

NeuroMyst

Quick Setup

STOP! READ ME



NEUROMYST

- Is a very low power device
- Applies tDCS or tACS
- Is used for general wellness
- Is researched but experimental

SIDE EFFECTS

Common

- Mild skin sensations
- Light flashes
- Mild skin redness



NEUROMYST

- Is NOT a medical device
- Is NOT intended to treat, cure or diagnose any medical condition

Less Common

- Mild sleepiness
- Sleeplessness
- Headache
- Metal taste

Health effects will vary by individual

PRECAUTIONS

- Consult a doctor if you are pregnant
- Stop stimulation if you have any non-mild reactions
- Do not put electrodes on the chest
- Do not put electrodes on wounded skin
- Start with an intensity of 1mA or less



DO NOT USE IF YOU HAVE...

- An electronic medical implant
- A history of seizures
- A history of headache or migraine
- A neurological impairment
- A blood or heart disease, or take anticoagulant medication

Watch Me!

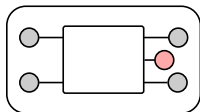


Point your phone camera at the tiny dots and click the yellow link.

The Kit Contains

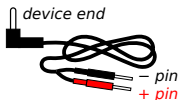
Electronics

NeuroMyst Pro



Connectors

Electrode Wire



USB Charger

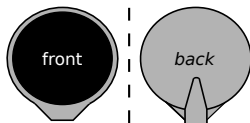


Sponge Electrodes

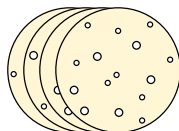
2 Electrode Cases



2 Electrodes



4 Sponges



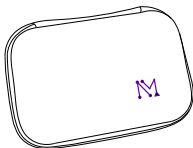
2 sponges to use
2 extra sponges

Other Accessories

Headband

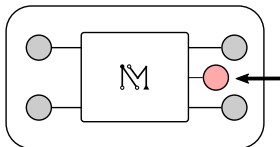


Carry Case



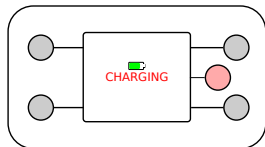
Step 1: Get Ready

① Fresh start (optional)



Hold down the red button until the screen flashes for a software restart.

② Charge the device



Battery

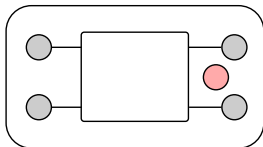
- Good
- Okay
- Charge soon

↑ *plug in*



USB cable

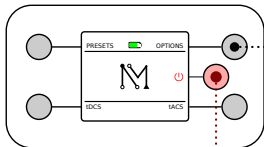
③ Unplug the device



The device must be unplugged to turn on.



④ Turn on the device

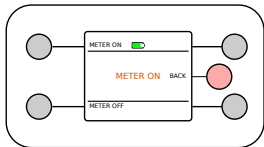


Power on

Need Help?



Point your phone camera at the tiny dots for the yellow link.



Meter in OPTIONS

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)



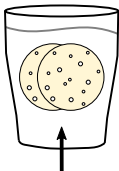
2 Make the saline

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



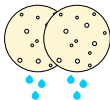
CAUTION
Hot Water

3 Soak the sponges



saline

4 Squeeze the sponges



(gently squeeze)

Need Help?



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

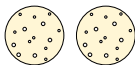
Tips and Maintenance

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.

Step 3: Prepare the Electrodes

1 Get the parts

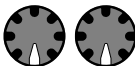
2x sponges



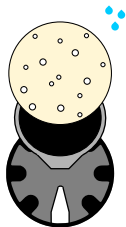
2x electrodes



2x cases



2 Assemble electrodes



Soak each sponge with saline

Place one sponge on top of each electrode

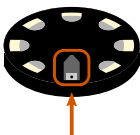
Place each electrode into a plastic case

3 Find pin connector

(front side)

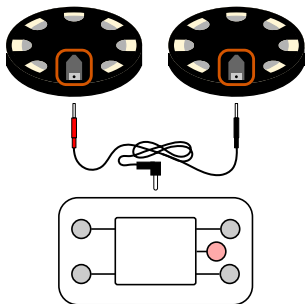


(back side)



Turn the sponge electrode on its back side. There is a small pinhole connector. **See the orange square.**

4 Connect electrodes



The L-shaped plug connects to the device's top.

