

NeuroMyst

Quick Setup

READ ME

NEUROMYST

- NeuroMyst is a wearable (“wellness”) device that delivers electrical current to your scalp.
- NeuroMyst is NOT a medical device.
- NeuroMyst is only intended for encouraging a general healthy state / lifestyle.

PRECAUTIONS / SIDE EFFECTS

- Consult your physician if you are pregnant or under active medical care.
- Mild skin sensations, irritation, or redness may occur.
- Headaches and/or visual sensations may occur.
- Stop using the device and consult a doctor if you experience any non-mild reactions.

SAFETY

- AVOID placing active electrodes in direct contact with skin or across the chest.
- AVOID placing active electrodes near skin that is wounded, infected, or inflamed.
- AVOID operating the device in moist environments or in water.
- Clean skin and hair of any chemical products before use.
- Only administer a dose (electrical current) that is tolerable.

WARNINGS – DO NOT USE THE DEVICE IF

- You have an electronic medical implant of any kind.
- You have a history of seizures.
- You have a pre-existing neurological or psychiatric impairment.
- You have a heart disease or blood clots, or take anticoagulant medication.
- You are under the age of 18.

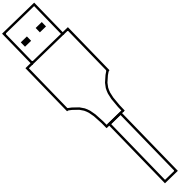
REFERENCES

- Frequently answered questions: www.neuromyst.com/faq.
- Montage guide: <https://neuromyst.com/montage-guide/>.
- Public forum for discussion: www.reddit.com/r/tcds.

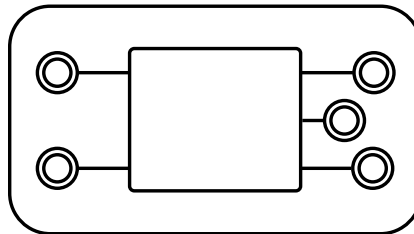
Kit Contents

Electronic Components

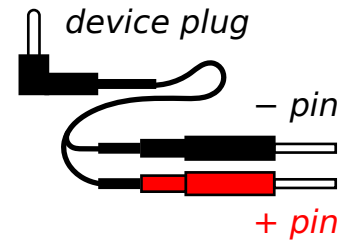
Charging Cable



NeuroMyst Pro

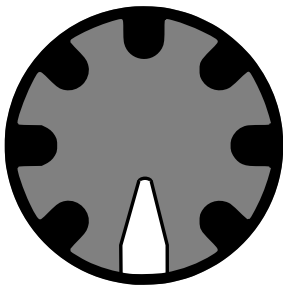


Electrode Connector

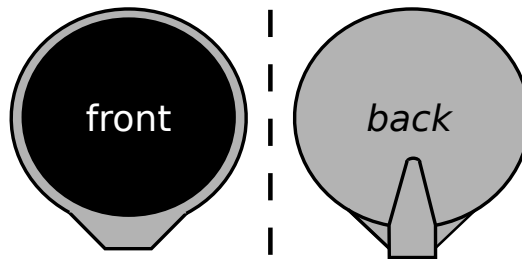


Sponge Electrodes

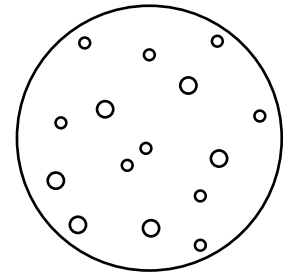
Case (2)



Electrode (2)



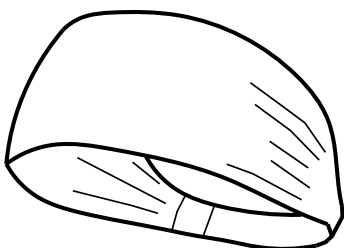
Sponge (4)



*Use 1 sponge per electrode
(2 extra sponges included)*

Other Accessories

Headband

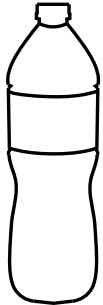


Carrying Case

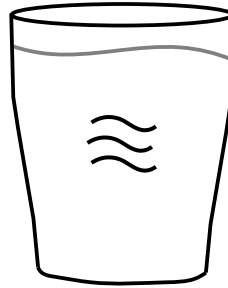


Step 1: Make the Saline

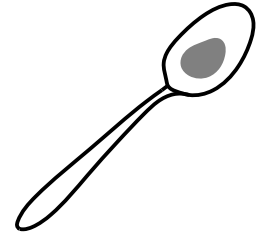
1. Measure half a liter of water.



