NeuroMyst

Pro+ Manual

Scan Me!

STOP! READ ME

NEUROMYST IS

✔
- A low power device
- For general wellness

NEUROMYST IS NOT

X
- A medical device
- Intended to treat, cure or diagnose any medical condition

What may I experience?

- Mild skin sensations
- Harmless light flashes
- Very mild skin redness

Watch Me!

Point your phone camera at the tiny dots and click the yellow link.

⚠

Warnings & Precautions

Do NOT use if you,

- Have a history of headache, migraine, or seizures
- Are or may be pregnant
- Are <18 years of age
- Are intoxicated or incapacitated
- Have a neurological impairment or an electronic medical implant and have not first consulted your physician

Do NOT

- Apply electrodes to the chest or unhealthy skin
- Apply stimulation that is uncomfortable
- Continue stimulation if you find it painful

Contact Us

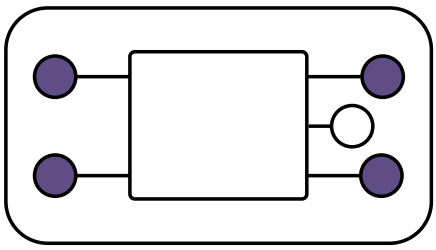
- About any questions or concerns
- We aim to respond within 24 hours

Our Website

The Kit Contains

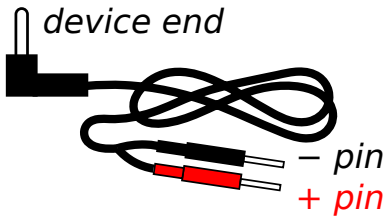
Electronics

NeuroMyst Pro Plus (+)

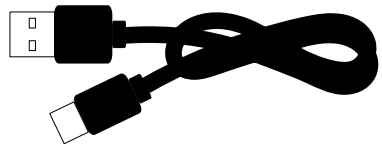


Connectors

Electrode Wire

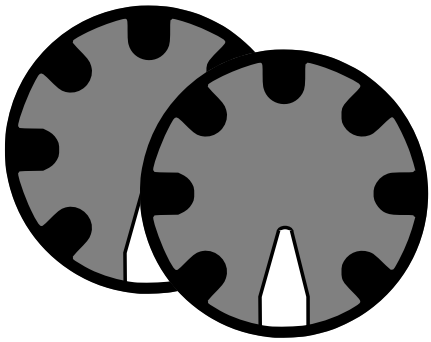


USB Charger

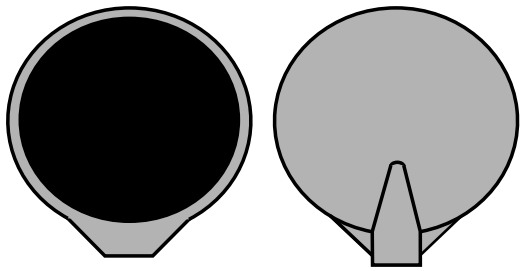


Medium Sponge Electrodes

2 M Cases

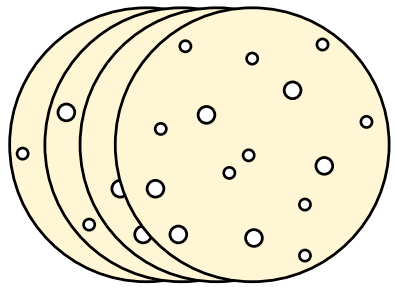


2 M Electrodes



front back

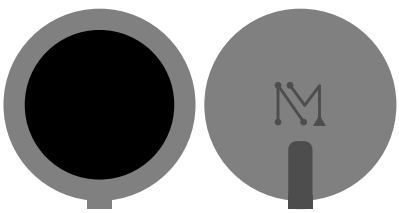
4 M Sponges



2 sponges to use
2 extra sponges

Small Sponge Electrodes

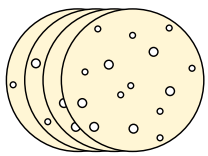
2 S Electrodes



front back

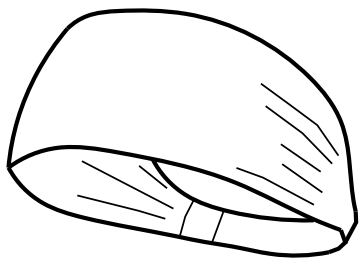
(extra cases not needed)

4 S Sponges

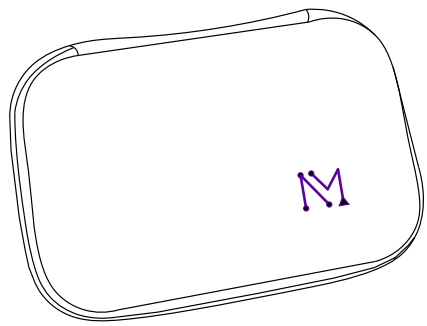


Other Accessories

Headband

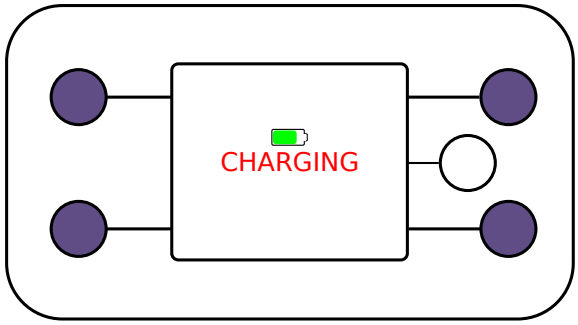


Carry Case



Step 1: Get Ready

1 Charge the device



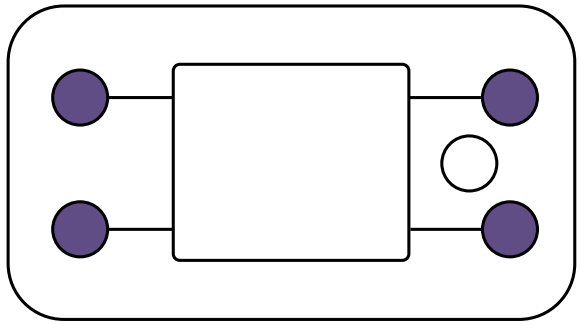
plug in

USB cable

Battery

- Good
- Okay
- Charge soon

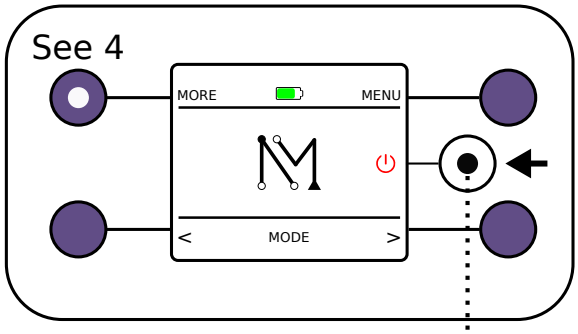
2 Unplug the device



unplug

The device must be unplugged to turn on.

