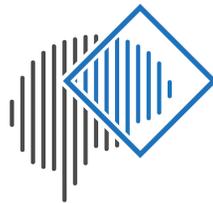


THE BRAIN STIMULATOR V3.0



INSTRUCTION MANUAL

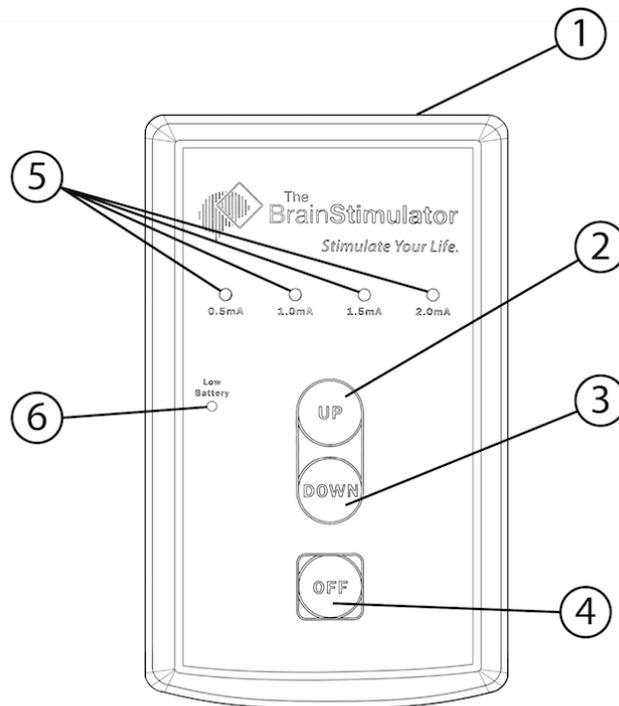
Thank you for your purchase

Welcome to the Brain Stimulator Family!

DISCLAIMER

The Brain Stimulator is not a medical device and as such, it has not been reviewed or approved by the FDA. The Brain Stimulator does not claim to diagnose, assist, treat, improve, cure, or prevent any medical condition or ailment whatsoever. The Brain Stimulator, Inc. does not make any recommendations or claims with this kit, and what you do with it is your sole responsibility. Do not use Transcranial Direct Current Stimulation (tDCS) if you have any metal or electrical implants such as a pacemaker. Do not use tDCS unless you have a full understanding of tDCS and have spoken with your primary care physician regarding any risks or concerns. By using The Brain Stimulator product you agree to these terms and conditions.

DEVICE FUNCTIONALITY



- (1) Electrode Port - For connecting the electrode cable to the device.
- (2) [UP] Button - Turns on the device and increases the output current level.
- (3) [DOWN] Button - Decreases the output current level and turns off the device from the 0.5mA level.
- (4) [OFF] Button - *Instantly* shuts off output current flow and turns off the device.
- (5) Current Indicating LEDs - When illuminated, indicates the level of current flowing.
- (6) Low Battery LED - Flashes **YELLOW** when the battery needs to be replaced, and **RED** in the unlikely event of an operation error.

INTERNAL FEATURES

30min Session/Safety Timer - After 30-minutes of use, the device will slowly ramp down the current flow and power off the device. This feature can be used as a session timer so you can “set-and-forget.”

Constant-Voltage - Voltage boosting technology allows the device to operate *consistently* with an internal voltage of 12-volts (+/- 0.5V)

Reverse Battery Protection - Prevents the device from operating should the battery be installed incorrectly.

Over-Current Protection - This feature prevents the device from ever exceeding 2.25mA at any time. If the device detects an over-current issue, the device will immediately shut off and the *Low Battery LED* will flash **RED** for 5 seconds. The device will not turn on again. *In the unlikely event this should happen, please discontinue use and contact customer support.*

Over-Voltage Protection - This feature prevents the device from ever exceeding 13-volts at any time. If the device detects an over-voltage issue, the device will immediately shut off, and the *Low Battery LED* will flash **RED** for 5 seconds. The device will not turn on again. *In the unlikely event this should happen, please discontinue use and contact customer support.*

SETTING UP THE DEVICE

Battery Installation

For best results, we recommend using a new, non-rechargeable 9-volt battery. Slide the cover off of the back compartment on the device and insert your battery. Integrated *Reverse Battery Protection* prevents the device from operating if the battery is reversed, so if your device does not turn on, you may need to flip the battery to align the positive/negative (+/-) terminals.

Connecting Electrodes

Take the white electrode cable supplied with your kit and insert the right-angled plug into the electrode port at the top of The Brain Stimulator. On the opposite end of the cable, you will find your electrode connectors. The Red connector is the **Anode** (positive, stimulating electrode) and the Black connector is the **Cathode** (negative, inhibiting electrode). You will need to differentiate the two connectors when you begin looking at electrode placements.

If you purchased the **Basic Kit**, your electrode cable will have alligator clip connectors, which you will use to clip onto the included sponges.

If you purchased either the **Advanced** or **Deluxe Kit**, your cables will feature banana plug connectors, which insert directly into the side of the included sponge electrodes. We designed the connection to fit snugly, so you may need to use firm pressure to insert the connector plug.

Note: Both the Alligator Clip and Banana Plug cables can be purchased separately in our online store.