2. Microwave water for 60 seconds.



3. Mix salt in water and stir.



CAUTION
Hot Water

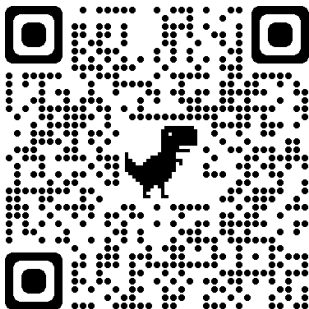
Tips for water:

- 1/2 liter fills up a common 16.9 oz bottle of water.
- Distilled water is best, but tap water also works.

Tips for salt:

- You can measure 3/4 teaspoon with half of a common dinner spoon.
- Pickled salts are the purest, but any fine grained table salt works. Kosher and Sea Salts also work but add 50% more salt because they are not tightly packed.

Saline Tutorial

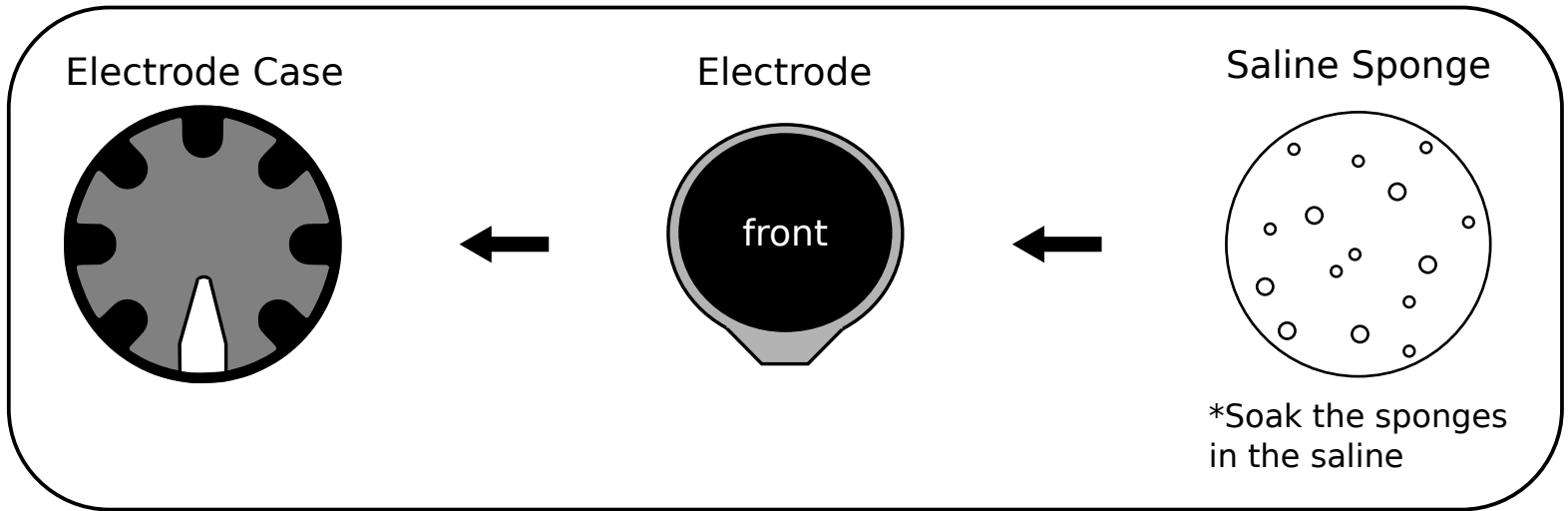


Point your phone camera at the dotted code and click the yellow YouTube Link.

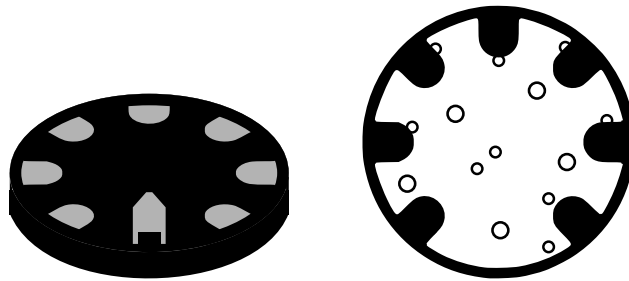
Tips for saline:

- Store bought 0.9% saline is fine.
- DO NOT use eye/nose rinsing salines.
- DO NOT use saline gels.