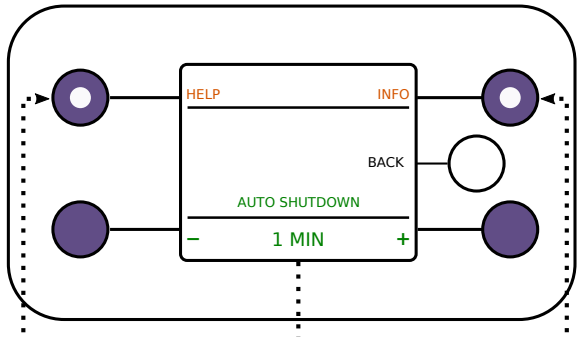
3 Turn on the device



Power on

NOTE. You can hold the white button until the screen flashes for a software restart.

4 More help & info



AUTO SHUTDOWN turns the device off when not in use.

HELP brings up a QR code to video tutorials.

INFO shows the device ID and software version.

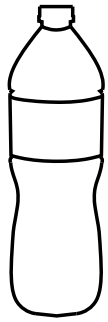
Need Help?

Point your phone camera at the **QR code** in HELP and click the yellow link.

Step 2: Make the Saline

1 Get salt and water

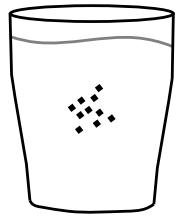
Salt, 3/4 teaspoon
(Half a dinner spoon)



Water, 1/2 Liter
(16.9oz bottled water)

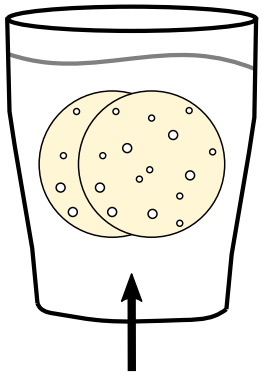
2 Make the saline

First, heat the water.
Second, stir in the salt.
Third, cool the water.



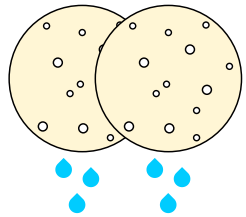
CAUTION
Hot Water

3 Soak the sponges



saline

4 Squeeze the sponges



(gently squeeze)

Tips and Maintenance

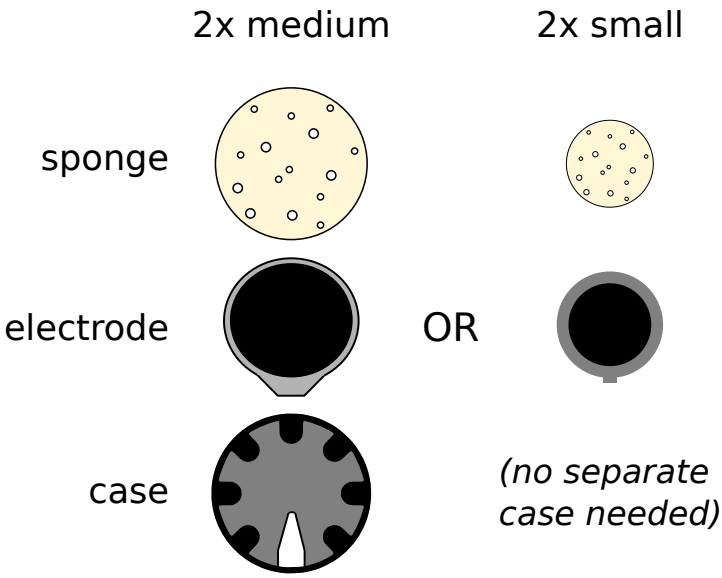
1. Sponges can last for months.
2. Rinse sponges in water after use.
3. Microwave sponges in water once a week for 30−60s.
4. Keep sponges dry after use.

Need Help?

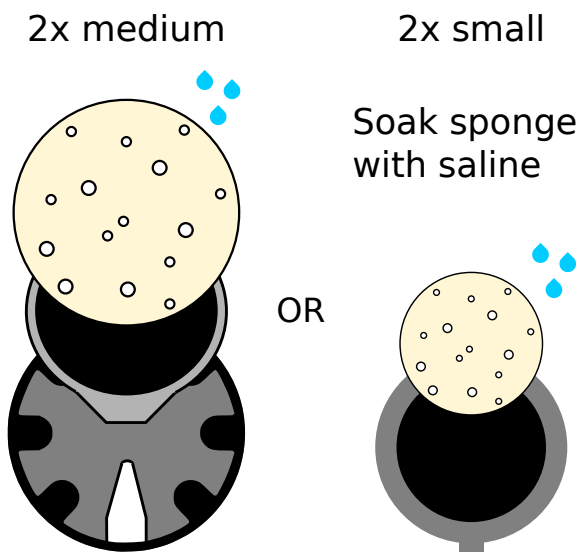
Point your phone camera at the tiny dots and click the yellow link.

