

## The Superhuman Chamber How-To Guide

### To start session

1. Turn on the Air Cooler.



2. Turn on the Air Compressor.



3. Turn on the Oxygen Generator.



4. Get into the chamber.



5. Zip up the chamber from the outside and the inside. There are a total of 3 zips.
6. Completely close the pressure-control valve to begin increasing the atmospheric pressure inside the chamber.



7. Wait until the atmospheric pressure inside the chamber reaches 1.5 kPa. Read the pressure gauge monitor inside the chamber. At 1.5 kPa, it will show as -50 S.



8. Once the pressure reaches 1.5 kPa, strap on the oxygen mask. It is normal for it to feel warmer inside the chamber once the atmospheric pressure has increased.



9. Breathe naturally through your nose.

### **To end session**

1. Gradually open the pressure control valve bit-by-bit, to lower the atmospheric pressure inside the chamber. Do not completely open the pressure control valve as this may cause slight ear discomfort. You will hear air escaping the chamber.



2. Once the pressure gauge monitor reads 0 kPa, you may take off the oxygen mask and unzip the chamber and get out. Do NOT unzip the chamber before the gauge monitor reads 0 kPa.

