

NeuroMyst

*Quick Setup*



## READ ME

### NEUROMYST

- NeuroMyst is a wearable ("wellness") device that delivers 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

- Videos & Tutorials: [https://www.youtube.com/channel/UCQpzil\\_g9zsvwcaztJp9hNQ](https://www.youtube.com/channel/UCQpzil_g9zsvwcaztJp9hNQ)
- Electrode Placements: <https://neuromyst.com/montage-guide/>
- Science & Updates: <https://www.facebook.com/NeuroMyst/>

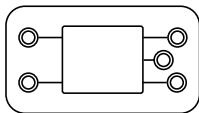
# Kit Contents

## Electronic Components

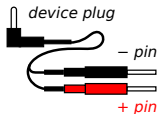
Charging Cable



NeuroMyst Pro



Electrode Connector

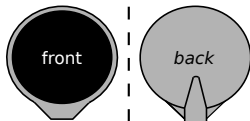


## Sponge Electrodes

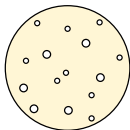
Case (2)



Electrode (2)



Sponge (4)



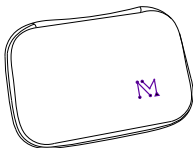
*Use 1 sponge per electrode  
(2 extra sponges included)*

## Other Accessories

Headband



Carrying Case

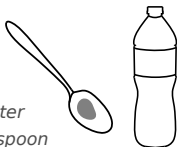


# Step 1: Assemble the Electrodes

## What you need

- 1/2 liter of water
- 3/4 teaspoon of salt

16.9oz bottle = 1/2 liter  
Half spoon = 3/4 teaspoon



## Make the saline

1. Heat the water
2. Mix in salt and stir
3. Let the water cool



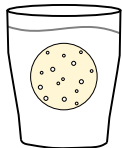
**CAUTION**  
Hot Water

## Saline Tutorial



Point your phone camera at the dotted code and click the link.

## Soak sponges



## Assemble electrodes

Electrode Case



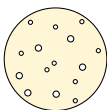
(bottom)

Electrode



(middle)

Saline Sponge



(top)



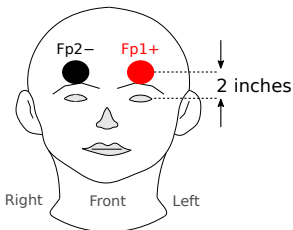
# Step 2: Place the Electrodes

## Try a starter montage

### Setup

Red on your left  
Black on your right

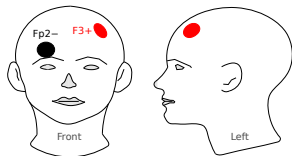
\* Starter montage  
is only for training



Point your phone  
camera at the  
dotted code and  
click the link.

## ...then a preset

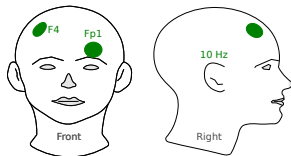
tDCS: Smile



### tDCS wires

Red wire — red electrode  
Black wire — black electrode

tACS: Awake



### tACS wires

The red and black wires  
can connect to either electrode.

## ...or other montages



Point your phone  
camera at the  
dotted code and  
click the link.

# Step 3: Run a Session

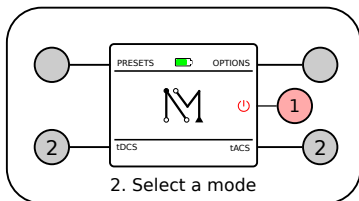
## Device Demo



Point your phone camera at the dotted code and click the link.

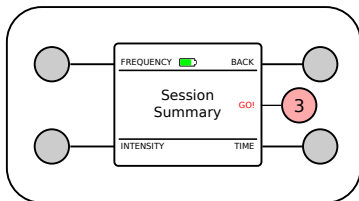
## To start

Wait 30 seconds for the ramp up to finish before adjusting anything.

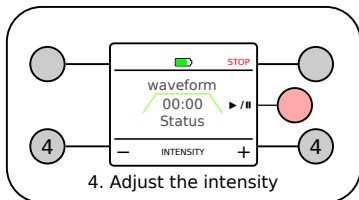


1. Power on

2. Select a mode



3. Start a session



4. Adjust the intensity

## Stop / pause

Lower the intensity below 1mA before pausing or stopping.

Session ends when the timer goes to zero.

# Step 4: Learn the Science

**tDCS:** transcranial direct current stimulation

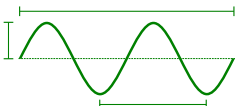
**Intensity:** strength of the current in milliamps (mA).



**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).

## Science Explainer Video



Point your phone camera at the dotted code and click the link.

**Electrode resistance:** how hard it is to push current between electrodes.

**Tip #1:** a stable connection requires a resistance of  $< 40 \text{ k}\Omega$ .

**Tip #2:** the order of the red and black wires does not matter for tACS.

**Montage:** where the electrodes are placed on the scalp.



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

**tDCS cathode:** negative (-) electrode where current exits the head.

**tACS anode / cathode:** both electrodes flip between + and -.

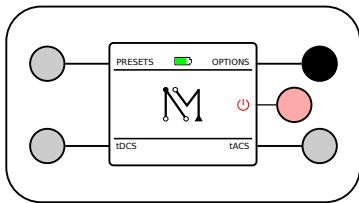


# Step 5: Learn the Meter

## Meter Demo

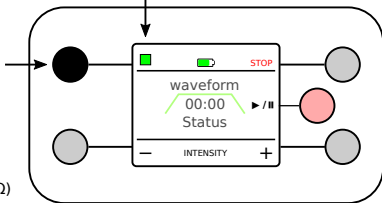


Point your phone camera at the dotted code and click the link.



Click **OPTIONS** and turn on the meter.

*meter* ↓ Start any session



Hold down button for >5s to reveal the resistance.

### Meter colors:

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

**Tip**  
Wait for the 30s ramp up to finish before testing the meter.

## Connection Checklist

①



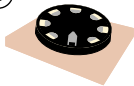
Not too much hair under the electrode.

②



The sponge drips when squeezed.

③



The electrodes are pressed on the skin.

④



The electrodes are not too far apart.

## 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 or 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](http://www.neuromyst.com) for more information.