Step 3: Prepare the Electrodes

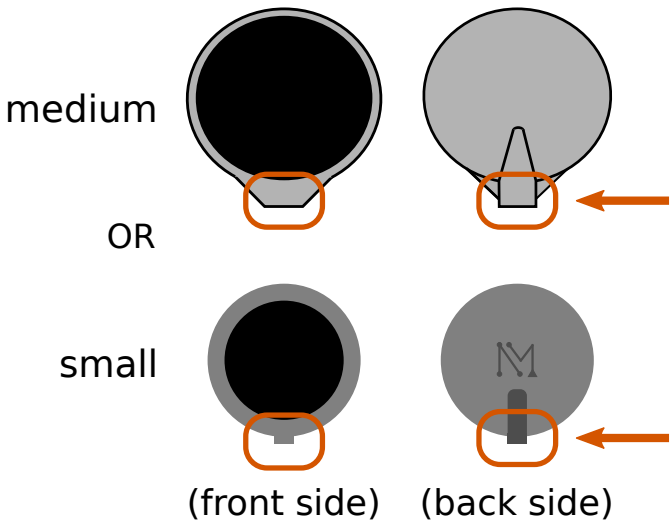
1 Get the parts



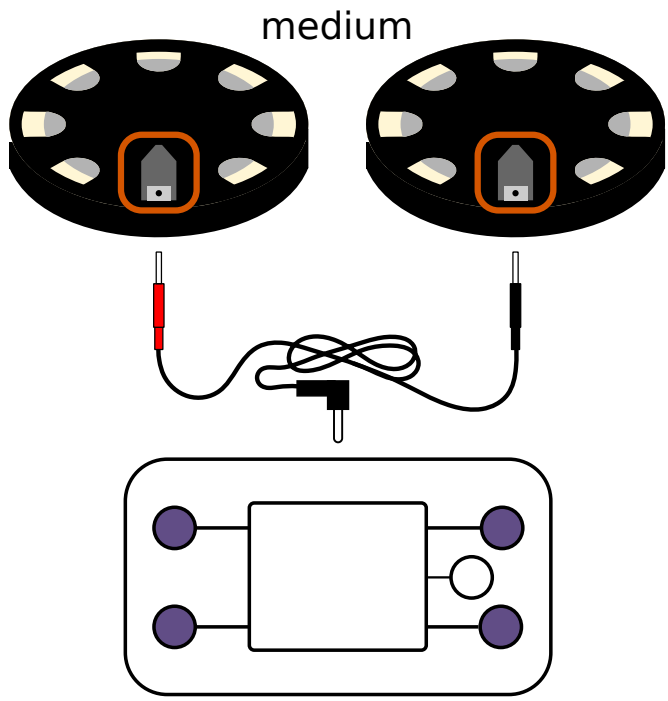
2 Assemble electrodes



3 Find pin connector



4 Connect electrodes



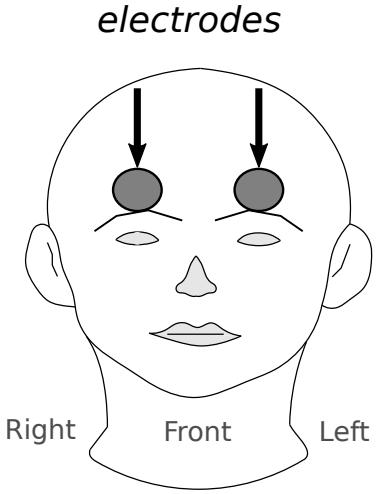
The small electrodes connect similarly.

Need Help?

Point your phone camera at the tiny dots and click the yellow link.

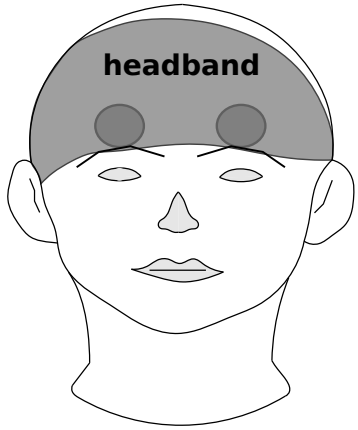
Step 4: Place the Electrodes

1 Try a test montage



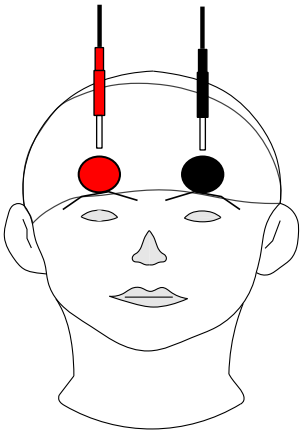
A **Montage** tells you where the electrodes are placed on the scalp.

2 Secure electrodes



Use the **headband** to hold the electrodes against your head.

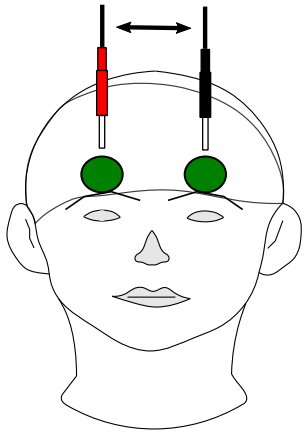
3 tDCS or tPCS



Attach the **red pin** to the electrode placed on the **red circle**

Attach the **black pin** to the electrode placed on the **black circle**

4 tACS or tCFS



The **red pin** electrode is at one **green circle.**

The **black pin** electrode is at the other **green circle.**

The pin order can be red-black or black-red.

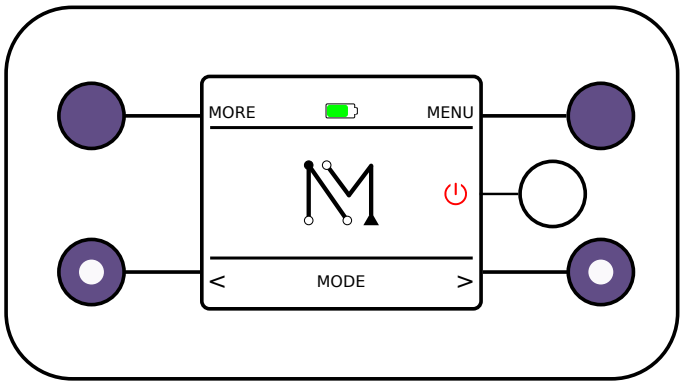
Need Help?

Point your phone camera at the tiny dots and click the yellow link.