Need Help?

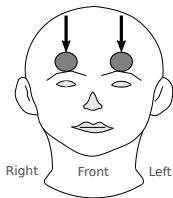


Point your phone camera at the tiny dots and click the yellow link.

Step 4: Place the Electrodes

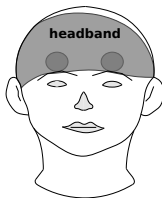
1 Try a test montage

electrodes



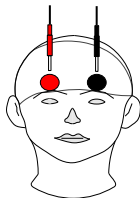
A **Montage** tells you where the electrodes are placed on the scalp.

2 Secure electrodes



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

3 For tDCS Mode

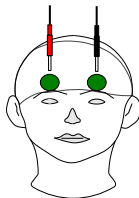


The electrode with the **red pin** is placed at the **red circle**

The electrode with the **black pin** is placed at the **black circle**

The pin color matters!

4 For tACS Mode



The electrode with the **red pin** can go in either **green circle**

The electrode with the **black pin** can go in either **green circle**

The pin color does not matter.

Need Help?

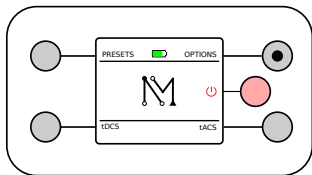


Point your phone camera at the tiny dots and click the yellow link.

NOTE. The electrodes are not actually red, black, or green. These colors are only used to show how to connect the pins and where to place the electrodes.

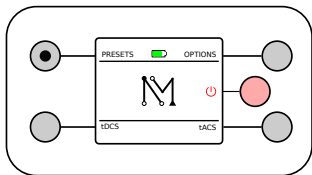
Step 5: Select a Session

1 Meter (optional)



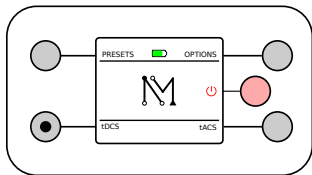
Press the top right button to access the optional session **meter**. The meter is off by default.

2 Preset Session



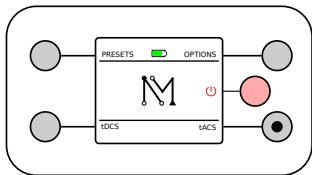
Press the top left button to access **presets**. There are 3 preset tDCS sessions and 3 preset tACS sessions.

3 tDCS Session



Press the bottom left button for **tDCS**. This uses **steady current** to enhance or calm brain activity.

4 tACS Session



Press the bottom right button for **tACS**. tACS uses **oscillating current** to promote brain rhythms.

Need Help?



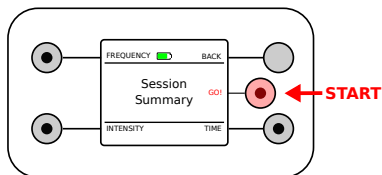
Point your phone camera at the tiny dots and click the yellow link.

Note 1. Presets let you quickly start a tDCS or tACS session.

Note 2. Full tDCS and tACS modes let you customize the session time and intensity. tACS mode also lets you customize frequency.

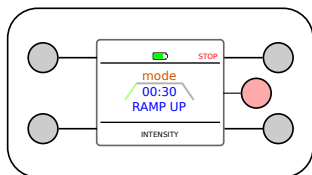
Step 6: Run a Session

1 Adjust and begin



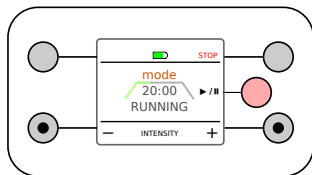
Adjust the **settings** with the left and bottom buttons (**black dots**). Press the red button to start.

