

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.
- 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 history of headache or migraine.
- 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.

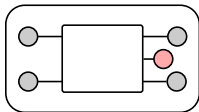
REFERENCES

- Videos & Tutorials: https://www.youtube.com/channel/UCQpzil_g9zsvwcaztJp9hNQ
- Electrode Placements: <https://neuromyst.com/montage-guide/>
- Science & Updates: <https://www.facebook.com/NeuroMyst/>

The Kit Contains

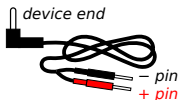
Electronics

NeuroMyst Pro



Connectors

Electrode Wire



USB Charger

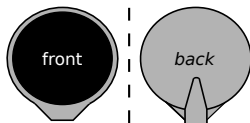


Sponge Electrodes

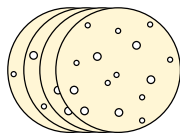
2 Electrode Cases



2 Electrodes



4 Sponges



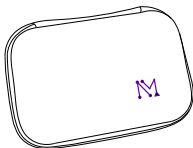
2 sponges to use
2 extra sponges

Other Accessories

Headband

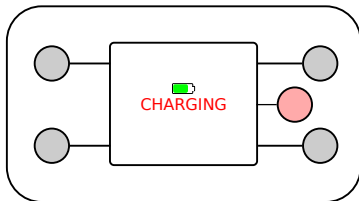


Carry Case



Step 1: Charge the Device

Plug in the USB cable to charge.

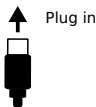


Charging screen

Press any button while charging to see the battery indicator.

Battery Life

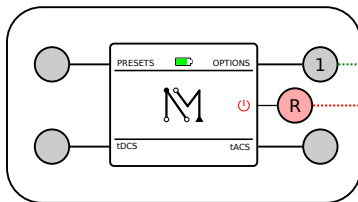
- High, great
- Medium, okay
- Low, charge soon



Meter on/off

Select Options with Button 1 to turn the meter on or off.

Unplug the USB cable to use.



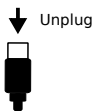
Power on

Press the red button (Button R) to turn on the device.

Explainer Video



Point your phone camera at the tiny dots 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)



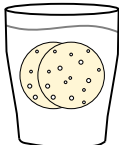
② Make the saline

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



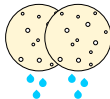
CAUTION
Hot Water

③ Soak the sponges



in saline

④ Squeeze the sponges (gently squeeze)



Sponge Tips & Care

1. Sponges can last for months.
2. Rinse sponges between use.
3. Let sponges dry when unused.
4. Microwave saline-soaked sponges once a week for 30s.

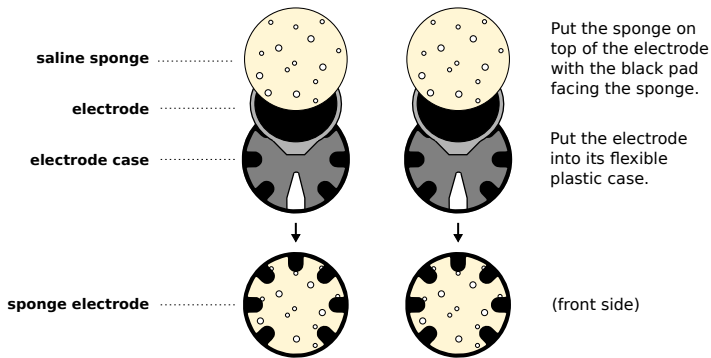
Explainer Video



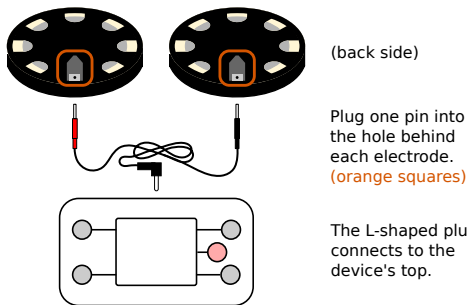
Point your phone camera at the tiny dots and click the yellow link.

Step 3: Prepare the Electrodes

① Assemble both of the sponge electrodes.



② Connect the sponge electrodes to the device.



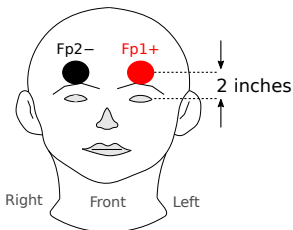
Explainer Video



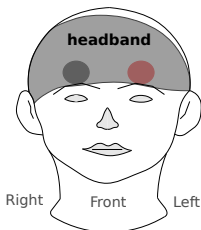
Point your phone camera at the tiny dots and click the yellow link.

Step 4: Place the Electrodes

Starter Montage



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



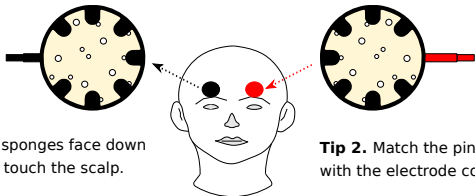
Use the **headband** to hold the electrodes against your head.



Cathode is the negative (-) electrode where current exits



Anode is the positive (+) electrode where current enters



Tip 1. The sponges face down and should touch the scalp.

Tip 2. Match the pin color with the electrode color.