NOTE. The red, black, and green colors are only used to show where and how to connect the pins for each mode. The real electrodes have a grey body and a black conductive face.

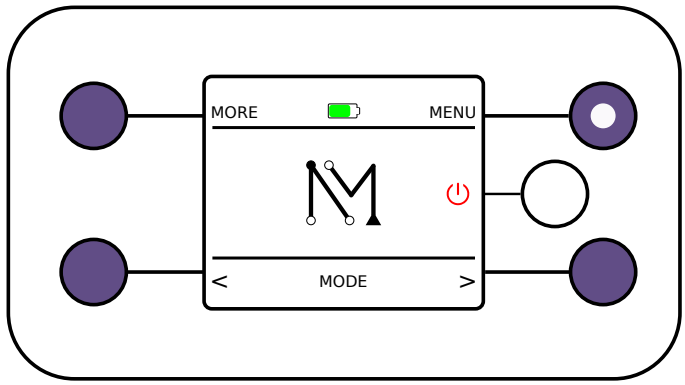
Step 5: Select a Mode

1 Home Screen



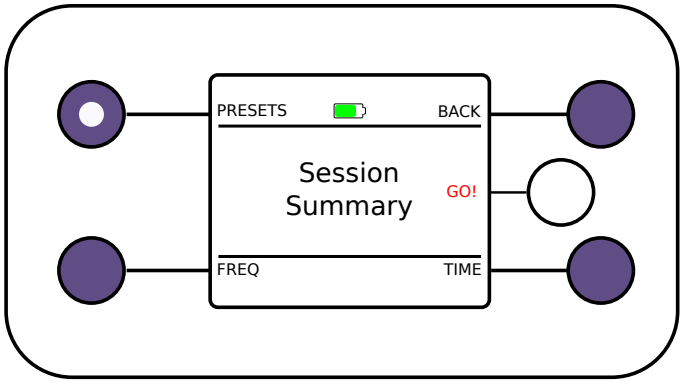
Use the bottom buttons to select one of four modes: tDCS, tACS, tCFS, or tPCS.

2 Mode's Menu



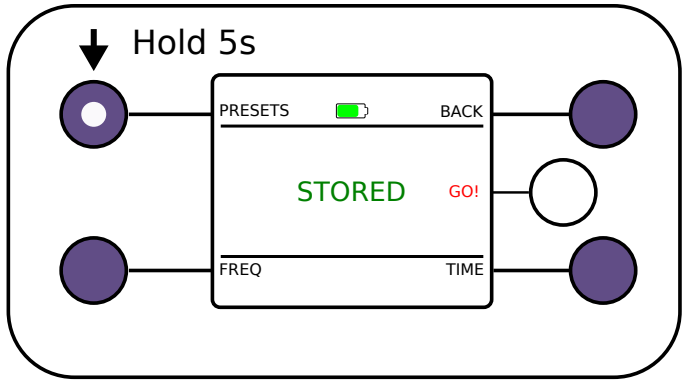
Press the top-right button to open a mode's settings menu, shown below.

3 Presets



Press the top-left button for **Presets**. There are 3 presets per mode.

4 User Preset



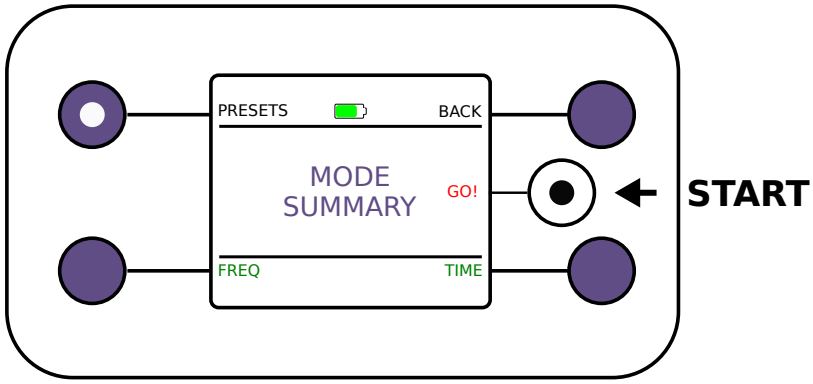
Hold down the top-left button until "STORED" appears to save any session as a **User Preset**.

Note 1. Presets let you quickly run a session for any mode.

Note 2. Only one user preset can be saved at a time. The user preset is at the end of the preset's menu.

Step 6: Run a Session

1 Review and begin

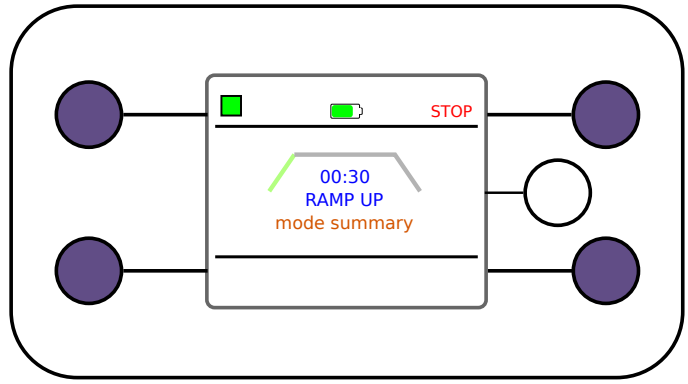


☑ Adjust the **settings** and review.

☑ Sessions start at **1 mA** for comfort.

☑ Press the center button to **go**.

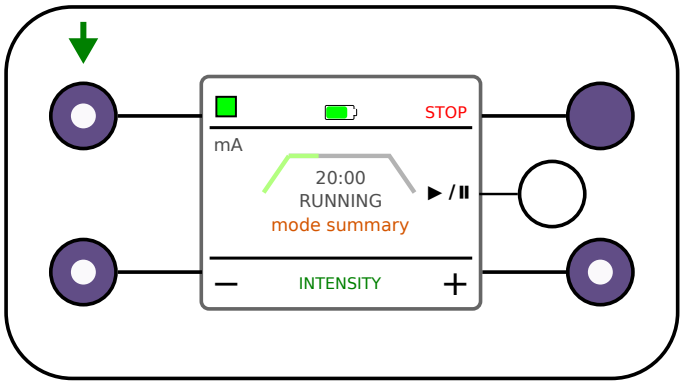
2 Soft start



Sessions begin / end with a 30s ramp up / down. Only the top right button is enabled during ramps.