2 Gradual start



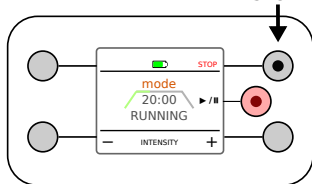
Sessions begin (end) with a 30s ramp up (down). Only the top right button is enabled during ramps.

3 Output intensity



After the ramp up, you control the intensity using the bottom buttons.

4 Pause or stop



Pause / resume with the red button. **Stop** immediately with the top right button. Otherwise, the session ends when the timer runs out.

Need Help?



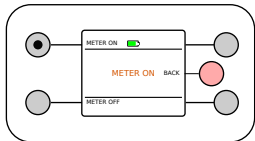
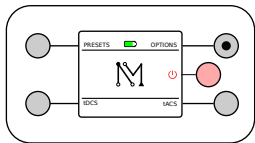
Point your phone camera at the tiny dots and click the yellow link.

Note. The session meter is off by default. Go to Options in the home screen to turn the meter on or off.

Step 7: Try the Meter

1 Turn the meter on

The meter is off by default



Turn the meter on in Options

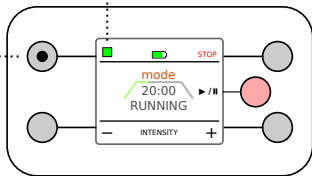
2 Start any session

Color

-  good
-  okay
-  poor

The Meter

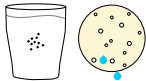
A session tool that measures the quality of the connection between the scalp and electrodes



Resistance

Hold the top left button until you see numbers in kΩ

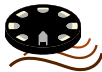
3 Improve the connection



Add salt and re-soak 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.

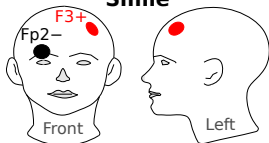


Pro Tip. Try testing the meter first with only the electrodes. Have the electrodes touch sponge to sponge.

Step 8: Choose a Montage

tDCS

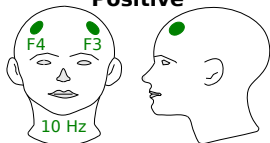
Smile



Researched for improving mood

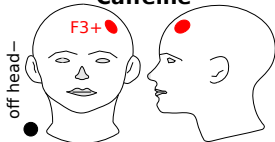
tACS

Positive



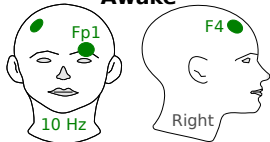
Researched for improving mood

Caffeine



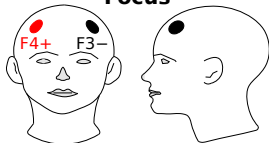
Researched for staying alert

Awake



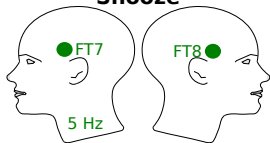
Researched for staying alert

Focus



Researched for improving focus

Snooze



Researched for improving sleep

More Montages



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



Off-Head Electrodes

- ✓ Yes, on neck or upper back.
- ✗ No, on chest or wounded skin.

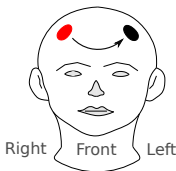
(Secure with a tight wrap or clothing)

Step 9: Explore the Technology

tDCS = transcranial
direct current stimulation



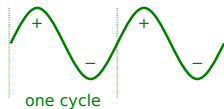
Current flows from **red** to **black**



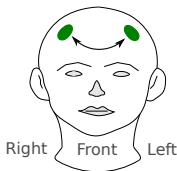
anode: positive (+) electrode
where current enters the head.

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

tACS = transcranial
alternating current stimulation



Current oscillates back and forth



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

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

Learn More



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

Resistance: how hard it is to
push current between electrodes

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.

