the lake



An excursion  
in the desert



Climbing  
the mountain



One night  
on an island



A visit  
to the castle



A walk  
in the forest

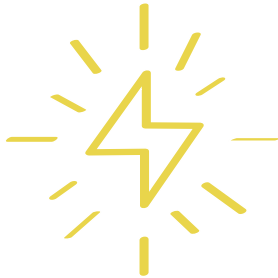


In the heart  
of the jungle



A journey  
to space

## B a t t e r y



The battery has a battery life of approximately *3 hours*, that's almost *15 stories!*

*My Little Morphée* needs *1 hour and 30 minutes* to be *fully charged*.

It can be charged by either:

- *connecting it to a computer* (with the supplied USB cable).
- *using a USB power adapter* (not included).



When the battery is low, the LED light flashes *red*. It needs charging.

When *My Little Morphée* is plugged in, the *red* LED light no longer flashes.

Once *My Little Morphée* is fully charged, the LED lights up *green*.

# Acknowledgements & warranty

## Acknowledgements

### Authors

Sophie Le Millour, creator of “La Bulle des Émotions”

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Maxime Montoya, Thomas Zeng, Chris Franco,  
Victor Arnaud y Gautier Seguin

This booklet was printed on **recycled paper**

The **guided meditations are narrated** by Claire Wyatt

## Warranty

My Little Morphée comes with a legal guarantee against any material or manufacturing defect under normal conditions of use for a period of 2 years. Products returned under warranty are subject to the prior agreement of Audiozen. The customer must contact Audiozen’s customer service, which will provide, at its expense, a product in good working condition.

# Contact us

*A question? An opinion? Or just want to say hello?*

*Our email address:* [hello@morphee.co](mailto:hello@morphee.co)

*Join the community on:*  



Have you heard about *My Little Morphée* big brother,  
already used by over **300,000 people?**

*morphee*



**210 meditation  
and relaxation sessions**  
to fall asleep easily  
and sleep deeply.

Find all our products on [www.morphee.co](http://www.morphee.co)

# Recommendations and legal notices



12 Chemin de Beauregard  
13100 Aix-en-Provence  
France

[www.morphee.co](http://www.morphee.co)

Model : MPMKTXC1

*The toy is only to be connected to Class II equipment bearing the following symbol:*



**WARNING!** Not suitable for children under 36 months. Small elements and long cable. Dangers of suffocation and strangulation. Toy that can be connected to a transformer. Danger of electric shock.

**Caution:** regularly check if this toy is in good condition and safe. If there is damage or broken parts, stop using the toy. The crossed-out bin symbol means that, in accordance with local laws and regulations, you must dispose of your product and / or its battery separately from household waste. When this product is no longer usable, take it to a waste collection center approved by the local authorities. The separate collection and recycling of your product during disposal helps conserve natural resources and protect the environment and your health. The solid bar under the crossed-out bin symbol indicates that the product was placed on the market after August 13, 2005. For more information on sorting electrical and electronic products, contact our customer service.



Standard guidelines for transformer toys and electrically controlled products



5.0V  0.5A

Like all electrical products, care should be taken during handling and use of the product to avoid electric shock. Adult supervision is recommended during use.

Disconnect the transformer from the mains / AC power and from the toy in case of prolonged non-use.

We recommend using a Class II 5V-0.5A USB power adapter (not included). Never expose a toy plugged into the mains / AC power to humidity.

For indoor use only.

The product is designed to operate at temperatures between 0 and 35 ° C / 32 and 95 ° F and be stored at temperatures between -20 and 45 ° C / -4 and 113 ° F.

The toy should not be connected to more than the recommended number of power sources.

The transformer is not a toy.

If the adapter adapter plugs are damaged, do not use them and dispose of them in an appropriate place. Regularly check the condition of the transformer (connection plugs, box, socket or any other part). Do not use a damaged transformer.

The device is not intended to be repaired in the event of a component failure or defect (the device can be dropped off at a collection point for electrical and electronic equipment).

To reduce the risk of injury or electric shock, it is strongly recommended that you do not use the product while it is charging.

**Cleaning the external parts of My Little Morphée:** To clean the product, unplug all cables, turn it off (by positioning the volume wheel on the “off” notch) and use a soft, slightly damp and lint-free cloth. Do not allow moisture to enter the openings of the device. Do not use window cleaners, cleaning products, aerosols, solvents, alcohol, ammonia, or abrasives. Avoid prolonged exposure of the toy to the sun or any other heat source.

**Radio frequency interference:** Follow the signs and instructions prohibiting or limiting the use of electronic devices (in medical facilities or blasting areas, for example). Although My Little Morphée has been designed, tested and manufactured in accordance with radio frequency emission regulations, emissions from the product may cause interference with other electronic equipment and cause malfunctions. Turn off your My Little Morphée when its use is prohibited, during an airplane flight for example, or when an authority requests it.

**Explosive atmospheres:** Charging or using your My Little Morphée in an area with a potentially explosive atmosphere, for example if the air contains high levels of chemicals, vapors or flammable particles (such as grains, dust or metal powders), may be a hazard. Follow all signs and instructions.

**Hearing loss:** Listening to sounds at high volume can cause hearing loss. To prevent hearing loss, avoid listening to high volume for long periods of time. Background noise, as well as repeated exposure to high volume levels, can make sounds more attenuated than they actually are. Turn on your My Little Morphée and control the volume before putting anything into your ear. To avoid hearing loss, use only earphones or headphones compatible with your device.











  
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