3 Intensity and time

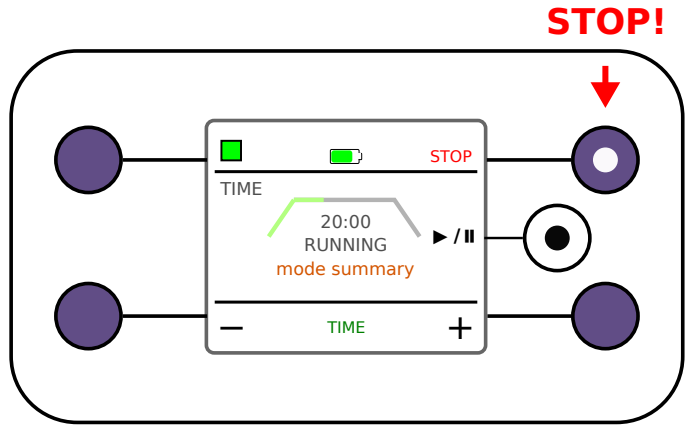
The top-left button switches between **intensity and time**.



You control the intensity or time using the bottom buttons.

4 Pause or stop

Stop with the top-right button.



Pause / Resume with the white button. Otherwise, when the timer runs out, the session ends after a ramp down.

Step 7: Try the Meter

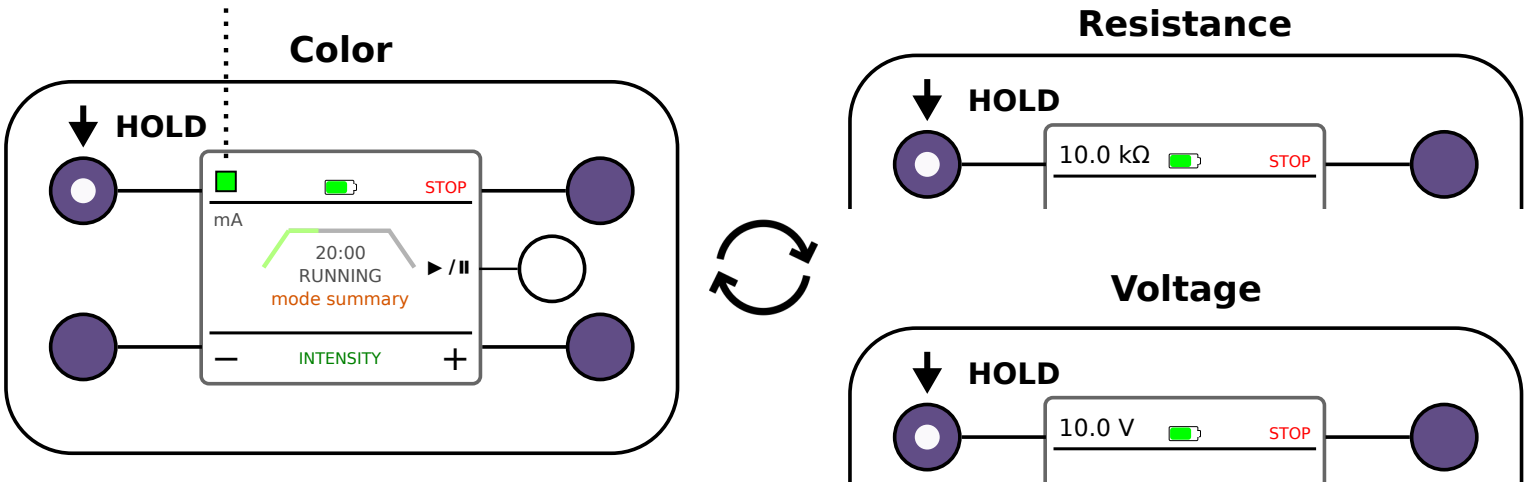
Color (default)

- good
- okay
- poor

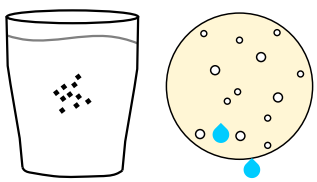
Resistance (5s first hold)
Hold the top-left button until you see kiloohms (kΩ).

Voltage (5s second hold)
Hold the top-left button again until you see Volts (V).

Color (5s third hold / start over)
Hold the top-left button again to go back to colors.

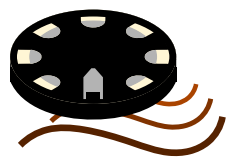


TIPS to improve your connection

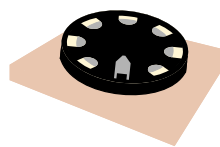


Add salt and resoak sponges

Soak hair in saline



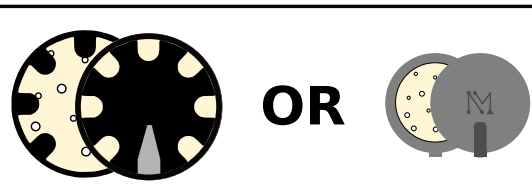
Clear away hair



Press electrodes against the skin

Need Help?

Point your phone camera at the tiny dots and click the yellow link.

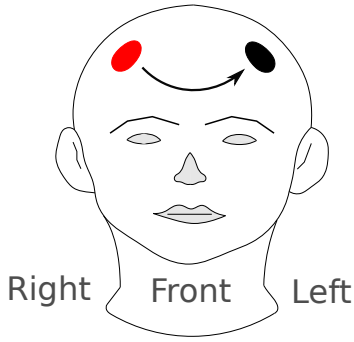


Pro Tip. Try testing the meter first with only the sponge electrodes. The sponges must have saline.