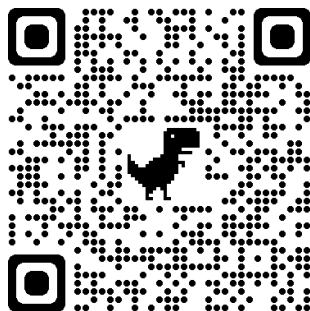
Step 2: Make the Electrodes



↓
Sponge Electrodes
(after assembly)



Electrode Tutorial

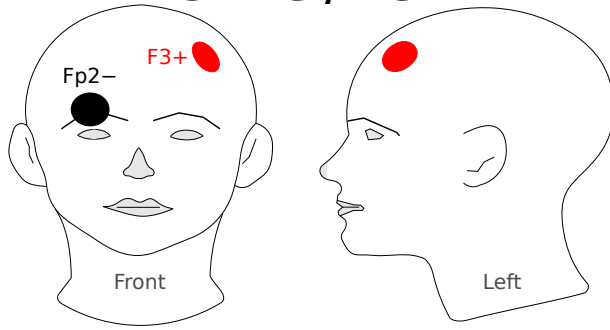


Point your phone camera at the dotted code and click the yellow YouTube Link.

Step 3: Place the Electrodes

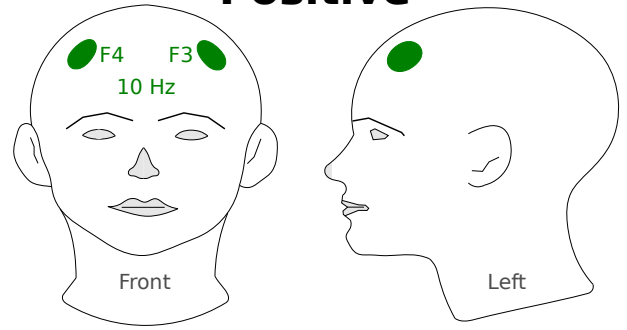
tDCS Preset

Smile / Zen

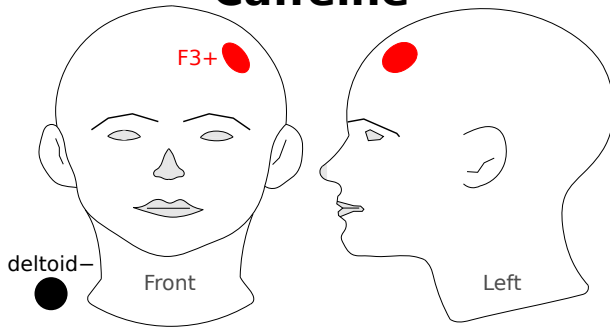


tACS Preset

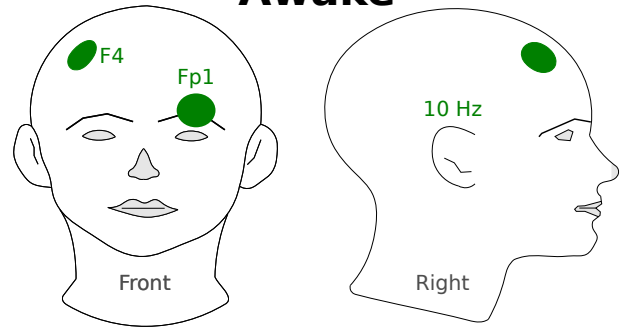
Positive



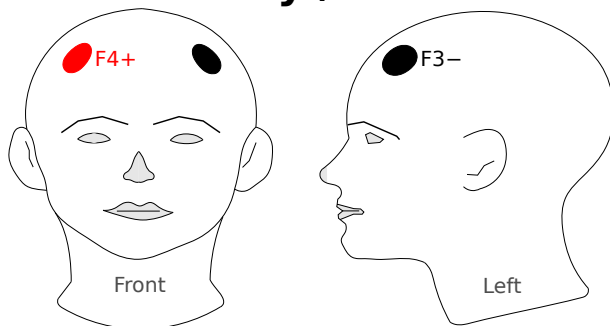
Caffeine



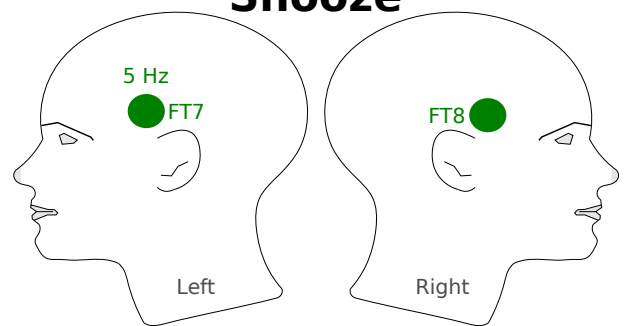
Awake



Satiety / Focus



Snooze



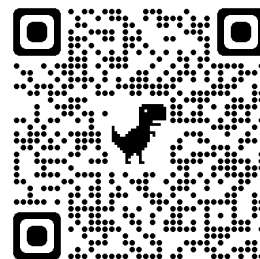
Tip #1