PREPARING FOR A SESSION

Saline Solution

Saline solution is an important factor in improving conductivity and ensuring a comfortable, effective tDCS session. Prepare saline solution by mixing 1/8 teaspoon (approximately one pinch) of salt with 8oz of distilled water. Generously apply the solution to the yellow sponges, until they are thoroughly saturated.

Cleanse Bare-Skin

If you plan to position your electrodes on any bare-skin, non-hair covered areas, wash the target area beforehand removing any dirt, oil, lotion, makeup, or any other products which may have been previously used on the area.

Secure Electrodes

Identify the electrode placement you will be using, and position the electrodes accordingly with the sponges against the skin. Be sure not to reverse the Anode & Cathode positioning, as studies suggest this has a potential to produce opposite effects. Secure the electrodes in place using a headband or other fastening material. For best results, the electrodes should be pressed firmly against your body, and saline solution should saturate through any hair, reaching the surface of your skin.

ELECTRODE PLACEMENT (MONTAGES)

Deciding where to place the electrodes for your tDCS session is very important. Scientific studies focusing on tDCS have shown that different electrode placements, more commonly referred to as “Montages,” produce different and unique results.

Everyone’s situation and desired goals with tDCS are different; therefore we cannot specifically recommend any one particular montage. Therefore, it's up to you as the user to do your own research to determine how you would like to use tDCS.

To help get you started, we have compiled a list of websites which provide information about common tDCS montages, including graphical positioning guides. You can find links to these websites along with additional information about montages on the ***Electrode Placements*** page of our website:

www.TheBrainStimulator.net/Placements

Please note: The Brain Stimulator, Inc. is not responsible for content located on third party external websites.

STARTING YOUR SESSION

Pressing the [UP] button once will turn on the device and slowly ramp up the current to 0.5mA. The blue illuminated LED indicates that the device is on and that output current is flowing. Once you feel comfortable, you can continue to increase the current level by pressing the “UP” button until you reach your desired stimulation level. We recommend pausing at each current level for 15-30 seconds, or until comfortable, to provide for a smooth transition.

WHAT TO EXPECT

You may feel a slight tingling or itching sensation when first turning on the device, or when increasing the current level. For most people these sensations are reasonable, and will often dissipate after 15-30 seconds. If these sensations persist, here are a few things you can try:

- Slightly adjust the positioning of the electrodes
- Apply additional saline solution to the sponges
- Apply pressure to the electrodes (to help saturate the area)
- Lower the current level using the [DOWN] button

However, if you ever experience a sensation which you are uncomfortable with, stop your session immediately by using the [OFF] button.

ENDING YOUR SESSION

After 30 minutes of use, the device will begin slowly ramping down the current, and then power off. Should you wish to end your session earlier, simply press the [DOWN] button repeatedly until the device turns off. Just as with increasing the current, when decreasing the current it's best to pause momentarily at each current level to provide for a smooth transition.

Alternatively, should you ever wish to end your session immediately, such as if you are experiencing uncomfortable sensations, the [OFF] button acts as an “instant-off” feature.

Please note, pressing the [OFF] button will *instantly* shut off the output current, while pressing the [DOWN] button slowly ramps down the output current. Slowly ramping down the current is the most comfortable way to end a tDCS session, therefore we recommend only using the [OFF] button if you feel the need to end your session immediately.

PROPER SPONGE ELECTRODE CARE

BASIC KIT

If you purchased the **Basic Kit**, it is a good practice to rinse out your sponges after each tDCS session, attempting to remove as much saline solution as possible. After rinsing, squeeze out any remaining moisture, and set aside to dry.

ADVANCED & DELUXE KIT

If you purchased either the **Advanced** or **Deluxe Kit**, you can extend the life of your electrodes by cleaning them after each tDCS session. To clean your electrodes, start by unplugging the cables, and removing the yellow sponges from the rubber encasing. Rinse the sponges under water, attempting to remove as much saline solution as possible. After rinsing, squeeze out any remaining moisture, and set aside to dry.

Additionally, it is also a good practice to rinse clean the rubber encasing and metal mesh after each tDCS session. We suggest rinsing each part separately, by removing the metal mesh from the rubber encasing. After rinsing, use a paper towel to dry both the encasing and metal mesh. The metal mesh should be completely dry when finished.

IMPORTANT NOTE

While regularly cleaning your sponges can help to extend their life, after multiple sessions the quality of the sponges will degrade, lowering conductivity and lessening the effectiveness of tDCS. For best results, we recommend you replace your sponges every two weeks, or after 7 tDCS sessions. Replacement sponges can be found in packs of 10 through our online store: *Replacement Sponges*

QUESTIONS

On our website, we created a resource of *Frequently Asked Questions*, which is comprised of the most common questions presented to us by our customers. We tried to answer each question in the most straightforward and simplistic manner possible for ease of understanding. The page is filled with a ton of information about tDCS, and we are continuously expanding upon it with additional information. You can find our FAQ page at the following link:

www.TheBrainStimulator.net/FAQ

If our FAQ's don't satisfy your thirst for answers, you can always contact us directly with any questions, comments, concerns, feedback, or anything else that may be stimulating your brain (get it?)

www.TheBrainStimulator.net/Contact-Us