

TYPE A 18V INSTRUCTIONS

STEP 1

INSTALL 2 9V ALKALINE BATTERIES

- ★ Get two brand new batteries from a sealed pack.
Batteries are not included.
- ★ **DO NOT INSERT USED BATTERIES.**
- ★ **DO NOT INSERT BATTERIES THAT WERE LOOSE INSIDE A DRAWER.** They are often discharged.
- ★ Open one battery compartment door at a time.
- ★ **GENTLY** pull the battery connector and wire out allowing enough slack to install the battery.
- ★ Connect the battery. Pressure may be needed to snap the connectors properly.
- ★ Insert connected battery back into the compartment.
- ★ Close compartment door. Repeat for 2nd battery.
- ★ Replace batteries after 6 to 8 months of use.

DETAILED INSTRUCTION VIDEO AVAILABLE ONLINE

www.apexdevice.net/tdcs-tutorials

**Contact SUPPORT 877-915-8327 if you
need assistance with any of these steps.**

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STEP 2

TESTING AND CALIBRATION

Complete STEP 1 first

- ★ Turn ON/OFF button to the ON position.
- ★ Confirm the LED light turns ON and stays ON without flickering. **ATTENTION! METER'S NEEDLE DOES NOT MOVE AT THIS TIME.** No current flow.
- ★ Confirm device is calibrated to the zero point. If the needle is not at zero, use a small flat head screw driver or a kitchen knife to make small adjustments to the plastic calibration screw in front of the meter so that it points to zero.
- ★ Take **JUST THE RED CABLE** from the bag and insert **BOTH ENDS** into the banana connectors in front of the device, forming a loop.
- ★ Turn the **KNOB** clockwise (to the right) all the way. Confirm the device's meter now show 2 or 4 mA (select models)

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RECHARGE YOUR BRAIN®

ApeX Type A Analog tDCS System 2mA and 4mA Versions

www.apexdevice.net/tdcs-tutorials

VIDEO INSTRUCTIONS: www.apexdevice.net
SUPPORT PHONE: 877-915-tDCS (8327)
SUPPORT EMAIL: contact@apexdevice.net

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STEP 3

MAKING SALINE FOR tDCS

INGREDIENTS

- ★ 16.9 oz or 500 ml of warm clean water
- ★ 1 tablespoon of salt (approximately 1.1 oz or 31 grams of pure non-iodized preferred).

EQUIPMENT

- ★ Mixing bowl
- ★ Spoon
- ★ Empty labeled bottle (for storage)

PREPARATION

- ★ Mix ingredients in the bowl thoroughly until all salt crystals are fully dissolved.
- ★ Alternatively, you can put the salt directly into the storage bottle, fill it with the water then shake it thoroughly until all salt crystals are fully dissolved.

STORAGE

- ★ This amount of saline should last at least 2 weeks.
- ★ Refrigerate saline to avoid bacterial growth.

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STEP 4

PREPARE ELECTRO SQUARE PADS

Complete STEP 3 first

- ★ Soak ElectroSquare pads by either dunking them in a cup full of saline or pouring saline over them.
- ★ Remove the excess saline by placing both pads with the sponge faces touching, then squeeze them until they stop dripping saline. Pat them dry with a towel.
- ★ Insert banana plugs into pad's orifices, ensuring that they are fastened to the metal connectors inside.
- ★ **AFTER THE SESSION** store the pads, sponge faces touching. Re-apply saline next time as needed.
- ★ Rinse pads with warm water every 2 to 3 weeks. **DO NOT REMOVE SPONGES.** Replace sponges as needed or after 4 to 8 months of use.

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STEP 5

START A tDCS SESSION

Complete ALL STEPS first

- ★ **MAKE SURE YOU HAVE A TIMER READY.** You can use a mobile phone timer or any other available.
 - ★ **MAKE SURE DEVICE IS OFF AND TURNED DOWN.**
 - ★ **SELECT AND SET** a desired montage/placement. See our website for a list of tDCS Montages.
 - ★ Insert the **RED** and **BLACK** cables into the pad's orifices. Insert the other ends at the respective color banana connectors on the device.
 - ★ Turn the device **ON**. Turn the KNOB **CLOCKWISE SLOWLY. THE DEVICE WILL NEVER OUTPUT MORE THAN 2 mA (or 4 mA in select devices).**
 - ★ Set the timer for 20 to 30 minutes for your session.
 - ★ At the end, turn the **KNOB COUNTERCLOCKWISE** and ensure the meter reads close to **ZERO**.
 - ★ Turn the device **OFF**. Remove pads from headbands.
 - ★ Remove, clean and dry banana plugs.
 - ★ Store all items in a clean dry place until next session.
- MOST USERS DO 4 TO 6 SESSIONS A WEEK.**

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