Step 8: tDCS Mode

tDCS (**t**ranscranial **D**irect **C**urrent **S**timulation)

Waveform



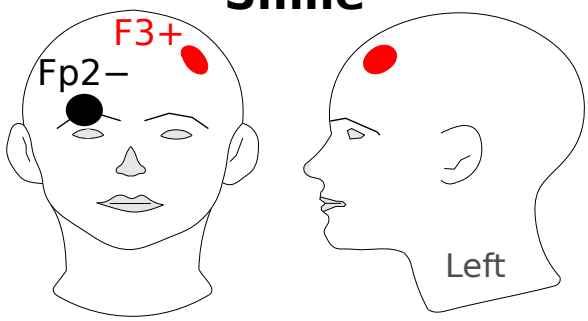
Current flows from **red** to **black**

anode: positive (+) electrode where current enters the head.

cathode: negative (−) electrode where current exits the head.

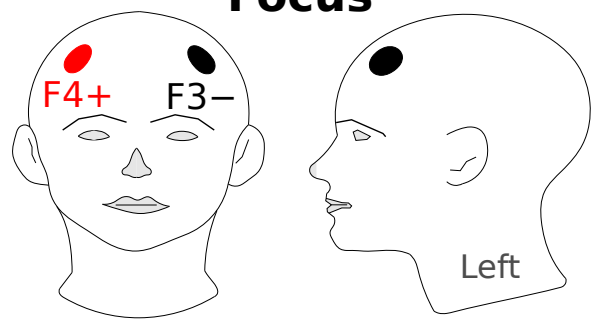
PRESETS

Smile



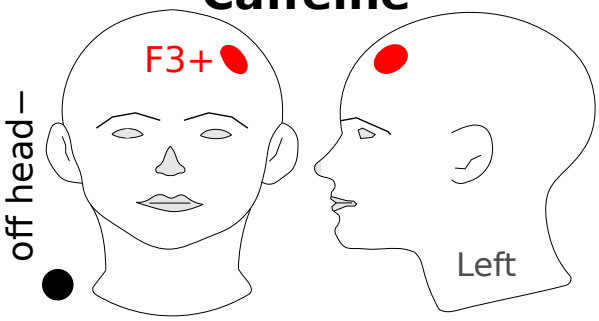
Researched for improving mood

Focus



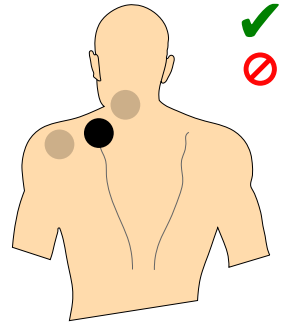
Researched for improving focus

Caffeine



Researched for staying alert

Off-Head Electrode



✔ Yes, neck or upper back.

⊘ No, chest or wounded skin.

(Secure with a tight wrap or clothing)

More Montages

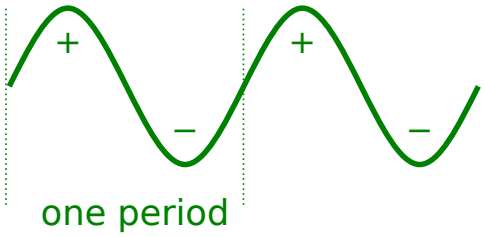
Point your phone camera at the tiny dots and click the yellow link.

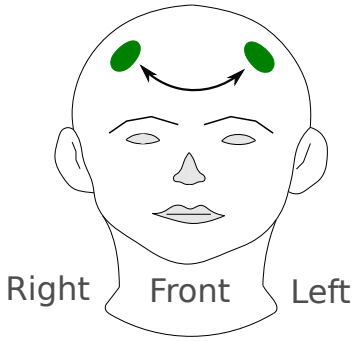
Learn More

Step 9: tACS Mode

tACS (**t**ranscranial **A**lternating **C**urrent **S**timulation)

Waveform





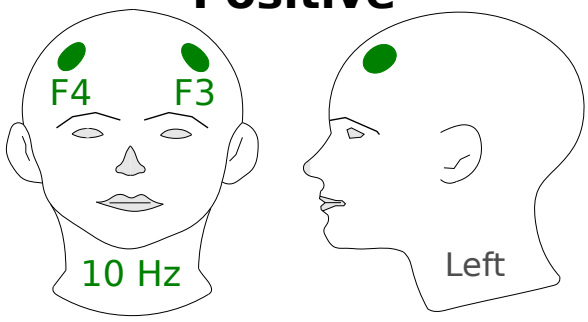
Current oscillates back and forth

electrodes: the current flips between + and − over time.

frequency (freq): how many periods per second (Hertz = Hz).

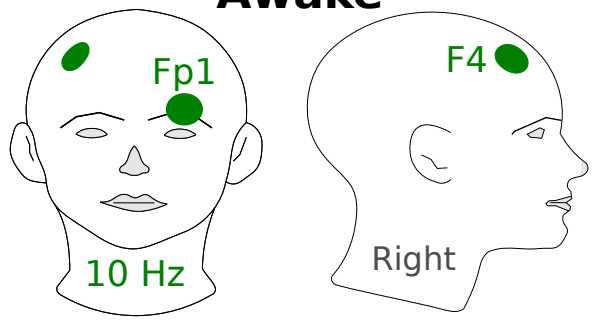
PRESETS

Positive



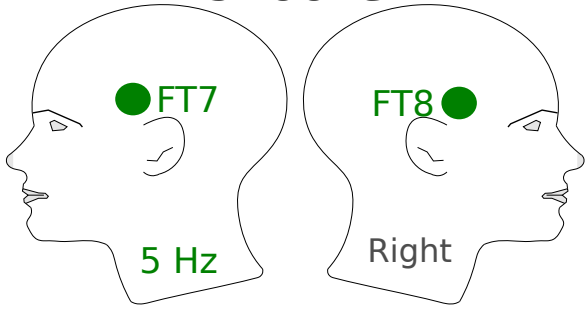
Researched for improving mood

Awake

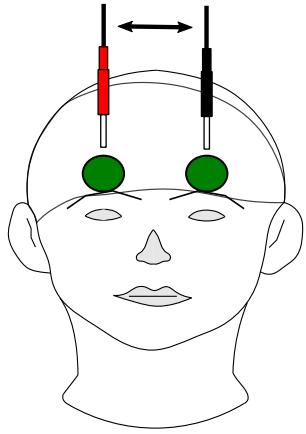


Researched for staying alert

Snooze



Researched for improving sleep



The **red pin** electrode is at one **green circle.**

The **black pin** electrode is at the other **green circle.**

The pin order can be red-black or black-red.