The deltoid electrode can be on the left or right. Neck or forearm placement also works.

Tip #2

The red and black wires can connect to either electrode for tACS because AC oscillates between + and -.

Other Montages



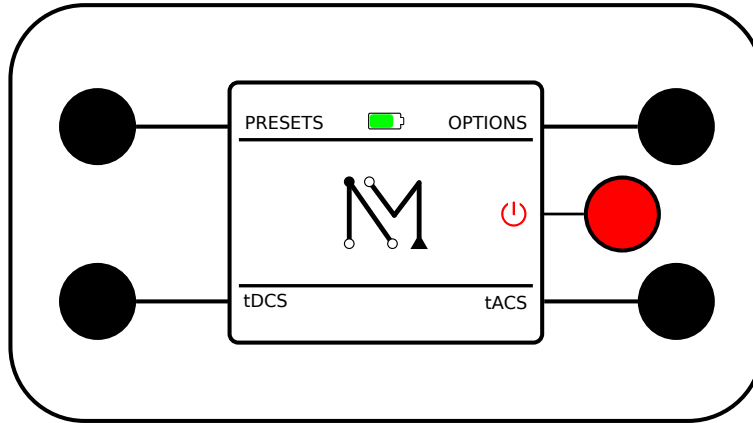
Point your phone camera at the dotted code and click the yellow YouTube Link.

Step 4: Run a Session

Home Screen

list of preset sessions →

elevate / lower brain activity →

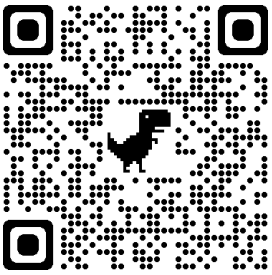


← turn the meter on / off

← power on / off

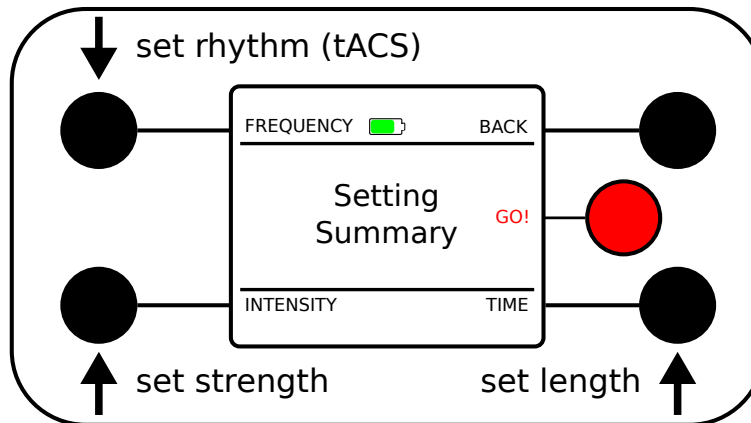
← promote brain rhythms

Detailed Tutorial



Point your phone camera at the dotted code and click the yellow YouTube Link.