Explainer Video



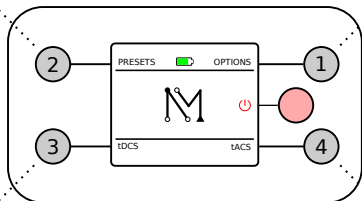
Point your phone camera at the tiny dots and click the yellow link.

The Starter Montage is only intended for training to help you get your first session running.

Step 5: Setup a Session

Preset Session

Select one of six preset sessions.



Options

Turn the meter on or off.

tDCS Mode

Current is steady to enhance or calm brain activity.

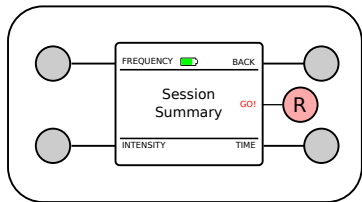
tACS Mode

Current oscillates to promote brain rhythms.

Explainer Video



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



Start Session

Press the red button to begin a session.

tDCS and tACS modes let you customize session *time*, stimulation *intensity*, and tACS mode *frequency*.

Step 6: Run a Session

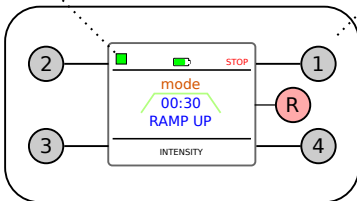
Meter

Displays the resistance between the electrodes.

**See Options to turn on / off the electrical meter.*

Stop Session

Stop the session at any time.



Ramp up

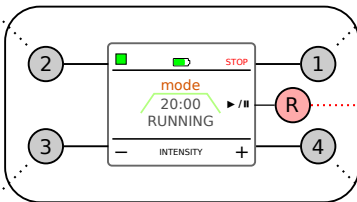
Buttons 2-4 and R are disabled during the ramp up / down.

Resistances

Hold button for >5s to reveal head resistance.

↓ after ramp up

Stop Session



Pause / Resume

Pause session then resume after a ramp up.

Lower Intensity

Raise Intensity


Explainer Video





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

Step 7: Check the Connection

Meter colors:

 good ($< 30k\Omega$)

 okay ($30-40k\Omega$)

 poor ($> 40k\Omega$)

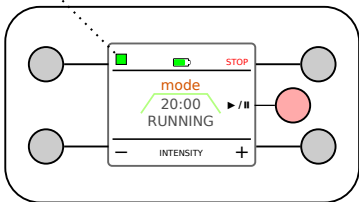
Good. Go. Your connection is great!

Okay. Slow down. Your connection is okay but can be improved.

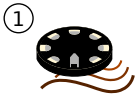
Poor. Stop. You have a poor connection that needs improvement.

Resistance

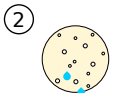
How hard it is to push current between the electrodes.



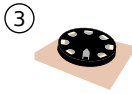
Improve the connection:



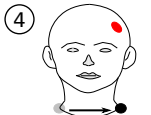
Clear away hair



Resoak sponges



Press electrodes against the skin



Bring electrodes closer together

Explainer Video

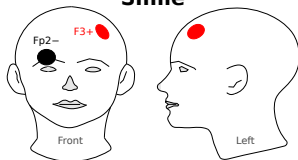


Point your phone camera at the tiny dots and click the yellow link.

Step 8: Choose a Montage

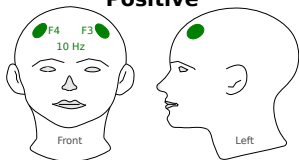
tDCS

Smile

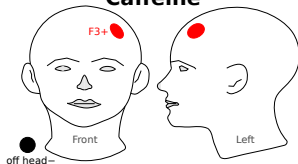


tACS

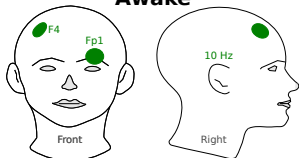
Positive



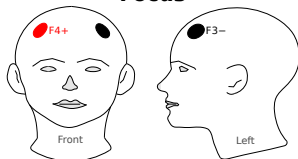
Caffeine



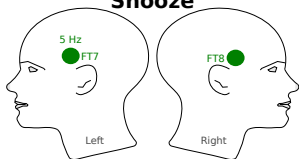
Awake



Focus



Snooze



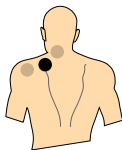
*match pin and electrode colors

*pin color does not matter

More Montages



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



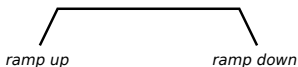
Off-Head Placement

Off-head electrode can go on the neck, shoulder / deltoid, or upper back.

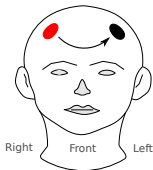
Hold the electrode with a tight t-shirt, sports wrap, or sports tape.

Step 9: Explore the Technology

tDCS = transcranial
direct current stimulation



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

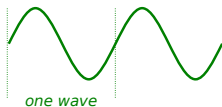


anode: positive (+) electrode
where current enters the head.

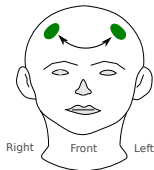
cathode: negative (-) electrode
where current exits the head.

Note: connect anode with red wire
and cathode with black wire

tACS = transcranial
alternating current stimulation



Current oscillates back and forth



anode / cathode: electrodes flip
between + and - over time.

Frequency: how many waves
per second (Hertz = Hz).

Note: the order of the red and black
wires does not matter for tACS.

The Science



Point your phone
camera at either
dot code and click
the yellow link.

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 for more information.