More Montages

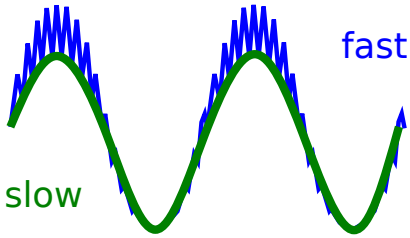
Point your phone camera at the tiny dots and click the yellow link.

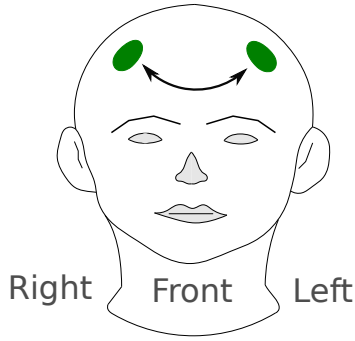
Learn More

Step 10: tCFS Mode

tCFS (**t**ranscranial **C**ross-**F**requency **S**timulation)

Waveform





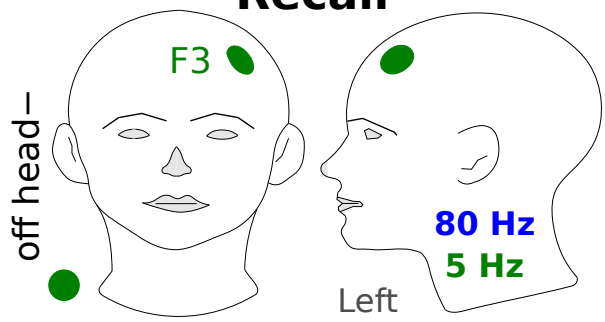
A wave within a wave.

fast wave (Hz): a fast ripple wave that rides atop a slow wave.

slow wave (Hz): a slow carrier wave that sets the rhythm.

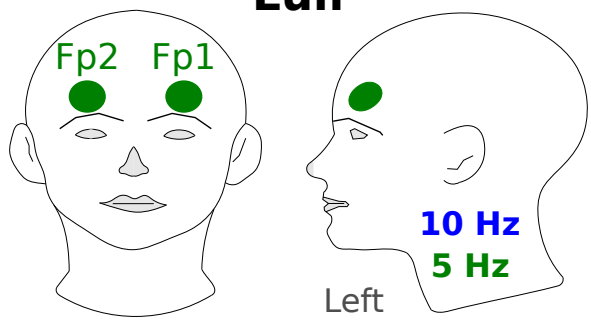
PRESETS

Recall



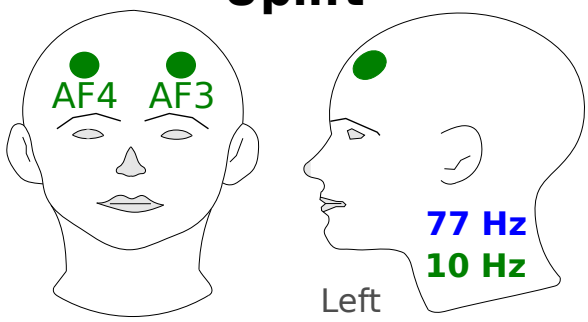
Researched for improving memory

Lull

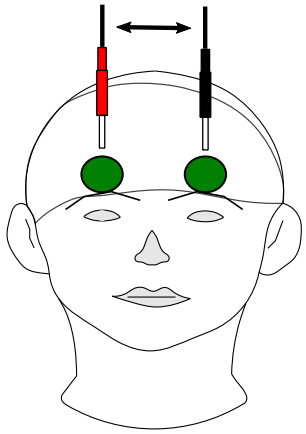


Researched for improving sleep

Uplift



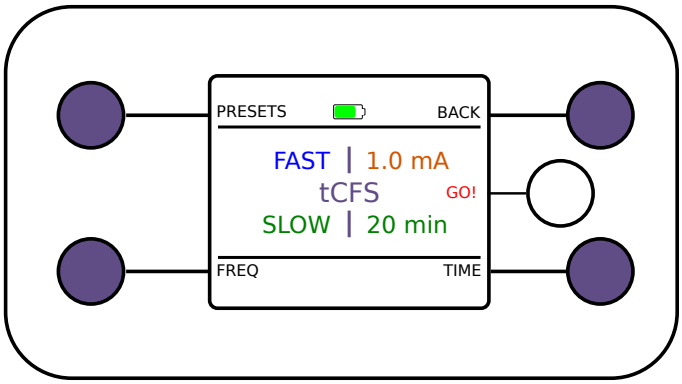
Researched for enhancing mood



The **red pin** electrode is at one **green circle.**

The **black pin** electrode is at the other **green circle.**

The pin order can be red-black or black-red.

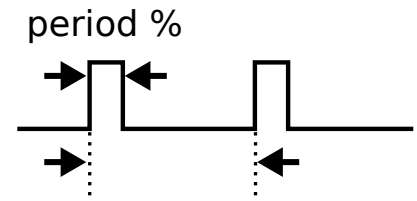


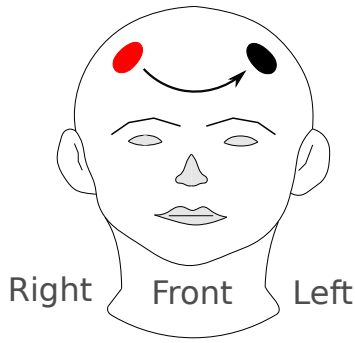
NOTE. tCFS is being researched as an advanced, more natural form of tACS. Real brain rhythms have two frequencies: the slower wave sets the rhythm, like a conductor, and the faster wave signals start, stop, or timing signals to the brain.