Setup Session



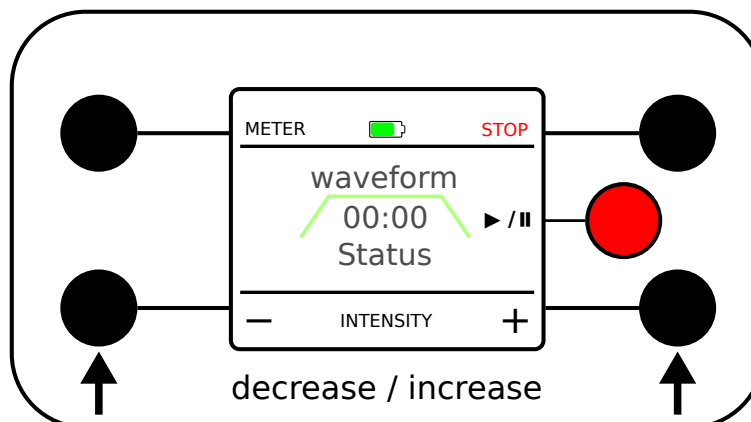
← return home

← start the session

During Session

check connection →

- good (< 30 kΩ)
- okay (30–40 kΩ)
- poor (> 40 kΩ)



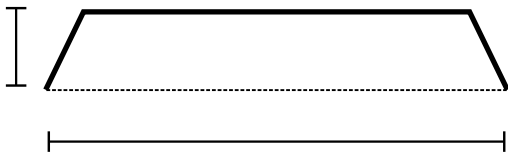
← instant stop

← resume / pause

Step 5: Learn the Lingo

tDCS: transcranial direct current stimulation

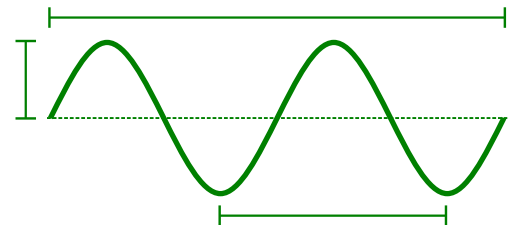
Intensity: strength of the current in milliamps (mA).



Time: duration of the session in minutes.

tACS: transcranial alternating current stimulation

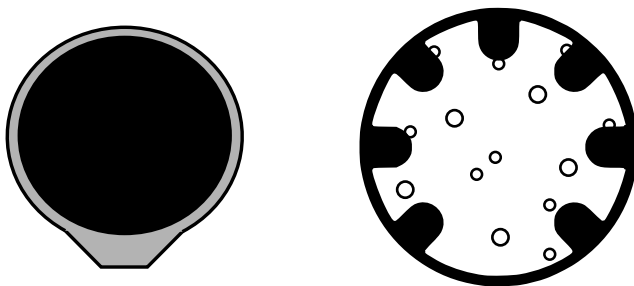
tACS has **Intensity, Time,** and



Frequency: speed of cycles per second (Hertz / Hz)

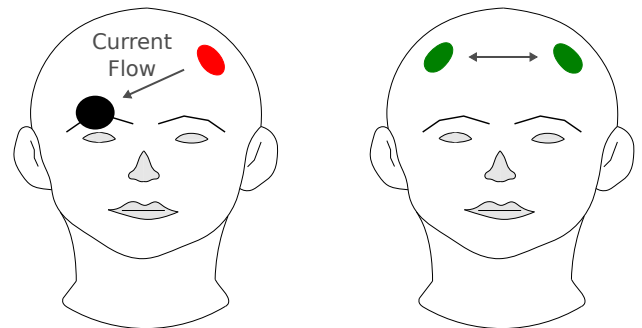
Electrode: black rubber pad that conducts the electricity.

Sponge Electrode: electrode covered with a saline-soaked sponge inside a case.



Electrode resistance: measures how hard it is to push electrical current between the electrodes.

Montage: where the electrodes are placed on the scalp.



Anode: positive (+) electrode of tDCS where current enters the head.

Cathode: negative (-) electrode of tDCS where current exits the head.

Neutral: electrodes of tACS constantly alternate between + and -.

* A stable connectivity (Step 4) requires a resistance of $< 40 \text{ k}\Omega$.

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 tDCS or tACS for wellness purposes in healthy individuals within the direct-to-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 tDCS/tACS, 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 tDCS/tACS 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 tDCS/tACS 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 NeuroMyst AC/DC “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.