Step 11: tPCS Mode

tPCS (**t**ranscranial **P**ulsed **C**urrent **S**timulation)

Waveform





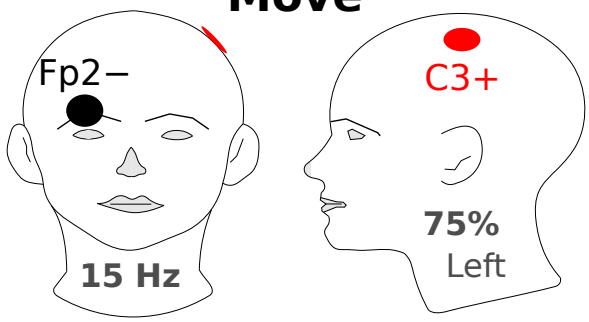
Current flows from **red** to **black**

period %: the percentage of time the current is on per period

frequency (freq): how many periods per second (Hertz = Hz).

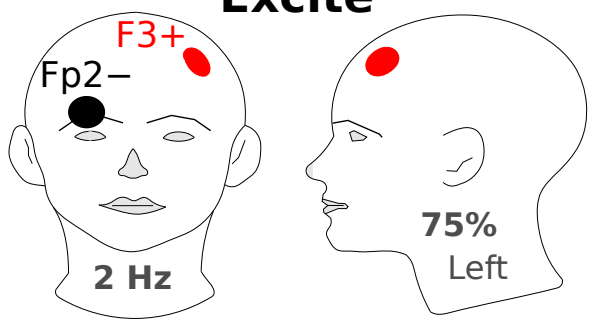
PRESETS

Move



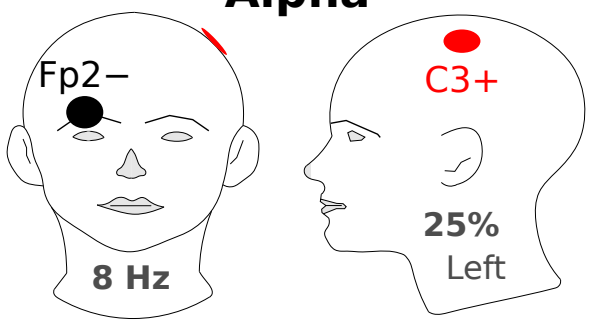
Researched for better movement

Excite

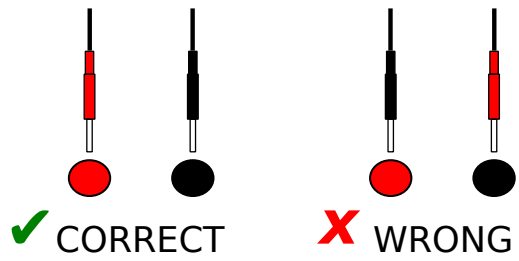


Researched for enhancing plasticity

Alpha

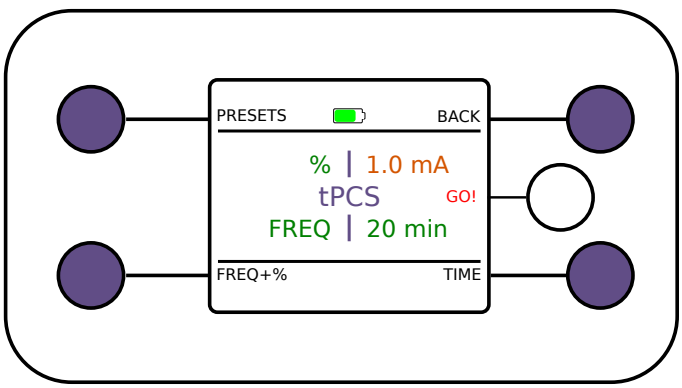


Researched for reducing pain



Period %. Select 25, 50, or 75% for freq up to 25Hz. Select 50 or 75% otherwise.

Pulse width. The length of each stimulation pulse = 1 / freq x period %.



NOTE. tPCS is a pulsing waveform that research shows can be more potent than tDCS. tPCS effects vary based on the selected pulse width and frequency.

RELEASE FROM LIABILITY

Limited Output Device. The purchaser and all users (collectively, the "User") understands that NeuroMyst is NOT a medical device; it is a consumer device for administering types of transcranial electrical stimulation (TES) waveforms (tDCS, tACS, tCFS, tPCS) for wellness purposes in healthy individuals within the consumer market. Nerudition LLC, and its agents and employees (collectively, the "Seller") provides no assurances that the device will modulate your mood or behavior, as responses to stimulation may be differentially affected due (i) variation in the User's anatomy and/or phenotype, (ii) variation in the User's choice of implementation, (iii) and other, uncontrolled external factors.

Assumption of Risk. The User is aware that there are inherent risks associated with the use of TES, namely due to exposure to weak electrical currents of up to 4 mA. Risks include but are not limited to transient skin sensations, such as burning, tingling, or itching, and transient visual sensations that can be remedied by adjusting the device's output parameters. To date, there have been no serious adverse reported in humans that have applied TES using current levels at or below 4 mA with widely accepted safety standards that are adhered to with this device. That said, the User is voluntarily engaging in TES with knowledge of these risks and others, and assumes any and all known, and unknown risks of property damage, or bodily or emotional harm that may result from use of this product.

Voluntary Agreement. The User is of legal age ($\geq$ 18 years of age) and legally competent. The User has fully read and understands this agreement, the user manual, and the aforementioned assumptions of risk. The User agrees to indemnify and hold harmless the Seller for any and all liability assumed by the User. Moreover, the User acknowledges the terms set forth herein are contractual and not immaterial.

ONE YEAR LIMITED WARRANTY

We will replace your defective device, without charge, due to faulty components or assembly for up to one year from the date of purchase. This warranty does not (i) cover device failure due to normal wear of abuse of components or (ii) apply to damages caused by repairs made or attempted by others. Notwithstanding the above, the Purchaser acknowledges he/she is purchasing the NeuroMyst product "as is". As such, this limited warranty is given in lieu of all others, including warranties of merchantability and fitness for a particular purchase, and excludes all incidental or consequential damages. Please note that some states do not allow (a) limitations on how long an implied warranty lasts, or (b) limitations of incidental or consequential damages on warranty coverage, one or more which may apply to you. This warranty thereby acknowledges the legal rights of your state and province. Visit our website www.neuromyst.com for more information.